

/r/TheRedPill

TOP POSTS

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ABOUT THIS ARCHIVE

The 1,000 most upvoted posts from **/r/TheRedPill**, as held by TheRedArchive.

About /r/TheRedPill. A subreddit for discussion of sexual strategy in a culture increasingly lacking a positive identity for men. TheRedArchive has archived 88,966 of its posts, collected since October 2012 and still growing.

About TheRedArchive. TheRedArchive is a free, public archive of the Red Pill community, built so that none of this writing can quietly disappear. It holds **1,737,756 posts** and **40,053,054 comments** from 45 subreddits and 58 blogs. Much of it survives nowhere else — the accounts deleted, the subreddits banned, the websites long offline. All of it is free to read, search and download, and always will be, at www.TheRedArchive.com.

Support the mission. This Red Pill archive is free — no paywall, no account — but keeping it online isn't. I pay for the servers, the storage and the bandwidth myself, so that this valuable knowledge stays online. If you want to support the mission and archive, become one of the people who help keep it online at www.TheRedArchive.com/#help.

Share this file freely, and keep a copy of your own. What sits on one server can be taken down; what sits on a thousand hard drives cannot.

Best regards,

/u/dream-hunter

Founder of TheRedArchive
August 16, 2026

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Google Fires Ph.D Biologist/Engineer For Claiming -- "On average, men and women biologically differ in many ways. "

M_Justice · 8 August 2017 · Archived copy · Reddit

As reported in Bloomberg, Google has fired a senior software engineer, James Damore, for authoring a 10-page memo (pasted below) condemning the company's diversity efforts and claiming men are biologically more predisposed to working in the tech industry than women. According to his LinkedIn profile, Mr. Damore has a masters degree in systems biology from Harvard. (correction: the original posted stated he had a Ph.D, this has since been corrected after Damore updated his LinkedIn profile)

A full reading of the memo shows that Mr. Damore was making a fair and well-reasoned argument for why pay gap and hiring gap issues could not be solely attributable to gender bias against women, and that to understand the full picture, Google (governments and institutions included) need to also consider biological, psychological, social and cultural factors which explain the differences between the genders. Men and Women are actually different, right?

Apparently, this speech violated Google's "code of conduct". The CEO fired Mr. Damore for sexist stereotypes. However, I would agree that Mr. Damore's memo was not "sexist" but rather very logical and scientific. It simply did not sit well with the prevailing cultural elites at the company who believe there is no room for debating authoritarian policies which seek to use artificial quotas and policies to correct for alleged discrimination. However, there is no data to support the fact that the discrepancies between representation of women in science and tech industries has anything to do with other than chosen educations and vocational preferences.

Nice work Google. Before you retaliate against your employees for exercising political speech, perhaps you should give room for other points of view which are actually supported by scientific data.

The memo:

Background [1]

People generally have good intentions, but we all have biases which are invisible to us. Thankfully, open and honest discussion with those who disagree can highlight our blind spots and help us grow, which is why I wrote this document.[2] Google has several biases and honest discussion about these biases is being silenced by the dominant ideology. What follows is by no means the complete story, but it's a perspective that desperately needs to be told at Google.

Google's biases

At Google, we talk so much about unconscious bias as it applies to race and gender, but we rarely discuss our moral biases. Political orientation is actually a result of deep moral preferences and thus biases. Considering that the overwhelming majority of the social sciences, media, and Google lean left, we should critically examine these prejudices.

Left Biases

Compassion for the weak Disparities are due to injustices Humans are inherently cooperative Change is good (unstable) Open Idealist Right Biases

Respect for the strong/authority Disparities are natural and just Humans are inherently competitive Change is dangerous (stable) Closed Pragmatic Neither side is 100% correct and both viewpoints are necessary for a functioning society or, in this case, company. A company too far to the right may be slow to react, overly hierarchical, and untrusting of others. In contrast, a company too far to the left will constantly be changing (deprecating much loved services), over diversify its interests (ignoring or being ashamed of its core business), and overly trust its employees and competitors.

Only facts and reason can shed light on these biases, but when it comes to diversity and inclusion, Google's left bias

has created a politically correct monoculture that maintains its hold by shaming dissenters into silence. This silence removes any checks against encroaching extremist and authoritarian policies. For the rest of this document, I'll concentrate on the extreme stance that all differences in outcome are due to differential treatment and the authoritarian element that's required to actually discriminate to create equal representation.

Possible non-bias causes of the gender gap in tech [3]

At Google, we're regularly told that implicit (unconscious) and explicit biases are holding women back in tech and leadership. Of course, men and women experience bias, tech, and the workplace differently and we should be cognizant of this, but it's far from the whole story.

On average, men and women biologically differ in many ways. These differences aren't just socially constructed because:

They're universal across human cultures They often have clear biological causes and links to prenatal testosterone Biological males that were castrated at birth and raised as females often still identify and act like males The underlying traits are highly heritable They're exactly what we would predict from an evolutionary psychology perspective Note, I'm not saying that all men differ from women in the following ways or that these differences are "just." I'm simply stating that the distribution of preferences and abilities of men and women differ in part due to biological causes and that these differences may explain why we don't see equal representation of women in tech and leadership. Many of these differences are small and there's significant overlap between men and women, so you can't say anything about an individual given these population level distributions.

Personality differences

Women, on average, have more:

Openness directed towards feelings and aesthetics rather than ideas. Women generally also have a stronger interest in people rather than things, relative to men (also interpreted as empathizing vs. systemizing). These two differences in part explain why women relatively prefer jobs in social or artistic areas. More men may like coding because it requires systemizing and even within SWEs, comparatively more women work on front end, which deals with both people and aesthetics. Extraversion expressed as gregariousness rather than assertiveness. Also, higher agreeableness. This leads to women generally having a harder time negotiating salary, asking for raises, speaking up, and leading. Note that these are just average differences and there's overlap between men and women, but this is seen solely as a women's issue. This leads to exclusory programs like Stretch and swaths of men without support. Neuroticism (higher anxiety, lower stress tolerance). This may contribute to the higher levels of anxiety women report on Googlegeist and to the lower number of women in high stress jobs. Note that contrary to what a social constructionist would argue, research suggests that "greater nation-level gender equality leads to psychological dissimilarity in men's and women's personality traits." Because as "society becomes more prosperous and more egalitarian, innate dispositional differences between men and women have more space to develop and the gap that exists between men and women in their personality becomes wider." We need to stop assuming that gender gaps imply sexism.

Men's higher drive for status

We always ask why we don't see women in top leadership positions, but we never ask why we see so many men in these jobs. These positions often require long, stressful hours that may not be worth it if you want a balanced and fulfilling life.

Status is the primary metric that men are judged on[4], pushing many men into these higher paying, less satisfying jobs for the status that they entail. Note, the same forces that lead men into high pay/high stress jobs in tech and leadership cause men to take undesirable and dangerous jobs like coal mining, garbage collection, and firefighting, and suffer 93% of work-related deaths.

Non-discriminatory ways to reduce the gender gap

Below I'll go over some of the differences in distribution of traits between men and women that I outlined in the previous section and suggest ways to address them to increase women's representation in tech and without resorting to discrimination. Google is already making strides in many of these areas, but I think it's still instructive to list them:

Women on average show a higher interest in people and men in things. We can make software engineering more people-oriented with pair programming and more collaboration. Unfortunately, there may be limits to how people-oriented certain roles and Google can be and we shouldn't deceive ourselves or students into thinking otherwise (some of our programs to get female students into coding might be doing this). Women on average are more cooperative. Allow those exhibiting cooperative behavior to thrive. Recent updates to Perf may be doing this to an extent, but maybe there's more we can do. This doesn't mean that we should remove all competitiveness from Google. Competitiveness and self reliance can be valuable traits and we shouldn't necessarily disadvantage those that have them, like what's been done in education. Women on average are more prone to anxiety. Make tech and leadership less stressful. Google already partly does this with its many stress reduction courses and benefits. Women on average look for more work-life balance while men have a higher drive for status on average. Unfortunately, as long as tech and leadership remain high status, lucrative careers, men may disproportionately want to be in them. Allowing and truly endorsing (as part of our culture) part time work though can keep more women in tech. The male gender role is currently inflexible. Feminism has made great progress in freeing women from the female gender role, but men are still very much tied to the male gender role. If we, as a society, allow men to be more "feminine," then the gender gap will shrink, although probably because men will leave tech and leadership for traditionally feminine roles. Philosophically, I don't think we should do arbitrary social engineering of tech just to make it appealing to equal portions of both men and women. For each of these changes, we need principles reasons for why it helps Google; that is, we should be optimizing for Google—with Google's diversity being a component of that. For example currently those trying to work extra hours or take extra stress will inevitably get ahead and if we try to change that too much, it may have disastrous consequences. Also, when considering the costs and benefits, we should keep in mind that Google's funding is finite so its allocation is more zero-sum than is generally acknowledged.

The Harm of Google's biases

I strongly believe in gender and racial diversity, and I think we should strive for more. However, to achieve a more equal gender and race representation, Google has created several discriminatory practices:

Programs, mentoring, and classes only for people with a certain gender or race [5] A high priority queue and special treatment for "diversity" candidates Hiring practices which can effectively lower the bar for "diversity" candidates by decreasing the false negative rate Reconsidering any set of people if it's not "diverse" enough, but not showing that same scrutiny in the reverse direction (clear confirmation bias) Setting org level OKRs for increased representation which can incentivize illegal discrimination [6] These practices are based on false assumptions generated by our biases and can actually increase race and gender tensions. We're told by senior leadership that what we're doing is both the morally and economically correct thing to do, but without evidence this is just veiled left ideology[7] that can irreparably harm Google.

Why we're blind

We all have biases and use motivated reasoning to dismiss ideas that run counter to our internal values. Just as some on the Right deny science that runs counter to the "God > humans > environment" hierarchy (e.g., evolution and climate change) the Left tends to deny science concerning biological differences between people (e.g., IQ[8] and sex differences). Thankfully, climate scientists and evolutionary biologists generally aren't on the right. Unfortunately, the overwhelming majority of humanities and social scientists learn left (about 95%), which creates enormous confirmation bias, changes what's being studied, and maintains myths like social constructionism and the gender wage gap[9]. Google's left leaning makes us blind to this bias and uncritical of its results, which we're using to justify highly politicized programs.

In addition to the Left's affinity for those it sees as weak, humans are generally biased towards protecting females. As mentioned before, this likely evolved because males are biologically disposable and because women are generally more cooperative and agreeable than men. We have extensive government and Google programs, fields of study, and legal and social norms to protect women, but when a man complains about a gender issue [sic] affecting men, he's labelled as a misogynist and whiner[10]. Nearly every difference between men and women is interpreted as a form of women's oppression. As with many things in life, gender differences are often a case of "grass being greener on the other side"; unfortunately, taxpayer and Google money is spent to water only one side of the lawn.

The same compassion for those seen as weak creates political correctness[11], which constrains discourse and is complacent to the extremely sensitive PC-authoritarians that use violence and shaming to advance their cause. While Google hasn't harbored the violent leftist protests that we're seeing at universities, the frequent shaming in TGIF and in our culture has created the same silence, psychologically unsafe environment.

Suggestions

I hope it's clear that I'm not saying that diversity is bad, that Google or society is 100% fair, that we shouldn't try to correct for existing biases, or that minorities have the same experience of those in the majority. My larger point is that we have an intolerance for ideas and evidence that don't fit a certain ideology. I'm also not saying that we should restrict people to certain gender roles; I'm advocating for quite the opposite: treat people as individuals, not as just another member of their group (tribalism).

My concrete suggestions are to:

De-moralize diversity.

As soon as we start to moralize an issue, we stop thinking about it in terms of costs and benefits, dismiss anyone that disagrees as immoral, and harshly punish those we see as villains to protect the "victims." Stop alienating conservatives.

Viewpoint diversity is arguably the most important type of diversity and political orientation is one of the most fundamental and significant ways in which people view things differently. In highly progressive environments, conservatives are a minority that feel like they need to stay in the closet to avoid open hostility. We should empower those with different ideologies to be able to express themselves. Alienating conservatives is both non-inclusive and generally bad business because conservatives tend to be higher in conscientiousness, which is required for much of the drudgery and maintenance work characteristic of a mature company. Confront Google's biases.

I've mostly concentrated on how our biases cloud our thinking about diversity and inclusion, but our moral biases are farther reaching than that. I would start by breaking down Googlegeist scores by political orientation and personality to give a fuller picture into how our biases are affecting our culture. Stop restricting programs and classes to certain genders or races.

These discriminatory practices are both unfair and divisive. Instead focus on some of the non-discriminatory practices I outlined. Have an open and honest discussion about the costs and benefits of our diversity programs.

Discriminating just to increase the representation of women in tech is as misguided and biased as mandating increases for women's representation in the homeless, work-related and violent deaths, prisons, and school dropouts. There's currently very little transparency into the extent of our diversity programs which keeps it immune to criticism from those outside its ideological echo chamber. These programs are highly politicized which further alienates non-progressives. I realize that some of our programs may be precautions against government accusations of discrimination, but that can easily backfire since they incentivize illegal discrimination. Focus on psychological safety, not just race/gender diversity.

We should focus on psychological safety, which has shown positive effects and should (hopefully) not lead to unfair discrimination. We need psychological safety and shared values to gain the benefits of diversity. Having

representative viewpoints is important for those designing and testing our products, but the benefits are less clear for those more removed from UX. De-emphasize empathy.

I've heard several calls for increased empathy on diversity issues. While I strongly support trying to understand how and why people think the way they do, relying on affective empathy—feeling another's pain—causes us to focus on anecdotes, favor individuals similar to us, and harbor other irrational and dangerous biases. Being emotionally unengaged helps us better reason about the facts. Prioritize intention.

Our focus on microaggressions and other unintentional transgressions increases our sensitivity, which is not universally positive: sensitivity increases both our tendency to take offense and our self censorship, leading to authoritarian policies. Speaking up without the fear of being harshly judged is central to psychological safety, but these practices can remove that safety by judging unintentional transgressions. Microaggression training incorrectly and dangerously equates speech with violence and isn't backed by evidence. Be open about the science of human nature.

Once we acknowledge that not all differences are socially constructed or due to discrimination, we open our eyes to a more accurate view of the human condition which is necessary if we actually want to solve problems. Reconsider making Unconscious Bias training mandatory for promo committees.

We haven't been able to measure any effect of our Unconscious Bias training and it has the potential for overcorrecting or backlash, especially if made mandatory. Some of the suggested methods of the current training (v2.3) are likely useful, but the political bias of the presentation is clear from the factual inaccuracies and the examples shown. Spend more time on the many other types of biases besides stereotypes. Stereotypes are much more accurate and responsive to new information than the training suggests (I'm not advocating for using stereotypes, I [sic] just pointing out the factual inaccuracy of what's said in the training). [1] This document is mostly written from the perspective of Google's Mountain View campus, I can't speak about other offices or countries.

[2] Of course, I may be biased and only see evidence that supports my viewpoint. In terms of political biases, I consider myself a classical liberal and strongly value individualism and reason. I'd be very happy to discuss any of the document further and provide more citations.

[3] Throughout the document, by "tech", I mostly mean software engineering.

[4] For heterosexual romantic relationships, men are more strongly judged by status and women by beauty. Again, this has biological origins and is culturally universal.

[5] Stretch, BOLD, CSSI, Engineering Practicum (to an extent), and several other Google funded internal and external programs are for people with a certain gender or race.

[6] Instead set Googlegeist OKRs, potentially for certain demographics. We can increase representation at an org level by either making it a better environment for certain groups (which would be seen in survey scores) or discriminating based on a protected status (which is illegal and I've seen it done). Increased representation OKRs can incentivize the latter and create zero-sum struggles between orgs.

[7] Communism promised to be both morally and economically superior to capitalism, but every attempt became morally corrupt and an economic failure. As it became clear that the working class of the liberal democracies wasn't going to overthrow their "capitalist oppressors," the Marxist intellectuals transitioned from class warfare to gender and race politics. The core oppressor-oppressed dynamics remained, but now the oppressor is the "white, straight, cis-gendered patriarchy."

[8] Ironically, IQ tests were initially championed by the Left when meritocracy meant helping the victims of the aristocracy.

[9] Yes, in a national aggregate, women have lower salaries than men for a variety of reasons. For the same work though, women get paid just as much as men. Considering women spend more money than men and that salary _____

represents how much the employees sacrifices (e.g. more hours, stress, and danger), we really need to rethink our stereotypes around power.

[10] “The traditionalist system of gender does not deal well with the idea of men needing support. Men are expected to be strong, to not complain, and to deal with problems on their own. Men’s problems are more often seen as personal failings rather than victimhood,, due to our gendered idea of agency. This discourages men from bringing attention to their issues (whether individual or group-wide issues), for fear of being seen as whiners, complainers, or weak.”

[11] Political correctness is defined as “the avoidance of forms of expression or action that are perceived to exclude, marginalize, or insult groups of people who are socially disadvantaged or discriminated against,” which makes it clear why it’s a phenomenon of the Left and a tool of authoritarians.

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UPVOTES

HOW TO GET LAID LIKE A WARLORD: 37 Rules of Approaching Model-Tier Girls

MikeHaines · 29 November 2016 · Archived copy · Reddit

A complete guide to picking up 9s and 10s

Today I want to tell you everything I know about getting the highest calibre girls from cold approach.

This guide will cover: frame control, inner game, and passing tests — which I consider to be the holy trinity of “9 and 10 game”.

This guide will NOT cover: body language, pulling, or handling logistics. Obviously, the latter are extremely important, but they’ve been adequately covered elsewhere, and there just isn’t space to include them here.

My background

Picked on in school, small and sickly, didn’t have a girlfriend until 18. Was dumped by her and spent the first 2 years of college pretty much celibate.

Got into redpill ideas through the old “Citizen Renegade” blog (which is now Heartiste). From there stumbled on RSD’s infield videos.

Started going out and approaching regularly. Approach anxiety and ceaseless rejection for months, but I kept at it. The odd success here and there.

After about 2 years I was fucking a new girl every fortnight or so, mostly 7s and 8s with the occasional turbo when fortune smiled on me. My current girlfriend is a 9, has done modelling etc.

Below is everything I know about getting the hottest women from cold approach pickup. This is specially engineered for getting 9s and 10s and dealing with the kind of bullshit these girls will inevitably give you.

If you’re more into sleeping with tons of 7s (and there’s nothing wrong with that), this might be overkill.

When I was single I personally was one of those guys who would rather fuck half a dozen 9s/10s in a year than 50 mid range girls, so my whole approach to game is based on optimizing for that.

Take it for what it is — I’m not saying my approach is better, this is just how I roll based on my preferences.

This is a long post. You may want to bookmark it and return to it later if you’re particularly concerned with getting the hottest girls. There’s a lot of subtle points in here that won’t be immediately clear on a first reading.

PART 1: THE ATTRACTION PROCESS

1. Women are attracted to you because you have a stronger frame than they do.

That’s all.

There’s nothing else to it.

Attraction is purely a function of the fact that:

1. you’re a man
2. you have a *stronger frame* than the girl

As a man, you naturally have a strong frame of reality whereas women don’t. Therefore they value that. (Having a strong frame is a result of high testosterone levels.)

2. Women would rather fuck an ugly guy with a strong frame than a handsome guy with a weak one

Evolution has designed women to be very flexible in terms of who they'll become attracted to.

Women would rather fuck an ugly guy with a strong frame (i.e. a natural leader) than a handsome guy with a weak frame (cowardice, uncertainty).

That's because women who chose to fuck the latter ultimately had their genes rooted out of existence by the brutal conditions of ancestral life.

In consequence, women now are very adaptable. They have the capacity to be attracted to almost ANY man so long as his frame is stronger than hers.

3. A girl can ONLY get horny for you if you have a stronger frame than her.

Think of this like a mathematical equation. There's no getting around it, no cheating it, no short-circuiting it. It is an immutable law.

Women want to submit to you. They want to submit to a strong man. But she can't submit to you if your frame is weaker than hers.

Physiologically, girls can't even become wet for a guy who has a weaker frame than they do. It's literally impossible.

4. "Be a man. Act like you have answers." (Bill Burr)

What is a strong frame? Fundamentally, it's a sense of certainty in everything you do. This certainty manifests itself as calmness in the face of social pressure.

Simply put, in a cold approach pickup, the woman becomes attracted to you because you're more relaxed than she is.

That's all.

That might seem strange, but it's actually not.

The very fact that you approached the girl at all demonstrates a massive amount of confidence and social value (either real or potential).

So once you've approached the girl and gotten her into a conversation, the game is yours to lose. She'll inevitably become attracted to you because you're a man, and because you have a stronger frame than she does.

5. Relax

You will approach women, and you will make mistakes. That's fine. Women don't want you to be perfect. They only want you to be a man.

You are not physically perfect. Neither am I. Neither is anyone.

Women are not looking for perfection. They're only looking for a man who has a *stronger psychological frame* than they do.

And fortunately for you, you already have a naturally stronger frame than women.

An example of this is how women will freak out over spiders or mice, jump up and down, scream, and so on, whereas a man will calmly deal with the situation without it breaking his frame.

6. She tests your frame to test your masculinity. The two are the exact same thing.

Women are attracted to *masculinity*. And masculinity can be defined as a measure of how much pressure a man can endure without it breaking his frame.

When you approach a hot woman, she immediately starts trying to break down your frame.

She's testing it for strength.

If your frame crumbles in the face of her frame, she knows you're not a man — because men have a stronger frame

than women.

Fortunately, your frame will not crumble. A girl's frame will always "buckle" under yours after you pass several of her tests. It's instinctual. Women want to be with the strong man. When she sees you have a strong frame she starts getting wet.

7. "Listen, smile, nod, agree — then do what the fuck you were gonna do anyway." (Robert Downey Jr.)

Women test me all the time. Women have said things to me that are totally brutal — called me ugly, too short, a loser, etc.

Most of the women I approach will make a weird face or pretend to ignore me for the first 10-20 seconds.

It doesn't penetrate. It doesn't cause any emotional reaction whatsoever inside me. I smile, nod, agree and then keep talking to her as if she's being nice to me.

Eventually, she starts responding. Then she starts laughing. And then we have sex.

A woman's frame will ALWAYS buckle under yours. It's not a question of "if", but "when".

8. Chasing hot girls gives you a "charge"

When you're first getting into game, it's fine to only approach 5s and 6s.

Many of these girls will be super nice to you, and that's cool. A lot of them are fantastic in bed.

But once you start to get some experience, you're naturally going to want to move up the ladder and start laying 8s, 9s and 10s.

This is a natural instinct, and it's good. It's okay to chase girls just because they're hot. These girls want you to chase them. If they didn't, they wouldn't make themselves hot.

Part of being a man is that you can appreciate a woman's beauty and femininity. It gives you a charge. And pursuing women who are "out of your league" (by society's false standards) also gives you a charge.

9. Seducing a 9 is no different from seducing a 5

The process of attraction is exactly the same. The only difference is that the hot girl's frame is stronger than the chubby girl's.

But ultimately, no matter how strong a hottie's frame is, your frame will always be stronger, because you're a man.

10. Women will test you brutally when they want to sleep with you

When you approach any hot girl, she'll test your frame HARD to see if it's strong.

She'll act like a bitch. She'll pretend to ignore you. She'll tell you outright to go away.

She wants to see if you'll buckle to social pressure, or if your frame will remain calm and consistent regardless of external feedback.

She actually WANTS to sleep with you — but she needs to test your strength first.

Don't be fooled by the bitch persona for a second. It's a carefully cultivated TEST.

Most men fail the test because they don't even realize they're being tested.

11. Fight Club analogy

Getting a hot woman into bed is like the hazing scene in Fight Club where the new recruits are lined up outside the door.

Tyler berates the recruits with personal insults. "Too old, go away." "Too fat, go away."

He forces them to stand outside for days. He tells them there's no possibility they're getting in. Most give up. But the few who stay are ultimately invited inside.

Seducing the hottest women is the same. It's a WAR OF ATTRITION.

Women will fuck pretty much any guy who's around at the end of the night so long as he has a stronger frame than she does.

But you have to stick around. You can't leave when she insults you or acts like she doesn't want to talk to you. If you do, you're failing her tests.

We'll get into the mechanics of passing these tests in a moment. First we need to talk about inner game, which is the basis of out-framing anyone.

PART 2: INNER GAME

12. The battle is won or lost inside you before it's ever fought

We've said that the only way to AROUSE a woman to the point that she wants to sleep with you off cold approach is to pass her tests.

How do you pass these tests?

The first principle is to understand is that all tests are FRAME tests. The entire purpose of tests is to see if you have a strong frame that won't buckle under pressure.

Therefore, it's useless begin with talking about "how to pass tests". The real value is in having a strong frame to begin with. As Sun Tzu says in the Art of War, "every battle is won or lost before it's ever fought."

13. The "I am enough" frame = the gold dust that gets you 9s and 10s

The basis of your inner game is the idea that "you are enough". In other words, you have value to women simply because you're a man.

Everything else is built upon that foundation.

You don't have to "do" anything to attract a girl. She's attracted to you simply because you're more relaxed than she is.

You don't have to change anything. You don't have to improve your "game" beyond what it's at now. You don't need to become better looking.

You CAN do all these things if you want and they will help you. But you don't have to.

You're already "good enough" simply because you're a man — because you've got testosterone and a dick. Women value that.

14. Men and women are meant to get together

We fit together like a key and a lock.

There have been studies done in which women smell men's sweaty t-shirts, and it changes the chemistry of their brain — making them more relaxed and calm.

Your "male-ness" is inherently attractive to women. Same way as their femininity is inherently attractive to you.

15. Standards are a myth — everyone is a horny scoundrel

We have been brainwashed in our culture into believing that people (women) have something called "standards".

Women don't have any standards — not really. Neither do men.

Imagine you're naked in bed with a "4". She's kinda chubby, plain face, you probably wouldn't be proud of the lay,

whatever. But her skin's soft, she smells good, and she's naked and wet.

Are you going to say no?

Probably not, if we're being honest with each other. You'd almost definitely fuck her if you could be CERTAIN that (a) she'd leave afterwards, and (b) no one would find out.

There's a natural magnetism between men and women. We have no willpower around each other.

Women are the same way. Take it from someone who's "shot out of his league" too many times to count.

16. Be her cheat meal

You can be a "4" and she can be a "9". *If the circumstances are right*, she'll fuck you so long as there's no downside. Why? Because sex feels good.

Even the hottest, slimmest yoga bunny pigs out on pizza every once in a while. It's human nature. We're not strong. We're weak.

We pretend to have "standards" to the outside world. But down deep inside, no one has any standards, and we know it. We have no will, no self-control.

Hot women are the same.

If you can hold frame, pass a woman's test, and lead her to somewhere sex can happen while creating plausible deniability, she WILL fuck you.

You'd be amazed how easy it is when you get it down.

17. Stop thinking you need to be an "alpha" to get hot girls — helpful at first but it will ultimately stress you out

Your frame is: "I am enough."

Your frame is NOT "I'm a badass alpha who's better than everyone".

That's hard to uphold in the face of conflicting evidence, and will cause cognitive dissonance and stress.

It's simply: "Women and men are meant to get together. I'm a man. Therefore, women are already attracted to me on some baseline level."

That's not a hard frame to maintain. It doesn't stretch the truth. It doesn't cause cognitive dissonance.

And therefore it's MUCH MORE RESILIENT in the face of tests and resistance — which is the most CRITICAL element to getting the hottest girls.

18. Cultivate a "reality distortion field"

In order to do this, you must fully INTERNALIZE the "I am enough" belief system.

Understanding it in theory isn't enough. You have to feel it with your whole "mass". You have to believe it with total, unquestioning, brainwashed conviction.

The more you think about the idea that there's no reason you're not enough, the more it will feel "true". (Things become true to us through repetition, not through logic.)

Use self-hypnosis if necessary. Find every reason you can to support the belief that you're enough, while cultivating "deliberate blindness" to anything that contradicts it.

Don't be a slave to logic. Make logic a slave to you. This is how you cultivate a "reality distortion field".

PART 3: HOW TO MAKE WOMEN HORNY BY PASSING THEIR TESTS

19. Enduring tests = building attraction

When you approach a woman, she immediately starts testing you. By passing her tests, you demonstrate that your frame is stronger than hers. This makes her horny for you.

Women are wired in such a way that they can't become wet for a man unless he's overcome some kind of *resistance* to get her. Hence, tests actually help you to seduce her. You want her to test you. The more tests you endure, the faster she'll sleep with you.

When a girl is so into you that she doesn't test you, this is how you end up on a 3rd date with a woman who still won't put out.

Tests are your friend.

20. Passing tests is where ALL attraction is ultimately generated.

Attraction is NOT generated by pickup lines and witty comebacks.

Attraction is NOT generated by manipulation techniques.

Attraction is NOT generated by looks or money.

All of these things WILL increase your probabilities of getting laid, and make your game smoother and more streamlined.

But they're NOT what builds ATTRACTION.

The one and ONLY thing that builds attraction is ENDURING A WOMAN'S TESTS.

The reason for this is obvious when you think about it:

21. Enduring her tests = ability to overcome adversity = GOOD GENES

Women have to see you have a strong frame, because otherwise they have no confidence that you'll be able to protect them and remain calm in the face of danger.

And the ONLY way they can figure out if you have strong frame is by testing you, being bitchy, insulting you, brushing you off, ignoring you, etc.

That might seem "unfair" to you.

But if you can't handle the abuse from some blonde chick in a bar, how the fuck are you going to handle beating a 7ft tall man to death with your bare hands when he and his tribe invade your village and try to gang-rape your girl?

Think about it.

22. Women aren't built for Starbucks. They're built for the African savannah.

Women aren't built for the modern world. They're built for nature, red in tooth and claw.

If you understand that, you'll do things differently. You won't take it so personally when you approach a girl and she tries to destroy you.

It's necessary.

Hot women aren't acting bitchy to you because of feminism. They're acting bitchy to you because they WANT to fuck you — but they can only do so after they've proved that you have a stronger frame than they do.

This is instinctual. It's part of the natural order.

Innate female bitchiness existed long before feminism. Testing men who approach them is encoded into female DNA.

When you get bitter at hot women for testing you, you're being just as anti-nature as feminists themselves.

23. Eliminate self-destructive beliefs

There's a common myth in the seduction community that a girl who acts "bitchy" to your approach is fundamentally flawed and therefore "not worth pursuing".

This is totally ludicrous.

In fact, it's just an incidence of "sour grapes" — cognitive games we play with ourselves to rationalize that the grapes we can't reach are sour.

The reality is that if a girl has ANY VALUE WHATSOEVER, then she will test you hard during your first approach.

24. Embrace tests

Do you want a woman who says yes to every cock who comes along without putting up the slightest resistance?

Or do you want a woman who actually DISCRIMINATES among men based on their value — and who CHOSE YOU over hundreds of other suitors because you had the highest value?

If you're a normal, healthy man, you want the second woman — and that means you must LOGICALLY EXPECT her to test you hard, and to test you with everything she's got.

And you must not only expect tests, but APPRECIATE them.

You LIKE it when a girl acts bitchy on your approach. It means that if you settle down with her, she's likely to act bitchy to OTHER GUYS who approach her, scaring them away.

The higher a woman's value (in looks and character), the harder she will test you by ACTING "boring" and "bitchy". This is the way it is and will be. This way and not some other way.

Luckily, passing tests is the fastest way to create arousal and horniness. This means that, paradoxically, the hottest women are often the easiest to seduce if you know how to pass their tests.

THE TWO CATEGORIES OF "TESTS" HOT GIRLS WILL GIVE YOU, AND HOW TO PASS THEM

Women will give you two types of tests — active tests and passive tests.

25. Active tests

Active tests are covered frequently in PUA literature.

When a woman insults you, belittles you, mocks you, or says something provocative to get a reaction — these are all examples of active tests.

Common "brush-off" lines like telling you she has a boyfriend, saying you're a nice guy, telling you LJBF — these are also active tests.

I won't talk much about passing active tests as this material has already been done to death in the redpill/PUA world. (Just look up anything on "shit tests".)

Suffice to say, the best way to pass active tests is to either:

- a. Agree and amplify.
- b. Ignore the test and continue as if you didn't even hear it.

Generally speaking, getting active tests is VERY GOOD. If the girl's actively testing you, it means she's definitely interested. It's also a very easy way to demonstrate your strength of frame by being a charming asshole in response.

26. How to get past her "bitch shield" persona and into her knickers: recognize and endure passive tests

But there is another type of test, which is MUCH more important to understand.

This is the PASSIVE TEST. This is almost NEVER covered by PUA/redpill literature — yet these tests are actually the most COMMON you'll encounter, particularly when dealing with 9s and 10s.

Passive testing happens when you approach a girl and she appears to be INDIFFERENT, BORED, or ALOOF.

"Resting bitch face" is a passive test. Giving you only one word answers is a passive test.

And — my favorite — when you go to approach a hot girl and she looks at you with a face of half-disgust, half-horror, and runs away.

Utterly BRUTAL as it seems — yes, even THAT is a test.

27. Don't confuse passive tests with "rejection"

99% of guys interpret passive tests as REJECTION. Even natural alphas do.

And that's totally understandable.

I mean, it makes sense right?

If you approach a stunner and she takes one look at you before making a "creeped out" face to her friend, and then they run away — that's obviously a rejection, right?

Well, what if I told you that at least half the women I've slept with in my life reacted like that (or similarly badly) when I approached them?

Here's a particularly good example:

28. "Rejection" is not rejection

There was this girl I went to college with. Brunette, hot, did modeling work in her spare time, socially was one step down from a "minor celebrity" in my city.

Probably one of the 10 or 15 hottest girls in my college.

I always wanted to fuck this girl, because she seemed smart and interesting as well as just hot. But I rarely saw her around.

One day she passed me in the stairwell, and I thought "this is probably the only chance I'm ever going to get".

So I approached her and blurted. "Hi, I'm Mike". Good eye contact. Held my hand out to shake hers. Whatever.

She looked at me like I had leprosy.

I mean, she literally RECOILED. Her eyes went wide in horror, as if I was trying to infect her with AIDS.

She shook my hand limply and muttered some social nicety back, then ran away swiftly.

WOW... Now THAT'S a rejection, right?

Well, the story has an addendum. That woman is now my girlfriend. Has been for three years. She'll probably be the mother of my children.

So what's going on here?

If she was attracted to me (which she later told me she was), why did she appear to "reject" me?

Answering this question is the THE KEY to mastering all of game and social dynamics. You ready?

Ok, here we go:

29. You are TOO HIGH VALUE

Yes, you read that correctly.

When you're getting "rejected" by girls, it's because YOU'RE TOO HIGH VALUE FOR THEM, and it makes them nervous and self-conscious.

Stay with me here. I know this sounds paradoxical, but try to grasp it.

30. Women are nervous around you

When you approach a woman out of the blue, it demonstrates a LOT of value. More than you probably realize.

This is because 97% of guys DON'T APPROACH AT ALL. (Those who do are usually drunk and sloppy.)

This means that if you're an average to fair looking guy, and you could approach a girl, you've just put yourself in the top 3% of men in terms of confidence.

In other words, she is going to naturally ASSUME that you are an alpha male (whether this is true or not).

This makes her NERVOUS and SELF-CONSCIOUS. She's ill at ease around you because she wants to make a good impression.

So she tries to act “cool”, “aloof”, and “standoffish”... because she feels awkward.
She says bitchy things... because she can't think of anything else to say.
She runs away... because she feels anxious around you and doesn't know what to do next.
In other words: you're coming across as TOO HIGH VALUE.
Women are nervous around you. Be patient with them!
Dumb yourself down. Hold frame, tease them, keep smiling warmly.
Eventually they'll open up and start laughing, flirting back, and ultimately get turned on by the fact that you out-framed them in a way no other man ever has.

BONUS: THE 6 MOST COMMON TESTS HOT GIRLS WILL GIVE YOU AND HOW TO PASS THEM IN A WAY THAT BUILDS ATTRACTION

#1. You approach her, say hi, and she makes a weird face, or pretends to ignore you.

Simply keep talking as if you expect her to talk back. She's nervous and self-conscious and *doesn't know what to say*. That's why she's acting “bitchy” — you're too high value for her and she feels anxious, causing her to try to act cool.

Don't react to her. Keep your body language open and relaxed. Warm smile, unwavering eye contact. Keep talking. Eventually she'll start talking back and responding positively.

#2. You're talking to a girl and she acts indifferent or aloof, only gives you one word answers, or keeps looking off into the distance

Again, you simply have to ENDURE IT. Keep talking, keep being playful. Teasing her a little bit never hurts either. “Are you this charming with all the guys?” “This bitchy cheerleader persona you're putting on is really turning me on, please keep it going ;-)”

When she sees you're not going to go away so easily, her frame will crack. She'll start to smile. Attraction.

#3. You're talking to a girl and she leaves to go to the bathroom, says “I have to go find my friends”, or runs away for no apparent reason.

Let her go. Then re-approach her later. I can't tell you how many girls have run off on me, then I approach them half an hour later and they're like “Oh it's you!” and then we hook up.

Why do women leave? Again, they're NERVOUS.

Have you ever approached a hot girl and things were going TOO WELL? The girl is smiling and laughing.... she's responding well... and.... you freak out! You don't know what else to do, but you don't want to fuck it up, so you leave set!

GIRLS DO THIS TOO. Women will “run out of things to say” and run away because they're nervous and overwhelmed by being in a high value person's presence, same as guys will.

Let her go, then re-approach her next time you see her.

She will respond extremely well 90% of the time in my experience. She'll literally be GRATEFUL to you that you gave her another chance. Women have told me this explicitly.

#4. If you're talking to a girl and she tells you outright that you should leave, or says “well, you should go

back to your friends”, “it was nice meeting you”, etc.

Smile, nod, agree, and then continue talking to her as if she said nothing. Never leave set because a girl tells you to. SHE can walk away if she wants. She has that right.

But in a public space like a bar or nightclub, you're well within your rights to talk to whoever you want.

It's Saturday night. It's a social environment. You're mixing with people.

You're free to talk to whoever you want, and she's free to walk away at any time.

But if she tells YOU to leave, it's simply a test of your frame. She wants to see that you won't buckle under social pressure.

Pass the test by ignoring it. If she tells you to leave again, look her in the eye with a sly smile and say "You're free to go if you want to."

Her eyes will light up and she'll punch you in the arm. Pussy dampening commences.

#5. You're talking to a woman and there's an uncomfortably long lull in the conversation.

Stare into her left pupil while saying nothing. Instant sexual tension.

#6. You approach a woman, or a group of women, and they attempt to mock or belittle you.

They're nervous around you because you're the alpha male in the environment. (As demonstrated by the fact that you approached.)

They feel uncomfortable in your presence because you're high value, and so they're trying to maintain frame by making nervous jokes.

Smile, nod, agree, and keep talking to them AS IF they were being perfectly nice to you. If you act like they're being civil, eventually their frame will buckle to yours and they actually WILL begin to act civil.

That's the nature of having a stronger frame: you create reality. Other people adjust themselves to it.

TL;DR

1. Women value you because you have a **STRONGER FRAME** than them. That's all.
2. To figure out if you've got a strong frame, women test you. These tests come in the form of indifference, bitchiness, aloofness, personal insults, etc.
3. You don't have to do much to pass these tests. You just have to **ENDURE** them, keep talking to her, teasing her a little and being normal. Over time, her frame will buckle and she'll become aroused by you because she sees you have a strong frame that can't be pushed around.
4. Attraction is a passive, not an active process. You attract hot girls by outframing them. You outframe them by enduring their tests without it breaking your frame. Eventually they "buckle" to you and become wet, laugh at your jokes, ask you what you're doing later, etc. Then you can take her hand and lead her to the sex location and she'll be compliant.
5. The hotter the woman, the harsher will be her tests. Paradoxically, this can actually make hotter women easier to attract, because if you can endure her tests you stand out massively from other guys. Compare to an average girl: her tests won't be as hard, so you have to pass more of them and spend more time with her before she can see you're strong

If you've found this guide helpful, you might like my blog. Start with my most popular post: **The Ultimate Guide To "Same Day Sex"**

3,938
UPVOTES

I have been practicing Stoicism for 3 years now and the quality of my life has increased dramatically because of these 3 exercises. One from each of the greats: Epictetus, Seneca, And Marcus Aurelius. Try them and tell me what you think in two weeks.

thegolddawg · 7 August 2017 · Archived copy · Reddit

Practical Stoicism Tools

Stoicism philosophy is on the rise. I have been practising it for a couple of years now and would like to share 3 of the most effective and practical mental exercise/meditations that I have used.

Method One: A view from above

'You can rid yourself of many useless things among those that disturb you, for they lie entirely in your imagination; and you will then gain for yourself ample space by comprehending the whole universe in your mind, and by contemplating the eternity of time, and observing the rapid change of every part of everything, how short is the time from birth to dissolution, and the illimitable time before birth as well as the equally boundless time after dissolution'

– Marcus Aurelius

Marcus Aurelius advises us to perform an exercise called 'view from above'. This exercise involves us envisioning ourselves from the third person. In this vision, we zoom out while keeping ourselves in the centre. We continue zooming out and contemplating the scale of the universe. For instance, your first zoom might encompass a view of you from above the roof of your house. Increase the magnitude and you might see a view of your street, increase the magnitude and you might see a view of your country. Keep going until you can picture a view of Earth from the stars.

With this scale, we can gain a better perspective on the insignificance of our problems. When compared to the universe whatever problems we might appear incredibly trivial. For instance, if you were feeling down because a girl flaked on you or someone insulted you, try this exercise. It is far easier to overcome the emotional hurdles we experience when we put things into perspective.

Method Two: Negative visualization

'Remember that all we have is "on loan" from Fortune, which can reclaim it without our permission—indeed, without even advance notice. Thus, we should love all our dear ones, but always with the thought that we have no promise that we may keep them forever—nay, no promise even that we may keep them for long.'

- Seneca

Negative visualization despite the name is an exercise that will increase your default level of happiness if practised consistently. The exercise consists of you envisioning what it would feel like if you lost certain things from your life. Some of the things that you could consider during the exercise are:

- How it would feel to not have a roof over your head.
- How it would feel to lose social status.
- How it would feel to live in a third world country.
- How it would feel to have a physical disability.
- How it would feel to lose a loved one.

This exercise is not meant to be dark or morbid, it's meant to put things into perspective. Allowing you to see how

lucky you truly are. It also prepares you for the worst case scenarios in which one of these things does happen. **You are not meant to fixate on these thoughts, but consider them from time to time.**

This is a very practical way for you to practice gratitude, naturally, when you consider things being removed from your life, you start to gain a sense of gratitude. Now gratitude is important because of a thing called 'hedonic adaptation', basically, it's a term that defines the tendency for humans to always go back to their default level of happiness.

If you won the lotto and became a millionaire, your base level of happiness will increase for a while. However, when you become accustomed to the lifestyle, despite all the new toys, you will return to your base level. Gratitude breaks this pattern, allowing you to enjoy each step on the ladder. You can be grateful when you own a box, and you can be grateful when you own a Lamborghini Aventador.

Method Three: Voluntary Discomfort

'But neither a bull nor a noble-spirited man comes to be what he is all at once; he must undertake hard winter training, and prepare himself, and not propel himself rashly into what is not appropriate to him'

- Epictetus

The last exercise has been advised to us by Epictetus. It is called 'voluntary discomfort'. In this exercise, we are going to deliberately put ourselves through uncomfortable situations. We will do this in order to train ourselves to not hold onto comfort with such high regard. We can perform voluntary discomfort in a number of ways. Some suggestions are:

- Cold Showers
- NoFap
- Exercising in the morning
- Walking in the cold without a jumper
- Fasting for a day
- Sleeping on the floor

All these things will change your relationship with comfort. Once you overcome the need for comfort, life will become much easier. Setting your goals and sticking to them will be far easier. When most people complain about being 'uncomfortable', you won't be able to relate. You are literally training yourself to be like a Navy Seal. This method will harden you up for life.

Eventually shit will hit the fan at some stage during your life. You want to have to mental and physical fortitude to weather the storm.

So those are the three stoic exercises. Stoicism is a practical philosophy that has survived the test of time due to its universal applications. If you practice these stoic meditations, you will be well on your way to the good life.

VIDEO POST, Thank You

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Talking With Women - Always DARE, Never DEER

LiveAFTSOV · 26 May 2018 · Archived copy · Reddit

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Defend, Explain, Excuse, Rationalize...

The Four Horsemen of the argument apocalypse.

The surest sign of doom's arrival is the scornful tongue lashing from a toothed vagina. Once a woman in your presence argues with you, or tests you - the horsemen are coming to your doorstep.

When you feel the tremoring gallop of these riders approaching, you'd best close the white gates of your mouth, and seal them with your lips.

If they've already arrived, the conversation, as you know it, is over.

The mighty tides of white colored pussy cream, dried in an instant - rendered into friction filled dunes of dry-crusted sand.

The tingles, are gone.

From there, the arousing conflict transforms into a contest of how much power you will surrender to your adversary, the fair-faced, bearded clam.

The sin of entering arguments, or DEERING with women, will happen in 4 ways - each unique in both appearance and punishment.

Learn them well, and avoid them.

Defend - The first Horseman

Being defensive is NOT to be confused with defending oneself from a real threat, like a physical attack, an attack to your character by ad hominem, or an attack against your ideas or beliefs.

Defensiveness is a psychological response to perceived or imagined threat or attack to one's sense of self.

• What "Defend" Looks Like

Examples Are Italicized

"I bet you say that to all the girls." --- *"What, are you calling me a man-whore or something? I don't do that!"*

"How could you not know where the spoons are?" --- *"I looked fucking everywhere for them!"*

"Dude, are you mad? Your face is all red and you're foaming at the mouth." --- *"I am NOT angry! Why would you assume that! Maybe YOU'RE angry!"*

"You really suck at having sex, babe." --- *"What? But every other girl I've been with said I'm amazing! You're the one who sucks."*

"You went and bought WHAT without talking to me about it?!" --- *"But baby, I know I made the right call, look at all the benefits of this decision, don't you agree? Tell me why you disagree!"*

"Only an idiot reads the red pill." --- *"What? How DARE you question the red pill?! You're just a bloopie faggot!"*

"I wish you would start doing the dishes." --- *"I wish you would stop being so goddamn annoying!!"*

"You suck." ---- *"Why would you even say that about me? I'm fucking awesome! What did I do to you?"*

Arms folded across your chest.

Eyes darting around. Rubbing the back of your neck or head in nervousness.

Strained facial muscles. A feigned smile.

Shifting back and forth in position.

• Why People "Defend"

People become defensive because they aren't confident in their own decisions, and they don't believe in who they are. They feel guilty, ashamed, and timid about their choices. They question their sense of self. A defensive man is not an immovable mountain. Instead, they are an ungrounded castle, built upon pillars of sand, waiting to wither away and topple.

When you feel the urge to be defensive, you may believe what the other person (the female) says about you, and you must defend the validity of your inner sanctum from this attack. You question your internal beliefs, start to believe what the outsider is saying about you, and then you defend yourself to convince yourself of your own truth and beliefs. You feel that you are being personally attacked, and you are protecting your sense of self. Terrible, ain't it?

Even worse, some people experience the urge to be defensive when an attack isn't even intended! This is the result of upbringing, and unconfidence - perhaps policing parents who harassed their child, leading to a grown man becoming defensive and confrontational when a woman asks "Hey honey, where were ya last night?" Maybe you were actually out there doing some shady shit, and your guilt about doing what you were accused of leads you to becoming defensive.

We want people to see us the way we see ourselves - or at least not see us negatively - and we spend immense time and energy debating and defending ourselves and our decisions to others, because we want them to approve of us, and to see us in the same light we grant ourselves. We try to convince them that their perceptions of us are flawed - or incorrect.

If you are unclear about who you are, you start to believe what other people tell you, and feel the need to defend yourself by resisting your accusers arguments and attempting to prove yourself - A fencer, ferociously swatting every potential stab away from themselves, when in reality they are an enigma that can be penetrated by sword without suffering so much as a puncture wound. Being defensive is unnecessary, and a foreign notion to a grounded and confident man.

• How "Defend" Punishes

Defensiveness validates accusations. It turns your vagina play toy into a threat - making a woman into an enemy by defending yourself from them. As the woman realizes they have gained the power to "get to you," and evoke feelings of defensiveness in their man, the Alpha-To-Beta shift begins in the sexual relationship.

By letting the sin of "Defend" pillage your conversation, you create an air of tension and social awkwardness. The girl will give you strange looks, and doubt your capabilities of authority and leadership as the captain of y'all's relationSHIP. This sin will arouse suspicion, and contempt in even the strongest of partner pairings.

Frequent defensiveness leads to women simultaneously shit-testing you more often, and distancing herself from you

as she starts to lose attraction.

Explain - *The Second Horseman*

If it's simple things that make people curious, or just conversational "stuff" in general, it's okay. Never explain the choices you've made, or the way you act and behave.

• What "Explain" Looks Like

Examples Are Italicized

"So, what are you looking for here on tinder?" --- *"I'm really trying to find the one, I've been looking around for a couple years and kinda had a dry spell. What about you? Oh she unmatched."*

"Why did you ask me out?" --- *"Well because you're reeeeeeally pretty and you're my oneitis so I figured, hewk, might as well give it a shot! Hey wait where are you going?"*

"Why don't you go make a move on her bro, c'mon?" --- *"What? Why should I? You know I'm shy bro, I haven't asked out a chick in like, 5 years, I'll look like an idiot!"*

"Why haven't you taken out the trash?" --- *"Because babe, it's hot outside, and I've been looking for my sandals, I'm going to get around to it."*

"Where did you put the car keys?" --- *"Well babe, I was in the shower, and then I went downstairs, and then I pet the dog, and now I can't find them!"*

"Why did you leave the TV on again?" --- *"Well, honey, I was downstairs, then I went to grab a beer, then I saw you laying on the bed and we got busy, then next thing I knew we fell asleep. I hope you understand why I left the TV on now."*

I did this, this, and that, what do you think?

I did this this and that, did I do a good job?

Puppy dog eyes, eager for direction and approval.

Numale soy grin.

• Why People "Explain"

Humans have a need to be understood. Many men have made the mistake of continuously giving a woman one more bit of info, so they'd just "get it."

This is because when it's a man to man conversation, explaining normally works - one friend explaining to another why they did what they did, that friend nodding and saying "Ahh," then moving on to talking about something else.

Then we go and try to explain ourselves to women - forgetting that they don't communicate through reasoning, and we don't explain ourselves to our subordinates. You put her into a position to judge you - like your mother would. That's right, you explain yourself to your girl because you want to get your surrogate-mother's approval.

Finally, people think aloud in a concealed attempt to convince themselves that their decision was the correct one - hoping that by explaining themselves to someone else, they can get reinforcement of their choices through another's approval. She isn't your mother, nor on a pedestal, so stop looking up to her. Make a statement and shut the hell up.

You don't have to justify a reason for every action you take. Let others make their assumptions. Your actions will speak for themselves.

• How "Explain" Punishes

Would you explain yourself to your 3 year old cousin, or daughter, or random snot-nosed kid on the street?

By committing the sin of explaining yourself to a woman, you instantly throw her into the role of authority. You give her the sub-communicative position of approving or disapproving your decision, and squander your credibility.

Even after hearing your well-thought out reasoning, women will still find a way to blame or chastise you. *"Well you shouldn't have lost your sandals in the first place!"* Explaining only welcomes drama into your life. Women will stand and stare, waiting for you to finish your explanation, then nod in approval or give you a verbal spanking like your mother would. Then they expect you to forever maintain this "bridge of open communication," with her, which really means they grow accustomed to you giving them status updates on your life, giving you shit if you ever stop seeking counsel with her, while they grow a side life of their own, in eager search of a new mystery.

The more you explain yourself to women, the more they will intentionally misconstrue your words and confuse themselves, because they want to keep the conversation going and eventually, as they grow bored, cause drama for your weak-ass. You're going to be hearing a lot of *"so, basically what you're saying is..."* until it leads up to yelling and arguing.

Excuse - The Third horseman

You know what you did, but you reject responsibility.

• What "Excuse" Looks Like

Examples Are Italicized

"Why were you late to our date today!" --- *"Babe, I was stuck in traffic, it wasn't my fault!"*

"Why don't you go flirt with that girl?" --- *"Psh, she's not my type, plus she's probably a slut anyways. And besides, I'd have to walk all the way over there. It's not worth it."*

"Okay, well why don't you go ask that girl out?" --- *"What? C'mon man, I'm not Red Pilled enough yet. Once I can squat 225, and I know all the iron laws by memory, then I'll ask her out. I'm just not ready yet!"*

"What! That girl is so your type!" --- *"Yeah well I don't feel like going over there man, my legs are numb! I had leg day today!"*

"Why didn't you try to close that sale?" --- *"Dude, you KNOW that guy wasn't going to close - I couldn't have changed it, guys like him never wanna buy."*

"Weren't you supposed to pick up the kids an hour ago?" --- *"I didn't do it on purpose, I just so much other stuff to do!"*

"Why did you jump off the cliff?" --- *"Everyone else was doing it!!"*

"Why did you cheat on me?" --- *"She made me do it!"*

"Why didn't you go to the gym today honey?" --- *"Ahhh babe you know how tired I get from work... then I gotta come home, take a shower, change my clothes, I'll go tomorrow - twice as hard."*

"Didn't you tell me you were a rich club owner with a fancy condo suite, wheres your nice car?" --- *"No no no babe, I said club PROMOTER... trust me the money is coming... I just uh... gotta cash in on a few investments first."*

"Why did you get fired from work?!" --- *"Jesus, I knew I shouldn't have worked with that BASTARD! This is all his fault! He's the cause of all this!"*

Frightened face.

Look of anguish, worry, possible sweating.

Sleight of hand misdirection equivalent to a top tier magician - anything to keep attention off oneself.

Avoidant eye contact, shrugging shoulders, high pitched voice.

Looking like a bitch for using a bitch's communication tactic.

- **Why People "Excuse"**

We make excuses when we want someone or something else to be responsible, rather than claiming that responsibility for ourselves. Often, it is to avoid uncomfortable feelings of overwhelming pressure - and a feeling of being attacked. They fear failure, and are deathly terrified of confronting failure. People will quickly shift the focus of the attack to someone or something external to feel a sense of relief, or absolution.

This is because they live inside of a victim-mentality - where they are a pawn in the game of life that other people take advantage of, or cosmic circumstances screw them over regularly.

Or, it's because they realize some people actually do have problems, and fake a "woe is me" attitude to weasel their way into sympathy, attention, and forgiveness. Another excuse maker's rationale is because they are just lazy. Their priorities are not aligned, and rather than accomplishing what needs to get done, they procrastinate and then blame their failures on the sky wizard.

- **How "Excuse" Punishes**

When you give a woman an excuse, you are subtextually screaming "I can't handle the responsibility! Please forgive me!" Essentially, you tell her that you're a child. Once that's been said, you surrender power and give her the opportunity to accept or reject your excuse.

Give excuses to anyone enough times, and they start to figure out your word means jack shit - that you are not reliable, untrustworthy, and ultimately full of shit. But this isn't just about other people - the sin of excusing ruins YOUR life. You lose your initiative, and let opportunity slip away.

Not only do you repulse the woman by putting her in a position of power over you - you also frustrate her with your inability to accept responsibility and lead. The woman will lose respect for you, and you can say goodbye to her tingles.

Rationalize - The Fourth horseman

The fucking hamster. The more you try to convince yourself of some bullshit, the more the hamster wheel spins.

- **What "Rationalize" Looks Like**

"Why haven't you paid the bills?" --- *"Well you see, I was going to pay the bills, but I was waiting for YOU to come home first! Yeah, that's it, totally not my laziness."*

"Are you available?" --- *"Ooh, I got my aunt coming over, then I gotta mow the lawn, then I gotta get ready for my dog's funeral, she was a shitzu, then I gotta do all sorts of things, I'm really busy I just can't make it!"*

"I thought you were going to quit shooting heroin!" --- *"Babe I couldn't do anything to stop it, my friend brought over the needle and it just happened!"*

"Why did you do that to me?" --- *"I wasn't trying to hurt you, I was just trying to teach you a lesson! Besides what I did is better than what I WOULD HAVE done."*

"So, did you get accepted into that college?" --- *"Nah, they rejected me, but honestly I didn't even like that school that much anyways. They were a backup plan."*

"You're such an idiot I'd never fuck you!" --- *"Oh there must be something wrong with me if my oneitis won't fuck with me what will I do!?"*

"So you smoke weed for the medical benefits?" --- "Yeah man, it like, cures seizures, and makes anorexia vanish, and it makes anxiety go away, not that I ever had any of those symptoms, but weed makes sure they never happen in the first place!"

Dazed look of confusion.

Genuine fireworks going off in one's eyes.

Breathing from mouth and gazing into the distance.

Shocked look on face. Open and surprised posture.

- **Why People "Rationalize "**

A person rationalizes AFTER the fact. A decision or choice is made, then the rationalizing happens afterwards.

This is because of a human need for consistency - we need to have things align in our lives, so if we've made a bad decision based on an emotional state of mind, we will rationalize why it was the right decision afterwards, to remain congruent and consistent with our beliefs.

People want to feel justified, and righteous of their decision, no matter how bad, in order to preserve internal integrity and outward appearances. This is the height of convincing oneself through mental gymnastics. Because you realize you made a bad decision, but are fearful of accepting responsibility and enduring the repercussions, so you choose to jump through flaming hoops to convince yourself of why you made the right decision.

As such, rationalization always comes from a SUBJECTIVE observation of a situation, giving the rationalizer the greatest opportunity to convince themselves of what-ever it may be.

It's used to create an active block against feelings of guilt, shame, and failure.

- **How "Rationalize" Punishes**

You will begin to rationalize the most self destructive and stupid behavior, once you let yourself stoop to that low.

In addition, people who rationalize the most have the most tedious, frustrating and unfulfilling lives. Because, although all their rationalizations do provide some emotional comfort, they also make them completely deluded when it comes to reality.

Essentially, you become a bitch, a woman - and unless the girl you're fucking is Bi or a lesbian, she's gonna see you as less of a man and lose attraction and respect for you.

Now, you are aware of the four horsemen.

With that knowledge, you may reclaim your power.

A great power, one that only Red Pilled men can wield - to call upon the Argument Archangels and DARE your woman!

DARE them with fervent might, and reap the valuable rewards.

Deflect, Amusedly Agree And Absurdly Amplify, Repeat, Exit...

The four saviors of amending arguments.

Deflect - *The First Archangel*

The Pressure Flip.

• What "Deflect" Looks Like

Examples Are Italicized

"You're just another fuccboi, aren't you?" --- *"Why? Is that what you like?"*

"No, they always find me, but I hate them." --- *"I bet you're filled with hatred."*

"What the hell, why would you say that?" --- *"Black nails, that little choker... tell me, on average, how many times a day do you just wanna scream 'Fuck these niggas!' huh?"*

"OMG, that's how I feel at work EVERY DAY." --- *"Yeah I bet, tell me more about that..."*

"Why aren't the dishes done?" --- *"Cus you're not in the kitchen babe."*

"What?" --- *"You heard me, go take care of it."* --- "Okay, yes sir."

"I have a boyfriend," --- *Completely ignore what she said and continue talking.*

"ARGHH OH MY GOD IM GOING TO BE LATE WHY DID YOU WAKE UP SO LATE!!" --- *"Uh uh, you know it's not really my fault, that idiot in front decided today was a good day to crash. Now if YOU wanna get out MY car and walk, that's fine, but you're not going to take it out on me. Don't do that again."*

"ARRRGH, you're right... I'm sorry daddy... BUT FUCK THAT GUY."

"Why are you wearing that color?" --- *"Why aren't you?"*

"I bet you miss me, don't you!" --- *"Just your ass."*

"Cus I have good tastes in clothing." --- *"Oh, here I was thinking your mother dressed you up."*

"Damnit, why haven't you taken out the trash?" --- *"Oh I will, just turn around for a second... -smack her ass and scooch her out the door.- You got it babe!"*

"I want cookies and milk!" --- *"You're a little baby." -Then give her a kiss.-*

"You're kinda overweight, dont you think?" --- *"Kinda reminds me of this story when I had an overweight luggage, they made me throw away 16 kilos of coke! I was sooo devastated."*

"Wait, what the fuck? HAH! No but really you're kinda fat." --- *"And you remind me of my needy little sister."*

Simply changing the subject.

• Why People "Deflect"

Red Pilled Men deflect / pressure flip because they understand women. Engaging in argument is a blue-pilled fools game to lose.

Deflecting what a women says is effective because it demonstrates that you are unphased by her whimsical non-sense, letting her teases and chastizings ricochet off you and bounce back to her. That's the second reason why you want to deflect, to give it right back to her in her cooter.

She won't be prepared for it more than 2 or 3 deflections. You want to keep going until you catch her off guard and make her stumble over her words.

• How "Deflect" Rewards

Once the girl starts struggling over her words - you have demonstrated your social superiority and have shown that you are on a higher level than her, as her critiques or quips are completely meaningless - I.E. she has no power over you.

This will generate a fun and positive experience and interaction, in addition to generating arousal through small conflict. Finally, deflection keeps the attention off you and places it on where you want it.

Amusedly Agree And Absurdly Amplify - The Second Archangel

Yeah, so what?

- **What "Amusedly Agree And Absurdly Amplify" Looks Like**

Examples Are Italicized

"You're really short," --- *"What is it about short guys that turns you on so much?"*

"I have a boyfriend," --- *"I have a girlfriend, lets set them up and run away together. I just wonder who'd get the better deal..."*

"Have you always been stupid?" --- *"That's too hard for me to think about."*

"I feel like I'm being replaced." --- *"Nonsense, you'll always have a top tier spot on my harem."*

"You really need a haircut." --- *"What the fuck? I'm bald! I've worn a wig this whole time. Come here pull it off."*

"WHAT! No. I can't be with a bald guy... wait.. it's not coming off." --- *"I knew you liked my hair, can't keep your hands off it."*

"Awh, look at you trying to act all dominate," --- *"Yeah, and look at you trying to hide that ass," -Smack her ass-"*

"Jesus christ you're tall, hows the weather up there?" --- *"I don't know, how bout you check the thermometer." -point at your dick.*

"Are you just going to do nothing all day?" --- *"Fuck yeah I am, if I work hard enough, I can keep this up for a full year!"*

"You're such an asshole!" --- *"Yeah I am, so what? Got little dingle berries hanging from the whiskers in my beard."*

*Taking what a woman says, then agreeing with it and exaggerating it to clown level proportions.

- **Why People "Amusedly Agree And Absurdly Amplify"**

The point is, everything this woman has to say is all just a big joke. You're laughing and she's laughing. That's when you've got her. You've taken her negativity and turned it positive. It turns any negative comment into a game where you see how far you can keep going and making it over the top where you're basically making fun of her for saying something stupid or uncalled for.

At the very least, you agree with what they say, and it removes all power from their words. Yeah, you're a Red Pilled asshole, so what?

It shows indifference and it gives no power to accusations that are made against you.

- **How "Amusedly Agree And Absurdly Amplify" Rewards**

AAAAA leads to a solid foundation of cocky, confident frame. This signals to women that you are comfortable in who you are, that you don't give a fuck, and that you can handle social stress, all of which are subtle bumps to your SMV.

What you are saying under the surface of your witty banter is, "Don't ask me stupid probing questions. I will not dignify them with a real response."

This is the key to passing a shit test.

AAAAA responses allow you to maintain the cocky/funny frame, and gives her the freedom to fall into your frame that you are the indestructible mountain of masculine energy, safely knowing her emotional winds can't sway you any which way, nor bring you down.

That is one feeling that makes her wet.

Repeat - The Third Archangel

Say That One More Time!

- **What "Repeat" Looks Like**

Examples Are Italicized

"Where are we going out again?" --- *"You'll know when I'm ready."*

"What? Just tell me!" --- *"I will, when it's time."*

"C'mon! What if I don't like the place we're going!" --- *"That's possible, looks like we'll find out!"*

"Argh! I'm gonna go get ready."

- **Why People "Repeat"**

Because you do not have to explain yourself, nor should you do it - especially to your subordinates. They need to trust your leadership and take solace in knowing that you have accepted the responsibility of making the decisions.

Explaining yourself becomes annoying, and so does answering the infinite questions of childr- I mean woman. It is better to firmly repeat yourself until they get the picture.

- **How "Repeat" Rewards**

Repeating yourself is a subtle and effective way to establish a frame of "I am in command of this ship. Trust me." Remember, women WILL leave you if they believe you are not fit for their following. Give her the opportunity to trust you, and surrender fully to your leadership.

Once she does, you will have her unending admiration.

Exit - The Fourth Archangel

- **What "Exit" Looks Like**

Examples Are Italicized

"(Insert some dumb womanese here.)" --- *You leave the room and engage in another activity.*

"(She follows you into the room and says some more annoying shit.)" --- *You continue whatever you were doing, effectively ignoring her.*

- **Why People "Exit "**

There are two ways to exit.

You can exit mentally, or physically. Silence is mental, leaving is physical.

The most important reasons for exiting is for your own peace of mind, and mastery over your time. With over 100 million women in my country alone, no one woman is worth giving me any drama, stress, or annoyance greater than a tooth scraping against my dick. Even that is nearly a deal breaker.

Your life, at best, will last around 100 years. Now imagine how much of that time was already spent arguing, bickering, stressing over absolute bullshit that you could have applied towards more rewarding avenues of action?

All that wasted energy, wasted time, screaming about why ogling what a woman wears is misogynistic. Who gives a fuck? What does it matter, and more importantly, is this conversation worth the negativity and drama you're experiencing? HELL NO! And odds are, NO conversations with women are worth those depressive states.

Not only that, but exiting the conversation, whether mental or physical, keeps the power seated firmly inside your ballsack. YOU'RE the one who decides when shit starts or ends. YOU determine the rules of conversing, and YOU conclude what is worth discussing or not.

The last bastion of power is the willingness to walk away.

- **How "Exit" Rewards**

Freedom.

And she'll probably come crawling back to you too. Maybe Even An apology blowjob.

Conclusion

Women in their happiest, most content state, are pee-pee poo-poo immature children who just want to be cute, adorable, and have fun.

You do not argue with a child.

The only way to win an argument with a woman is to CHANGE HER MOOD - NOT HER MIND.

Women do NOT look to you for explanations - like they are your leader.

Women do NOT look to you for reasoning - like they are your partner.

Women DO look to you for feelings, guidance, and leadership - like they are your follower.

Care for your woman, and you will find they behave similarly to a bubbly child - excited for fun and adventure.

When your baby daughter, young niece, or the baby next door calls you a poopey-face stupid-head, do you...

(Defend) You're not allowed to say that to me! Respect your elders! (Excuse) Besides I'm not one anyways. The real pooppy faces live in Denver, so that's why I'm not one. (Explain) Do YOU even know what a pooppy face REALLY is? A pooppy face is... (Rationalize) I hope you learned your lesson - If someone raised you better, then you'd know not to say mean things to people!

OR DO YOU

(Deflect) No, but you have a pooppy face right on your NOSE! (Agree And Amusedly Amplify) Now we both have pooppy faces, only mine is bigger, so mine is a better pooppy face. (Repeat) No, my pooppy face is better. No, mine is better! Nope, you said I'm a pooppy face, so mine is better! (Exit) You wanna be a pooppy face too

now? Okay fine now you are one, now give daddy and kiss on the cheek and run along to your room.

In a healthy sexual relationship, the submissive feminine woman is subordinate to a competent, masculine male.

You, as the man, are the captain of the ship, and she is your trustworthy first-mate.

You were given the responsibility of being the ever knowing, omnipresent manifestation of masculinity, and she is the flowery child, impulsive, curious, emotional, and silly, but most of all, eager for definitive direction from a strong authority figure.

If at any point these roles switch, there will be hell to pay.

Ensure you remain the confident captain of your relationship by remembering to never DEER, and always DARE the woman you're with.

2,791
UPVOTES

[META] Reddit rolls out first ban wave of "Harassing Subreddits"

Jaques_Fury · 10 June 2015 · Archived copy · Reddit

The most notorious target was FatPeopleHate. Yesterday, people on FPH were noticing that a lot of top Imgur posts on that subreddit had also been deleted by the Imgur staff personally.

Reddit Post: Removing harassing subreddits

<https://archive.is/mJyJe>

This happened less than an hour ago. This relates to TRP as we were regularly listed alongside FPH as "the worst places on reddit" by multiple AskReddit threads. I know that Puerarchy acts as a failsafe in case we're the next target by the Pao administration, but this definitely warrants some discussion.

Screenshot: FPH banned for violating the reddit rules to "keep everyone safe"

<http://i.imgur.com/bVTmFyL.png>

2,697
UPVOTES

Man gets his ex-GF to pay child support, and Reddit freaks out

chootey · 17 July 2017 · Archived copy · Reddit

Kind of surprised this hasn't made its way here, considering TRP is called out in the title. A very good example of the double standards people have, and how women are considered victims when they're treated the same way men are all of the time.

<http://archive.is/k4ji6>

A common scenario: a woman becomes pregnant by "accident", her fling/ex/one-night-stand does not want to be a parent, but the courts end up forcing the man to pay child support for the next 18 years of his life, most of which may never go towards the child.

Of course, we are told that this is completely normal and acceptable. Both parents have a responsibility towards the kid. You can't opt out of being a parent. The child support is for the *child's* benefit. If you didn't want a kid, you shouldn't have had sex. And so on, and so on.

Except when it's a man that's forcing his girl to pay child support. Then, according to much of Reddit, he's a scumbag, a lying asshole, his child is to be pitied for being raised by him, etc.

In this instance, a 20-year-old man posted on Legal Advice asking for help. His ex-girlfriend was pregnant and wanted to put the child up for adoption when it was born, against his own wishes. He wanted to raise the child, even if he had to do so as a single parent. He said that he earned enough to support the child on his own and he was willing to take on the responsibility.

He was informed that his ex could not put the child up for adoption without his consent and that he should get a lawyer, register his paternity, and push for his custodial rights.

Yesterday, he came back with an update. He got a lawyer, managed to prevent his ex from putting the child up for adoption, and is now raising his daughter as a single parent, with his ex signing over her custodial rights. And oh yeah, after this all happened and he had his daughter, he also got his lawyer to file for child support and his ex now has to pay child support for the next 18 years, and she phoned him up livid, swearing at him and calling him every name in the book.

A very common scenario that often occurs with the man having to pay the child support, but now that it's the woman, plenty of people have some choice thoughts for this man.

I actually feel terrible for the mother. Because if she didn't want the child, she could have easily aborted the baby and this man goes, after the mother gives him full legal custody, and makes her pay child support?

I don't agree with this at all. (+723)

Yes, she definitely should've aborted her eight-month-old fetus to save money.

But that was the point of adoption, so someone could take proper care of the child. This just seems like dirty tactics. (+257)

Want proper care for your child? Put them up for adoption and send them off into the world!

She had a plan, but now has to pay child support instead because the father wanted full custody? (+420)

Now, after he gets custody of the kid, he wants her to pay child support? That kinda negates the point of not being able to support the kid. I'd say that's a dick move on the dad's part. She should have terminated if she

knew he would do that. (+596)

Another "she should've aborted her almost full-term baby" comment.

Literally a post why she should have put it up, she'd be in much better position. Crazy. (+4)

If she put her daughter up for adoption, *she* would save money and *her daughter* would grow up without either of her birth parents. Imagine how much of a better position that would be!

She let him have the kid without a fuss at the end but then he files for child support? Holy shit can't understand how someone could do that. And just imagine the Reddit shitstorm if it had been the other way. (+188)

"Imagine if this happened to a *woman*!"

She was mislead and lied to. It is incredibly scummy and I now worry for this kid's future having a dad willing to so coldly lie and fuck over someone like that...There needs to be more reason in these laws. (+44)

Total dick-move to sue for child support. She clearly and expressedly did NOT want this child. She made the process for OP to have the child easy as possible. Had she gone the adoption route, she wouldnt be on the hook for child support, but decided to give the father a chance to parent. Absolutely an asshole thing to do to her. (+10)

What selfish prick. Also, what an excellent way to make that woman hate him until the day she dies. (+14)

I think it's a crappy thing to do, and if I was the mother, and he went after child support, I'd go after visitation rights. Then he may change his mind about wanting child support.

"If I was the woman, I would go after visitation rights and be miserable raising a daughter I don't want *to get back at him*!"

I am glad I am not the only one that was distressed about the underhanded way he went about getting child-support. His lack of honesty really worries me. (+61)

I'm conflicted regarding going after child support. In my head I feel it's wrong, if she had put the baby up for adoption then she wouldn't have to pay it for the next 18 years. However if the roles were reversed and the father wanted to put the baby up for adoption and the mother wanted full custody, then i think public opinion would be that the father obviously has to pay. The laws need to change regarding this topic for sure. (+19)

"Now that this has happened to a woman, the laws have to change!"

Also, one comment that made me laugh:

You said you weren't smart enough for college? Man, you seem brilliant!

And there are hundreds of other comments, calling him shitty, a scumbag, ice cold, and every other name in the book.

To be fair, at least half the people in that thread support him and think this is perfectly fine, maybe even the majority. But you can be sure that if this was a woman, nobody would've even blinked twice.

When a woman is given the same treatment that men undergo all the time, she is seen as a victim. Furthermore, when a woman suffers the smallest consequences for her actions, people will excuse any and all behavior on her part (such as a late-term abortion of a viable fetus to avoid paying child support).

2,598
UPVOTES

The most important part of game is not being emotionally invested

Woujo · 10 April 2017 · Archived copy · Reddit

I hate it when people try to oversimplify pick-up, but if I had to boil down pick up into one principle every man should understand, it is this: The woman must be more emotionally invested in you than you are in her at every stage of the relationship. I call this the **IRON LAW OF SEDUCTION**.

Understanding and correctly applying this law will solve 99% of the problems men have with women. She's not responsive to your advances? Not emotionally invested enough. Not returning your calls? Not emotionally invested enough. Flaking? Not emotionally invested enough. On the flipside, as a man, if you emotionally divest yourself from girls, you solve most your own problems. Outcome dependent? You are too emotionally invested in getting laid. Approach anxiety? You are too emotionally invested in the success of the interaction. Neediness and desperation? You are emotionally invested in getting girls. Suck at conversations? You are too emotionally invested in getting laid and can't just have a regular conversation.

Emotional investment is subconsciously communicated and women evolved to sense it. One guy can talk to a girl all night without her feeling like he is emotionally invested, but another can talk to her for 2 seconds and get auto-rejected for being too invested. Of course, a woman may talk to you, hang out with you, fuck you, or even date you for a long time if she's not emotionally invested because she's horny, crazy, lonely, desperate, drunk, bored, want something from you, etc.... But if she's not emotionally invested, you are on thin ice and vulnerable at any time to flaking or going cold.

What is emotional investment?

Emotional investment is occupying one's thoughts and emotions. It is not the same as being interested or "liking" somebody. I "like" a lot of people but I don't "feel" anything for them and it wouldn't hurt my feelings if they rejected me or even died. This distinction is why women flake. Women "like," get "interested," and give their numbers to lots of guys, but if she is not at least a little emotionally invested she will not be motivated to get out of bed, put on her make-up, and come somewhere to meet you. Unlike men, women get invited to shit all the time by guys they "like" so they are not going to care about meeting you unless there is some emotional investment.

Think about emotional investment like this: like most men, you probably like Lamborghinis. But like most men, you probably don't have one, and you probably don't spend all day thinking about Lamborghinis and being sad because you don't have one. But if I lent you a Lamborghini for two months and you drove it around, took care of it, showed it off to your friends, and got laid because of it, you would be sad when I take it back. It's irrational, but you would get emotionally invested in the Lambo even if you weren't sad when you never had one. Because you became attached to it and it gave you a sense of identity and power, the Lambo took up space in your thoughts and emotions, making you emotionally invested.

Emotional investment in people is similar. Being around somebody awesome and feeling like they "belong" to you becomes addictive like crack. An awesome man makes a woman feel special, loved, important, powerful, and cool. An awesome man is also fun, positive, confident, carefree, and dominant, easing the woman's anxieties and insecurities. Being around an awesome guy is literally like a drug to women, and if they are around you long enough, they become hooked.

The Ben Franklin Theory

Ben Franklin, one of America's founding fathers and greatest poonhounds, famously and counterintuitively discovered that if person A does something for person B, person A will like person B more. Most people would assume the opposite – if you want people to like you, you should do things for them, so person B should like person B more! Right? Wrong!

Person A "likes" person B more because person A has become emotionally invested. Maybe person A

subconsciously expects person B to do something nice back. Maybe person A subconsciously see themselves as “beneath” person B in the ape hierarchy. Maybe person A is protecting their own ego – person B must be somebody special if even I did something for them! Or maybe the simple act of doing something for person B caused person B to enter person A’s thoughts and emotions.

Whatever the psychological mechanism, when a woman really likes you, she will WANT to do stuff for you, sometimes even aggressively, and she will WANT to emotionally invest while you fantasize about other things. When a woman really likes you is when you realize that needy, supplicating, validating behavior is not necessary. I have friends that are strippers, and their job is basically to hustle men out of money and to trick guys into buying shit for them. I don’t buy girls things, ever, (and I never, ever visit my friends at work) and I notice that when these strippers start to like me they buy me shit, clean my house, do me favors, etc... One night I even got into an argument with a stripper because she bought me 5 drinks in a row and she wouldn’t let me buy her a drink in return. That’s emotional investment.

The Woujo Theory

According to my corollary of the Franklin theory, supplicating to a woman, validating yourself to a woman, buying a woman things, following a woman around, allowing a woman to treat you like shit, and spending too much time trying to “help” a woman who doesn’t deserve it subconsciously will cause you to become emotionally invested in her and feel “beneath” her.

Sometimes guys will do loserish things, like let a girl treat them badly or repeatedly pursue a girl who doesn’t care about them, and justify it by saying “I don’t really care about her, I just want to fuck.” This is a bad idea, because even though you consciously think you “don’t give a fuck,” by pursuing her, you become emotionally invested, and by allowing her treat you like shit, you subconsciously re-wire your brain to feel like a beta male. Even if you didn’t give a fuck before, now you do.

You can’t control how you feel, but you can control what you do. Where your actions go, your feelings will follow, and where feelings go, your thoughts will follow. If you do loser things, you will eventually feel like a loser, even if you consciously tell yourself you “don’t give a fuck.” If a hot girl tries to strike a Faustian bargain with you and let you fuck her in return for treating you like shit, you must reject that deal out of respect for your own mental health.

Your brain works by making connections, and when you focus your thoughts and emotions on something, your brain starts connecting that thing to other things in your brain, and that thing becomes “enmeshed” in your wiring, creating a deeper web that is hard to untangle. For example, if you date a really hot girl, your brain will start to associate her with sexual pleasure, or ego, or fun times, and other things you like, so when she dumps you, you will think of her constantly.

The definition of “not giving a fuck” is only keeping positive thoughts and emotions in your head, and cutting out people, places, activities, thoughts, media, etc... that are negative. “Not giving a fuck” is not about being cold, aloof, an asshole, or stupid, but by filing your thoughts and emotions only with positive things that deserve to be there.

Why is emotional investment unattractive?

Emotional investment is an immediate turn-off. It doesn’t matter why, but I can guess some reasons.

First, emotional investment is unattractive because people are attracted to lives that are more interesting, exciting, higher, and better than our own. We just assume that somebody living a better life than us is going to be thinking and feeling about their awesome life, not us. If a woman knows she occupies your thoughts and emotions, she will assume your life sucks. She wants to fixate her thoughts and emotions on something higher, but if your thoughts and emotions are fixated on her, she’s back where she started.

For example, a girl that plays soccer will be attracted to guys that are better at soccer than her because they will appeal to the part of her thoughts and emotions that are invested in soccer. I’m not saying she will never become emotionally invested in a guy who is worse at soccer than she is - she may invest in a guy for other reasons - but the

guy is playing with a disadvantage.

Second, emotional investment is unattractive because, simply put, emotions are bad and scary. Our society acts like “love” is an emotion and “our true selves” are our emotions, but that’s bullshit. Our value lies in what we can do when we are rational, what we’ve learned in our life, what we know how to do, and what we strive to achieve and be when we are clear-headed. Emotions are temporary and fleeting; but true love is a rational, credible commitment to your beloved’s well-being. In his dialogue the Phaedrus, the Greek philosopher Plato said that emotional love is a kind of madness – when things are going well, you are irrationally nice to the person out of proportion to what they deserve. When things are going badly, you are irrationally nasty to the person out of proportion to what they deserve. Women know that when you are irrationally nice to them you will eventually be irrationally shitty.

Most of our emotions are selfish, irrational, unrealistic, uncontrollable, and oftentimes downright evil. Emotions are fundamentally needy: they always want something, even if the “want” is to help somebody. If you see a beautiful woman and think “I like her, and I want to make her happy and do nice things for her,” you’re lying to yourself. You want things FROM her. You want to fuck her, use her for an ego boost, have your friends see you with her, and make yourself feel better for being a “good person.” You don’t want to see her run off and be happy with another guy, you want her to be unhappy with you. When you show emotion women subconsciously know you want something and that puts pressure on them, and they run away. Women sometimes will hang out with guys they don’t like or aren’t attracted to in any way, just because those guys are not emotionally invested and are not putting any pressure on them.

When you become extremely emotional, you fantasize about getting your beloved back or hurting them for the wrongs they did to you, you stalk them, you act weird, you feel depressed, you can’t function, etc... Love songs glorify these feelings, but these are not healthy feelings. They are signs of weakness. Women have these feelings things too (oftentimes much more deeply than men), and they know it’s a scary pit to be in, so if they sense for even a second that a man is feeling these things (or is even just slightly beginning to feel these things), they run away immediately. Women want an emotional rock. They want the lifeguard on the edge of the pool pulling them out, not somebody drowning with them.

Women also take longer to get emotionally invested in men than men take to get emotionally invested in women. Men evolved to seek “fertile” women (big ass, big tits, healthy face) to impregnate as soon as possible. Women, on the other hand, evolved to find the strongest man in the tribe that could protect her and her baby, so they seek a larger group of traits, many of which are long-term traits (confidence, dominance, emotional stability, intelligence, etc...). It takes a woman time to figure out if a guy has these traits but a man can immediately be attracted to a hot girl. In every man-woman relationship there is a period of time where the man is emotionally invested, but the woman is still “rational” and feeling the guy out. Many men fuck it up here – they start acting creepy, or weird, overly nice, overly fixated, and the woman, who feels nothing, thinks the guy is weird or worse.

Of course, emotions are a part of life and can be beautiful if channeled correctly. But you shouldn’t show your emotions to a woman until she has also developed those emotions.

Third, emotional investment makes you stupid and saps you of your vitality and awesomeness. Tons interesting, smart, funny, cool, successful guys become vacant shells of their normal selves around women, partly because their thoughts and emotions are empty of everything that makes them awesome. If you are deep in a game of chess and I try to have a conversation with you about quantum physics you will sound stupid because your thoughts and emotions are full of chess. Seduction requires intelligence and creativity, but if your thoughts and emotions are just “durr, she’s a pretty woman” you’re going to fail. Because women are “rational” longer than men, they want to have rational, intelligent conversations about interesting shit.

Another reason is power. It’s a sad fact of life, but humans are wired to look at relationships in power terms. We subconsciously rank everybody in a particular social situation from least to most powerful. Women are much more aware of the power dynamic because they are generally less powerful than men. And unfortunately, we subconsciously see emotional people as lower in the power hierarchy. The German philosopher Friedrich Nietzsche

said, correctly in my opinion, that individuals higher in the social hierarchy do not feel emotions for people lower than them. The lower ranked apes evolved to obey and be obsessed with the alpha male because they need his protection and resources, but the alpha male feels nothing for the lower ranked apes because he does not need them for anything.

Most importantly, women are not attracted to emotionally invested men because women are attracted to RESILIENCE. Resilience here means “the ability to confidently pursue your goals and not let anything or anybody perturb you.”

Women are attracted to resilience because they naturally want a protector, and a protector’s commitment is only credible if he cannot be thrown off of his mission, whatever that mission is. If a protector becomes emotional, dishonest, distracted, or submissive, he can no longer be trusted to protect. We subconsciously see emotional people as weak because they can be easily controlled. If a guy is emotional about a girl, he is likely to agree with whatever she says, let her get away with bad behavior, etc...

If a protector wavers for even a second, the woman becomes anxious and fearful, but a confident man with boundaries is not scared and cannot be thrown off of his mission. You must be a brick wall that cannot be moved or affected: if you approach her or escalate with her, it is purely based on your own desire, not her cajoling. At every moment you should think to yourself “am I doing this because I want to or because I am trying to impress her”? Sometimes you need to monitor her emotional investment on a moment-by-moment basis.

Subconscious communication

Women can quickly sense by your body language, words, demeanor, tone of voice and actions whether you are emotionally invested. Neither you nor her may consciously know you’re invested, but you will just “feel” unattractive to her. Sometimes very subtle changes in behavior (staring too long, asking a question that is too intrusive too early) can tip off that you are too invested.

I use the “gravity theory” to gauge emotional investment. In social settings, high-value people are “bigger” and therefore “draw” lower-value people to them. If you look at any party, you will see hot girls usually in the center, relaxing and having fun, and guys literally surrounding them like planets around the sun. There is a reason these guys are called “orbiters.” If the girl gets up to leave, the guys may play it cool for a while, but they then get up to follow her. Your ultimate goal is to become the center of gravity so women are drawn to you, not vice versa, which is hard, because as a man you must approach. But even if you approach your demeanor and body language can exude the message of “I am the center of gravity, and I create a rip in space-time that compels you to come to me.”

The subconscious subtext of an interaction is 99%. For example, the sentence “can I buy you a drink” can have a wide range of subconscious meanings depending on the tone, body language, context and emotion I deliver them in. “Can I buy you a drink” can mean “I want to fuck you,” “I feel like I owe you something and I want to pay you back,” “I’m a generous guy and I like to just people free things,” “you’re a good friend, and I want to show my appreciation,” “I’m a loser and I want to make you like me by buying you things,” etc... What matters is not your superficial words, but your subconscious context.

Because seduction is mostly subconscious, I can’t teach you every detail of the walk, speaking style, body language, demeanor, etc... of a guy who is not emotionally invested. Even if I did, it’s too much for you to remember and process. I even doubted the efficacy of writing this article because it’s incredibly hard to “fake” an emotional state for a long period of time and most people will go back to behaving like what they feel they are.

The paradox of escalation

So far it sounds like the right solution to get girls would be to just ignore them completely. You won’t look emotionally invested, right? Unfortunately, that doesn’t work. It is the man’s responsibility to approach and escalate because women do not get emotionally invested quickly and are afraid of rejection.

To get a girl attracted to you, you must show at least some initial interest and escalate, luring her into becoming

emotionally invested in you. Magicians use a technique called “forcing,” where they trick the person into thinking they are picking a random card out of the deck when the person is really picking the card the magician wanted them to pick. Seduction is similar: she should feel like she is picking you, not vice-versa. You are just opening the door to her.

The challenge of seduction

Seducing a woman while you appear not emotionally invested is incredibly challenging. First, women’s aversion to emotional investment is mostly subconscious – consciously, women want the guy to show at least some interest. And it’s naturally hard to hang around a woman you like for a long period of time and not become invested to at least some degree. Beautiful women create a reality distortion field where men lose all concept of rationality, truth, normal standards of right and wrong, etc... You can say “you’re overthinking this, just be yourself,” but women touch men’s strongest emotion, so many men literally forget how be themselves. When a beautiful woman walks into a nightclub a swarm of otherwise successful, rational, manly men immediately lose their fucking minds. They start begging for her approval, trying to buy her things, acting stupid, etc...

And like I said earlier, men emotionally invest quicker than women, so we must be patient because our emotions push us to jump the gun and get right into lovey-dovey mode. And in non-romantic contexts, people become emotionally invested at the same rate, so you are used to the other person feeling the same as you if the interaction is going well. And when we feel emotionally invested in somebody, we naturally are going to want to elicit a positive emotional response. But trying to make a woman happy that is not emotionally invested comes off as validation-seeking, supplicating, bitch behavior. You must instead do what is RIGHT. A woman may seem cold, and we may think we can “warm her up” by being “nice” to her, but we should really just pursue our mission and have faith that she will emotionally invest even though she appears on the surface to not be attracted or care about you. Remember: women are constantly sizing you up, so even if they don’t look like they are attracted or paying attention, they are.

Seduction is a gamble because you must have faith that eventually the woman will start to emotionally invest, knowing she might not. Sometimes she just won’t like you. Sometimes she just wants attention. Sometimes she is in love with you but won’t let it on. Some women are damaged and never emotionally invest in anybody – they see all men as objects to be used. This is why you must assume attraction – because you DON’T KNOW.

How to not be emotionally invested

If you take away one thing from this article, it is this: a woman who is not yet invested in you must not occupy a big part of your thoughts and emotions. You must have your mind and heart on other things when interacting with women. Period. If she hasn’t made room for you in her head and heart yet, you shouldn’t make space for her in your head and heart. If you make this change right now, I promise your results will instantly improve. Women are the dessert to a good life, not the main course, and that’s how women should feel when you are talking to them.

WOMEN WANT TO BE DESSERT.

Here are my main steps to not becoming emotionally invested:

- 1) Realize you don’t need to emotionally invest
- 2) Have an interesting and awesome life that occupies your thoughts and emotions.
- 3) Have “abundance mentality” with respect to women.
- 4) Have boundaries and be unperturbable.
- 5) Focus on your own fun first.

Realize you don’t need to emotionally invest

This may be the most important step. I think a lot of guys emotionally invest in girls because society and pop culture subconsciously make us think that for a man to get a girl, he must supplicate to her and emotionally invest

in her. In the movies, the confident, successful guy living his own life never gets the girl; instead the winner is the beta loser who falls in love with her from afar, and then spends the rest of the movie trying to “get” her, enduring multiple rejections and humiliations. These movies also teach that women are delicate flowers that need constant coddling and lovey dovey bullshit. That’s not how it works in the real world.

Men also misunderstand women’s aversion to rejection. Women have a strong need to be “accepted” (as all betas do) and therefore are much more sensitive to rejection than men. The phrase “hell hath no fury like a woman scorned” is true. Dread game and “ignoring” women only works if she is ignoring you first. But if you outright reject her, or if she makes a move on you, or asks for acceptance, and you say “no” or she feels like you are ignoring her there is a strong chance she will emotionally “un-invest.” Because women have this strong need for constant acceptance and validation, men mistakenly think they must emotionally invest. But all you really need to do is not reject her or make her feel excluded. It’s a thin line between keeping a woman “accepted” and emotionally investing in her.

To win this game, you should only do something for a woman if the woman would do it for you. If you want to buy her a drink, think about whether she would buy you a drink. If she wouldn’t, don’t. If she wants you to wait for her, think about whether she would wait for you. If she wouldn’t, don’t. If there is a girl you always say hi to, but she never says hi to you, stop saying hi to her. She knows who you are, she can say hi to you. It’s ok to “win” in relationships.

Again, this is easier said than done. Society and your emotions team up to make you feel like you need to follow girls around, wait for them, put up with their bullshit, buy them drinks, etc... You must fight your feelings and social training and have faith that if you stay the course women will become attracted. This requires the ability to say “no” to a woman (saying “no” is different than rejecting her) and the ability to walk away from her, even permanently.

Have an interesting and awesome life that occupies your thoughts and emotions

Humans are wired to seek good feelings. If the main part of our life is not making us happy (job, school, our hobbies), we get those good feelings from other sources: drugs, trashy TV, women, food, etc... All those things are not bad by themselves, but if your regular life doesn’t make you happy, you will overly emotionally invest in bad things and become addicted and depressed. If your life is miserable, you will subconsciously and unknowingly immediately start overly investing in women.

I use the “cheese pizza method.” Whenever I feel like I’m getting too emotional, I fill my thoughts and emotions with something I love – cheese pizza, Oreo cheesecake, the day I did mushrooms at the beach, reading about dinosaurs stoned, etc... This clears my head and allows me to act “normal” around women. When I am thinking about doing something for a girl I ask myself “what has she done to dislodge cheese pizza out of my heart and mind?” You can replace cheese pizza with anything, ideally an incredible, thrilling life that she would want to join.

Have abundance mentality with respect to girls

No matter how awesome your life is, it is hard to not emotionally invest in girls. Abundance mentality is when your thoughts and emotions are full of other women, so you don’t need this one girl. If you don’t have other girls, you need to delude yourself. I recall times when I did have abundance and put myself back in that mental space. If you’ve never had abundance, imagine you are Brad Pitt or some other celebrity and think about how he would feel and act.

Have boundaries and be unperturbable

Women want you to be an immovable wall that confidently and joyfully pursues his mission. She will try to perturb you from that mission, not because she wants to see you fail, but because she wants to test whether you are actually a brick wall or a façade for something softer. The same way you knock on a desk at the furniture store to see if it is real wood, a woman shit tests you to see if you are actually confident enough to pursue your mission or if you will

be perturbed. And the more confident and immovable you are, the stronger the shit tests become. This is true even if the mission is getting her! As long as she is into it, you need to escalate as if you already know she will say yes.

Your mission, when out, should be maximum fun. She should sense that your emotional investment is “where’s the party? Where’s the next fun thing?” You should have a plan for the entire night: I’m going to X, then I’m going to Y, etc... You should not let the woman hijack your plans and take the lead. Your primary mission (career, hobbies, etc...) should also be in your head. Remember the song “girls just wanna have fun?” In truth, everybody just wants to have fun but boys are wracked with anxiety because they are trying to impress girls. Whenever you are feeling nervous, scared, anxious or like you are emotionally investing too much in a girl, just say to yourself “I’m here to have fun. If you contribute, great. If not, you are dismissed.” Fun and positivity always win.

Example: If a beautiful woman is talking about something incredibly boring most men pretend to be interested. Wrong! Women know when they are being boring and it is sometimes a subtle shit test to see if you will let her get away with it. Women are not desperate for sex and they do not need to hang around if a guy is being boring, stupid or mean, and they cannot respect or empathize with a guy who would put up with bullshit from her. Men let women be boring when they lose their vision of the good life. A good life involves beautiful women, but it also involves interesting conversations. If you aren’t getting interesting conversations from her, you would leave because you have options. Whenever a woman is being boring, I change the subject just to let her know I don’t tolerate bullshit.

By having a vision of the good life, boundaries, and confidence that your life, thoughts and emotions are interesting and valuable, you can challenge and stimulate a woman. Women want a man that will help them grow and introduce them to a better life and more interesting world than the one they currently inhabit. They don’t want some a that agrees with everything they say, a pushover, or a simple-minded conformist. Women want a guy who is willing to walk away at any time, not because he is some cold-hearted psychopath, but because once a man shows that is he NOT willing to walk away at any time, there is no challenge or growth.

Of course, for most of you, this is very difficult. Many of you have uninteresting lives so a beautiful woman would instantly become the most interesting and important thing your life or you are so sex starved and desperate that you don’t care if a woman is being boring, or mean, or uninterested, or whatever.

Focus on your own fun first

Imagine you paid \$500,000 to spend a week with Leonardo DiCaprio (or whatever celebrity you think lives an awesome life) and when you get there Leonardo says “tell us what we should do?” You would say “I don’t know, what are the options?” and Leo goes “I don’t have anything planned – let’s just do what you were gonna do.” You would be pissed! You want to become part of Leo’s awesome life, not make your own plan. That’s how girls feel when men don’t have a plan. They want to join your life, not lead you around in their life. That’s why you need to focus on your own fun first. You may like you are being rude or selfish, but you’re not, because women are more attracted to the act of leading than the destination necessarily.

How to make her emotionally invest in you

For a woman to emotionally invest in you, certain shit must happen:

- 1) She must “like” you – i.e., she must find you pleasant, friendly, good-looking, compatible with her values and interests.
- 2) She must feel an emotional connection with you.
- 3) She must feel accepted by you. If she you are rejecting her, ignoring her, or being hostile, she will not emotionally invest.
- 4) She must watch you be confident and resilient.
- 5) She needs to spend time around you.

She must like you

This one is self-explanatory. Women are usually not going to invest in you if you don't share their interests, values, goals, etc... Some girls want a rapper covered in tattoos, others want a nerdy guy who watches Star Wars. If you're a versatile guy with lots of interests, a lot more women will like you, but some people just aren't compatible.

She must feel an emotional connection with you

The key to developing an emotional connection with a girl is experiencing emotionally exciting things together. The ultimate is of course, passionate sex, but a good concert, a deep conversation, even a beer pong game you guys play together can help build an emotional connection.

Another way to build an emotional connection is for her to vicariously experience your confidence. She wants you to be her emotional rock, so she would like to project her insecurities and fears onto you, and watch you brush them off as if they were nothing. She also wants to watch you take the lead and make the night fun.

A woman has emotional energy, and that energy must be directed towards something or somebody. You want that energy to be directed to you. The easiest way to do this is just by spending time around her. Just "being around" will help build attraction as long as you are not fucking it up by being needy or making her feel bad. The best way to get women to like you is to be "forced" to be around them, such as work or a group hangout, where you do not supplicate to them or validate yourself to them. My friend used to take girls out on his boat, and these girls would usually end up liking me by the end of the day because we would have spent all day together. Celebrities get so much tang because women watch them in movies or listen to their music and become emotionally invested, whereas the celebrity shows the women no emotional investment in all.

She must feel accepted by you.

Again, hell hath no fury like a woman scorned, so it must feel like the door to you is open. As she invests in you more, you must escalate more. You can fuck this up by being an asshole, not being sensitive to her emotions, and not reading her advances correctly.

She must watch you confidently pursue your goals

The word confidence comes from the Latin *con* (with) + *fidens* (faith). A man with confidence has faith that he will succeed in whatever he does and cannot be stopped by anybody. Women get turned by watching a man confidently pursue his mission. Why are women so attracted to DJs, promoters, and drug dealers in the club? Those guys aren't exactly the "cream" of society. It's because those guys are the only people at the club actually doing something. All the other guys are just sitting there drooling over the girls, instantly reducing their attractiveness.

Putting it all together

To apply all this knowledge, my strategy is to adopt a rational, almost businesslike demeanor, at least in the early stages of the interaction. As I said earlier, women are "rational" at the beginning before they are emotionally invested, so you should also be rational. A man must act almost like he is a woman: he is interested in a relationship (or maybe even just sex) but he has high standards and must evaluate the woman thoroughly first and make sure she is suitable before he gets emotionally invested. You should act like your actions are guided by a seduction computer that makes all the decisions based on the available information, not your emotions.

One technique is called "disinterested interest." Your rational words should show interest and enthusiasm but you must communicate the "emotion" of "I'm just talking to you to be nice, I am not totally emotionally invested in you yet and I could walk away at any moment." The best way to do this is by keeping your thoughts and emotions focused on something else, other than her.

You should not, however, stay completely rational. You must allow yourself to show your emotions about things that are not her: your passions, your interests, your friends, etc... And you can show emotion towards her if she deserves it: laugh if she says something funny, thank her if she does something nice, sympathize with her if she says something sad: just don't let on that you feel emotional about "her" unconnected to anything she is or has done.

And of course, escalate sexually. Paradoxically, it is possible to escalate sexually and not appear emotionally invested. In fact, a lot of women (especially damaged ones) are looking for emotionless sex. You must touch her, you must turn the conversation sexual, you must do “seductive” things like look into her eyes and whisper in her ear, etc... And you must confidently take the lead in the conversation and the situation in general, leading her from place to place, getting intimate with her, etc... And when she starts to emotionally invest, make her feel like you MIGHT emotionally invest too (but not as much as her). Sometimes if you play it “too” cool she will think you just like her platonically or that you lost interest.

A broader view

This article is obviously about getting girls, but the principles are applicable in all areas of your life. Simply put, you should not invest your thoughts and emotions into people, places, institutions, and activities that do not give a fuck about you and/or do not produce a return that equals the investment you put into them. One of the biggest mistakes people make is investing too much in their job, friendship, hobbies, etc..., and getting 0 out of it.

Additionally, whatever you do becomes your emotional investment. If you spend every weekend hanging out with piece of shit people that just do drugs, complain and make bad decisions, guess what, you are now becoming a piece of shit person. You are what you do.

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2,596
UPVOTES

1000 migrants in Germany sexually assault, rob and rape women at one train station on New Year's eve. Feminists actively are trying to cover it up.

CHAD_J_THUNDERCOCK · 5 January 2016 · Archived copy · Reddit

tldr: see title

Many of us have pointed out that feminists will avoid and even censor any discussion of rape when it is not committed by white men. The famous example is in Rotherham UK where 1400 children were raped by Muslim gangs, and groomed in prostitution as young as 8 years of age. The right wing were not able to stop it for over a decade as they were labelled racist and islamophobic by the left and feminists. The police and a liberal local government actively covered it up and allowed it; in many cases they said the children were asking for it, essentially. An example of a feminist trying to cover up what had happened, even after the story had become official: <https://www.youtube.com/watch?v=m7JmVwMNq4c>

On New Years eve 1000 refugees were releasing fireworks and brawling. Gangs of refugees cornered women in subways. Only 10 police were assigned by police to manage the situation. There was one rape and 80 or so sexual assaults.

<http://www.breitbart.com/london/2016/01/04/revealed-1000-migrants-brawl-rape-sexually-assault-steal-one-german-train-station-new-years-eve/> . Also: <http://www.bbc.co.uk/news/world-europe-35231046> . The story is everywhere now, including Reuters and NYT so check your favourite source.

However the default subreddits are not letting this hate speech be told. worldnews has banned it as local news, although it is front page news all across Europe many right wing papers, the number 2 story on BBC, and reported widely in America now. A moderator did however give somebody the real reason:

<https://i.imgur.com/21U1AIU.png> .

Worst of all is that the 2XChromosomes subreddit has deleted all threads talking about the mass sexual assaults and rape in Cologne on that evening. The default sub for females is actively covering up mass sexual assault!

The silence is deafening. Leftist/Feminists enable rape by attempting to cover up assaults. They choose to virtue signal or fight for agendas that make themselves feel good, even when it results in more rapes for other women. It is the ultimate act of selfishness and hypocrisy.

I know we aren't really activists here, but we can do good by pointing out the progressivism pecking order to women that are close to us: 'oppressed' rapists come before female victims.

2,573
UPVOTES

Collected Advice and Methods for Beginners

MrSimple333 · 5 July 2016 · Archived copy · Reddit

Hello, I am a Asian American, male, age 23, 5'6, 160lb. It's been several years since I have started this journey. Typical bluepill background. Typical Asian upbringing. School smart but not street smart. High school was a dud and I wanted to committed suicide during my junior year. Been told I was cute before but never had the balls to do anything. Been an orbiter, emotional tampon, "best friend", the whole nine yards.

My journey started in 2013 when I discovered PUA, then to TRP, then to MGTOW, and now I'm just a guy with a mission in life with bit of knowledge and better boundaries. Went through all the stages of grief and learn to accept women and their.. special ways. They aren't meant to be men so I can't expect them to have the same values as men. It's weird.. Men and women are both humans, we are the same, and yet different.. Kind of funny if you think about it. Now life tends to be more.. amusing and less.. self inflicting drama? I'm way less thirsty and no more asking 'why'. Instead I now know 'why' and tend just shrug things off when they don't work out.

These are ideals I came across on, what I learn to struggle with, and the tools that had help me could help you. Use your strengths and minimize your weaknesses. Accept your quirks and unique hobbies. (I like anime, dancing, and lifting.) Humans are born flawed therefore everything we build is flaw. You aren't meant to achieve perfection in life. And remember *Hail Hydra*..

Note: All books can be purchased on the Amazon Kindle App. Save trees, save space, and read anytime, anywhere.

Bonus: If you are an auditory learner, several books have Audio Narrations upgrades.

Note 2: If you are a total noob, please read the *Redpill Handbook* at redpillhandbook.com. TRP is meant to change the foundation of your mind/beliefs first and *then* build yourself from the ground up. My post is based on that concept. You must change how you think before you can change who you are.

THE FIRST RULE OF TRP IS: YOU DO NOT TALK ABOUT TRP

THE SECOND RULE OF TRP IS: YOU DO NOT TALK ABOUT TRP

TRP is not a safe subject. *Cue eye-rolls*. There are those who would use TRP philosophy incorrectly just like those who use religion or politics to suppress or terrorized others. Keep your mouth shut and your thoughts to yourself whenever these type of topics come up in public. Self preservation keeps you safe and others safe. Let people think how they want to think.

- *Recommend Method*
- *Don't talk how 'alpha' you are or how 'beta' someone is in public. It's really sad and pathetic. You wouldn't be here is you were alpha. We all were betas. Be humble.*
- *Don't put down or insult women for not sleeping with you after you are 'enlightened enough to be an alpha'. They*

aren't evil, prudes, bitches, cunts, sluts, whores, or etc because they won't help you get your dick wet. They are just human like us. They have the freedom of choice.

- *Don't go preaching in streets. You are not going to change the world. You will only endanger yourself and others.*
- *Keep TRP to yourself mean also means keeping your goals to yourself. Somehow in the brain, if you don't discuss your goals, you would somehow achieve them. It's like those who talk a huge game of losing weight as a new year resolution but fail in the end.*
- *TRP is a brotherhood. For those of you who want to help our brothers who are plugged in, please keep in mind of how much you resisted swallowing the pill. Just keep an ear out when they start dropping hints. They will be ready when they will be ready. Don't force it. You can only lead a horse to water, you can't make it drink it.*
- *Recommend Youtube:*
- *Derek Sivers Keep Your Goals to Yourself - TED*

Starting At The Mind:

Learn to unlearn social conditioning. Humans were born with a clean slate so that why social conditioning was so impressionable and is a bitch to unlearn it. Unlearning Romanticism is the basis for TRP and MGTOW. PUA is basically bluepill mindset but redpill acting. Overall, a healthy dose of pessimism help kill the Disney illusion.

- *Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief. -Frantz Fanon*
- *Recommend Method:*
- *Use the Five Stages of Grief to identify your emotions and state of mind. It WILL be hard and does take a lot time to come to an acceptance. But's it completely normal to feel what you feel. It's ok to feel anger, depression, feel like you have been exploited your entire life. What you are feeling now is the change. You will breakdown. You must breakdown. Then you will rebuild. We men are taught to not express our troubles or negative emotion in public. TRP is a safe and anonymous place where you express your hatred, your negatively, your mistakes, and your grief in the privacy of your own home and your own mind. This is where we can get honest answers and guidance from those who were in the similar situations. Be patience, be kind, and be grateful once you are unplugged.*
- *Recommend Youtube:*
- *How Romanticism Ruin Love - The School of Life*
- *Why Engagement Rings Are a Scam - Adam Ruin Everything*
- *Recommend TRP Post: "TRP Stage Three: Bargaining" by DCLdit*

Unlearn your traditional male role. A few rules has changed from the past. Mother nature will always be the invisible government of the land, however, mankind's 'laws' are always changing, for better or worse. Remember your basic animal instincts and adjust to new environment accordingly. Provider=ATM, Best friend=emotional tampon/orbiter, Marriage=slave, divorce=raped, kids=blackhole, single=freedom.

- *Don't talk like one of them. You're not! Even if you'd like to be. To them, you're just a freak, like me! They need you right now, but when they don't, they'll cast you out, like a leper! You see, their morals, their code, it's a bad joke. Dropped at the first sign of trouble. They're only as good as the world allows them to be. I'll show you. When the chips are down, these... these civilized people, they'll eat each other. See, I'm not a monster. I'm just ahead of the curve. -The Joker*
- *Recommend Books:*
- *"Rational Male" by Rollo Tomassi*
- *"The Rational Male Preventive Medicine" by Rollo Tomassi*
- *"Men on Strike" by Helen Smith*
- *Recommend Youtube:*
- *Tom Leykis -Time Travel Radio*
- *Divorce Corp Documentary*
- *Men on Strike Helen Smith*
- *Dan the Man Stage1 - studioJOHO*
- *Fun Fact: It takes a day to get marry, it takes about a year to get a divorce.*

Unlearn "nice guy syndrome". I almost became a neckbeard. Also learn the difference between infatuation and love. Infatuation is good in small doses but not when it becomes an obsession. Keep your head on earth and not in the clouds of your fantasies.

- *Recommend Method:*
- *Don't ever give favors or gifts and expect anything in return. You WILL become passive aggressive when you are disappointed. Especially with women. They are not stupid. They can smell a guy's agenda or ulterior motives a mile away. They aren't going to have sex with you just because you were being 'generous' and 'nice'.*
- *Always be upfront with what you want. Always be willing to leave or show anyone the door when it doesn't work out. Especially with potential mates.*
- *Recommend Book:*
- *"No More Mr. Nice Guy" by Robert Glover*
- *Recommend subreddit:*
- *Neckbeardstories (for a laugh and self-reflection)*
- *Recommend Blog*
- *"Love or Infatuation? How To Tell The Difference" by Nancy Van Pelt*
- *Recommend Youtube*
- *"Rick and Morty - Love" by EigenvectorSeven*

Learn to control your sexual urges and desires. STOP being so thirsty. We males tend to think with our other head. Sex is great but it's not the one thing in this world you should strive for. Don't let it control you because then you would be willing to give anything to satisfy it. There are risks beside STDs when it comes to having sex. In Greek Mythology, it was said that the Goddess Aphrodite was feared by all, even the gods, because love and lust can affect all and can warp one's reality. Your value as a man is not defined by the quantity or quality of women you can bring to bed. Ask yourself honestly and deeply why you want sex.

- *Destroy the sex glands, whether in man or beast, and you have removed the major source of action. For proof of this, observe what happens to any animal after it has been castrated. A bull becomes as docile as a cow after it has been altered sexually. Sex alteration takes out of the male, whether man or beast, all the FIGHT that was in him - Napoleon Hill*
- *Recommend Methods:*
- *QUIT PORN and fapping. The urge of sex is one of and the MOST POWERFUL driving forces of man. You are wasting your drive for fake pixels. Imagine what would happen when you harness all that energy into something productive. (This by far one of the hardest thing for me to achieve.)*
- *USE A CONDOM and flush it down the toilet after. Sperm-jackers are real. I actually got a vasectomy this year, (recovered fast, 2 weeks).*
- *Don't EVER have sex with a drunk girl. You are just asking for a rape accusation.*
- *Save screenshot of a "Awesome night" text after a night of sex and upload it to the cloud like Google Drive.*
- *Don't EVER 'date' coworkers/clients either. You are just asking for a sexual harassment/assault lawsuit or an income/job lost. Don't shit where you eat.*
- *Recommend Books:*
- *"The Sex God Method" by Daniel Rose*
- *"Sexual Intelligence" by Marty Klein*
- *Recommend subreddits:*
- *Childfree*
- *NoFap*
- *MGTOW*
- *Recommend Youtube:*
- *The Horrors of Children - The School of Life*
- *The Science of Pornography Addiction - AsapScience*
- *Fun Fact: An average kid cost 250,000\$ from birth to 18 year old. (Not including college). Get a DNA test. Family courts are not on your side.*

Having some god damn self-respect!! *Language!* -Captain America Learn to create, strengthen, and maintain your boundaries with your family, friends, coworkers, and potential mates. Do not put up with drama and avoid those

who are drama. Crabs in a barrel mentality is an easy red flag. The core of TRP is self-improvement but also to stand up for yourself and to take care of your own needs. We want to be better, to be our best self we can possible be. And to do that we *have* to care how we present ourselves and look at how we treat others. But we also *must* learn how to care about our own needs first and be realistic on how other people are treating us. We men have been taught all of our life that we matter less, that we are valued less, that we should sacrifice ourselves for the benefits of others. It's time to be a little more self-interested, to never be doormats again.

- *Recommend Book:*

- *"The 48 Law of Power" by Robert Greene (BlinkNotes is a great summery guide for the book)*

- *Recommend Method:*

- *The mirror self-reflection technique: When you are with someone, that person is a reflection of you. If the other person is 'unstable', you might want to take a look with yourself and your boundaries. You are the average of the five people you spent your most time with.*
- *Force Field: Imagine a force field around you. Now expand it to your personal space. Use it as a guide for protection against both physical and mental 'hits'. This provide you a mental picture and more awareness of how strong your boundaries are and who exactly is trying to hurt you.*

Frame Control. Stoicism is a great philosophy to adapt. Learn imagery training. I have a rather good imagination and tend to play devil advocate with myself. I "test" myself against scenarios with women, bitches, AMOG, betas, white knights, femnazi, and etc. You can do it anytime and envision REALISTIC solutions. It teaches you where your state of mind is and how much control you have over your emotions and reactions. You are your worst enemy and greatest ally. - technique inspired by Dragonball Z.

- *Man is affected, not by events, but by his view he takes of them. -Epictetus*

- *Recommend Method:*

- *Practice saying 'no' out loud with confident and conviction.*
- *Learn to have self respect with your needs and boundaries and with other person's. It's always a give and take relationship. Keeping scores in your head is fine but don't get obsess with it.*
- *Pick your battles wisely. You can never change a person's world view overnight. Walk away if needed.*
- *Learn to say 'sorry' less and only when it is absolutely necessary.*
- *Learn to make decisions for yourself and lead. You are the captain. Let the other person(s) decide if they want to follow.*
- *Have a play and/or flirty tone when using backhand comments. It's banter and it's supposed to be fun. Test yourself 'being mean' cautiously. Don't backpetal whenever possible.*
- *Take your time talking. Don't rush things and don't let anyone rush you. Be content during those silent pauses. Gather your thoughts.*
- *Don't take things personally. Take those mental blows until you can shrug them off.*
- *If a person acts like a spoiled child to you, treat them as a spoiled child.*
- *Remember to stay amused and keep your frame as strong as a rock.*

- *Recommend Book:*
- *"Be the Pack Leader" by Cesar Millan*
- *"A Guide to the Good Life, The Ancient Art of Stoic Joy" by William B. Irvine*
- *Fun Fact: Olympians athletes use imagery as mental training.*

Pure attraction is based on the your animal instincts and are non-negotiable. A balance must be achieve when two people are together. That's why 'resources' can used as a substitute and exchange for the other's affection when one person is lacking a specific trait. (That's why some women are caked with makeup and some men wave their wealth around.) What we try to achieve here is to increase the chance for pure attraction. The absolute desire to be with one another with a minimal or zero amount of external influences.

- *Recommend Method:*
- *The ideal mate list: Think of your ideal partner and write down their traits on paper. Now, can you achieve those same ideals and traits? A lot of people aren't willing, both men and women. They want to have their cake and eat it too. This is why self-improvement is so 'enforced' at TRP and increasing your SMV is the first step.*
- *Recommend Youtube:*
- *The Ideal Man? One's Woman's 43-Point List Stuns Steve Harvey*

Explore what it means to be in a relationship. It's basically a balance of closeness and distance. Also, unlearning monogamy (Another social conditioning) is one of the most EFFICIENT lesson you must learn. Monogamy is really rare in the animal kingdom. (Humans are animals too.) You should NEVER depend on one person to fulfill your EVERY single need. That's why people tend feel too much pressure in a relationship or they don't feel perfect for one another. ALL relationships are temporary because you and your partner meet each other requirements for the moment, whether the moment is only for one night or for several years. People grow and change and so does their needs. They fall in and out of love. Love is temporary, never meant to last 'forever'.

- *Nothing last forever, even stars die. -Neil deGeneres Tyson*
- *Recommend Youtube:*
- *"The School of Life" Relationships Playlist ('Affair' video recommended)*
- *Recommend blog:*
- *blog.kareldonk.com - Featured Topic - Love*

Know thyself. You have to know how you see yourself, your thinking process, and how you perceive the world around you. If you are an extrovert, be social with everyone within means; if introvert, be close with your good friends.

- *Recommend Method:*
- *Google "MBTI Test" to find out how you think. We aren't all meant to be social butterflies. (I have INTP personality, which is 3% of the population. Really help me out to accept that I think and see things differently from*

the majority.)

Learn to be unattached. Value your independence and freedom above all. What both males and females tend to do is get obsessive over someone, to 'own' him or her and control their sexual freedom. He's 'my' boyfriend or she is 'my' wife. You can never 'own' someone, even if you both imply exclusiveness. There is a Greek legend that men and women used to be one. The God Zeus fear us so much that he split us in half. It was said we were doom to roam the earth to find the part that make us "whole" again. If men can be whole by themselves, we would had been powerful to overthrow the Gods. Learn to be whole.

- *The things you own end up owning you. -Tyler Durden.*
- *Recommend TRP Post:*
- *Women are like Bowling - OmLaLa (I use the bowling alley metaphor to use as a guideline when I become too thirsty or put too much pressure on myself to make things work. It help create both abundance mindset and 'I don't give a fuck' mentality.)*
- *Recommend subreddits:*
- *Zerowaste*
- *Onebag*
- *Vandwellers*
- *Recommend App:*
- *My Asset Bin (Keep track of the things you own)*
- *Recommend Youtube:*
- *Minimalism: A Documentary About the Important Things*
- *Daniel Norris The Millionaire Pitcher that Lives in a Van*

Life Maintenance Skills:

Learn to manage your money. I don't know why this wasn't taught in school. It's pretty much the one skill you need to survive in today's world. Maybe it was to keep us ignorant so we could be debt/consumer slaves.

- *Recommend Methods:*
- *KILL AND AVOID DEBT ASAP.*
- *Either be responsible with credit cards or don't get one at all. (I finally cancel my credit card after running it up to the max way too many times. Nearly spent all my savings.)*
- *Reduce or eliminate non-essential bills like Netflix, magazine subscriptions, cable/satellite TV packages, and etc.*
- *Start an emergency fund and saving fund. Keep it in a separate bank or safety deposit box so you won't be tempted. Start at 5-10% of your paycheck once a month. Do a separate allotment/transfer so you would never see the money.*

- *Give yourself 24 hours when wanting to buy something that is non-essential. Compulsive buying is real. You don't need the latest gadget or toy. You live well without it before.*
- *Use hard cash more than debit/credit cards. You will think twice when handing over your hard-earn cash. Swiping is too easy.*
- *Recommend Book:*
- *"The Total Money Makeover" by David Ramsey*
- *Recommend subreddit:*
- *Personalfinance*
- *Anticonsumption*
- *Frugal*
- *TinyHouses*
- *Recommend App:*
- *Mint: Personal Finance @ Money (great for knowing your Net Worth, Debt, and Credit Score)*
- *Recommend Product:*
- *Turbo Tax (Easiest way to do your taxes and receive a refund.)*
- *Joke time: What's the difference between a girlfriend and a prostitute? A prostitute guarantee sex.*

Maintain your assets and home. Be self-efficient and self-reliance. Learn to cook and clean. Seriously, every human (regardless of sex) should know how to take care of themselves, their place of resident, and their own stuff.

- *Recommend Methods:*
- *Make your bed every morning.*
- *Wash your dishes/pans immediately after you use them.*
- *Designated a day like Sunday to clean your place.*
- *Vacuum carpet, mop/sweep floor, dust/wipe furniture and bathroom, do laundry, and air out the place at least once a week.*
- *If you have too much shit to clean or organized, you own way too much stuff. Less stuff means less cleaning.*
- *If you hate taking out the trash, make less of it.*
- *If car owner, get it detailed every 2-3 months. It would feel like it's new again.*
- *Recommend Book:*
- *"Adulting How to Become a Grown-up" by Kelly Williams Brown*
- *Recommend Youtube:*
- *Tastemade*

Eating healthy. You are what you eat. This isn't something you can change overnight and it also depends on your budget. But it is the first and most ESSENTIAL part of your SMV; your overall health. This is a very important investment you can ever make.

- *Recommend Method:*
- *Give up/limit artificial sugar, processed food, and fast food. Easy way to do it is to avoid food that come in box, bag, or can packages. Soda/pop, energy drinks, sports drinks, candy, chips, cookies, microwave dinners, canned food, and etc.*
- *Try to stick to raw food you can eat or cook with. (Meat, veggies, and fruit.) Rice is a good staple food.*
- *Do treat yourself once a week. You aren't training for the Olympics. Just don't go pigging out or do a binge. Treat it as a snack/dessert.*
- *StillTasty.com - Your Ultimate Shelf Life Guide. Should help with grocery shopping and avoid spoiled food.*
- *Buy reusable Tupperware and a lunch bag. This should encourage you to not eat out often and cook more. Plus you can show off your dishes.*

Using your time wisely. Eliminate/reduce timewaster like: video games, TV shows, Netflix marathons, compulsive internet browsing, porn, cellphone over-usage, social media, and etc. Pretty much anything with a screen. Time is your MOST valuable resource. Less distractions creates more mindfulness and opportunities.

- *The average free time for an adult can range from 4-5 hours per day.*
- *24hrs - 8hrs (sleep) - 1.5hrs (eating/cooking) - 30mins (bathroom) - 8hrs (work) - 30mins (commute) = 5.5hrs free time per day.*
- *Recommend Methods:*
- *Unplug/limit your home internet service.*
- *Reduced all of your electronic devices with screens down to one or two.*
- *Hide your laptop and/or cellphone when you are home to reduce unnecessary usage.*
- *Uninstall apps like games, Netflix, Instagram, and etc off your cellphone. Try to keep your phone to just a communication device as much as possible. No more endless scrolling or mindless games.*
- *Don't be connected 24/7. Disable/silent notifications off your apps.*
- *Online "dating" is only for top 10%, attention/validation whores, and thirsty betas. You have a better chance in public. Also 'catfishing' is very real.*
- *If you have a Facebook, limit your friends to under 100 and set it to private. (I got mine to less than 50 after I deleted people I either don't know, never talk to anymore, are toxic, or their posts are just drama.)*
- *Recommend Game:*
- *Phone Stack game during meals. Stack everyone's phone face down on top of each other. The first person to reach for their phone before the meal is over pays a penalty like washing dishes or paying the bill.*
- *Recommend App:*
- *Quality Time (Keep tracks of your cellphone usage per app)*

- *Recommend Youtube:*
- *How Is Your Phone Changing You? -AsapSCIENCE*

School/Job. Honestly, we all know school didn't do jack squat for us in the real world. You learn the skills you need in life by searching it out. That's how you came to TRP. So only go to college or trade school once you figure what you really need to do or want to do. Teens these days take a year off after high school to figure out who they are. Your MBTI personality should give some sort of guide on where your ideal career field is.

- *Recommend Method:*
- *There are two types of jobs. One that pay the bills and established your 'time and experience'. The other is a fun dream/hobby. Take care of yourself first by getting one that pays the bill. When you got free time on your hands, work on your dream/hobby job. Take only one or two classes if you are working fulltime to not overwhelm yourself.*
- *Recommend Book:*
- *"Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type" by Paul D. Tieger & Barbara Barron-Tieger*

Bio Hacks Habits:

- *Note: DNA, living/working environment, workout schedule, and eating habits may effect results.*

Personal hygiene Caveman Style habits

- *Recommend Methods:*
- *Going chemical free (your skin absorb everything). A lot of hygiene products are allowed to NOT list their ingredients. I was able to stop using deodorant, cologne, laundry detergent (I use baking soda), shaving cream (dry shaving), and shampoo (My hair and scalp feels and looks so much better. I use tree oil to keep my hair and scalp 'hydrated' and healthy). Girls that I been with love my natural smell and possible pheromones.*
- *Take cold showers. Another mental exercise over your fear. Observe the excuses your mind makes up, clear your mind, and then jump right in. (Training this method everyday will make a good habit for doing cold approaches). Health benefits and save money too. Using too much hot water can dry and damage your skin and hair.*
- *Shower every other day and within a 5 minute duration (within reason please). Showering everyday could also damage your skin and hair.*
- *Recommend subreddit:*
- *NoPoo (No Shampoo).*
- *Recommend Youtube:*
- *Benefits of Cold Showers Comfort Zone Killer- The Improvement Pill*

- *Fun Fact: Cold showers was coined as "The James Bond Shower".*

Go outside more often and into nature. It's one of the few healthy things you can do for FREE.

- *Recommend Methods:*
- *Vitamin D from the sun (tanning). Improve energy, mood, and appearance.*
- *Earthing/Barefoot. (I don't believe in the whole 'energy' crap and didn't buy any products. My experience is that I feel more relax and it's cool to feel the texture of the earth.)*
- *Recommend subreddit:*
- *Barefoot*
- *Recommend Youtube:*
- *What If You Stopped Going Outside? -AsapSCIENCE*

Increase your testosterone. Google the benefits. *IT'S OVER 9000!! -Vegeta*

- *Recommend Method:*
- *Take some zinc supplement*
- *Obtain a medical test to see where your level is at.*

Be less hairy overall so girls can see your face and muscles.

- *Recommend Methods:*
- *If you can't grow and/or maintain maintenance a beard, shave (Don't be a neckbeard or have a pedo-stashe).*
- *Manscaping. Learn to pick and trim your eyebrows, ear hair, nose hair, chest hair, back hair, and pubic hair.*
- *Have a hair style that doesn't required a lot of maintenance. Buzzed, short, shaved haircuts gives you a clean look. Do a Google image search for your ideal men haircut. Print and bring it to the barber. (Balding is not a choice. However, a shaved haircut is a choice.)*
- *Maintenance schedule for manscaping and haircuts: At least once a month.*
- *Recommend Youtube:*
- *Beauty and the Geek Makeover*

Teeth whitening. A smile can be improved with greatly with white teeth. Takes about a month or two using a store brand.

- *Recommend Product:*
- *Any store brand whitening strips or dentist procedure for instant satisfaction.*

GET MORE SLEEP.

- *Recommend Methods:*
- *Less screen time mean more sleep.*
- *Darken your room as much as possible.*
- *Sleep naked and also on hard surface (floor, flat bed frame). It help with neck and back pain and improve better posture.*
- *Recommend Apps:*
- *Bluelight Filter for your phone*
- *f.lux for all your computers*
- *Recommend Product:*
- *LightDims Stickers 5.99\$*
- *Blackout Curtains*
- *Recommend Youtube:*
- *What If You Stopped Sleeping? -AsapSCIENCE*

Hydrate motherfucker! -James Doakes. 60% of your body is made of water.

- *Recommend Method:*
- *Drink only water, all other drinks are fill with a ton of sugar. Place a reusable water bottle in plain sight at your work area to help remind you to drink.*
- *Recommend Youtube:*
- *What If You Stopped Drinking Water? -AsapSCIENCE*

Take three deep breaths anytime of the day.

- *Recommend Method:*
- *5 seconds in and 5 seconds out. It help clear your mind and/or calm your emotions. Work wonders.*

Get RID of bluepill music.

- *Recommend Method:*
- *Take some time to go through your music collection. Listening to music have been proven to affect your subconscious. I love music but I get so irritated now with songs that have lyrics like 'waiting for a girl' or 'she is the perfect one', or 'how can I live without her.' Makes me want to gagged.*
- *Recommend App:*

- *Soundhound/Shazam (Identity any song, anywhere)*
- *Recommend Website:*
- *youtube-mp3.org (For auditory learners when they find good podcast videos.)*

Minimize or eliminate mind/body alternating substances.

- *Tobacco: You already know smoking is bad. Endless campaigns about that. (I also hate kissing girls who smoke.)*
- *Alcohol: I limit myself to 3 drinks when I go out. It gives me a good buzz while letting my mind/body relax without being sloppy. Save me money and from potential beer goggle (ugly chicks). (I also like to play a game of trying to get strangers to buy me my third drink.)*
- *Drugs: Never did drugs before so my only inputs are I don't like things that mess with my mind and prefer no marks on my records.*
- *Caffeinated Drinks: Lower your dependence on coffee, energy drinks, and etc. If you are eating healthy and sleeping well, you shouldn't need it much.*
- *Recommend Youtube:*
- *Addiction - Kurzgesagt In A Nutshell*

Your Exterior Self:

Getting in shape. If there was ever a first step to attracting women, this is it. Start now is the best time to do it. I was a skinny 130lb in high school. Now I'm 160lb and been call "bigger" and "muscular" which is a confident boost.

- *Recommend Methods:*
- *Lifting (Duh). Use free weights and something similar to the 5x5 workout program.*
- *Running. It's FREE to do anywhere, anytime. A mile a day keeps the doctor away.*
- *Designate a time and place to work out. It will give you the mindset of the sole purpose to workout. Try to not use your home as a gym. It has too many distractions. Your home is a place of relaxation.*
- *If you are skinny/hardgainer like me, you have to train to eat a lot. I drink 3-4 protein shakes a day with three large meals.*
- *Find a workout buddy that who knows what they are doing. I needed help to stay motivated and committed to the workout program for the first few months. I was dragged kicking and screaming along the way until I learn to shut up and stop wasting energy complaining and making bad excuses.*
- *Your time resource is 24 hours everyday. Use at least one hour to workout.*
- *Document your progress by taking body pics once a month, writing down your weight once a week, and your max weight for each exercise every two weeks. The fitness process is very slow so you need to see that you are improving every month.*
- *Recommend Products:*

- *Protein shake: Pro JYM (4lb 55\$)*
- *RSP nutrition Creatine Monohydrate (16.99\$)*
- *bodybuilding.com*
- *Bonus: Working out is also a type of dynamic meditation. My mind tends to go blank when I focus on my form and movement. It's similar to monks who practice mindfulness when doing chores. (I honestly can't sit still and think of nothing. I'd fall asleep.)*

Learn the basics of men fashion and apply it to your wardrobe. It's like a video game. Increase attractiveness +5. Once you have the basic down, get rid of all unnecessary clothes. That way you look stylish all the time.

- *Recommend Book:*
- *"Dress like a Man, A Style Guide for Practical Men" by Antonio Centeno*
- *Recommend Youtube:*
- *Alpha M.*

Learn speech and body language. The percentage of types of human communication are consist of: 55% are body movements and facial expression, 38% are voice tone, volume, and pauses, and finally 7% are words.

- *Recommend Methods:*
- *Stand tall by using the pencil posture test and fix your forward neck by using the 'hang by your teeth' technique.*
- *Use a computer stand to level your screen higher for a better sitting posture.*
- *Place a pen in your mouth and start reading out loud. You should be able to pronounce every syllables, talk slower, take breaths and pauses, and get rid of 'umms' and 'uhh'.*
- *Record yourself reading out loud. To focus on your tone and volume, place your recording device at different distances away from you. This should give you the idea of how loud and clearly you must be speak in order for the person to hear you. You should also listen to pitch of your voice and make sure it stay low.*
- *Move slower by focusing on feeling every step you take. Pretend you just got a new body and are 'testing' it.*
- *Eye contact game: Try to memorize what color of the person's eye.*
- *Smile less often. When you do make direct eye contact, do a slow smile, like it was meant for that person.*
- *Pretend neither you and the other person can't speak. Use your body, hands movements, and facial expression to communicate. Basically charades.*
- *Recommend Books:*
- *"Verbal Judo" by George Thompson PhD*
- *"How to talk to Anyone, 92 Tricks" by Leil Lowndes*
- *"What Every Body is Saying" Joe Navarro*

- *"The Voice Book" by Kate DeVore and Starr Cookman*

Learning seduction. Only when you are at a healthy mindset, have good habits formed, and got your shit together.

- *Recommend Methods:*
- *Make sure your logistics are in order before going anywhere, anytime. You will never know when the next opportunity will arise. Transportation? Check. Bedroom clean? Check. Condoms? Check.*
- *You must LEAD at all times. YOUR responsibility is to make the FIRST move and every move after that. The approach, the flirting, the kiss, the numbers, the future plans, the sex. Judge her interaction and adjust accordingly.*
- *3 second rule: When you see an attractive women, don't think, approach. This gives your brain no time to develop any excuses. Don't restrain yourself to just weekends or night venues. Women are everywhere.*
- *ACCEPT REJECTIONS GRACEFULLY. You CAN'T have sex with every attractive woman you see. There are too many factors to why a woman rejects you. Just say 'thank you for your time' and move on.*
- *For first few outing, keep it fun, interactive, cheap/free, kino friendly, and low pressure. No dinner. No movie. Get ice cream cones, bowling, arcade, laser tag, walk around the park, putt putt golf, hiking, swimming at beach/pool, board games, and etc.*
- *Topics to avoid: religion, politics, past relationships, work related, family issues, feminism, kids, her age/weight.*
- *Topics to use: music, movies/tv shows, food you love/hate, your/her adventures, places you have been, happy childhood memories, scary stories, jokes, people watching, and the surrounding environment.*
- *Don't be afraid to touch her! Sit next to her, hold her hand, high fives, hugs, fist bumps, make her twirl, hand slapping game, and etc.*
- *Kino map: hands/knees -> upper arms/upper legs -> hair/lower back -> face cheek/ass -> lips (kiss) Hint: When going for the kiss, make sure to isolate her from the public view or from people she knows. A person's public reputation can greatly differs from their private desires.*
- *Keep the sexual tension alive. Use sexual innuendos. Wink, lick your lips, stick your tongue like a kid, blow kisses, smirk, grab/slap her ass playfully, rub/slap her thighs playfully, and etc.*
- *Push and Pull during the interaction. You're not sprinting to the finish line. Escalate and rest on your terms. Give her room to chase too.*
- *Recommend Books:*
- *"The Manual What Women Want" by W. Anton*
- *"Models: Attraction through Honesty" by Mark Manson*
- *Recommend Youtube:*
- *What Actually Makes a Man Attractive? - BuzzFeedVideo*
- *Recommend subreddit:*
- *Seduction*

Texting, emails, and any online messenger are only for logistics and goals. It is a inefficient tool to use for displaying any form of emotional communication.

- *Recommend Methods:*
- *Text with the PURPOSE of meeting up/making plans. Don't text just for the sake of texting. (Like asking how was her day was or what your goals in life are.) Save that for when you are together in person.*
- *No wall text.*
- *No double texting.*
- *No instant text back if you can help it.*
- *PLEASE write out your texts in compete words, sentences, and correct grammar.*
- *Use 'statements' formats more often than 'questions' format. (Example: Instead of asking her if she is free, tell her a time, location, and activity of what you will be doing together. Take the lead and assume attraction.)*
- *Do not drunk text or send nudes (blackmail materials).*
- *Make a phone call every once in awhile. Show that you got some balls.*
- *Easy 'nexting' tells: If she responds back to reschedule, she is into you. However, if she 'stalls' without rescheduling, she is not into you. 2-3 strikes and she's out.*
- *Recommend acronym:*
- *KISS (Keep It Simple Stupid)*
- *Recommend Youtube:*
- *How to Text a Girl - sWooZie*

Additional Recommend Skills:

Learn to dance as if no one is watching. Great for getting out of your comfort zone. Dance in public to get over your self-impose fear and learn not give a fuck. It's a great mental exercise. I have been called a professional dancer before but I just think I dance like I was high on something. Girls notice though and there is the whole "how you dance is how you are in bed". Create better stamina too.

- *Recommend Method:*
- *Movie "Suckerpunch"-close your eyes and imagine an adventure with the music.*
- *There are two types of dancing style. Individual and partner. Take beginner classes for both. You are with people with two left feet in those classes. Partner dancing helps with being comfortable touching the opposite sex and leading. Individual dancing help with being comfortable with your movements and with yourself overall.*
- *Recommend Youtube:*
- *Howcast*
- *Will Dancing Get You Laid? - AsapSCIENCE*

Learn to fight. Self defense is a good way to learn how to reinforce your boundaries and not put up with bullshit.

- *Recommend Method:*
- *kickboxing or some sort of martial arts*

Learn to sing. For some reason, singing tend to bring people together. When you and another person know the lyrics to a song, it's really cool feeling. Great for singing during car rides and karaoke nights. Great indicator of putting yourself out there. Just have fun with it.

- *Recommend Method:*
- *Take a few singing lessons from a tutor to learn breathing and pitch.*
- *Record yourself is also a good method.*

Storytelling. Our stories are who we are, what we experienced. Share the jokes, the 'what the fuck' events, the scary adventures and your brainfart moments. If you don't have any, go out and do something to at least have one story.

- *Recommend Method:*
- *Make sure to be positive or sarcastic. Even if your story is negative, share it in a good light. Make sure use a small amount of body movements like you are talking to a deaf person. Don't rush it, its your story.*

And Lastly:

Don't take life too seriously. Somewhere, someone else has it worse than you. You are at the bottom but the only way now is up. Work hard but enjoy all the little moments and small achievements when you can. Laugh at your mistakes and look at how far you had come. Don't compare your life to others or how perfect it should be. Your success in life is when you can smile and say 'yeah, that was fun'.

- *The life of every individual, viewed as a whole and in general, and when only its most significant features are emphasized, is really a tragedy; but gone through in detail it has the character of a comedy. - Arthur Schopenhauer*
- *Recommend Youtube:*
- *The Philosophy of Rick and Morty - Wisecrack*
- *How Far Can We Go, The Limits of Humanity - Kurzgesagt In A Nutshell*
- *The Lottery of Life - The School of Life*

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UPVOTES

Feminism is not a shit test. Feminism is a macro level compliance test, and we're all failing it.

frrunkis · 15 July 2018 · Archived copy · Reddit

tl;dr - Men aren't reared correctly. As a consequence of this, most men are simply boys that are extending their adolescence for as long as possible. This means that women are surrounded by low value (unattractive) men. This is driving up their urge to regulate the sexual behaviour of men through society-wide compliance tests. All men are failing these tests, even men in the anti-feminist camp. The specifics of this are not talked about or understood correctly at all, and it's important that men understand this. I implore you to read this full piece so that we all understand what's really happening.

Women are the gatekeepers of sex, men are the gatekeepers of commitment.

Men want sex, women want commitment. If a woman gives you sex immediately, she gets labelled a slut. If a man gives commitment away too easily, he gets friend zoned. Keep these general rules in mind whilst reading this piece.

Male attractiveness

Men offer two things to women, value and comfort. Value is how attractive you are. It is your number out of 10. It can be summarised as **the traits you have that indicate that you have the potential to move up a dominance hierarchy**. The dominance hierarchy is the social structure that men formed in hunter-gatherer societies, and it was roughly based off of who could add the most value to the tribe. Men formed this hierarchy, and women mated with the men who were at the top. This ensured that only the right men would propagate their genes. Only some men all throughout human history were allowed to pass on their genes, which makes perfect evolutionary sense. If there are 10 men and 10 women in a tribe, why would you have each individual man mate with each individual woman? Why not just get the man who has the highest value (ie. can add the most value to the tribe) to mate with all the women? That makes the most sense from a purely evolutionary perspective.

Men of high value are men that can move up dominance hierarchies. The traits that these men have are usually centred around risk-taking behaviours, and an ability to maintain your composure under these high risk situations. If I balance on a tightrope that's one foot above the ground, that's quite impressive. If I do it between two buildings, that's 1000x more impressive. If the wire is the same width, then that means the level of balance I'm displaying is the same, so the reason for why it's immeasurably more impressive when performed at a greater height is that *the risk is greater*. People who can partake in risk-taking behaviours, *and maintain their composure whilst doing so*, inspire awe and admiration in people. The men who were willing to venture into the unknown and conquer it were greatly admired. We formed hero myths centred around such behaviours.

How men test each other

Let's say you're an alpha male in high-school, and you see a dweeb walking down the corridor. You get a sudden urge to shoulder-check the dweeb and shove him into the locker. Why do you get this urge, and why do you laugh with your friends whilst doing it? Why do adolescent boys enjoy such behaviours? Well, it makes sense from an evolutionary perspective. If you and me are in the same tribe, and you're not acting right, then our tribe is going to suffer. We have women and children to protect and provide for. If you're acting in a way that indicates that you're weak, I will get the urge to toughen you up. I will get the urge to treat you poorly, to indicate that you're low down on the dominance hierarchy, and to force you to become stronger. Men bully and give each other a hard time to test each other and make each other stronger. Young boys will often wrestle each other. Male adolescents will tease each other mercilessly. Male bonding usually involves a lot of rude jokes that poke fun at each other. We usually enjoy these behaviours greatly, we call it 'banter'.

Let's say that you're insecure and experience a lot of anxiety. You would most likely walk around with your head

down and hoping that you just don't get noticed. You don't want people to look at you, you probably just want to stay invisible. You would feel this way because if you're insecure, having more eyes on you ramps up your anxiety levels greatly. Giving a speech in highschool would fill you with dread. You would rely on your notes entirely and most likely shake during the speech. Being insecure and not thinking highly of yourself *puts you in your head*. You're anxious about your future, you feel regret about your past, and insecurity about your appearance. You're not in alignment at all. You're using up brain capacity on all these different things, and so you lack the ability to just focus on the present moment and act forthrightly.

Alpha males and their ability to play social games

The alpha male is not in his head, he is in his body. He is not thinking, he is just acting. He wouldn't need to rely on notes whilst giving a speech, he could just free-associate instead. Why is he able to do this? Because he thinks highly of himself. He's not dwelling on the past, or anxious about the future, or insecure about himself. He's able to have his thoughts, words and actions line up. Fighters will clear their minds before a fight, because if they're too busy thinking then that means that they're using up their finite amount of brain capacity that could be better used for fighting. If you want to achieve a flow-state, you can't be thinking, you just have to be acting. So high status men are able to act in the world in a forthright manner, and low status men are more inclined to stagnate and live in their heads instead.

Alpha males are able to actually enjoy giving each other a hard time. They don't take it seriously, and they actually enjoy the banter. They're capable of free-associating and having thick skin. They're able to play this social *game*. In high school, they give low status men a particularly hard time simply because it's fun to them. If you asked them why they're doing it, you would get a response that's something like "*Don't worry, we're just having fun.*" That's all it is to them, just fun. They enjoy the game. They enjoy the test. They know they're good at it and so they welcome the challenge. They don't shy away from people, they're capable of partaking in these social games we play and winning whilst having a fun time. Evolution made men enjoy these games because we use it to structure the dominance hierarchy. We figure out who's the alpha and who's the beta based off of their behavioural characteristics. We don't create resumes for each male and measure their ability to add value to a hunter-gatherer tribe, we just make subconscious assessments of each other based off of our behaviours and act accordingly. The dominance hierarchy is very much linked to who can banter and free-associate and who cannot.

Social games and Shit tests

We're all aware of what a shit test is. It is tool that women employ to test a man's value. The shit test will involve her saying or doing something that's designed to see whether or not you're better than her from a value perspective. Women are hypergamous, so they're only attracted to men that are of higher value than they are. That means that they mate across and up the dominance hierarchy. If you greatly admire someone, you're more likely to qualify yourself to them and pedestalise them. You want their approval, so you try to prove yourself to them. If they insulted you in some way or indicated that they don't really like you, it would affect you emotionally and it would hurt. Likewise, if you were around someone who you didn't really care about, then you wouldn't qualify yourself to them. If they insulted you or indicated that they didn't really like you, you probably wouldn't even remotely care. We usually only want the approval of people that are better than us, or are of higher value in some way.

So when a woman gives you a shit test, your reaction to the test will indicate whether you think you're better than her or not. Qualifying yourself or backtracking when hearing a shit test means you're pedestalsing her and wanting her approval, and therefore you're not engaging her hypergamous instincts. Likewise if you react with indifference, you're indicating that you think highly of yourself and that you don't need her, and inspiring attraction in the process. Responding to the test with a counter-test, or a playful insult, is the best response. Think of the shit test like an invitation to play a game. Flirting usually involves playful banter and light-teasing. The pickup artists called it '*game*' for a reason. It's a social game you're playing, and people who aren't in their heads but rather are in their bodies and think highly of themselves are particularly good at playing this game.

How societies create men of high value

Every culture all throughout human history gave their adolescent boys a rite-of-passage. They would send their boys into the woods for a month, or into a dark cave, or something similar. They did this to transition the adolescents from boys into men. Young adolescent boys are indecisive and need decisions made for them. They don't like responsibility, they're easily afraid, and worst of all they're insecure. Insecurity sets in around that age. You start to become really self-conscious and dwell on all your short-comings. From a hunter-gatherer perspective, you're useless and not able to add value to the tribe.

A rite-of-passage would fix that problem. Being thrust into the unknown forces you to become decisive and courageous, otherwise you won't survive. It forces you to stop thinking and instead start *acting*. It forces you to *stop dwelling on your short-comings, and instead focus on what you're actually capable of*. You would exit the rite-of-passage with a new found confidence. That experience would be something that you can point to to justify having high self-esteem. If you survived it, you would now have a reason to think highly of yourself. You would now have the behavioural characteristics that indicate that you can add value to the tribe.

How modern society fails men

We have no rites-of-passage in our modern times, and as a consequence men are extending their adolescence for as long as possible. They indulge in all sorts of short-term gratification instead. For example, they indulge in:

- Video games which are a life achievement simulator.
- Podcasts, youtubers, online forums which are a social life simulator.
- Porn which is a sex-life simulator.

These three things are simulation versions of what men of high value get. Men who are acting correctly in the world are admirable, and so they get a social life and a sex life and they most likely experience feelings of accomplishment. What we've done is create digital versions of these social rewards and made them accessible to all men everywhere so the incentive to grow up is greatly diminished.

We also have a schooling system that doesn't allow young boys to form the dominance hierarchy correctly and prevents men from learning how to act right. When you get bullied, the way to stop the bullying is to indicate that you're a **formidable** person who isn't weak. They're testing you to see if you're valuable in some way. You're meant to figure out how to be fierce, and you're not meant to get help but rather develop the behavioural traits that command respect.

Running to the teacher and asking for help indicates that you're not formidable and not self-reliant, and yet that is what is taught to young boys. They're taught to not fight and to not be boisterous. They're meant to just sit still and submit to the teacher. They're taught to ignore all their biological impulses and not help each other grow. As a consequence, the dominance hierarchy stays static and doesn't move. The dominance hierarchy exists to make men grow, and to ensure that the men at the bottom *aren't always the same men*. The boys at the bottom stay on the bottom throughout their entire school lives, never being taught that they need to grow strong and become formidable. Men go to very dark places when they stay at the bottom of the dominance hierarchy for years on end.

Most young men also have parents that don't push their sons enough. Fathers should routinely encourage their sons to go out into the world and conquer it. Fathers should also stop the mother from coddling the son too much so that the son can enter the world and take risks and grow as an individual who doesn't need help. Parents need to foster independence, and they aren't doing a very good job of that in recent years.

How men make women feel

When Justin Bieber or Brad Pitt go onto a talk show, every woman in the audience screams and loses their minds.

When one direction roles into town, women chase them and throw their panties at them. Whereas when Jessica Alba or Ariana Grande goes onto a talk show, the men just sit and clap. Women view the top percent of men with reverence, they throw themselves at them. But the corollary to that is that they view the bottom percent of men with disdain and contempt. The reason for this is simple if you look at it from an evolutionary perspective. Women are the selectors. They decide who gets to propagate their genes and who doesn't. Nature is that which selects, and women select, hence the term '*Mother Nature*.' If women run for the hills from low value men, and throw themselves at high value men, that ensures that only the right men will have children. This is why women are the gatekeepers of sex. Women are the egg, and men are the sperm. Men can have hundreds of kids a year (ie. Genghis Khan), women can only have one (barring twins etc.). It makes complete sense that they're brutal when it comes to selecting men.

It also explains why women care way more about sexual assault and sexual harassment. This is a *very* important point. If I'm on a train and I feel a hand on my ass, and I look over and I see a women who's around my size groping me, I most likely will feel flattered and just laugh. I may even tell my friends about it and brag about it. From an emotional perspective, I won't care. However, if I'm a woman on a train and I feel a hand on my ass, and I look over and see a man of identical size groping me, I will feel violated. I will feel scared and humiliated. It would be a horrible experience. The reason for this difference in reaction is because women decide who gets to have sex and who doesn't. They're the gatekeepers of sex. This is exactly where their *power* lies. If you override who ability to select you and just grope her, you just took her power away from her. It isn't just the size difference between men and women that explains why they care more about sexual assault, it's the fact that they're the selectors. Men are apathetic towards ugly women, but low value men make women innately uncomfortable at a cellular level. Remember this fact.

Comfort and what women want

Earlier in this piece I mentioned that men offer women both value and *comfort*. Comfort is your willingness to commit and be monogamous. It is your ability to provide for her and protect her. Women have a desire for comfort because in hunter-gatherer societies they would die without male protection, especially during and after pregnancy. But men who offer women comfort right from the start get friend-zoned and never get laid. Why? Because value and comfort are roughly inversely correlated. **Men game women for sex, and women game men for commitment.** A women who gives you sex quickly is less likely to get your commitment. A man who gives his comfort too quickly will get a woman's time and emotions (ie. be a shoulder to cry on), but no sex. Men of high value have options, they have multiple women that they can seduce and sleep with. The more options a man has, the less likely he is to commit to one girl.

A women's fantasy is to get the guy that all women want, but he wants just her. *She wants to get the commitment from the guy that has options.* That's what Twilight is. The handsome vampire with impossibly high value that all women want, but he just can't get this Plain Jane out of his head. He lusts after this boring Plain Jane. *She's not like other girls.* That's a woman's fantasy. That's what 50 shades of grey is also. Handsome billionaire, impossibly high value, infatuated with a Plain Jane that all women can project themselves onto. She's wants to have to *game* him by being desirable and feminine to secure his commitment. Women *love* feeling feminine. They love feeling petite and submissive. They want to feel desirable. But they can't just snap their fingers and induce this feeling within themselves, they require a high value man to evoke that feeling from within her. If she has no high value man in her life, then she won't ever be able to feel truly feminine, desirable, submissive etc. Without high value men around her, she won't act in a way that's desirable to men.

Compliance tests

Women test a man's value with shit tests, but they also test comfort. They test comfort by giving men compliance tests (AKA. comfort tests). Compliance tests are *far* more nefarious and harder to spot then shit tests. They are far more pervasive. But they *must* be understood because they're more relevant now then they've ever been. Let's say that you're a guy who works out, works hard at his job, has a lot of cool friends, and has a lot of cool hobbies. _____

You're an in shape, ambitious guy with a great social life. You're a catch. You then get a girlfriend. She will begin to give you compliance tests in order to test your comfort. Here's some examples to illustrate what compliance tests are.

"You don't need to work out so much, I kind of prefer guys with softer bellies, it's nicer to cuddle with. Besides, you could hurt yourself at the gym."

"Why do you work such long hours? You're so tired when you get home, and we can never spend any meaningful time together."

"You always spend your weekends with your friends instead of me. It's like you prefer them over me. Do you not like spending time with me?"

"Kayaking is way too dangerous, you're going to hurt yourself! Plus it's so expensive. Let's find activities that we can do together instead."

Now a year later you're out of shape because you stopped working out, you're no longer ambitious because you stopped grinding, you no longer have friends, and you no longer have cool hobbies. And so now your girlfriend is no longer attracted to you. But the reason she's no longer attracted to you isn't because you're an out-of-shape loser with no friends, but rather **it's because you failed her compliance tests**. The compliance tests are designed to lower your value to ensure your commitment. She's taking away the things that make you attractive to increase your comfort. When you fail a compliance test by bending the knee, you're indirectly communicating to her saying *"I'm not high value. I don't have options. I need you because I can't get other women. I will do whatever it takes to make you happy."* Remember, we seek the approval of the people we pedestalise. And women are hypergamous, and aren't attracted to men that pedestalise them because it indicates that your value is lower than hers. So when you fail a compliance test, you're letting her control you because you think it will make her happy, but you're actually indicating a lack of abundance and by extension of that low value.

Now because you're no longer attractive to her, you no longer evoke feelings of femininity and desirability from within her. You once made her feel submissive and sexy, but now you don't. Only high value men can do that. She no longer feels how she *wants* to feel. She wants to dote on you. She wants to be cute and look at you lovingly. She wants to have a symbiotic relationship with you where she serves you and treats you amazingly. It used to bring her great joy to bring you joy. But she can't actually experience any of that *unless you actually evoke those feelings from within her*, and you can only do that if you're high value.

Compliance testing starts small, and only escalates once you fail. It will start at tiny things, like getting you to do some more chores, or letting her check your messages, or forgoing some activity in order to to some other activity with her. The more you yield, the greater the compliance test. After a while if you keep bending the knee, you're suddenly replacing sex with massages, doing most of the chores, giving up your drums because they're too loud, spending all your money on her, letting her not pay rent at all, letting her walk all over you. Women will act as bad as you let them, *but they don't want to have to act that way*. They want to feel feminine and submissive, but only high value men can evoke those feelings. If you continually fail compliance tests, you will start to evoke feelings of disdain and contempt from within her. Why? Because women view low value men with disdain and contempt. And since you're failing these compliance tests, you're low value.

If you want your girlfriend or wife to act a right, then *you* have to act right. You cannot demand respect, you have to command respect. The feeling of femininity and desirability that you evoke from within her is how she games you. Remember, women game men for commitment. She games you by acting in a sexy, submissive and feminine way. *She wants to have to act this way in order to keep you around*. She will act as bad as you let her. Let her game you. She wants to game you. She wants to have to *earn* your commitment. Never forget this.

The consequence of a world filled with low value men

Most men nowadays are weak. They don't pursue meaning. They live from craving to craving. They bitch, moan

and complain a lot. They don't have an allegiance to anything at all. They prefer to talk about their feelings rather than implement solutions. They don't take risks. They can't maintain their composure in stressful situations. They choose the simulation version of social rewards over pursuing the real thing. More and more men are low value. The number of high value men in western countries is diminishing very, *very* quickly. As a consequence of this, women are surrounded by low value men. They're surrounded by men that make them feel uncomfortable on a cellular level. They don't like low value men even looking at them, or getting any form of sexual gratification from them in any way at all. It repulses them. What they *do* want from these low value men is *comfort*. Remember, low value men give comfort way too quickly. Women expect low value men to be the shoulder to cry on, to be the beta male that serves them. To provide for her, but never get any sexual gratification from her.

The #MeToo campaign is a macro-level compliance test designed to regulate the sexual behaviour of low value men, and to also get low value men to regulate each others sexual behaviour. Women want low value men to provide comfort, without ever getting sex. This is ideal for them. They want to ensure that these men will ask for consent every step of the way, and be incredibly hesitant to ever escalate, and be hyper vigilant of ever trespassing against her sexually, and to get these men to monitor other men's behaviours so they can regulate each other. It's all a compliance test, but on a macro level. But remember, compliance tests start small and only escalate once the man has failed the first ones. Feminism is ramping up it's compliance testing because men continually bend the knee and yield to these tests. This is just the next level. And it won't ever stop. It never stops. Compliance testing never stops, even when you're a shell of your former self and are only used for the money you provide with no thanks, it still continues.

You pass a compliance test by not bending the knee. You maintain an abundance mentality, so that you won't be willing to completely change who you are in order to keep her around. You maintain a frame that indirectly communicates that if she doesn't act right, you'll leave because you have options.

What men need to do

If women see a low status male not bending the knee and is instead railing against women in some way, they see an **unruly slave**. They see a man not doing what he's supposed to do. They see a man that's attempting to demand respect, instead of commanding respect. What happens when a slave is unruly? The slave master cracks the whip even harder. A lot of the men in the anti-feminist camp fall under this category. Feminists are seeing what they believe are low value men who are refusing the bend the knee. This doesn't suddenly make these men value value, it just makes them unruly slaves. High value men don't spend their time arguing with feminists online, or watching feminist cringe videos, or anything like that. High value men are off acting within the world, not wasting their youth arguing with idiots. So when women encounter these anti-feminist men, all they see is a low-status unruly male not doing what he's told. The anti-feminist guys aren't really helping that much in regards to turning the tide around when it comes to feminism and all the chaos it's created. The only men, the *only* men, that can turn the tide around are men of high value.

When women see MGTOW, they don't see high value men that are refusing to date them, they just see low value men saying *'You can't fire me, I quit!'* They just don't care. Low value men doing anything other then bending the knee just annoys women. It's not going to change their mind. Only high value men can do that. Only high value men can evoke feminine and desirable behaviours from women. Women will often imprint on their partners politics and beliefs once she's with a man that's she's attracted to. I once heard a quote that was something like *"A woman won't have time for feminism if she has a hard dick chasing her around at night"* and it's entirely true. Women don't act right unless men act right. You want her to be feminine and desirable? Well then you need to be a high value man. You need to be a formidable risk taker. You need to be able to banter and play the game well. Only then will you evoke that side of her. All women are fully capable of being both loving and doting partners and also cruel and emasculating shrews. The side of her that's brought out into the world is entirely dependent on the men she's around. What side have they earned?

Many men nowadays are railing against feminism. They don't like what they're seeing, and they try to fight back

against it. But they're going about it all wrong. How can you expect women on a macro scale to act right if men on a macro scale won't act right? You can't demand respect, you have to command respect. It's should be self-evident as to why feminism is ramping up in recent years, it's simply because men aren't acting right. They're hardly men. They're boys. They're weak. And women are responding exactly how nature intended. The antidote to this is for men to recognise on an individual level that they need to do away with their Peter Pan syndrome and start behaving like their ancestors. I walk down the street and see men with glazed over eyes, who would have very little recourse if somebody decided to impose their will against them. These men don't deserve the loving, doting side of women. Only men who have tested themselves and become formidable and competent deserve that side of women.

In order for men to become who they were meant to become had they been reared correctly, the need to create a rite-of-passage for themselves on an individual level. Recognise that there's a part of you that's resentful and angry and wants to impose your will against others. Tame this side of you, integrate your shadow. Take up martial arts. You'll learn to control this part of you so that you can leverage it voluntarily if somebody tries to trespass against you. Approach women to test yourself against nature. Take social risks and practice maintaining your composure whilst doing it. Routinely do things where you don't know what the outcome will be. Stop using porn, podcasts, shows and food to run from all your negative thoughts. You have to accept your shortcomings that you have no control over, you have no other choice. You need to stop dwelling on your past regrets, and instead re-frame them as lessons that made you a stronger person. It's vital that men do these things, and stop being weak. We have no other option.

A woman's love, respect and loyalty is one of the most valuable things in this world. It's something that all men seek. You don't get to have it by default, you have to earn it. You have to prove yourself. You have to communicate that you're a capable individual, who can play the game well, who has brought themselves into alignment, and is acting how nature intended them to act. Without men acting right, women won't act right. You can't just complain about feminism and the current societal standards, you can't demand change, you can only command change. The more we fail these compliance tests, the further into chaos we descend. By and large, men get what they deserve when it comes to women. If all the men in the world started to act right, a lot of these problems would dissipate. The nihilistic attitude in this sub is a dead-end. It's weakness. It's an avoidance of responsibility. You're a node that's within a network, and so everything you do ripples out and effects the world in some way. You're going to meet a thousand people in your life, and they're each going to meet a thousand people. That means you're only one person away from a million people, and two people away from a billion. You have more influence then you think. Start doing what you know you should be doing.

2,463
UPVOTES

Three ways to consciously manipulate women before they subconsciously manipulate you.

SLMC1 · 29 August 2017 · Archived copy · Reddit

The universe created two types of men--alphas and betas--to serve the purposes of the species: Alphas to lead and impregnate and betas to follow and serve. Some science suggests that in ancient times only 1 out of every 16 men successfully reproduced. Although more betas than this reproduce in modern times due to social order and the institution of marriage, I nevertheless suspect that the 1-in-16 ratio is useful in illustrating a plausible proportion between the two male types today.

Assuming some degree of historical constancy with respect to the above dynamic I see two lessons to take from it: 1. If you're an alpha--sex with dozens of women is a likely predictor of this, if not a definition--you're probably in the slim minority (good job). And 2. If you're a beta, you may have your work cut out for you seeing as alphas are only the top 6 percent of men.

TRP can serve both groups by providing the information necessary for betas to mimic and perhaps eventually become alphas and for alphas to maximize and streamline their strengths to squeeze the most value out of the sexual marketplace.

As a rule it is the nature of women to use men for protection, resources, and, in the case of her interaction with alpha-males, reproduction. This is due in large part to their physical vulnerabilities. Manipulation is an imperfect word to use to describe this mechanism because it presupposes a degree of maliciousness or intentional deception but it's useful in that it reminds us of how tricky women instinctively are with respect to the value they advertise versus what they provide in an interaction pattern not deliberately calibrated by a more-manipulative, intelligent, and self-interested male. Arthur Schopenhauer described the innate modus operandi of women in these words:

With girls, Nature has had in view what is called in a dramatic sense a "striking effect," for she endows them for a few years with a richness of beauty and a fullness of charm at the expense of the rest of their lives; so that they may during these years ensnare the fantasy of a man to such a degree as to make him rush into taking the honorable care of them, in some kind of form, for a lifetime—a step which would not seem sufficiently justified if he only considered the matter.

Because women are more dependent on men for survival than visa versa, they have collectively developed a compensatory characteristic which allows them to extract value from beta males in ways that are not mutually beneficial. This is manifest in an automatic and brilliant instinct for interpersonal negotiation where she will constantly test the nature of the relationship in the hopes of extracting more value from a man while reducing the value she must provide to him. The classic example of this is the cheating housewife that—if we're all honest—don't blame once we see how beta the husband is (and because sexual strategy is amoral anyway). Women in this respect are instinctively significantly better at sexual strategy than men are. Therefore, we need our own compensatory characteristic: this subreddit.

Much chatter in the manosphere regarding the unpleasant nature of women is only accurate when describing the interaction patterns of women with men who haven't learned female nature and how to consciously manipulate it so as to tip the balance of power in his favor. To quote from a second and superior German philosopher:

The true man wants two things: danger and play. For that reason he wants woman, as the most dangerous plaything.

Dangerous playthings require skills to enjoy without getting cut or burned. Let's discuss a couple of them here.

1. Develop and/or mimic a sex-satisfied, not a sex-desiring, mental disposition.

Women don't consciously agree with this but their psychological firmware nevertheless insists on being attracted to men who are already getting laid. This is a very primal form of pre-selection as her mind conducts this subconscious logical syllogism: "I don't know whether this man is fit for reproduction but the fact that there are signs that he may be already getting laid (he's not desperate, he's barely trying, he's already happy and cheerful) would suggest that other women have already made the assessment that he is."

There are two differing and mutually compatible ways of cultivating this sex-satisfied state (abundance mentality). One is to actually induce it by having sex with women regularly, going as low on the SMV totem pole as is needed to get laid. The other is to mimic it by artificially altering your behavior and demeanor to match the patterns of someone who *is* getting laid. There is no shame in this: Just avoid like the plague any behavior that she could identify as needy, desperate, or sexually frustrated. This requires you to constantly watch yourself, which is exhausting, so I don't recommend adopting this 2nd technique exclusively.

Heartiste illustrated this point well when he said (paraphrased) "When you don't know what to say to a woman, imagine that you're already lying in bed with two of them."

There is a lot to be gained by haggling your way down in the sexual marketplace just so you can be getting laid regularly. I am open to the idea that other male personality types might prefer to not have sex at all than to have sex with a low-SMV female but I would argue that that preference is born of low testosterone or an over-reliance on masturbation and pornography. There appear to be two camps in TRP. One says "fuck women" and the other says "fuck women." I am of the latter.

2. Treat her as if she was born to serve you.

The most attractive combination of psychological traits in a man are narcissism and happiness. The latter has some overlap with our discussion about sex-satiety but the former is separate.

Narcissism for our purposes here is delusional self-confidence and reckless self-interest. It's the characteristic of a man who has massive double-standards regarding himself versus the women he dates, and he knows it, and he laughs when he's called out on it.

Developing a specific, strategically deployable form of narcissism with respect to the opposite sex is tricky and every man will integrate this property into their existing social personality differently, but one trick I've found useful is to use a sort of affirmation or article of faith to undo and rewire the beta programming that the mind uses when interacting with women. An anonymous comment in the manosphere once described it this way: "Act like you are the star of the #1 reality show of all time: cameras following you around and millions watching it because you are so damn interesting."

In short, brainwash yourself into believing that you're a god. Eventually you may learn that this lie is actually true.

Learned-narcissism mirrors pre-selection closely. In pre-selection a woman doesn't have enough information to know whether you are fit for reproduction so she uses the judgments of *other women* to make that evaluation. With narcissism and delusional self-confidence, a woman doesn't have enough information to know whether you are fit for reproduction so she uses the judgment that *you* have made about yourself to make that evaluation. I assume it goes without saying that a woman isn't consciously considering you as a reproductive mate when she's discovering whether she wants to fuck you. This is all subconscious psychological phenomena that she herself has no direct awareness of. All she consciously experiences is a desire to fuck you.

While betas exist to serve women, women exist to serve alphas. Sometimes this dynamic is subtle; other times women will explicitly enjoy being or feeling used up by their alpha male partners. Treat her a little bit like she exists to serve you to establish the desired alpha-to-female relationship pattern.

3. Ignore anything and everything she says that you would have preferred she didn't say.

The most efficient *and benevolent* method of extracting the desired value out of the interactions you have with females is to punish and reward her by giving and withdrawing your attention. Counter-intuitively, ignoring a woman when she acts or speaks in an undesired way is more effective in disincentivizing than is confronting her verbally or even using physical violence. This is because ignoring a woman communicates a greater readiness to withdraw from her permanently. This demonstrates value and instills insecurity in her; whereas verbal confrontation communicates to her that she is his only option and that he's more inclined to try to control her than he is to merely gravitate away from negativity and undesired behavior and in the direction of other females from whom he knows he can procure a preferable relationship.

If a girl you're interacting with asks an unwanted question or makes an unwanted statement, flatly ignore it. I'm not suggesting that you fold your arms like a frustrated kid and give her the silent treatment. I am suggesting that you literally act exactly as if she had not said it at all. This is frame-reaffirmation. It's the most effective and efficient way of dealing with her bullshit and is especially preferable to verbal confrontation if either of you are prone to the slippery slope of escalating negative emotions.

There is a recurring and compelling sentiment here that the sexual marketplace is a zero-sum game. I believe this is only the case when men fail to learn how to calibrate male-female interaction patterns to satisfy the self-interested nature of the male and the alpha-pleasing instincts of the female—instead of the self-interested nature of the female and the female-pleasing instincts of the male.

2,428
UPVOTES

Getting ready to black-knight a high school girl

long-lostfriend · 18 March 2014 · Archived copy · Reddit

So, I am a high school teacher. One of my female students didn't like a disciplinary action I took today, so she absolutely lost her shit, got up in my face, pushed me (not hard, mind you) and told me, "I am going to fuck you up!"

Moments later, I had the loudmouth bitch in the principal's office, and returned to my class to discover that, true to form, at least one of the students had managed to get all of this on a camera phone. Meanwhile, the student was in the office, texting other students to delete the video and to lie about the way she was behaving. The students were there giving me the play-by-play of every message.

I stopped by after that class to follow up with the principals, and momma has shown up and wants to throw down as well (no father in the picture -- go figure). Based on her daughter claiming that I had assaulted her in class, she proceeded to call the police to try and have me charged with assault. At that point, she was yelling at the police that everything was on video for them to see.

Well, the principal and the cops got their hands on the video, and saw what really went down. The principal got one of the students to provide the text messages of this stupid girl attempting to do her damage control, and the principal said that she would be suspended for a few days, and told me that I could file charges. If I do that, this girl will end up in alternative school for the foreseeable future.

And, you know what? That is exactly what I am going to do. Teenage girls who cry and make up stories to try and get themselves out of trouble grow up to be the kind of woman who will make false rape and abuse allegations in order to get back at men who make them angry. If there had not been hard physical evidence, witnesses, and documentation of what went on in my classroom today, it would have been an issue of "he said, she said," with not only this position, but my entire career on the line. Nothing like a child abuse charge to have one's teaching credentials revoked.

So, tomorrow I am going to formally file charges against this girl and let the legal system have a crack at her. Maybe she will think twice about recklessly lying to her mother, the principal, and the police with tears in her eyes after conducting herself like a complete cunt. And maybe her mother will think twice before calling the cops to complicate a matter that didn't require their attention. Maybe other students who see what happens to her will get the hint that you don't pull that kind of shit without real-world consequences.

Or maybe not. Regardless, I am going to thoroughly enjoy giving this stupid girl a taste of her own medicine!

UPDATE 3/24: Met with principal, the girl, and her mother today. Girl is still maintaining her lies, and mother thinks we should both apologize to each other. Yeah, no. I told the principal to go forward with the charges. Plus, she has her best friend lying for her, saying that she was the one who sent the messages to cover things up, not her.

UPDATE 4/17: Sorry for the delay in the update. The police officer on campus was reluctant to file it as an assault (shocking, right?), but she in the interim she actually got herself in more trouble for jumping another girl on campus, so she's off to alternative placement anyway.

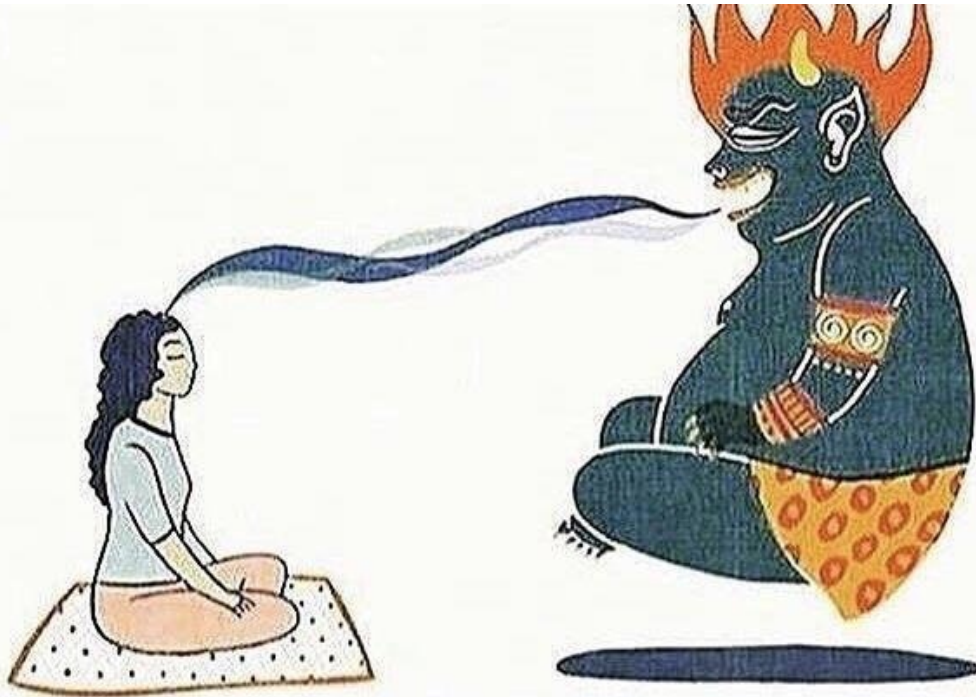
There were two positive results from this: by maintaining my frame throughout this whole thing, she was made out to be a fool by the other students on campus, as well as her mother. Momma was actually calling some of the other students in the class to try and get them to change their stories -- so much so, that one of the student reported that she had to block the number from her phone.

The second is that students (in my class, at least) better understand that I am not to be fucked with now.

2,384
UPVOTES

A Simple Reminder #2

bsutansalt · 7 September 2018 · Archived copy · Reddit



You either get bitter or
you get better. It's that simple.
You either take what has been dealt
to you and allow it to make you a
better person, or you allow it to tear
you down. The choice does not
belong to fate, it belongs to you.

2,366
UPVOTES

The Red Pill Cheat Sheet

LiveAFTSOV · 4 November 2017 · Archived copy · Reddit

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Everything that currently needs to be said about TRP, I feel, has already been said, so lets go back to the basics. Perfect way to start the new year, by getting back to the basics. This cheat sheet doesn't cover everything, it's a summary.

**** This is a synopsis. Also, posting this on my main instead of a throwaway.****

This post is meant to be read IN ADDITION to the side bar.

DO NOT SKIP THE SIDE BAR.

READ THE SIDE BAR

This post is intended to serve as a quick sheet to many red pill topics and struggles, and to help those looking for quick guidance/information.

The information in this post has been gathered from The Side bar, the Red Pill Handbook, Stickied & Top All Times, Endorsed Contributors, various manosphere websites, or myself, and then summed up in a sentence or five for quicker referencing.

This post assumes you are familiar with Red Pill terminology, and have at least moderate success with your life and with women

This post comes from a position of amorality. Moral friends and concern trolls, im not interested!

This post was written by a on stage performing plate spinner.

Think of this post as a compilation of flash cards.

If you have your own additions to these topics feel free to add them

Your tools in the SMP

There are many ways to become attractive. Different girls are attracted to different aspects to varying degrees, but remember AWALT

You do not need all sexual market points to be attractive, but having them all will of course raise your SMV.

Choose to focus on the ones you excel at the most. Old TRP Saying -> Play to your strengths minimize weaknesses

Listed in no particular order

- **Your Masculinity.** Your most valuable AF asset. This is expressed through a *deep, low, slow, and commanding voice*. Or by your *Tonality. breaking rapport tone. Not asking questions. downward/commanding/challenging tonality.*
- **Dangerous Vibe.** A masculine factor. You are unpredictable, mysterious, you take calculated risks. You are bold. You live life on the edge. You pin her down, you wrestle and play fight with your girl. You choke her. You threaten her. (If you don't know how to threaten in a seductive manner just don't try it - that method is not for you.)
- **Playfulness.** Balanced with danger. Playful and relaxed. Strongest after the hint of danger and threat. Masculine

polarity is more important, but a little playful can work wonders.

- **High confidence.** Self love and self acceptance without justifying your life choices to others translates into confidence and true IDGAF attitude. This includes acceptance of rejection, and the ability to hear out nay-sayers, laugh at them, and then continue on your merry way. <--- The first easiest way to get laid.
- **Detachment.** The Buddhist principal of emotional detachment. Stoicism. Acceptance of the good and bad as is - both factors of life. Being non-needy. Not looking for ANY validation in any way shape or form from her. You escalate, but you have zero interest in her words, reassurances, respect, etc.
- **Muscularity/Fitness.** Being healthy and looking sexy makes you sexy - Period. <-- The 2nd easiest way to get laid.
- **Fashion Sense.** Being well dressed with clothes that fit you and suit your style without being improperly dressed and awkwardly standing out.
- **Mental and Social Wit.** Being skilled with words, navigating social situations, properly triggering panty dripping, and proper physical escalation. Knowing the right thing to say, with the right tone, at the right time, combined with the right kino touch. You don't have to be muscular to be sexy and turn women on.
- **Status.** Being popular, being rich and having extraordinary social standing. This is what we call *social circle game*. The more friends and colleges you have = more social proof = more opportunities = more fun = more sex.
- **Talent.** (Talent does not help your SMV unless you have garnered success from your talent.) Have hobbies & passions for yourself but find ways to monetize / expose the world to your talent and have them appreciate it. Having talent simply for the sake of is altruistic foolishness. Look to get ahead. **Having success skill/potential in athletic/artistic pursuits.** Being a successful and skilled fighter, painter, soccer player, writer, bowler, skater, and more. What matters is not what you do, but that you are a champion of your pursuit. Steven king can get laid by hot intellectual woman for his success in writing in the same way VirtruivanPhysique can get laid by hot party girls for his physical superiority.
- **The ability to lead.** Women want to fuck the king, but settle for the peasants.
- **Social Media.** High numbers = instant social proof.
- **Your ego.** Your ego is who you believe you are. Your beliefs are your mask you show to the world. The mask you wear determines your allies and enemies, and lovers. Are you a pushover beta? Are you a rouge criminal? Are you a reckless biker? Are you a man's man lumberjack? Are you an urban hipster? Maybe you're a Hippy psychedelic person? Are you a creative artist? Are you an intellectual? Are you a gym fanatic? Are you an entrepreneur? Too cool for school? Edgy gothic? Preppy? The list goes on and on - there are an infinite number of egos one may have. Hence the term - alter ego. *If you are of the group that lacks morality, you gain more freedom from in this aspect. Law # 48 -> assume formlessness.*

If you learn how to disassociate yourself from your ego you have given yourself one of the ultimate freedoms in this life. *I think therefore I am.*

You can change your desired ego at any time.

A drastic way to change your ego (force yourself into a paradigm shift) is with ego death.

I.e. just cus you're an intellectual doesnt mean you can't thrive in a loud frat party, as long as you know how to craft your ego. Just because you are a loud party frat boy doesnt mean you can't fit in with the business people.

BEWARE YOUR EGO!! My ego has gotten me into so much shit... got robbed at gunpoint for 300\$ cus of my

fucking ego lol. Keep it in check and use it FOR you not against you.

How to beat LMR

The first two are my personally favorites and have worked for me in anecdotal experience. The last two are do or die methods that could result in her just leaving the house (happened to me.) Make your first two you go-to's and Use the last two with caution.

Also think of this like a ladder where you go from step 1 to step 2...

Ideally you want to get a girl to have sex with you as soon as you say to, but if that doesnt work... then:

- Stop, talk, than resexualize. The 2 forward 1 back method/push and pull method. Give it about 4-8 tries.
 - Stop and do something else. Pretend that she is not even there. Turn around and go to sleep or go read a book or something. Just withdraw attention completely
 - The verbal nuke. Tell her that she makes you horny and go for the fuck. If she pushes you back, stop.
 - The MOAB. Wait a few minutes after her final rejection. Then, put on your clothes, ask her to put on her clothes calmly, because you're gonna walk her to the door cus you got a busy day tomorrow. If she leaves, well you were never gonna fuck her. If she fucks you, well there you go.
-

How to qualify your prospective plate/ltr

The Ly Star of Attraction.

- Does she **mentally** stimulate me? (Personality, intelligence, wit, feminine [or masculine if you're a feminine dude] mental state.)
- Is she **physically** appealing? (Feminine face, feminine or womanly bodily features [feminine = small, womanly = thick/tonned] over all good looking / healthy. 1-10 scale)
- Is she **sexually** stimulating? (A hot sexy ass. That plump and thick round kind is my favorite. > <https://pbs.twimg.com/media/CzMtGxFVQAA6Fy-.jpg> < Big not too big titties, dick sucking lips, and she has sexual skills / stamina. She is a slut in bed. She knows how to ride. I.E. is not a starfish. She is of my personal "type" or preference. Tan/gold/caramel girls are more sexy than white girls to me. 1-10 scale.)
- Does she stimulate me **spiritually**? (Does she give the illusion of a higher connection? Does she give my soul romantic experiences? Am I able to feel a divine, pair bonded connection to her? [No this is not some oneitis disney movie bullshit] Does she value art, creativity, meditation, and nature?)
- Is she **emotionally** stimulating to me? (She shows me happiness, sadness, horniness, shyness, anger, frustration. She lets me appreciate all aspects of her human emotions and doesnt hide herself.)
- Is she in a good situation **financially**? (Will she be dependent on my money? Will she try to goad me into Beta bux? Is she able to cover her own fairs? Is her wealth surplus to the point of buying me gifts?)
- Is she **careerly** set? does she have a good career? Will she support mine? This is different from financial.
- Is she **socially** savvy? Does she have her own circle of friends, or would I be the centre of her attention? Who are her friends? Are they good people?
- Is her **family** happy and healthy? Does she come from a loving, sane home? Is the father in the picture? Is he

respected?

How to succeed in the SMP's of Highschool and College

These tips are best applied for to girls between the ages of 16 - 25. This is my favorite age group - low desire for commitment, high likelihood of coitus. Even when I am 40 I will still find and bang 20 year olds. Haters get mad.

- **START CLUBS + INTEREST GROUPS** <----- easily most important and easiest way to get laid. Build social circles where you're the valuable leader. I've done this personally, and got a lot of guy friends, major popularity, and fucked 2 girls as a direct result from it.
- Join clubs and interest groups, perform on stage if you can. <----- also got me popular and laid (i recited poetry on stage, u can be a nerd and still get cute soon.)
- These girls are not women. *They are girls*. While AWALT generally applies, they are 90% looking for fun, adventure and experience rather than stability.
- Expect and embrace drama. Read the sidebar and become a shit-test expert and you will increase your chances of laying young bimbos substantially.
- Make the girls feel emotional. Not make them feel good, make them feel *emotional*. That means happy, sad, sexy, plain, excited, disheartened, calm, anxious - **anything but letting them not be emotional. Lack of emotions = boredom = no tingles.**
- Sell drugs, be a gang member, get into fights etc.
- Young girls think in general consensus. Win the majority to win the minority.
- They don't care what you do and what your hobbies are **AS LONG AS YOU ARE ATTRACTIVE AND POPULAR!!** Awkward, skinny neckbeard collecting action figures with his 4chan is weird and creepy. Fit and well shaven charismatic dude friends with hot females and high SMV males collecting action figures is "so nerdy and cute <3 ;3 " Jacked gym-bro with no social awareness or social life is a compensating weirdo creep. Jacked gym bro getting hit up 1000 times a day is Adonis.

The principals of secrecy and moderation

Followers of the Gumby prophecy believe life is about balance. We all have vices, no one is perfect 100% of the time, nor should you be. We are human - we aren't meant to be perfect.

Imbalance creates unhappiness.

- Drink a couple brews and get buzzed - don't get shit faced every day.
- Smoke weed once and a while if you like - don't advertise it to the world. You will be labeled.
- Go to the gym 5 times a week - Don't lift for 7 hours a day.
- Go out and approach women - don't spend every waking minute approaching.
- Go snowboarding every day - don't let that be your only hobby.
- Invest in your business - don't turn every single interaction into a business transaction. (Unless you're an annoying scum bag pyramid schemer.)

Work hard, play hard.

All work and no play makes jack a dull boy.

There is a reason why these quotes exist.

Secrecy

Do not be an open book. Be vague in your intentions, but open enough not to draw suspicion.

- You want to get a promotion. No one needs to know that, only that you want to start taking your job a little more seriously.
- You want to fuck a fat girl for practice. No one needs to know that, only that "you got laid the other night. It was okay."

If anything, lying to exaggerate yourself and value is more beneficial than telling the truth. If you are a moral-friend, use secrecy.

How to make a woman lose attraction for you.

- Communicate verbally with a woman. They lie about themselves and assume you are doing the same. They cannot act/feel on the basis of anything verbally communicated. If she steps out of line say "don't do that". But don't sit down and communicate to her - it will weaken your position and strengthen hers. She will act on absolutely nothing that has been discussed even when she swears on her grandmother she won't (or will) do whatever the problem is. **The only exception is putting her in her place when she does something not to your satisfaction.**
 - Confide and share your problems with a woman. Weakness = loss of attraction.
 - Commit too much too early. Commitment kills passion.
 - Give her a sexual monopoly. Oneitis is your enemy. Do not commit to one girl - they don't appreciate it and you will start to backslide into betahood the second you feel you don't have the options you did. Cure oneitis by exploring other options.
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Identifying Your Enemies

The more you succeed in life the more you will attract the hated and envy of the mediocre, or the opposition of the successful who want to maintain their monopoly. Find allies to combat your enemies. Preferably, be a leader who finds underlings just under your level, so that you are always their idol, and you serve as their guide. This is the concept of tribe building.

Eliminate your enemies from your life as quickly as possible. This is a law of power. Do not hang out with the miserable or the unlucky.

You stand either by my side, in my legion, or in my fucking way.

Recognizing your enemies

- **The Naysayer.** They are easily identifiable, simply share your intentions with someone. If they react by telling you what you can/cannot do, they are a naysayer. Identify the type of naysaying that they are acting upon, as there are many different types, the insecure and envious failure, and the well meaning.
-

- *The Insecure Naysayer*: This person is reminded of their own failures through your successes and ambitions. They are merely weak-willed scums who project their own limitations onto you and should be disregarded as the losers they are.

Example: You want to become one of the best roller bladers in the world. Your insecure naysayer acquaintance has been practicing skating for 3 years. In 1 month you already show more promise.

Insecure naysayer: "What? You think you're gonna be the next Brian Aragon or Tony Hawk? Come on dude *be realistic*. There is a 99% chance no matter how much you practice you will never be that good."

- *The Well Meaning Naysayer*: This person believes they have your best interests in mind. Only you have your best interests in mind, remember that. Know thyself. *Be aware of the well meaning naysayer's advice, for sometimes it is beneficial to you to heed their warnings.*

Example: You want to become a famous battle rapper. Your well meaning naysayer brother believes you won't get famous and even if you do the risk is not worth the reward.

Well meaning Naysayer: "What? You wanna be a famous battle rapper? There's like a 1 in a million chance of you blowing up like that bro, there are better things for you to invest your time in to become successful, like lifting. Besides, you will be surrounded by low life thugs who will probably shoot you if you roast them too hard."

Recognizing your enemies

- **The Underminer**. They are easily identifiable, simply share a piece of your life with them and listen to their words. They will try to make you believe that you are worthless because your success in your interpretation of the world angers them and contradicts their failed world model. *Undermining is personal. Refutation is for your benefit. Learn the difference.*

Example: You share the fact that you published your first novel with a meat head acquaintance of yours. Your meat head friend has been lifting for years, but still struggles to get with those fit and sexy gym girls. You, on the other hand, get quite the attention from your liberal art intellectual groupies who hear about your publishing success and want to suck your cock.

The underminer: "Lol you're a writer? You're such a fucking faggot. You and all other artist/creative types are the most disposable scums in our society. Please bro, just kill yourself because you and your hobbies are gay."

The refuter: "Oh you're a writer? Are you actually a good one or did you publish a steaming pile of shit? Matter of fact let me read your book and be the judge of that."

How to maintain an attractive frame:

- Genuinely believe you and your ways are superior to everyone else, without making others feel worthless. You can be arrogant without making others feel like shit. (If they choose to feel offended by you that is their own problem. I am referring to deliberate malicious behaviors towards those you consider under you.)
- Hear what your haters say, nod, smile, laugh at them, then do whatever the fuck you were gonna do anyways.
- Realize the majority of people are complacent and mediocre, and their "advice" is there way of bringing you back into the crab bucket. This realization will free your mind of shame & fear of judgement.
- Reject their reality and substitute your own.
- Think of yourself as a God Sun, and people are planets and comets that orbit you. Planets are the people you love and who support you throughout your life. Comets are people who come and go. If they don't want to orbit

you anymore, let them lose the benefit of your radiating warmth. Let them freeze in the cold abyss of space.

- Understand that people speak from a position of perceptive interpretation. **That means your opinions and values will differ from others.** Do not feel bad if an artist type thinks you are a loser cus you lift and play sports. Do not feel bad if a gym bro thinks you are a loser because you like to paint and write.
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2,352
UPVOTES

I lost my marriage, my career, and my kid

legion327 · 11 May 2016 · Archived copy · Reddit

So this was originally posted to TIFU. It was left up for approximately 14 hours, made the reddit front page then was deleted by TIFU mods. They provided no reason.

Tried to re-post at relationships and they deleted it instantly. No reason provided.

Apparently, the fact that my story resonated with so many people is threatening in some way. Threatening to whom, I'll leave you to decide.

So I'm reposting here. Enjoy.

I was in the US Army. I was stationed in South Korea and I met a girl while I was back home on leave visiting friends. She was really cute and I liked her a lot. We clicked instantly. She opened up to me about how her dad had raped her when she was 9. My heart went out to her and we kept in touch for several months even after I left to go back to Korea. A relationship blossomed and we eventually ended up married. A year later, she was pregnant. I was overjoyed. We both were. 9 months later, my son was born. Within a couple months of his birth, the new-baby joyous haze had faded and postpartum depression set in with my wife. I did what I could to help lift her spirits but I was also working 12-hour days and sometimes weekends because, ya know... it's the Army. When my son was 6 months old, I got the news that my unit was going to deploy to Iraq. We were sent to the Fort Irwin National Training Center in the Mojave desert to train. While I was there, I got a call from a friend back at my unit. He had seen my wife in a Military Police vehicle with my son.

I was shattered. I was thousands of miles away and powerless to do anything and didn't know what was wrong or what might have happened to her and my son. I knew she had been in a fragile state. What could be wrong?!? I was absolutely frantic for days. She wasn't answering her phone. Worse yet, we were doing training exercises and I had lost my phone charger at some point and my phone had died. I called again from a friend's phone and left a voicemail with his phone number in the hopes that she would call back. Finally, on day 3 after hearing this news, she calls his phone. He runs over to me and brings me his cell. The wind is blasting sand into my face and it's 110 degrees outside. I ask her what's wrong and what the hell happened?!?

She tells me she wants a divorce... I'm dumbfounded. This is out of nowhere and I'm in total shock. Turns out she wasn't in a Military Police vehicle because there she was in trouble... She was fucking the MP. Of course, she couldn't very well leave my months-old son by himself so she was carting him along with her while she was doing it. It had been going on for months, even before I left. There's pictures of her and him and baby son with a tent in the background. They'd gone camping. Asked her where my son had slept and she matter-of-factly stated that he'd been in the tent with them. Nevertheless, I try to work things out for the sake of our son, but she's adamant and wants the divorce. Divorces are never quick so some tense months went by... but finally the divorce is granted. The next morning, I wake up and she is gone. She left our son with me, got on a plane, she's gone.

So there I was, a 22-year-old soldier who is suddenly a single dad of a now 10-month-old baby and I'm supposed to get on a plane to Iraq the following week. I didn't know what to do. So I grab my son, put him in his car seat, and drive to my unit's headquarters and sit down with my Commander and explain the situation. My son's mother has left and gone back to her parent's house, my own parents both work full-time along with parenting my mentally handicapped sister and can't possibly take on my son as well. So my CO says he'll have to consult with the Battalion Commander about what to do.

I nervously wait a few days. Then, 6 days before we're supposed to deploy to Iraq, my CO comes back and tells me that they're going to put me out of the Army on an honorable discharge. In a way, I was relieved because my son was my first priority. But I also have never felt that guilty in my entire life. I had trained with these guys in my unit for years preparing to go to war. Now I'm not going at all. I was a sergeant so I had soldiers who were underneath me that got transferred to another squad. I felt like they were being abandoned by me and there was nothing I could

do to stop it.

Then, on the day my unit is leaving, my company is getting on the buses to drive to the airport. My CO hands me a clipboard and asks me to check off each soldier as they get on the bus. So I did. Each one shook my hand and wished me luck as he got on the bus. I watched every face go by and shook every hand. My CO was the last on the bus. He took the clipboard from me, I saluted him, and he shook my hand and got on the bus and they drove away. Suddenly, I was standing in front of the headquarters building with my son napping in his carrier on the pavement beside me and I was totally and utterly alone. I sat down on the pavement and (I have to sit my manhood aside here for a moment) cried harder than I have ever cried in my entire life. I had never felt so painfully guilty and so alone.

Three months later, I was honorably discharged from the Army and on my way home. I got myself a place, got set up with a community college and started pursuing a degree while doing the single dad thing. I was recovering and putting my life together because I had to. For him.

Three months into this new life I'd set up for myself, a sheriff's deputy shows up at my front door. He hands me a manila envelope with court papers in it. I'd been served. My ex-wife was suing for custody.

Now, let's pause for a moment. So far, all of this is a rather unfortunate set of circumstances and you're probably wondering "So where's the FU? This doesn't sound like it's your fault." Up until now, you'd be right. So here it is. Here's where I fucked up: For the first month, I didn't even get a lawyer. I just called her and asked her what in the world she was doing. Couldn't we work this out? Fuck-up number 1. Always get a lawyer if you get a damn court summons. No exceptions. Your lawyer needs time to prepare your case. The longer you take to get one, the more ill-prepared he/she is. So finally I figure this out because things just aren't getting worked out. So I get a lawyer. The lawyer of course tells me to cease communication with her and that all communication will now go through him to her lawyer. But, in my hubris, I did not listen. I called her due to my emotional state being so out of whack. The conversation was somewhat peaceable at first but turned sour. At some point, she asked me if I had firearms in my house. I responded that of course I did to protect our son she abandoned and blah blah blah... This is fuck-up #2. She recorded it. This recording was the central piece of evidence she used in court against me. Of course the gun was locked up but she claimed he was in danger. Never ever disobey your lawyer and never base legal decisions on emotion.

Another six months passed and then a judge awarded sole physical custody of my son to my ex-wife despite the fact that I had been taking care of him alone this entire time since she left us both. This sounds crazy, I know. However, we're talking about a southern bible belt judge who was golf buddies with my ex-father-in-law. So yeah... that was that. While the system is a bit of joke when it comes to father's rights, I ultimately lost my son because I fucked up.

TL;DR - Guy in army gets cheated on by his wife and loses his wife, then his career, and then, due to his own hubris, his son.

EDIT:

Part 2 can be found here: [redd\(dot\)it/4jz1ue](https://www.reddit.com/r/TheRedPill/comments/4jz1ue/)

2,242
UPVOTES

How to really succeed at Tinder (not just another Tinder guide, this is a detailed Tinder roadmap)

mallardcove · 1 June 2018 · Archived copy · Reddit

EDIT: PLEASE DO NOT PM ME ASKING FOR ADVICE. I WILL NOT ANSWER IT.

Tired of seeing posts on here shitting all over Tinder. If you do it right there is no easier way to meet women in my opinion. The ones shitting on it are the ones not having any success. I've been successful at Tinder(and Bumble) for the past couple of years and let me show you how I do it.

I know a lot of Tinder guides have been posted here before, but here is my take on how to have success.

Step 0 - Understand The Ultimate Maxim of Tinder

IF YOU ARE NOT GETTING MATCHES, ITS BECAUSE YOUR PICTURES SUCK. 100% of the time this is the case. It's not Tinder screwing you, its not Tinder trying to get you to pay for its Plus/Gold features, its not shallow women, its not women only on there for validation, its not a glitch, its not anything but the fact that your pictures are ass. Keep this in mind when you inevitably see someone shit on Tinder in the comments of this post or elsewhere on TRP.

Step 1 - Understand The Tinder ELO System and how it works

Basically Tinder uses an ELO rating system to "rate" each account to judge how attractive the account is based on their swiping and how they get swiped. Obviously, if your profile gets swiped right a lot, you'll have a higher rating, and vice versa. It's not just how people swipe you that determines your rating, but also how picky you are. If you are swiping right on everything, your rating will go down because when you do that you are swiping right on low rated profiles. If you are pickier and only swipe right on higher rated profiles, you'll have a chance for a better score, assuming you are getting swiped right a lot as well. To learn more about how the ELO rating system works mathematically, check out <http://archive.is/O07Ad>

TLDR, your Tinder ELO score is determined on the rating/quality of profiles swiping right on you, and the rating/quality of profiles you are swiping right on.

Step 2 - Know your competition

One thing I recommend doing, if you have the time, is creating a burner Facebook account as a woman. Use it to make a Tinder account and select that you are interested in men. This way you can scroll through the profiles to see the men you will be competing with in your area.

A general theory of Tinder is that for brand new accounts, you get a "noob boost", which means they are going to show you the higher ELO rated Tinder accounts first, and your profile will also be put toward the top of other user's stacks so they don't have to scroll through many profiles before seeing yours. This doesn't mean every single Tinder account in your stack that you scroll through will be high rated, because remember, there will also be new accounts

in your initial stack who are also being boosted, many of which will suck.

Why am I mentioning this noob boost? Because you can use this to scout your competition. The profiles you will be seeing when you do this are generally the profiles the attractive women will be seeing. That way you know what you need to do to beat the competition.

For the sake of this post I went ahead and did this for my area (medium sized city in the Southern United States). I scrolled through the first 100 male profiles and gave each profile a rating on picture quality (1 being shit, 5 being top tier) and attractiveness (1 being ugly, 5 being top tier) and then I flagged an account if they were not lean.

Settings: Age 18-32, 30 mile radius.

Results:

- Of the 100 profiles, only 3 of them had what I considered top tier pictures. Most were shitty selfies, bad quality pictures that had grainy or fuzziness in them, bad lighting, or bad poses. Lots of crappy gym selfies and mirror selfies. The average picture quality rating was 1.866 out of 5. That's bad, and shows you don't really need to do much to have better pictures than the rest.
- The average attractiveness rating was a 2.1, not much higher than the picture quality number. And this is supposedly contains the best profiles? I think a lot of the profiles I saw were "noob boost" profiles, no way they would be high rated. Either way, I only handed out a "5" to 4 profiles, that's 4%, and only handed out a 4 to 3 profiles. That means out of 100, only 7 were what I considered attractive enough profiles a woman would swipe right on.
- 65 of the 100 profiles were not lean, 51 were overweight, and 32 were obese. Once again, shows how much impact being lean has.
- Average age was 20.9, but the average age of the profiles I gave a 3 or higher to was 24.6. Older guys seem to have a better grasp on this.

Moral of this story? You really don't have a high bar to clear when it comes to having a top tier Tinder profile. Most guys Tinder profiles suck ass. All you need are good quality photos and to be lean to beat most Tinder profiles out there. Unless Tinder only shows the highest rated accounts to accounts who already have a proven high ELO score and still hides them even from noob boost accounts.

Step 3 - Yes, being attractive matters

This is an app where people judge you on appearance. You think looks don't matter? They absolutely do. I am not saying this app is worthless for you if you are below a 7/10 in looks, but you have to reel in your expectations. Women on these apps are pickier than they are in real life, so if you are a 5/10, don't go in expecting to match with 8s or higher.

Before dismissing Tinder and other apps all together, try to max out your looks first. Lose weight, get lean, lift, dress well, wear the right accessories, sport a good haircut/hairstyle, have a good facial care/skin care routine, and all of that. Doing all of this + taking good pictures will go a long way and can add points to your attractiveness.

Step 4 - Pictures are 90% of the battle

I repeat the Ultimate Tinder Maxim: **IF YOU ARE NOT GETTING MATCHES, YOU HAVE BAD**

PICTURES. PERIOD.

You are going to sink or swim by your pictures, specifically, the quality of your pictures. Period. I consider myself an attractive man, but I failed at Tinder at first because my pictures sucked. Even if you are attractive, if you have shitty pictures, you are doomed. When I finally put some good pictures on my profile, it was night and day the number of matches and interest I was getting. It became like shooting fish in a barrel. I even got reported to Tinder as a catfish because women thought I was ripping my pictures from models and wasn't who I was in the pictures.

Now the term "good pictures" can mean so many different things. From my experience, here are the elements that make up good quality pictures:

- **Picture quality** - There is a difference between a shitty cell phone front camera picture and a picture coming from a DSLR or expensive camera. This does matter. Front facing cell phone cameras generally have bad quality, bad apertures, bad lenses, and distort your face. The clearer and less grainy the picture, the better.
- **Lighting** - Lighting matters. Pictures taken in the dark will suck because they will have high ISO settings, meaning more grainy. Pictures taken using indoor lighting often cast unnatural shadows with harsher lighting. Pictures taken with a camera flash add 7 years to your face and create all kinds of bad shadows and unappealing flashback. The best lighting is outdoors. The problem with outdoor photos is that generally the sun will be too bright, causing too many harsh shadows, overexposure and your eyes to squint. One solution is to take pictures when its cloudy. Or you can take pictures in the shade(but beware of surrounding glare that causes you to squint). The best time to take outdoor pictures is an hour after sunrise or before sunset, known as the golden hour. You can google "Golden Hour Calculator" to determine what time exactly this is for your location. During the golden hour you can take good pictures with soft, golden lighting and yet its not bright enough to cast bad shadows or make you squint. If you are wearing sunglasses it doesn't matter what time of day you take outdoor pics, but generally you don't want to have more than 1 or 2 pics in your Tinder picture album with sunglasses.
- **Setting** - Where you take your pictures matter. A computer selfie at your desk in your room = shit. A picture of you outdoors somewhere interesting = good. The key here is variety. When I was doing the burner account competition check earlier, most guys are bad when it comes to variety of their settings. Find unique outdoor places to go to. One of my favorite is the roof of a parking garage downtown on weekends. There is no one up there, I don't have to pay to get in, and you get a badass view of the downtown skyline in the background. Parks, hiking trails, mountains, lakes, beaches, rivers, etc. all work. You can also be creative and get shots on the sidewalks, streets, etc.
- **Pose and Posture** - You want your poses to be natural based on the setting your picture is taken. If you are taking a picture on a sidewalk, you obviously don't want your pose to be as if you are posing for the camera, you want your pose to be as if you were walking down the sidewalk. Go to YouTube and look up modeling poses for inspiration. And make sure to have good posture whatever pose you use.
- **Facial Expression** - The key here is variety. You don't want all your photos to be of you smiling into the camera. You don't want all of your photos to be of you looking away from the camera with your mouth closed and a serious expression. I go with the rule of halves here. You want half of your pictures to be smiling, half not smiling. Then half of your pictures looking into the camera, and half looking away.
- **Composition** - Where you are placed in the frame matters a lot. You see a lot of guys fail at this when checking out the competition. In my opinion there are only 2 acceptable compositions: Half body shots, and full body shots. Half body shots are generally shots from the waist or upper thigh up, full body has your entire body in the frame. But that is only half the battle - you don't want much open space between the top and bottom of the frame. Use the entire frame. **This is a good example of what I mean in a full body shot, the concept for a half body shot is the same.** Notice how the whole frame is used, not much gap above his head or below his shoes. **Now here is an example of a bad full body shot - notice how much empty space there is above his head and**

below his feet. You want to avoid face only shots because they just aren't flattering and will hide your body, which you want to show off if you are lean, and also hides your fashion, which leads me to:

- **Fashion/Style** - Your clothing choices matter and can greatly enhance your overall look if done right. You want your pictures to show off a diverse variety of well fitting stylish clothes. FIT is the key, more than style. They both greatly matter, but bad fit will ruin any style. A good style can't overcome bad fit. Go shopping to stores like J Crew and wear the smallest size you can that still fits, in a slim style cut if you can find it. Some good ideas for clothes to wear: Dark Wash Slim Jeans, Slim Chino Pants(Khaki is my favorite color), Flat Front Chino Shorts at 9 inch inseam or less, Slim Fit Casual Button Down Shirts, Polos, Well Fitting T-Shirts, Denim Button Downs, Denim Jackets, Bomber Jackets, Leather Jackets, Slim Dress Shirts, Nice Sweaters, Watches(you need to wear one in every photo), boots, dress shoes, loafers, nice sneakers, necklaces, pendants, and bracelets. NO - Cargo Shorts, Cargo Pants, tennis shoes, basketball shoes, "skater" shoes, flip flops/sandals, baggy clothes, hats, sweats, hoodies, logo or graphic shirts. You need to be wearing a wristwatch in all your pictures.
 - **Hair** - Make sure you put some effort into it, whatever you do. Find a good haircut/hairstyle for your face shape.
 - **Pets** - If you have a dog, probably a good idea to have a dog pic.
 - **Motorcycle** - If you have one, probably a good idea to have a pic of you on your bike
-

Step 5 - How to actually go about taking good pictures

So I stated what makes a good picture. But how do you actually do it? There are 3 ways I recommend, all of which are viable and have their pros and cons.

The Friend With a Camera Approach

Find a friend to go along with you with a camera and have him/her take pictures of you in various places or settings. Ideally you'll want a friend with a good camera who knows a thing or two about how to take good pictures. Or you could go on Craigslist or something and hire a professional photographer but that can be a bit pricey.

Pros: Lots of possibilities, someone else controlling the camera means you don't have to set and forget the photo settings or placement, good for getting shots at busy places with lots of people without creating a distraction or scene(think downtown locations), cheapest approach

Cons: Less creative control over the pictures, can only be done when friend is available and in that certain time frame, not everyone has a friend who is available or willing to do this.

The Tripod Approach

This is where you buy a tripod to go with whatever camera you are using, set up the tripod and take pictures. I do have a nice camera and a tripod, and have used this approach, but it can be difficult to get right even though I have a remote controller for it because with nicer cameras, it's most ideal to have someone behind the camera to fine tune the controls for every shot.

Pros: Don't need someone else, can do everything on your own time, allows for unique locations to be shot

Cons: Can be expensive, not ideal for high traffic places, tripod can be unstable and knocked over by things like wind, some locations there isn't an ideal place to put the tripod, even with a timer or remote controller it can be difficult to get the right photo settings in terms of shutter speed, aperture and focus

The Drone Approach

This is personally the approach I have used over the past year to amazing results. Obviously, drones aren't cheap,

but they are worth the investment. Not only can you get some good photos from some unique angles and take them anywhere, but it also gives you a fun hobby as well on the side. I've used both the DJI Spark and DJI Mavic Air drone for this. Both have good cameras, and even better, they have an interval setting meaning it will take a picture every 2 seconds. Meaning 30 pictures a minute. DJI Spark battery lasts about 12 minutes, and DJI Mavic Air lasts about 16-18 minutes. That means you can get 360-480 pictures per battery. Tell me you can't find at least one good picture? You can find a DJI Spark new for \$350-\$400 in stores or on eBay used for cheaper. Just make sure you get a quality drone, DJI is a good brand. The cheap \$50-\$100 drones you can get at Wal-Mart won't cut it.

Pros: Don't need another person, can get all kinds of unique angles/settings/locations you can't get with a tripod, can be controlled remotely, good picture quality once you get the settings right

Cons: Loud, not ideal at all for use amongst places with a lot of traffic/people so you have to find more isolated places, some locations are restricted for drone use, takes a while to learn how to dial in the photo settings like ISO, shutter speed and exposure value that flatter you the most, expensive

All 3 of these approaches are viable. But one of these 3 approaches have to be used if you want to have top tier photos. Getting your cell phone camera, leaning it up against something, setting the timer and running into place isn't going to cut it. Outstretched arm selfies won't cut it. Cropped group pics won't cut it. Mirror pics won't cut it. Yes, it takes time and effort, and for some of the approaches, investment, but it pays off. Do you want to succeed or not?

Step 6 - To shirtless ab pic or not to shirtless ab pic?

From my experience, you can go either way. If you have a shitty body, are skinny or fat, and have no defined abs and vascularity, it won't work. If you have a good body with defined muscles, vein vascularity and a 6 pack, it won't hurt to have a shirtless picture in there. It's not always ideal, though. There *are* girls who will swipe left when they see a shirtless picture no matter what. I've found that shirtless pics work better when you are looking for hookups, not so much when you are looking for dating/something longer term.

If you want to use a shirtless pic, there is one rule: **IT HAS TO LOOK CANDID.** Shirtless mirror bathroom pic = NO. Shirtless gym selfie = NO. If it looks like you are posing for the picture, and therefore it was planned, its not going to work. It has to look like it was taken candidly, unplanned, as if you were doing something, and someone happened to take a picture of you. The shirtless picture I had the most success with was one of me at the park holding a football, I made it look like I was playing football, even though I was there by myself and used my drone to take the picture. However, I made it come across as extremely candid, even though my 6 pack and vein vascularity and muscles were showing off. Shirtless pics at the beach or pool also work.

Step 7 - Post Processing/Editing

You don't want to just use the pictures as they are. You want to find your best ones and then edit them. Use editing software(Adobe Lightroom is good, the stock Windows photo software is good, I am sure iPhoto is good) to mess around with the pictures. Apply filters, change the brightness/contrast/clarity/saturation, and all of that. The key is to not go overboard with the filters and everything. You still want it to look natural. The editing will add to your photo, not make your photo. Women will know if your picture is edited too much. Edit it in a way where it looks a lot better than the original, but at the same time you can't tell it was actually edited.

Step 8 - Selecting Which Pictures to Use

The generally key, as I have already stated, is variety. You want your 6 pictures to give a well rounded perspective of who you are. Variety in terms of poses, facial expressions, outfits, and locations.

Obviously you want to pick your 6 most flattering pictures. The best approach to use is to pick 6 locations and outfits and take a shit ton of pictures at all 6. Then pick the best from each group and there are your 6.

Your lead picture needs to be your best one. It needs to clearly show your face and your body, uncovered eyes(no sunglasses) with clothes on(no shirtless pics as your lead), by yourself(no group pics). Your last picture also needs to be a good one, as if a girl is swiping through your pics, will be her last impression before she decides to swipe right or left on you. Remember, she will judge you by your worst pic.

I'm not going to post my profile, but here is a breakdown of my pictures:

- 4 of 6 I am smiling
- 3 of 6 I am looking at the camera
- 2 of 6 I am wearing sunglasses
- 5 of 6 are full body shots, head to toe
- All are taken outside
- No shirtless pics that I am currently using
- 2 of 6 I am wearing flat front chino shorts, 2 of 6 I am wearing jeans, 1 of 6 I am wearing khaki chinos, 1 of 6 I am wearing dress pants
- 2 of 6 I am wearing a v neck t-shirt, 3 of 6 I am wearing a casual button down shirt with the sleeves rolled up, 1 of 6 I am wearing a dress shirt with a tie
- 2 of 6 were taken in broad daylight(both sunglasses pics), 3 of 6 taken at sunset in the golden hour, 1 of 6 taken in broad daylight but in the shade
- Locations Used: Beach Sand, Downtown Sidewalk, Work(Outside), Top Level of Downtown Parking Garage, Football Field, Side of Building
- Poses Used: Sitting on Cooler, Leaning Against Pole, Leaning Against Wall, Walking With Football in Hand, Standing Straight Up Smiling Into the Camera, Looking Over Shoulder
- No Group Pics or pics with others. Group pics are overrated. Yes, it shows you having fun with friends, but generally they are not flattering and the cropping you have to do ruins the quality. I'd rather have 100% control over my pictures from start to finish. If your pictures are good enough she won't give a shit if you are alone in all of them.

Step 9 - Your bio. Does it even matter?

In general, your bio doesn't matter. She really only looks at your pictures which are all that matter. If your pictures are good enough, then she might glance at your profile just to make sure you are a real person.

Your bio will not help you at all. It can only hurt you. Since you have all to lose and nothing to gain, you need to keep your bio short and to the point. If you are over 6 feet tall, list your height. If you are 5'10, say you are 6 feet.

Put where you are from, what part of town you live in, and about 3 or 4 things you like to do. Put the college you graduated from if you have graduated. If you have a cool job, put it in there, otherwise be either really vague with it or don't put it in there at all.

Example Profile that works: "6'1, from New York, living here in Florida in West Miami. Ohio State '13. Fishing, traveling, fitness, and more."

There. That's all you really need. Nothing in there that will scare anyone away or devalue you, but makes you look like a real person. Don't try to put anything witty or funny or out there. Just keep it simple.

Step 10 - Deploying your Profile and Using Tinder

Don't set up your profile until you are absolutely ready to start with your full profile because once you set up your profile you are put in others stacks. If you already have an account, delete it so you can start over. Upload your pictures, write your bio, and where you go from here is up to you.

Swiping

Be picky. Only swipe right on girls that you are certain are who they are in their profile. If she only has face shots, chances are she is fat. Remember the rule: "If you got it, flaunt it". Girls live by this. If they have a good body, they will show it off. If they have good tits or ass, it will be shown off. If it looks like they are hiding something, they are. Read her profile, don't just look at her pics. Chances are you might like her pics, but then you look at her profile and it will state she is a single mom. Generally, if you have been swiping a while and have reached the point of the stack where all the girls are ugly, and then you come across one that is hot, chances are she is either a bot or single mom. Because legit hot girls who aren't single moms or don't have major red flags will never be that far down the stack.

Being picky also helps your ELO score, which increases your chances of being shown at the top of the stacks of the more attractive women.

Super Likes

There are two trains of thought on Super Likes. One train is that its good, it will make her think longer about you. The other train is that its creepy and too much and shows her you are already too interested.

My take? Use them. I've had more good than bad from super likes. Not only that, but using a Super Like automatically puts you at the top of her stack, so you know you will be seen next time she logs on. Unless you have Tinder Gold, you only get one per day so use wisely.

Tinder Gold

I am a fan. I only recommend, however, using this on a month by month basis. I think its a good investment to use your first month. The queue which shows who has liked you is helpful and will help you gauge how good your pictures are. If its not filling up you have shitty pictures. Also the quality of girls liking you will also help you see what type of women is finding you attractive. Lastly it helps because it helps you ground yourself to reality. A lot of girls don't log into Tinder that much, so by seeing who has already liked you, you won't get your hopes up for girls in the stack who may or may not be active(Tinder hides profiles inactive more than 2 weeks).

If you are successful at Tinder I think its worth it to stay on Gold after your first month. I do. The passport feature is useful for traveling, as you can arrange meetups with girls before you even get there. This is just my opinion though. If you aren't successful, paying for Gold won't make you successful. The best way I can describe Tinder Gold is that its a valet for an already successful Tinder user, it just makes it easier. Seeing who has already liked you might sound like something you don't really need or need to pay for, and while I agree, its actually been more

beneficial than I realized.

Boosts

Regardless of whether or not you subscribe to Gold, I think everyone needs to try a boost at least once. A boost puts you at the top of the stack for everyone in your area for 30 minutes. This means you will be seen by everyone who logs on during that time. I get matches regardless but each time I boost it seems like I get a lot more. Boosts help because after a while, unless your ELO score is good, you fall farther and farther down the stacks of other girls Tinder stacks, and you won't be seen. Instead all she will see are high ELO accounts and new accounts getting their noob boost. Women swipe a lot less profiles than men do(since the attractive ones will match with almost everyone they swipe right on) so its vital to make sure you are showing up at the top of stacks.

Timing is important with boosts. From my experience, Wednesday at 7:15pm is the best time to use it. This is ideal because its before the weekend before plans are set. If you use it on Friday or Saturday girls already have plans.

You get a free boost every month if you have gold, otherwise its \$4 each.

Bots

Obvious bot accounts are obvious. Their pictures are often cropped and low quality but of really attractive women in generic poses/settings. Their bios are often empty or extremely generic. And they often only have either 1, 3 or 4 pictures exactly. They are pretty easy to spot.

Instagram/Snapchat Follower Farmers, Sugar Daddy Seekers and Venmo Scams

You'll see girls on here who are clearly only doing it to rope in instagram/snapchat followers, or find a sugar daddy, or get money sent to them via Venmo.

Here is my take on them. Yes, that is what they are doing. However, for the right guy, they will throw that away. Use the Brad Pitt test here. If she saw Brad Pitt had matched with her on Tinder, you think she would just try to use him for Venmo money or to get an Instagram follow out of him? No way.

If you think you are attractive enough, go for it anyway. Generally these girls obviously fishing for Instagram Followers or Venmo money should be massive red flags automatically disqualifying them from anything above plate material, but its possible to bust through the massive shit test. I've done it multiple times.

Step 11 - You've matched, now what?

So you have matched. Ideally with multiple women.

As successful as I am at this, I would still say only about 10% of women message me first(and many women who message you first will be bots if you were unable to detect them prior to swiping). You are going to have to do the initiation.

Fuck that shit about message timing, when to message her, etc. "If I message her too soon after matching she will think I am desperate!" No. Just message her when you feel like it.

The key to an opener is to be different, set the frame, use her name, and play on her emotions. I've watched girls use tinder before and pretty much every guy either opens them with a boring "Hey" or "Hi", or uses some really stupid cheesy pick up or sexual opener that is just awkward. None of that is different, none of it sets the frame in the guy's court, and none of it plays on her emotions in a positive way.

It has to be organic. Review her profile and pictures, and try to craft a message based on that. Don't compliment her physically(i.e. you're hot or you're cute), don't get sexual in the first message, or use a dumb pick up line.

Here is an example I used recently that worked. It was a profile of a nurse who said she worked the overnight shift

and lets say her name was Anna.

"Anna, are you a Waffle House or IHOP kind of girl? Since I am guessing those are the 2 places I would have to choose from to take you with that schedule..."

See what I did here? I did a lot of things. I set the frame as one that I will be taking her out(not necessarily to Waffle House or IHOP). I crafted the message organically based on her profile, and I made her laugh with the Waffle House/IHOP reference since those places are pretty sketchy in the AM hours, but people secretly love those places. I also gave her a reason to respond.

Here is another example of a girl who had a picture of her bowling, lets say her name was Tina:

"Tina, if we go on a bowling date, I am not letting you use the bumpers, so you better learn how to bowl without them"

Again, I set the frame from the first message to one that I would be taking her out without asking her out. I teased her about her bowling skills and gave her a reason to respond(to defend her bowling skills). We did go on a bowling date when all was said and done.

It's a numbers game

You are going to have girls who don't respond. You are going to have girls who unmatched. You are going to have girls who take forever to respond. You are going to have girls who are just not into it even if they respond. It's really a numbers game. The more girls you open, the better chances you have at least one who goes through with it all. Don't get hung up on any one girl. Assume every girl you match with will ghost you. Assume every girl you talk to will eventually stop. Assume every girl who gives you her number and you set up a date/meet with will flake. Don't get invested. Persistence is the key.

I think this is where most guys get discouraged and come here to write their **OMG TINDER IS SHIT** posts. They have shitty pics, and only match with 1 or 2 girls, have no abundance, and when it doesn't work out with those 1 or 2 girls whether they don't respond, stop responding, flake, etc. they act like Tinder is shit and all women on there are shit. You have to remain persistent. Keep in mind the better you look, the better your pics are, the more attractive you are and better your text game is, the less likely she will flake, and the more likely she will respond and follow through. I can attest to that. Remember that girls have dozens of matches and are only going to bother with their best ones.

Step 12 - When to ask for her number/ask her out?

So you have had a successful opener and started a conversation. When do you escalate to get her number or arrange a date/meet up?

Every girl is different, from what I have learned, so there is no one size fits all plan. Some girls want more rapport and chit chat before they are comfortable giving you their number or setting up a date. Others require less. Regardless, you need to at least try to get a number or set up a date in 5-6 messages or less. Remember, she has dozens of matches, with guys who are farther along the process than you probably are, so you have to shit or get off the pot eventually. Plus she will get bored if you don't go after what you want.

The best way to do it is to have the conversation naturally flow into you asking for her number or asking her out. Here is an example that I used, of a girl who actually messaged me first:

Her: Hey! How was your weekend?

Me: Pretty good. You?

Her: Nothing too exciting lol. Lots of work.

Me: Well we need to fix the nothing too exciting part. Let's go get some drinks, when are you free

See how I took her response and turned it into escalation. You already have the IOI, otherwise you wouldn't have matched, so why waste time? I did it on message #2. You need to look for the opening to make it flow naturally to asking for her number or asking her out. Sometimes that takes longer than 2 messages, but you get the idea. You don't want to go too early though, then you just come across as a player/needy/desperate.

The worst thing you can do is just make her your pen pal and ask dozens of interview style questions without escalating. She is not an idiot, she knows what you are there for. If after 5-6 messages or so you still haven't found the opening to ask for her number or ask her out, just do it.

Step 13 - So you've got her number and set up a date, now what?

Try to set up a date within 1-3 days of getting her number/asking her out. Anything longer she will probably flake. The only times I have successfully set up dates longer in advance is when she was out of town.

From there you need to shut the fuck up and not contact her until the day of the date, where you confirm plans. Don't text her, don't become her penpal. All you can do at this point is hurt yourself.

If she initiates with you and texts you, respond to be polite, but space out your responses. I'm talking, take 12+ hours to respond. I had a girl who was all over me from the time we set up a date to the time we met up, always texting me. I didn't want to be rude so I would respond, and I thought that since she was the one initiating, I was fine. Wrong. We go out and then after the date she says she "wasn't feeling a connection". You'll never live up to the standard you set by texting her. You have nothing to gain and everything to lose. Resist the urge to text her until you meet up.

If she flakes, she flakes. It happens. Don't become invested. If she is truly interested she will propose a counter time. Just because she cancels doesn't mean she isn't interested. I had one cancel on me and I thought it was over and I needed to move on but she rescheduled with me.

Does this approach also work with Bumble?

Yes. The difference is that she will open you, so you can take her opener and play with it. That doesn't mean its any easier or harder.

My problem with Bumble is that the userbase is smaller, and there are so many inactive profiles on there. Unlike Tinder, Bumble doesn't remove/hide profiles that are inactive. I was using Bumble and saw the profile of a girl I work with who was married a year ago. She said she hasn't logged on there since 2015.

Also you will match with girls on Bumble and they still won't message you. Again, girls get tons of matches so they will only message the cream of the crop. Become the cream.

The upside to Bumble is that the quality of girls are higher.

Conclusion and Final Thoughts

- Tinder/Bumble/Online Dating is 99% pictures. They have to be outstanding. Not good. Not great. Outstanding. How much you want to invest in getting outstanding pictures is ultimately up to you because it takes effort and time and in some cases money. Just remember. If you aren't getting matches, its your pictures. End of discussion. It's not Tinder screwing you over, its not shallow women only looking for validation, its not women having you outside of their Tinder preference settings, its not anything but your shitty ass pictures.
- Your approach if you are looking for hookups and your approach if you are looking for something more long term has to be different.
- It really is a numbers game. I know this sounds cliché but the more matches you get the more your odds are in favor of at least one working out. You get more matches by having good pictures and utilizing features like boost. Tinder might seem like a lost cause if you only get 5 matches and none of them work out. But if you have 50 or 500 matches you're going to have matches that work out, its the law of averages.
- Don't get your hopes up on any one individual girl until you actually meet up with her in person. From there you apply TRP to prevent the onset of oneitis.
- Don't match with a girl unless you are 100% certain she is who she is in her pictures. Read her entire bio and look at all her pics before matching to find red flags.
- Tinder Gold in my opinion is useful if you are already successful at Tinder, but it won't turn you from unsuccessful to successful.
- I've seen false advice given around TRP that the opener doesn't matter, if she is attracted to you she is attracted. While attraction does matter the most, you still have to give her a reason to engage with you, invoke her emotions and set the frame.
- Shit or get off the pot. She has dozens of matches and dozens of guys doing the same thing you are doing. If you don't make a move, another guy will. Build some short rapport and then find an opening to ask for her number/ask her out.
- There is inevitably going to be someone in the comment section saying you don't need Tinder or dating apps, all you need is day/night game, Tinder is shit. What if I told you, you could do **both**? mindblown.gif

2,210
UPVOTES

Now I am become Chad, the destroyer of pussy.

Heathcliff-- · 14 June 2018 · Archived copy · Reddit

"I began to see why woman-haters could make such fools of women. Woman-haters were like gods: invulnerable and chock-full of power. They descended, and then they disappeared. You could never catch one."

Sylvia Plath, *The Bell Jar*

Around two years or so ago. I became attractive.

I'd swallowed the pill a while back, but like most of you, I assumed I was some kind of exception and didn't lift. Well I kind of did, but had a pretty severe case of fuck-around-itis and no discipline; not to mention an inability to cook and feed myself properly. I made no gains.

I was redpill aware, and gamed girls, but really didn't make that much progress. I knew how to pass shit-tests but didn't get any, I knew what to do with LMR but had no girls in my room. 9s and 10s were actually quite kind to me; I mistook this for attraction, not realising that I'd actually just fallen into the "asexual-child" category women put guys in who have are not even considered men, let alone a prospect.

Eventually the humility hit me, I couldn't stay deluded forever, and I had to accept it when looking at myself in the mirror. I was ugly.

Now I had been given a few gifts that I was wasting; one was height, no one can call me "tall", but I'm above the average at least, so, hypothetically, I was at the threshold most women needed to consider me. The other was a not-ugly face. I wasn't beautiful, I didn't have a thick jaw or strong cheekbones, but my face was passable; no stand out blemishes or disproportioned features.

I can work with this, I thought. I may not be Brad Pitt but I can scrape through into "attractive" if I work hard enough.

There were however, downsides to the gifts, and things I didn't get; my height came with a skinny, ectomorphic body, with an albatross armspan leading to thin wrists and pencil neck. My face can be considered feminine, boyish; more Justin Bieber than Ryan Gosling, weak chin, unable to grow a beard, or even sufficient stubble. My hair at the time was long, thick and gay. My back twisted into one of the worst cases of rounded shoulders I have seen on anyone, with a forward facing nerd neck, video-gamers anterior pelvic tilt, the whole shebang. It was gross.

I was a 3, if I'm being nice. But at that level ratings mean nothing anyway; anything less than a 7 and you're invisible to women.

At the time I still had this magical idea of women, that they were different than us, that they could look past the beauty and be attracted to alpha-personality on the inside, that they didn't need us to look good in order to want to fuck us, we could make up for it in other ways. That they had better control of their sexual urges and weren't as visually turned on as us. That they didn't really enjoy sex like we do and degeneracy put them off; that they were pure, poised beings with grace and innocence.

Lmao. Delusional.

After years of painful rejections and bitchy put downs, I stopped making excuses and began to accept that I wasn't the exception; I needed to lift and fix my body in order to become attractive; all the game in the world couldn't help me if I still looked like a teenage fedora nerd.

So I began to take it seriously.

I started off as a 3.

The first thing that happened was my posture sorted itself. Deadlifts and Bent-Over-Rows fixed my forward shoulders within a fortnight. Stretches solved the APT. I was purposefully checking my posture and neck whenever I remembered, and forcing myself upright. It was uncomfortable, sometimes painful, at first, but my body fell into a new equilibrium and settled. I stood up straighter and sat better in chairs; people would notice, a few said “did you get taller?”. I became a 4.

Next I cut my hair. It used to hang below my ears cos fuck gender norms and short haircuts were for jocks and I liked heavy metal. This time though I told a new barber to cut it short. Men have short hair.

It was a disaster. I was horrified at the boot-camp haircut he gave me, it made my face look even skinnier and gaunter than before.

But I pushed through it, after a few weeks the hair grew out and became scruffy and messy and actually... looked good. I suddenly felt 3 years older and more masculine, looked like an actual male. I began taking care of it better, stopped shampooing it every day like a retard, and after a few weeks of grease it settled into a natural, thick cleanliness. It felt so nice I would just play with it sometimes.

People commented; “your hair looks so much better this way”. I became a 5.

At this point I was lifting properly. I was going 4 times a week, no exceptions, no excuses, and enjoying it. I wasn't lifting heavy, and was a bit insecure about my low weight on the bar, but knew ego-lifting was for pussies who hurt themselves. More importantly though, I was cooking properly, and eating properly. I enjoyed this new hobby, cooking, more than the lifting. I was hungry all the time, something I had never known or experienced, and so I grazed throughout the day until I was hitting 3k+ calories consistently. Everything about me got slightly chubbier, and I stopped being able to see my ribs; my face started packing on fat too, and began to take on a more masculine appearance, my skin looked and felt different. A few people said “you look healthier, you look like you're glowing”. I became a 6.

I changed my wardrobe. I'd just hit it big time on a STEM scholarship so splurged out on new clothes. At first I went on reddit fashion subreddits and brought desert boots and oxford shirts and chinos, but I looked like a damn Victorian twink wearing all this. I was very self-conscious going outside because it just didn't feel right, it was like I was in a costume.

Sometimes I would go out in sweats and a hoodie and trainers and think “wow I actually look kind of badass” like, old women would walk across the street to avoid me. So I adopted the style. I dressed like a black dude for a while and felt much more comfortable; it felt like “me”, and it would hide my skinny frame. Eventually I started finding which colours worked for me, and adding my own personality to the style; things about me from teenagehood I couldn't just drop, band t-shirts and chucks and vans and flannel. It worked, very well. I got compliments from people on the roadman-grunge hybrid, it felt effortless and suited me, didn't feel like a costume. I'm young, and stopped trying to dress old. I became a 7.

It was at this point I started getting looks from women on public transport. I would hop onto a train and a 5/10 would see me and I'd see her and then her eyes would snap away and I'd be like “weird” and then she'd look again and see me looking and her eyes would snap away again and then she'd fix her hair. Often I would check my face to

see if I had anything in my nose or whatever.

This kept happening for a while and I was getting quite self-conscious about it. Was I creepy or weird? Was I dressed funny? Have I got a big nose or ears or something and they just can't stop looking?

It's been about a year at this point and I can finally squat my bodyweight for 5x5 and while I still look skinny in clothes I check myself out shirtless in the mirror and am impressed. I moved on from my strength program to an aesthetics program and started actively working on my pencil neck to make it thicker and chest to make it wider. I saw results within weeks. Suddenly my neck was solid and thick and I was stretching my shirts. I'd also picked up bouldering and this pumped up my forearms and back like no-ones business. I became an 8.

It started to become undeniable that women were checking me out. Every time I would get on a train there would be at least one woman who would see me and we'd meet eyes and she'd quickly look away. Then her hand would go to her nose and scratch it or she'd smooth down her skirt or she'd fidget or fix her hair or fringe. I didn't understand why. Often she'd look back at me when she thought I wasn't looking again and I'd catch her and she'd snap away again and I started having a lot of fun messing with girls this way.

I even began to count how much it happened during the day; my average is 6. Some days are better than others, normally after a haircut or during rush-hour. Honestly, if this is what it's like being an attractive guy getting checked out by women, I cannot even begin to imagine what it's like being an 18 year old HB9 in public; like minor a celebrity probably. No wonder they're all so damn entitled and full of themselves, the validation is immense. Or maybe it just gets tiring and annoying after a while. I still enjoy it though.

Some women would hover nearer to me or turn their body so they were facing me and their feet would point in my direction or they'd begin copying things I did or how I sat. Some just couldn't stop looking, even if I caught them. There was this one girl, not that attractive, who backed up into me on a very crowded sardine train and started grinding her fucking ass into my crotch like we were in a club. I thought it was an accident at first but got a boner anyway but then she kept fucking doing it and I knew for a fact that she could feel my hardon poking her buttcrack yet she continued.

It started to become flattering when I would get the looks from really hot women. Girls who I still considered out of my league would stare at me and sneak glances and I'd look back like "wtf you looking at" and then they'd sit next to me or across from me and play with their hair or part their legs or touch the inside of their thighs. Sometimes it would come from older women, cougars and milfs who were much more subtle about it but would also smile at me when I caught them looking.

Oh yeah, the smiles from women were a big giveaway, women don't randomly smile at ugly men.

I was still denying it though. Still sneakily checking my reflection in my phone to make sure I didn't have anything on my face or a booger. I couldn't accept I was attractive, not after a whole life of invisible betadom. AI was actually getting laid at this point though, with 6s and 7s I met at school, and this would improve my mood and mindset. It began to show in the way I walked, my aura changed and I would manspread or check out girls without giving a fuck. At this point, I'm a 9 to some women. I can't pull off the whole big and masculine thing, still too boyish, but I definitely got that pretty boy Dorian Gray fuckboy vibe going.

It was when I got these stares from women who were with their boyfriends that I began to get blackpilled. They would sit there holding their boyfriends hands or he'd be diddling away on his phone and the bitch would sneak glances and then get all fidgety. We'd meet eyes and I'd hatestare her and then she'd blush and then start grooming herself and the guy would be fucking oblivious. She would continue to sneak glances for a while until they left, or sometimes the guy would pick up on it and then hatestare me back and then put an arm around his girl or something. I don't blame him. The whole time all I could think was "stop looking at me where your bf is right

there”.

It's when I started getting stares from the teenage girls and children, some of them quite clearly pre-teens that it started to make me feel sick. I understand that I look like I could be in one-direction or something but I was not ready for this level of blackpillng. They can't start this early can they? When I was that age all I cared about was yugioh. Wtf are they doing staring at me? This is wrong, very wrong. Often it would make me so uncomfortable I would get off and wait for the next train.

Every time I looked in the mirror I was unimpressed, still fuck ugly and twinkly, still and forever small.

Yet the indicators from the outside world were undeniable. I would be walking past a group of girls who were talking loudly and they'd all go quiet and look. Women in my vicinity would get louder and more obnoxious, trying to draw my attention. And still, always, excessive spontaneous grooming from any girl who would see me.

One girl in the library who I used to check out while she squatted at the gym would plop herself down next to me and sigh loudly. Then she'd keep doing it and then accidently bump into me sometimes or drop things and then sigh some more. Another girl followed me around a party and eagerly fetched me drinks and asked me very personal questions until her boyfriend had to confront me and I acted all oblivious.

A lot of women conveniently forget to mention their boyfriends around me. I'd hang out with them for weeks or months and we'd chat in class and I'd flirt quite heavily but subtly as I'm good at it by now and she just won't tell me she has a boyfriend until I either find out myself through social media or I see them together or she's forced to mention it because we're in a group setting or one of her friends sabotages her and brings it up. Normally there's a quick “wtf bitch why u do that” look between the two girls after. Hilarious shit.

Then you get the betas who are scared of you and treat you like a king. The guys who stutter around you and worship the ground you walk on. You have the guys at the gym who end their sets early if you ask them for the rack because they're so fucking agreeable they're scared of telling you they have sets left. There was a dude who basically did my coursework for me for a while, whenever I'd ask him for help with a question he just sent me the full answer and it confused me at first why this guy was bending over backwards for me until I found out he was a faggot and that's when I realised just how much worship women get from betas; pathetic.

Then you have the betas who are absolutely threatened by you and try to AMOG you at every turn. They get all hyper-competitive in groups, especially with girls, and are fucking loud and obnoxious. I just sit back and let them crash and burn, knowing the golden rule is the more you talk the more faggy you come across. I feel kinda bad for these guys because they're not attractive and hate you because you are, but they don't lift or make any real effort and think being aggressive makes them more alpha so not my problem.

Ugly and average girls are super nice to me and give me the sparkle eyes like I'm a god and seem to be happy they're just in my presence. They laugh at everything I say even when I'm not trying to be funny and stalk my facebook profile with their friends (attested by the random likes on photos posted 4 years ago). Pretty girls go into full on bitch mode as soon as we meet. This never happened before, I was treated like a child before, but still human. Now the 8s and up all assume I want to fuck them (or hope I do) so start shit-testing me from the first word.

Then there's the girls who change their whole personality around you and become fake. There's this histrionic jewish girl in my class who bounces around me and does all she can to try and impress me and is wild and childish but in that attractive way where you know she's crazy in the sack. It was cute at first so I asked her if she wanted to hang out after class with my friends to smoke weed and so we did and I brought my bro round who is one of my best friends but also kind of beta still and we all smoked and he didn't really say anything embarrassing or cringey

he's just kind of shy and doesn't lift and this whore went into full on beta shaming putdown mode on the dude and made fun of him and laughed. It made me SO angry that she could so easily flip between submissive sex kitten to ice queen sneering maneater, especially to my best friend, and so I caught that shit and stopped it as tactfully as I could in the situation then ghosted her.

At this point I'm actually getting laid a lot, from women who meet my standards, and it's hard not to start hating women and just how fucking degenerate they can be. I started off being scared of women; thinking they were smart little princesses with sweet smiles, and they terrified me because they seemed to see right through me and had this magical, ethereal power of intuition. Now I know that was just me projecting my own weakness and insecurity and actually they're all fucking stupid and malicious and irrational.

Before trp I didn't hate women. They baffled me, they confused me, they scared me, but I didn't hate them. I treated them with "respect", which really meant I kissed ass and sucked up to them. I didn't get laid.

Now I get laid, and I hate women. Now they piss me off. Now they frustrate me. Now they disappoint me. Now I'm a misogynist.

I'm not a woman hater due to inexperience like the feminists think so, in fact when I was inexperienced I treated women better than I ever do now. It's precisely because I deal with the prettiest and smartest girls on the daily that I've come to the conclusion that they're all fucking retarded. All of them. If they're pretty they're a whore. If they're smart they're also a whore. The "smartest" girls I know are the biggest sex addicts and wildest in bed. If they're not a whore they're normally ugly, or just fucking dopey, or incredibly bitchy and hard to be around.

Oh and "boyfriend". Lol. That word means nothing to pre-wall women. Or at least, it doesn't mean what we think it means. It means companion. It means backup option. It means fashion accessory. It means status symbol. To be paraded around and make other girls jealous. But it definitely does not mean "exclusive sex partner". The "boyfriend" is a term for the baseline, comfortable branch she's sitting on at the moment while reaching for a higher-chad, at the slightest hint of confirmed upgrade the dude is dropped. Closest translation to trpSpeak is "main plate". There is no such thing as a girl who is 100% exclusive to her man, they all cheat, and often without thinking about it, never "on purpose". They don't see it as cheating, it's just normal to them, they feel entitled to it. Their definition of cheating changes with their whims and the weather. I've banged way too many girls with boyfriends to ever take the "I have a boyfriend" shit-test at face value.

You'll be surprised at the things girls tell you when you've just pounded her into an existential crisis and she realises you'll never actually commit to her, you know she's a whore and accept it without judgement. She's honest in that moment. The n-counts they reveal... the experiences they've had, and the way they speak about their boyfriends, or orbiters... With utter contempt! With revulsion, mockery! I've had more than one girl lay there telling me about the size of another guys dick or how much of a pussy he is or laughing about when he cried or did something embarrassing and it made me fucking sick.

I'll be laying in bed after having cum in some girls asshole and she'll sigh as she picks up her phone and there are 20 ignored messages from her orbiters and I'll sometimes look over and it will be something like "sorry for getting all emotional yesterday I was drunk lol, wanna get lunch today?" and she'd be like "not today sorry xxox" and if only the dude knew that she's laying on my chest scratching my balls with her other hand while typing this. Sometimes I'm pounding a girl with a fistful of hair and her phone keeps buzzing and it's her boyfriend and I say "aren't you gonna get that" and she says "nah just ignore it" and I say "it's distracting switch it off" so she switches off her phone.

And then you have the ones who are all sweet and innocent and demure and shy and have the perfectly cultivated family oriented social medias and aesthetic photography instagrams yet are in an uber to your place at the slightest hint of a booty call and eagerly tongue swirl your asshole while you browse reddit on your phone.

The wool is no longer over my eyes. It has been burnt away violently. They're all whores. All of them. women on the train who stare without shame. The MILFs who brush their tits up against you. The teenage girls who think they're being sneaky taking snapchats of your manspread. The girls who kiss you while their boyfriend is in the other room at the party. The girls who sit in front of you during lectures and bend over and turn around a lot. The girls who take selfies for their boyfriends while their lower half is grinding on your dick.

All of them. Without exception. All it took for me was to get attractive and suddenly I'm in a completely new world, an entirely different fucked up game where the true nature of the female sex is revealed. Becoming Chad was the best and worst thing that ever happened to me. Sure I wasn't getting laid before but at least I had faith in the "fairer" sex and my world was more pleasant. The illusion was nice to uphold for a while... but now that it's shattered I'm left with a disgusting, stark, reality that I didn't sign up for. I didn't want this shit, send me back to the Matrix please.

You don't get hit by the anger phase just once, it comes in waves. Initially when you swallow the pill, but multiple times after that. The first time you fuck a cute little thing and she treats you like a sex-god only to realise you're actually her plate and she treats every other guy this way too. The first time you accidentally meet the kids of that woman who's face you cum-splattered a few days before. The first time you get given an STD by that small innocent girl you met at the art gallery. Each time you'll get the surge of rage. Why the fuck do they have to be like this? How can they ALL be like this, yet uphold the good-girl image so perfectly and sweetly? They're all fucking whores. They're all damn liars.

The sex isn't worth it. After overindulging as Chad for a while it becomes boring. Meaningless. I don't want to use these girls as fucktoys, I hate it. And even if I stopped, some other guys will use them anyway. I just wish they'd all stop being lying fucktoys period. Can't we just have enforced monogamy again where everyone fucks only one person their whole life and sex isn't a big fucking deal at all? Where we understand the destructive nature of sex as a drug and keep it under control?

Yes I know it's delusional and beta of me and imma get the spergs like "still bluepill, still anger phase why r u endorsd u retard, just deal with it enjoy the decline blab la bla" but fuck man, if you'd seen what I've seen you wouldn't just be able to cope with this shit and remain a bystander, it's sad what's happened to our women. They're not the enemy, they're not something to be used and enjoyed and thrown away, they're our sisters and mothers and daughters... "enjoy the decline" is for hedonistic, nihilist losers, faggots who assume they have no power in the world so just fucking give up trying to change it.

I became attractive to get girls, I became Chad, and the world I was inducted into horrifies me. I want out.

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UPVOTES

The main lessons I've learned after 3 years of implementing TRP

Metalgear222 · 19 September 2017 · Archived copy · Reddit

First off, a big thanks to all the mods, vanguards, SCs, and ECs for the outstanding content and keeping this sub on the rails despite the increasing new traffic.

A bit about me, I started 120 lbs & 5'9 soaking wet when I found this sub. My days consisted of smoking weed and playing video games all day when I wasn't working at my shitty dead end job in the food industry. No college, no girlfriends, no social life, just a never ending cycle of wake up depressed, drown it out with weed and video games, staying up til I couldn't keep my eyes open. Rise and repeat. I could go on in detail, but you already know what I'm going to say cause most of you have been there.

Now here's where I brag. I quit smoking weed entirely, moved 1000 miles away from my hometown to a coastal city I love, I'm the happiest I've ever been at **180 lbs** with dedicated lifting habits, a great new career with huge potential, and success with girls everywhere I go (5 plates currently spinning with more in the works)

I want this post to be about helping newbies transition from learning all this wisdom and information to **APPLYING IT** Here are the main points that I learned and applied that got me **RESULTS**.

1. Discipline yourself to take action.

The most important of all lessons. None of what you read here matters if you don't do anything with it. My best results happened when applied a little knowledge at a time, not trying to overwhelm myself with too much change too quickly. **Baby steps**. For example, if your lacking in the fitness department, start with a monday wednesday and friday routine with **5x5 stronglifts** for a month, before upping to a 4 day split for 3 months, before upping to a 5 day split for 6 months, before upping to a 6 day split or **PPL** for a year. Another example, for 2 weeks, just start saying "Hi" to people when you walk past them or make eye contact with no expectation of a conversation starting. Then for another 2 weeks start saying, "Hey, how's it goin?" again, not expecting any conversation to start. Then 2 more weeks of "Hey, how's it goin? Crazy game last night, huh?" This time allowing a 30 second conversation to occur. And so on and so forth. You have to make yourself do the things you know you need to do. You **WILL** thank yourself for this. The grass *IS* greener on the other side of hardship.

2. Learn to speak up about what you want and start fucking saying NO.

This world is your oyster, you're a **legendary sexy space christ sent from mars to lead the normies to a fun and interesting life that doesn't suck**. Boss wants you to stay an hour late so it fucks up your workout schedule? "No, can't tonight". Friends wanna go to some lame ass hipster bar filled with green and pink-haired feminists, "Fuck that shit bro, we're going bowling." Friend doesn't wanna approach 2 cuties with you cause he's a pussy? Go approach and bring them over to introduce him anyway. One way or another you have to make this life enjoyable and fun **FOR YOU**. Stop giving a fuck about others intentions and start carrying out your own wants and desires. Others will follow and want to follow. I promise you'll be happier and as a bonus, people will respect you **MORE** for it. It is your mother-fucking job to get out of life what you want from it. Act like a king and go for it.

3. Be bold, confident, and cocky

Is this really all that hard? Hell no.. and it seems fun as fuck. Who else would have the balls to do that? Certainly not the majority of guys in the world who are feminized pussies. I do ridiculous shit like this often, the more bold you are, the more results you get. My personal favorite is making hella witty and sexually charged jokes anytime I'm around a female I'm attracted to. Mixing humor with desire is a strong aphrodisiac for girls. Mix this with calibrated kino and you're golden. Think of it like an exercise in the gym, you're exercising your **BOLD** muscle. Once it grows, you'll have momentum on your side and others will start to pick up on your IDGAF attitude. Then your social circle builds because you're an interesting person to be around. It only gets better. Before TRP, Even as a complete social-anxiety-ridden mess in social settings, I was confident as fuck in things like video

games/chess/music. I would be hilarious over the mic and in-game chats because I was IN MY ELEMENT. I was used to it, it was my domain and I was comfortable. **Seek to make social interactions and meeting people your DEFAULT. Make it your element and something that comes naturally and comfortably to you.**

4. Take fitness/lifting seriously.

This has been stressed more times in more threads than I can even begin to count. The wholesome, raw confidence, mixed with the discipline of a strict training regime is *THE MOST* valuable attribute I've gained since I began this journey. I feel like a million bucks in every room I walk into. Rarely is there someone bigger than me, but when I do see someone bigger, I respect them and their dedication. Not jealous at all, glad that they have reached a level I aspire to be on someday. I always make it a point to talk lifting with the biggest dudes at parties and bars. Their eyes light up like fucking christmas because all big dudes love to talk about lifting. Good way to meet alpha buddies too; something the majority of the sub-base here tend to struggle with. Be dedicated as fuck til you reach the point where people move out of your way in heavily crowded areas and you receive the **Nod of Acknowledgement** everywhere you go.

5. Embrace discomfort.

You have to make the connection in your mind that the things that you don't want to do today are your happiness and joy tomorrow. Still haven't taken that cold shower that is recommended here once a week have you? TRY IT. Set an alarm on your phone for 5 minutes and make a game out of it. Pretend your on fear factor or some shit to make it fun. Free increase of testosterone. Still haven't tried the no electronics in the bedroom rule have you? TRY IT. I'll bet you \$5 your sleep quality increases. Still haven't tried the goal of 10 approach-rejections a day before you're allowed to go home have you? TRY IT. I bet you close some numbers and start generating plates faster than you thought. These and many other actions that are recommended here have huge potential and dividends if you would just give them an honest try. Tired after a long day and just want to binge-watch Narcos? No. Fuck that and fuck you. Get off your ass and do one of the above or something you've been "trying" to do but haven't "gotten around to it". Then you can watch an episode of Narcos before bed as a reward for doing something worth a fuck.

6. Women are a lagging indicator

You'll notice none of these points are about women directly. That's because the only failsafe method to approach TRP is to **Build it and they will come**. SMV Rules all. I'm gonna type that again. **SMV RULES ALL** Fuck your lazy habits, fuck your endless video games, fuck your blue-pilled friends, fuck your shitty oneitis, fuck your "crippling anxiety", fuck your shitty sense of dress and style, fuck your bad hygiene, fuck your poor choice in foods, fuck your half assed-workouts, fuck your dead-end job, fuck all of that. This is a results driven world. Get it the fuck done! **NOW LETS KNOCK THIS MOTHER FUCKER OUTTA THE PARK!**

2,192
UPVOTES

How To Get Your Shit Together: A Guide For 15-to-25-Year-Old Pieces of Shit

CarlosNeedsAHat · 16 June 2019 · Archived copy · Reddit

Note: This is an edited version of a response I gave a couple of weeks ago on asktrp. Rewriting and posting here so more people will see it.

So you're at the point in life where you feel like you ought to start getting shit figured out, but somehow--almost certainly due to your own ignorance and sloth--things just never started coming together for you, and you spend all your free time playing Fortnite and masturbating. I can't do anything about your sloth, but after reading this post, hopefully you won't be quite so ignorant.

Getting your shit together involves a three-pronged attack.

ONE: GET YOUR UNDERLYING STATS UP

Part of the reason you feel so anxious and helpless is because you have it in your head that you're worthless. Maybe not *completely* worthless, but other people your age are miles better than you, and both you and they know it. Before you can start telling yourself, "Fuck those people, I know I'm awesome" you have to be somewhat awesome, or at least well on your way there. Your tasks are:

- Take school seriously. Keep those grades high.
- Lift weights. Eat a diet high in protein. Add muscle. Shed body fat. If you're a giant fatass, cut back to one meal a day, low carbs.
- Dress better. Get a halfway decent haircut. I don't care if you decide to sit on your ass all day and not talk to anybody, but you aren't going to look like a total slob doing it.
- Clean up your room, your locker, your car. You might be ashamed of yourself, but there's no reason to be ashamed of the space you inhabit. Stop sabotaging yourself; it's not that fucking difficult to be tidy.
- This can come a little bit down the road, but learn how to cook. If you don't know how to change your oil, you can take it to a mechanic and be pretty sure they'll do a competent job. If you don't know how to nourish yourself, you can go to a restaurant, and while they may do a competent job of making your taste buds happy, they sure as hell aren't going to make sure your body is fueling itself with the correct mix of macronutrients. Learning to make cheap, healthy food taste good will do so much to improve your day-to-day experience that it's unreal.

TWO: GET YOUR HEADSPACE RIGHT

Most of you assholes have convinced yourself that you have some kind of depression. Maybe you do, maybe you don't, but either way, your batteries are probably sitting on low. That means you aren't going to want to do much of anything. OK, fine. You're going to have a lot of free time. I don't care what you fill it with, but *stop filling it with crap*. The key is to avoid short-term dopamine hits, because those will make your brain chemistry even worse.

- No porn. No elaborate jack-off sessions. Take two minutes every few days to check that the ol' prostate is still working, then move on with your day; don't weave some elaborate fantasy out of it.
- I'll say it again, no porn. Seriously. That shit rewires your brain. You want to get horny when you see a cute girl your age wearing a nice outfit, not inure yourself to the female form so much that you can only get hard if you're watching a dozen black dudes in horse masks tag-team a pregnant midget. That's what happens when the "regular stuff" stops doing it for you. And the "regular stuff" isn't that fucking regular anyway.
- No videogames. For most of you, this will be harder to cut than porn, if not downright impossible. So let's say no more than 30 minutes to start with. And if you're going to play, try to play with someone that you know rather than just sitting there alone. The more you start getting your other shit together, the more you're going to realize videogames are a giant waste of time unless they're a social activity. (And the more you start moving in

social circles that have successful people in them, the more you're going to realize that winners do other things besides play videogames when they get together, but that's an epiphany for a later date.)

- No caffeine. Caffeine fucks your sleep. Now, you aren't going to be able to cold-turkey porn, videogames, and caffeine all at once, and I'd put caffeine at the bottom of that list, but coffee is a crutch, and nobody learns how to walk--much less run--if they're stuck relying on a crutch. If you're drinking soda, cut that shit immediately, though... it's about the worst stuff you can possibly fuel your body with, and it'll rot the teeth out of your head.
- Get off Reddit. Or at least unsubscribe from subs where the whole idea is to point at people and laugh at how stupid they are. Same thing goes for "outrage porn" that reinforces how dumb/evil/corrupt the people on the opposite side of the political spectrum are. How the fuck does that help you get in a frame of mind to succeed?
- Ditto the YouTube videos you watch and the books you read. Watch, listen to, and learn from people that you *admire*, not people that you disdain. There are lots of people out there that do have their shit together, and they're more than willing to tell you how they did it *for free*. In this day and age, the only excuse for not knowing how to do some basic shit is not having the willingness to seek it out.
- Don't binge Netflix shows.
- **YES** to reading, exercise, yoga, walking the dog, hobbies like painting or woodworking where you are making something in the real world, a part-time job, doing chores, writing, volunteering. Stop thinking you don't have time to do stuff. Almost all of you are wasting 4+ hours a day between videogames, Reddit, YouTube, PornHub, and Netflix. If you set yourself a rule to avoid all that crap, you'd be amazed how much of your day still needs to be filled with something. You can make it something worthwhile.
- To elaborate on those last two bullets, do you know how many basic bitches--both male and female--are on dating apps thinking that the stuff that they *consume* is what defines their personality, rather than the stuff they *produce*? It is not to your credit that you like *The Office*. A retarded turtle could like *The Office*. Define yourself by what you're able to *do*, not by what other people have made.
- Get more sleep. That means quality sleep when it's dark outside, not lying in bed until fucking noon. Don't keep your phone or your laptop within ten feet of your bed. Don't read them in bed, ever. If it's 10:30 at night and you aren't tired, that means you should have been more physically active during the day. You can simulate the effect by taking a long, cold shower. Stand under the water until your teeth are chattering, then stay there for another 7-8 minutes.

THREE: UNCALCIFY YOURSELF SOCIALLY

Here's something a lot of people don't realize. In the absence of major trauma like going to war or losing a parent (and no, losing a girlfriend is nowhere near being in the same ballpark; women are replaceable), once you've broken through a particular type of social anxiety, it's gone forever. There's little to no backsliding. Exposure therapy is the thing. Go do shit that scares you a little bit. It might take three or four times before it stops scaring you at all, but once that problem is solved it's fucking solved for good.

Go talk to people just for shits and gigs. Tell a stranger at the park you like their shirt. Sign up for stuff that you have a legitimate interest in, even if you suck right now and don't know anybody who'll be there. Work out at the gym and then strip down naked and take a shower in front of people. This stuff is only difficult because you have a mental block--chip away at the block; it doesn't grow back.

Now let's talk a little bit about alcohol and weed. A lot of people will tell you that alcohol and weed will help loosen you up, while other people will tell you that weed and alcohol are vices that distract way too many people away from their purpose. Both sides are correct; this is a nuanced subject.

- Will these drugs open you up socially? Yes. (Though weed can also make you a paranoid wreck and keep you inside on the couch.)
- Do these drugs give your charisma score a boost? No. If you can't talk to women because you have social anxiety but are otherwise an interesting person, alcohol might help open you up. If women don't want to talk to

you because you're a boring fuck, alcohol won't help at all.

- Should you go to a social event where there'll be drinking and smoking? Maybe. Is it a chill environment with people you trust? Then probably. If you get caught, are you going to lose your job or get kicked off the track team? Then probably not.
- Are you a giant pussy if you don't drink or smoke? At any one time, no. But over the course of your entire young adulthood, yeah you probably are. Now, don't get me wrong, I'm not saying that you're a pussy *because* you don't drink or smoke. I'm saying that you're probably a pussy in general, and not drinking or smoking is just a symptom of that. Going out and getting drunk might help you uncalcify yourself socially, but it's a small part in getting your shit together, and learning how to not be a pussy in general is a much more important thing to learn. In fact, if you lean into weed or alcohol too hard, it becomes counterproductive. Speaking of which...
- Is getting high or drunk an accomplishment? No! This is one that took me a long time to learn. In my teens, I was a pussy-ass introvert with social anxiety. As I improved, I found myself with more and more plans to go out on Friday and Saturday nights. At first, getting drunk with friends seemed like a pretty cool achievement, since it was something I never had the balls to do in high school. But as you take stock of What Did I Accomplish This Week, let me tell you, getting hammered doesn't belong anywhere near that list beyond maybe the first time.

LASTLY

Don't be too hard on yourself. Don't get lazy, but as long as you're getting better at *something* over the course of any given 3-4 day period, you're on the right track. You don't have to do everything at once. What will kill you is fucking backsliding. Don't backslide. Though inevitably you will here and there. When that happens, don't throw your hands up and think all is lost and go back to the sack of shit you were before. Move past it and keep plugging away. Progress isn't linear. Don't get discouraged. It does get easier. Like they say, nothing succeeds like success. Winning at life produces a positive feedback loop. The more shit you get under your control, the easier everything else becomes.

And to hell with the people who will try to keep you down, but that's a post for another day.

2,177
UPVOTES

How To Talk To Everyone You See.

BurgundyCarpet · 13 June 2015 · Archived copy · Reddit

The trick to starting random conversations is to simply let people in to your interior monologue.

I NEVER think in terms of "starting conversations," but if you hung out with me for a day you would say "wow, that guy starts conversations with everyone he sees!"

It is because I am *not trying to start conversations*. Rather, I am simply aware that I am a good person, and a smart and social guy – and therefore I am entitled to enlighten other people with a thought or two from my interior monologue.

When I see a person walking a dog that I think is cute, there is no thinking "should I say something to this person?" because I am already telling them that their dog is cute.

When I see an attractive woman in the bookstore, there is no questioning to myself whether or not I should talk to her, because by that time I am already telling her not to buy that Dave Eggers book because Dave Eggers is a terrible writer and she will not benefit from her purchase.

I think genuine self-knowledge and self-awareness goes a long way towards achieving this state of Omni-Talkativeness. When I looked deep inside myself and searched my motives, I was a little surprised by the fact that inside, I am a genuinely good person who genuinely wants the best for people.

Society implants moral self-doubt within us. Society teaches us that "evil lurks in the hearts of men." That's why I was *surprised* when I looked deep inside myself and found... no evil. No malice. Only a desire to do good.

Society has lied to you – it has lied to you about who *other people are*, and it has lied to you about who *you* are. Chances are that you hold a few negative beliefs about yourself. Maybe you secretly believe that you're "selfish," or "bad."

But look within. Seriously, look. Do you want to kill anyone? Do you want to hurt anyone? Do you want to make anyone cry?

No? Well, then you are definitely *not* a bad person.

Keep looking within. Do you have a desire to help your friends achieve their dreams and live dope lives? Do you have a desire to give sexual pleasure to women you are attracted to? Do you have a desire to become the best version of yourself, and to help your fellow man become the best version of *himself*?

If you answered "Yes" to these questions, then I've got news for you, motherfucker: **You're a good person.** Not only that, you are a fucking *insanely* good person. Most people never ask themselves these questions, so they spend their whole lives *wondering if they are a good person or not*. But if you go inside and ask yourself these questions, you just might realize that you **know** you are a good person. And once you've got that level of self-knowledge, *no one can take it away from you*.

If a person assumes I have ill intent, I am not upset: they are simply wrong. I do not have ill intent. Because I have looked inside myself and realized that actually I have only *good* intent.

With that knowledge embedded deep within my "frame," there is no part of me that "hesitates" before talking to someone. Since I *know* on the deepest level that I am a genuinely good guy who wants the best for people, there is no reason to even THINK of THE CONCEPT of asking myself if I should interact with someone – because by that time, I am already interacting.

When you have this kind of positive self-image on a *moral* level, talking to other people is the easiest shit ever. Your confidence is absolute, because you are simply aware that there are only two possible outcomes to each interaction, both of which are positive:

- You have a fun chat and never talk to the person again.
- You have a fun chat and wind up developing a relationship with the person and getting the opportunity to make their lives more awesome.

There is simply no negative scenario that can occur.

TBH bros, I think that talking about "avoiding approach anxiety" is completely missing the point. That's like trying to put a band-aid on top of a cancerous tumor (the tumor = the subconscious belief that you do not deserve to talk to people, which stems from the subconscious desire to TAKE something from people instead of GIVE them something).

You must travel deep inside yourself and flip an invisible switch.

You are a person who engages in interactions. The reason you are not "social" is this: In your interactions, you have been focused on *how you can benefit from the interactions you engage in*.

Here is the switch you must flip: To become "social," you must *stop* thinking in terms of *taking* and start thinking in terms of *giving*. **You must start thinking in terms of *how the other person can benefit from interacting with you*. (Trust me, that's the only thing they're thinking about anyway. Once you're thinking about that too, then you're both on the same page.)**

The only questions you should be asking yourself: What do I have to offer this person? What do I have to give? (Friendship? Good cheer? The D?) How can I make their lives more awesome?

When you meet women, often the answer to these questions is obvious: the most effective way you can make their lives more awesome is to give them the D that they thirst for so passionately. When you meet men, the answer is often less obvious – sometimes you can give them knowledge, sometimes you can teach them a skill, other times you can just give them the gift of a few light-hearted observations on whatever is happening.

For me, attaining the state of Omni-Talkativeness is a *moral* journey that is 100% internal.

2,161
UPVOTES

Millionaire releases surveillance video of his ex-fiancee 'beating herself up' after she claimed he attacked her

rattpack233 · 29 August 2016 · Archived copy · Reddit

For some reason this guy realised he was about to make a mistake and called off his wedding to this post wall woman. He was by all means a bb:

He claimed he paid for everything, including her mortgage, credit card debt, health insurance and even let her drive his 2015 Mercedes Benz. The businessman even gave her the combination to his safe room, he claims.

So wedding's called off and she steals \$2.1million worth of jewellery. In the ensuing police investigation of her theft she claims he abused her. Turns out her assertions were completely inaccurate.

It is incredible what some women do once they catch a whiff of guaranteed financial security from a bb

link to article here:

<http://www.dailymail.co.uk/news/article-3763105/Millionaire-releases-surveillance-video-glamorous-ex-fiancee-beating-claiming-abused-vicious-divorce.html>

2,151
UPVOTES

My buddy's newfound success caused his (now ex) girlfriend to lose her mind.

Rudy_J_Peebs · 30 January 2018 · Archived copy · Reddit

Last year, my buddy's business took off and he's making a ridiculous amount of money. He makes more in 6 weeks than most people make in a year. It's sick, I admit even I'm jealous of him.

He'd been dating the same girl for 4 years. She has a 'strong personality', he's beta-ish and easygoing, so she often just bowled him over and got her own way. Even so, it seemed like they were happy, they had discussed buying a house together, all signs were pointing to marriage in the near future -- which is why it was such a surprise when he broke up with her 2 weeks ago.

I finally got to see him last weekend and his side of the story is crazy. When she found out exactly how much he was making last summer, she immediately wanted to quit her job and "come work for him" (even though there's nothing she'd be qualified to do). He said no, but from that point onward she regularly pressured him about it -- increasing her demands to wanting to travel the world together on his dime, have him pay off her student loans, etc.

She started getting unjustifiably suspicious. She wanted to know where he was at all hours of the day, who he was talking to, who he was texting. I remember we'd go out and he'd stare at his phone half the night answering her calls and texts. He basically wasn't allowed to speak to or hang out with girls alone anymore, no matter the scenario.

She basically ruined their Christmas by being standoffish all day because he "only" got her a \$500 watch. He said by this time they weren't even having sex anymore (!) -- she was just resentful and hostile toward him pretty much 24/7. But that didn't stop her from talking about marriage and trying to guilt him into proposing soon. Every day she'd be showing him expensive cars, houses, wedding venues and travel destinations. All she talked about was money and ways to spend it.

Finally, two weeks ago he woke up at 3AM to find her awake and going through his phone. That was the nail in the coffin; after a huge argument he ended the relationship. She came to her senses and tried desperately to get back together a few days later, "apologizing and taking full responsibility for everything", but he (smartly) refused. Now she's been running her yap to all their mutual friends about how "money has changed him" and "he thinks he's too good for me now". So now a lot of people think he's an asshole.

I found the whole scenario amusing. If she hadn't altered her behavior, they'd most definitely still be together right now. Most girls would start cooking him 5-star meals and fucking him like a pornstar, yet she basically did the opposite. I don't understand her thought process, it's like the thought of being rich short-circuited her brain.

2,149
UPVOTES

This is ridiculously sad. A father tells his kids about their mother cheating on him and she threatens to kill him. In the eyes of two legal advice subreddits, he is an evil, manipulative jerk.

movielover2018 · 13 March 2018 · Archived copy · Reddit

This is the original thread.

Ex-Wife sends death threats to husband when husband reveals to their kids (aged 15 and 16) that they divorced because of her infidelity.

What happens? + 268 points

I want to point out that what you did is classic parental alienation. I don't care if she banged every pizza boy for 10 zip codes. You need to separate her actions against you, with her rights and duties as a parent to her children. Using your issues with her (however valid) to drive a wedge between her and her kids is not only wrong, but she could absolutely take you to court over it and possibly win. You have violated her parental rights. You need to make some amends.

Great fucking legal advice! Just what this guy came here for. To hear some armchair neckbeards talk about how his wife is the victim and this idiot goes so far as to saying that he needs to make AMENDS with a potentially hostile woman.

And then there's the classic projection from White Knights, Incels, and SJWs.

Honestly, the more I read this guy's posts the more I realize why the wife decided that infidelity and leaving him was the way to go. I'm not saying she had that the right way round, but I don't blame her for wanting out of the marriage.

Isn't it amazing how much push back this simple concept is getting here? A lot of people who don't understand how to handle adult problems like mature adults.

I know right? That woman shouldn't be threatening the father of her children! Oh, wait, you think the woman threatening to kill someone is the victim...because the actual victim dared tell his kids the hard truth when they asked?

Legal advice is a shithole.

And now [here's](#) the original BOLA thread. Another thread filled with classic assumptions. LAOP talks reasonable and is coherent in his tone, he MUST be a narcissistic abuser and manipulating asshole and the wife is a victim! Everyone even going against this is down-voted.

Then OP posts an [update](#). He confronts his ex wife in a reasonable manner and offers her a way to repair her relationship with his kids. He even tells them about how he was not the "best lover" and that she should be forgiven and that he "forgives" her.

[bestoflegaladvice](#) continues to maintain that OP is a psychopath and a manipulative jerk who has "hurt" his kids.

LAOP is still insufferable. Those poor kids :(

Clearly. The father responds in the thread, presenting himself in an eloquent and organized manner. He even attempts to repair the relationship between his ex and his kids.

Apparently the kids are "unlucky" to have such a caring and kind father. He should have lied to them forever. Lying

fixes everything right?

"I believe I handled this perfectly." isn't very humble.

Sure, that was cocky. Better call him a sociopath, then!!! Better say that he thinks he's a God!

Like those statement aren't extreme and overly confident in one's abilities to judge character.

Of course he isn't an angel. What a stupid concept. And he's admitted as much. So why are you castigating him so hard for not being fucking angelic? You've been frothing at the mouth over this guy's story, calling him a monster. Where's your halo?

Downvoted. Why? Because apparently OP is supposed to be this infallible angel and the poor womyn is being oppressed by such a kind father who, supposedly, forgave her cheating and even tried to help her repair her relationship with the kids.

You can even go to church everyday before breakfast, but what you told here is just awful. You think you are a type of God who can manipulate the emotions of your kids. You are even a worse parent than one that cheats. Thats why you got so many downvotes. You arent seeing reality. Again, this is what you considered to share. Im scared about what other terrible things you do to those poor kids. Instead of helping them. Terrible.

+41 upvotes. OP is getting savaged.

Oh, and how could one forget! The infantilization of two teenagers. Apparently they should be kept in the dark about why their world was shaken to the core. Apparently, they are too young and stupid to understand that their mother was a whore and that their world was shattered because of it. And supposedly, they aren't able to think for themselves and are clearly being manipulated by, as armchair psychologist eloquently puts, a sociopath.

And people wonder why men face difficulty in family courts.

edit: thanks for gold!

2,144
UPVOTES

Your time is your greatest asset. Be selective about how you spend it.

c-novo · 23 May 2018 · Archived copy · Reddit

It took me some time to realize what SMV really meant. On the surface, it boils down to a number on scale of relative attractiveness. And there's definitely some truth to that. However, in order to better understand the concept, I think it's important to break it down further.

How is the value of anything in a particular market established? What does every market attempt to capture? Only the most valuable currency known to this planet. Human attention.

Paying attention to something is a way of assigning value. The quality and amount of attention given determine relative value. And the more you pay attention to someone or something, the more you signal to the rest of the world (and your own brain) how valuable you believe it to be. This makes sense because if this wasn't the case, logically you wouldn't waste your time or energy on that thing or person.

Pre-selection is powerful. When people pay attention to a particular product, it grows in popularity and demands an increase in price. This is why billions of dollars are spent each year on marketing and advertisement.

Women market themselves through sexual availability and physical appeal. Those who men pay attention to the most have the highest sexual market value. This is fairly obvious. This is why men can easily be attracted to women in seconds, while women generally take longer to become attracted because they seek out behavioral traits that aren't quite apparent at first glance.

When you give your attention away freely, it becomes clear that you don't value your own time. People are well-attuned to sensing this subconsciously. When a man orbits a woman, he broadcasts the fact that her time is more valuable than his, and will therefore supplicate to her whims and emotions. This is such a turnoff to women because women are attracted to *value*. And when you don't provide value, you are of no use to her.

In the age of social media, women have been inundated with validation from men who don't know the value of their own time. This causes some women to believe that they are much more valueable than they really are. And as we all know, perception is reality.

The trick to this is, if your frame is unshakeable and you truly believe something, reality will bend to your psychological frame of reference because reality is based upon the perception of observers.

However, your brain isn't stupid, you can't fool yourself forever. Repeating a mantra of "I am alpha and tough and all women want me" is no substitute for actual self-improvement. The basis of a strong frame is actually going out and becoming successful, no matter how you might define it. In order to truly believe that you and your time have value, you must improve yourself. Investing money into a product will increase its value. Investing time in yourself is no different. When the reality of your time being valuable is nested in sound logic, when you **know** it to be true, women's emotional reality has no choice but to bend and accept the logically stronger frame.

As far as human nature is concerned, the man with the strongest frame of reality, the self-actualized successful man, is the man with the highest Sexual Market Value.

The human brain is an excellent servant, but a terrible master. Left to its own devices, it will seek to conserve and hoard energy. In the modern world of excess this manifests as laziness and gluttony. Your natural desires for success are placated by virtual fantasies transmitted through black mirrors in our pockets and living rooms: video games, porn, tv, social media, etc. But these virtual successes are short-lived and unfulfilling. People are so depressed, anxious, and short-tempered these days because they are trapped by *webs* and filtered by *screens*.

Time will go by regardless. It is how you invest that time which determines your success in life. The more you value your time, the more you will spend it wisely. The more wisely you spend your time, the more valuable your time will become. Its a positive feedback loop.

But you must be selective about how you spend your time. Don't get caught in the virtual web of distractions. Take intelligent action to improve your life and nature will reward you for your efforts. This doesn't mean you must be a slave to productivity 24/7. In order to maximize the value your time provides, relaxation and rest are absolutely essential as well. Optimization requires balance.

It may be a stretch of the term, but I'm of the opinion that life is really just an elaborate shit test, designed to *screen* out the unworthy who aren't strong and intelligent enough to shape reality for themselves. Fortune favors the bold and nature destroys the weak. This is natural selection in action. If you can't figure out how to survive and thrive, nature has no place for you and it will shit on you with no remorse. Nature is amoral and your time is valuable. Act accordingly.

2,116
UPVOTES

To those nervous about going to a gym: once you step foot in the door, nobody gives a fuck about you.

bostonburrito · 6 November 2017 · Archived copy · Reddit

Not only do I see a lot of posts here on this topic, but it is also one of the main statements my friends give me when asking for tips to "get into shape". My immediate response to them has now become what I put in the title of this post.

I go to a gym with about 3000 members, probably the biggest one in my city. This particular gym has this stigma for being roid central, as it houses quite a few pro bodybuilders and high end Instagram models, mixed with powerlifters who've been pumping iron since they could walk. Stepping foot inside the building can be a very daunting thing for newcomers as they feel they're immediately placed at the bottom of the ladder.

Here's the thing though, something that is one of my favorite aspects of joining a gym. Despite what is taught outside the gym walls, once you walk inside, 99.9% of the time ***no one could care less*** about your size, muscle build, appearance, or the level of progress you are at. The only people that will give a shit about you are personal trainers, and that's only because they're paid to. In fact, the only point where most regulars would acknowledge your existence would be their first glance at you, and most of the the time this will consist of them thinking "*Good for them, good to see people trying to improve themselves,*" before they get back to whatever they were training.

Remember, everyone in a gym shares a common goal: to improve *their* fitness. Most are too focused on this goal to even consider for two seconds if you are sharing that goal with them.

2,048
UPVOTES

Twitch streamer goes missing during a convention, but I bet you knew exactly where she was. Unfortunately, her own BF/husband can't say the same.

carrotplanter · 16 June 2017 · Archived copy · Reddit

I was just using reddit on a new account and went to see the front page, when I read the first words of a current top post, and it basically says a woman went missing during a gaming conference that was just concluded in LA. I paid no mind to it when I first saw it like half an hour ago, but I reloaded the r-all, as you often do, and I happened to see the second half of the headline about her: she went missing during a "mixer." Well, it kind of just clicked in my head instantly. She probably had a few too many drinks, and you could probably guess what happened next. I was intrigued. So I had a theory in mind as to why she went missing, and it wasn't long before I found that she had already re-surfaced and it turns out that she's fine. I wanted more info, so I kept searching, and lo and behold, she actually has a boyfriend/husband. It took no more than a minute of more searching to find this exchange they just had on twitter.

<http://i.imgur.com/2SBXjAP.png> - Source

Need I say more?

My takeaway from this is, a bunch of white knights made it a point to take a non-occurrence and turn it into a national news story, no doubt thinking to themselves what good guys they all are for doing the right thing and helping a damsel in distress. When in reality, the girl in question was just having fun, as girls do, to the point that even her own bf had no idea what happened to her. And he still doesn't.

If he's any good as a man, this should be a glowing red flag that this bitch needs to be dropped. Here's hoping that everybody gets what's coming to them.

Edit: I should add that in both of the front-page posts where this topic is covered (primarily where the original call for help to find her was first announced by the random white knight), there are a lot of controversial and deleted posts. The first thread about it that I opened has also been locked as of this writing.

And this topic has been posted on at least 1 other subreddit as of this writing, specifically r-drama. And there you can find some RP comments about it, some that you would probably already be thinking yourself. I highly recommend that you go and take a look. This should serve as an example of the red pill theory stated thusly:

Bitches ain't shit but hoes and tricks

Edit 2: The plot thickens

Edit 3: "She even sounds like she's been deepthroating." - She posted this video as confirmation that she's alive and well but later deleted it, probably after she realized that her posting this confirms that she was in a hotel room with someone but fortunately, it has been backed up and here for us to see.

Edit 4: This will probably be my last edit on this for now, but I found this [twitter reply](#) where the BF was talking with a rando and she literally said the bitch is now gonna get kicked out no matter what she did. Hope he follows through.

Edit 5: Credit to user -Unnamed- for this recap of what has happened so far:

"She was supposed to be on a panel at e3 and at a booth or whatever. The day before she got drunk and went somewhere. Then no one heard from her for over twenty hours. As a girl who had an event to attend, tweets fucking constantly, and wasn't even contacting her husband, it was suspicious. The internet took off with it. Later she posted a video saying she's ok and just missed e3. But it was inside some sketchy hotel that no one recognized. So she deleted the video. Then later she posts a video from the road. But it turns out she's not the brightest bulb on the tree because that sidewalk was literally outside the same hotel. So weaponized autism on

the internet pinpointed her location using clues from the two videos such as curtains and road signs in the background. Turns out to be some sketchy motel. They called the motel and used the missing persons report to see if anyone matching her description stayed there. They confirmed. Everyone started calling her out on twitter for cheating on her husband until she finally cracked and was like "we aren't even together anymore lol"

TLDR; thot blows off fans at e3 to blow off some dude in a motel

If that last part is true, and it has been confirmed that this girl and the supposed bf "aren't even together anymore" then this all becomes an even bigger shitshow. Apparently Beta Billy over here still thinks they're together but the missing princess thinks that's a load of shit? I can't even laugh it's so embarrassing.

Final Edit: Really glad this got massive attention on TRP, unfortunately our guy just doesn't get it at all.

Fucking blue pillers when will they learn? - Source / c/o [u/TPShabba](#)

1,940
UPVOTES

Bullet Points

throwawaydegarr · 14 October 2017 · Archived copy · Reddit

Hey guys. I decided to write a post as I've never really contributed but I've taken a whole lot from here.

I ended a 3 year LTR as I wanted to be single, that's it really. It wasn't horrible. She wasn't evil. I just wanted to have sex with a whole bunch of different girls. Turns out using the basics from here, it's real easy.

Me. Late 20s

I live in a big city.

Own my apartment I live in alone.

Professional job

Muay Thai for about 10 years

Not a lifter but the kickboxing keeps me in decent enough shape. Not a big dude at all. Think "fighting thin" 6"1 and about 175lbs.

On a normal day I'm a 6.5 at my best I'm a 7.

I am writing this as a bullet point list really. I've found dating to be utterly hassle free which has come as a shock to me so I figured I would just pop down some stuff that I've found and hopefully it benefits people. Most of it is obvious / simple.

Essentially this is a list of practical things with no order or theme. Please add yours in the comments. I don't mention the actual meeting of girls much as to be honest I don't know how I do it really. No set way. Tinder. Parties. Bars (my least successful place for meeting). I don't go to clubs. Friends of friends. Language classes. Just out in the world really.

1. When arranging dates I always pick a bar near my house and I tell the girls this to make it clear why we are meeting. "Let's meet at bar X because it's right next to my apartment." Note the use of BECAUSE. This works well. I go home with a lot of first dates. A couple of them have told me they noticed it and liked the confidence / the leading.
2. Give yourself a chance. Be as attractive as you can be. Trimmed nails. Regular haircuts. Styled facial hair. New clothes. The clothes don't have to be expensive. I bought a 10 pack of cheap plain t shirts. They fit right and look new. That's all that matters. Throw out stuff that you know is dead and should be thrown out.
3. Smell good and have good breath.
4. Don't drink too much. I usually only have two drinks on a date. It also leads to a good line of, "I'm not looking to drink anymore but I am keen to keep hanging out if you want to come to my place." People say a girl needs an excuse to come back I. E. Come see my antique Xylophone that I told you about . But I've found just saying this works more often than it doesn't.
5. Condoms. Wear them. It doesn't get mentioned much here but after a touch of chlamydia I thought I would reiterate it. Girl who gave it to me was an upper middle class architect. So, you know, it can be anyone.
6. Have wine in the fridge all the time. Can be cheap shit. Go buy 10 bottles of piss and keep it handy. It's a good excuse to hangout in the apartment. Not for first dates but for second onward. Skip the bar and have her round for wine, if you are late 20s or older and fucking younger girls they like this. A girl under 25 being invited round for a glass of wine makes her feel like a sophisticated grown up. A 21 year old told me this.
7. Create the picture of a life she wants to be part of. So, girls don't do shit. Generally speaking they have no

hobbies beyond texting. They are looking for a guy to show them stuff and take them places or just have things going on. I have a lot of friends. They are cool interesting people. I talk about them on dates. "Ah that reminds me of something my mate Matt was telling me. This is a fairly disgusting end to a Tinder date story. You in?" Tell your friends stories. Be someone who seems to hangout with all these awesome and hilarious people. I've travelled the world a fair bit and I find the stories about my friends have more of an impact than any story of trekking through the Vietnamese jungle etc.

8. Shit tests. I'll agree and amplify if the vibe is right and we are fucking with each other. If we don't have that vibe (yet) and it comes over as her just being mean or being a bitch. I ignore it completely. Act like she didn't even talk. It works better than anything I've tried. A girl had a party at her place. I'd met her that day from tinder and she invited me to the party. At some point she says to me, "You are maybe half as funny as you think you are." I saw a girl heading out the door and said, "are you going to the store? I'll come too, need some more beers." Then just walked off. So this party hosting girl was some big feminist and would give me shit tests all night, constant nonsense and social justice crap. I ignored each and every one of them. Just started a new conversation with someone else. She wasn't getting the argument she obviously craved. Whenever she was nice, she got attention. She figured it out and stopped being a dick. Depriving her of attention was the worst thing that could happen to her it seemed. She was hot and a lot of her friends seemed like male feminists I. E. Skinny and desperate to please her. We had sex when the party ended.
9. It's an old one here but it is so so true. Text for logistics only. Do. Not. Validate. Her. By. Text. She should have to work for those feelings of attention. Don't let her get her dopamine hit lying on the couch texting you and 6 other dudes. Once I have fucked a girl a few times then I don't mind some bullshit by text. Memes. Links to stuff we have talked about etc. To be perfectly honest if you are doing all this stuff right and sleeping with 3 or 4 different girls on top of having a productive life..... You really won't have time to go back and forward on text.
10. When it comes to the number scale and girls I've found some stuff. Ask out YOUR 10s. So, I had a weird thing for a while. I had no problem asking out a 7. But when I saw a 9/10 I would be intimidated. My 10s are real thin Balkan / Russian looking girls. That's what I am about. Tiny frames. Small tits. So I'd ask out anyone that wasn't them basically as I "wasn't ready for that." Turns out.... They aren't everyone's 10. There was this one chick I thought was incredible. My friend likes gym girls. Thiiiiickkkkkk ones. The girl I liked? He thought she was below average. Right..... I should just ask then because if she is a 6 to him and I'm not scared of 6s let's do it. Sometimes YOUR 10s say yes. Ask em.
11. I have taken loads from here but the one thing I want to give back is that none of it matters. It's just not that big a deal. On this run I've had sex with the hottest women I've ever been with. No 10s. But a solid run of 7-9. Some stupid good runs as well. 5 in 5 days and things. Know what I felt? At first, excited. Then..... Tired. Then bored of talking to girls. The sex was fine. Good even. Sometimes excellent. But largely inconsequential. I know I can do it now so I actually do it less. I passed up fucking some girl the other night so that I could play PUBG after training. I took a great feeling of pride in doing what I wanted like that. Previously I'd never pass up a chance to go meet a girl. And of course the ridiculous thing is now that I'm willing to pass it up..... They want to fuck more. I'm happy to feel that. I hope if you aren't there that you will feel it one day. I'm actually open to another LTR now. I've met a girl who seems cool and I like being around. If it works great. If not then I know I can go back to living like this. Either is fine. Both have a lot fun moments. That confidence likely makes it way more likely to work I think. Who knows. We're all dying anyway.

Many blessings to you all. I wouldn't dare attempt to field questions. I'm just some idiot who has got ok at getting laid when desired. Hopefully we can chat a bit though and maybe see what other bullet points people add.

1,903
UPVOTES

Vagina Envy

chazthundergut · 19 September 2018 · Archived copy · Reddit

We have a lot of posts rightfully scoffing at chicks and their penis envy.

Women are so turned around that they think the path to happiness is by acting like a man.

The Modern Woman: *I will become highly educated. I will build a successful career and make lots of money. I will have sex with as many partners as I can*

Women who enter their masculine frame and start acting like men end up miserable and lonely. We all know it, and we clearly see it playing out in society.

But there is a much more nefarious and less-frequently discussed phenomenon that I find much more disturbing.

Vagina envy.

Men are cutting off their own balls, their own masculinity, and acting like they wish they had a vagina.

The Modern Man: *I can't wait to find a chick to settle down with. I will sit around doing nothing meaningful with myself, praying for Mrs. Right to save me from my boring life. I want to cuddle on the couch with her and whisper sweet nothings. My greatest ambition in life is to find the Right One.*

Barf.

When our boys stop acting like chicks, maybe our women will stop acting like dudes.

Final thought:

You don't become the King by chasing after the Queen. The Queen comes naturally, as a byproduct of you *being the fucking King*.

So chase the crown, never a bitch.

1,902
UPVOTES

Life is too short to be a chump. The 80/20 rule isn't a theory, it is law. Not every action yields an equal result. The key to personal success is finding the 20% of things that give you 80% of your results and to double down on those motherfuckers. Here is a guide.

Joeyscrackem · 19 February 2018 · Archived copy · Reddit

Perhaps one of the most elementary and hindering mistakes we make in life is to assume a linear relationship between events and causes in life. The reality is that linearity is not the norm. The 80/20 rule is simply a byproduct of the power laws, logarithmic and exponential tendencies of many of life's happenings. In this post, I will explain 80/20 and how to leverage it in all areas of your life, because life is too short to be a chump.

Watch This

What is 80/20?

The 80/20 rule also known as the Pareto principle or the law of the vital few, is a principle that states that roughly 80% of results are generated from 20% of efforts.

It's a distribution that was uncovered by an Italian economist named Vilfredo Pareto. Pareto noticed that 80% of the land in Italy at the time was owned by 20% of the population. He also noticed the principle at work in his own garden! 20% of the pea pods contained 80% of the peas. This distribution has been proven multiple times in different sectors since its discovery.

The ratio is not always 80/20, it can be skewed all the way to 99/1 or even bigger ratios. The main idea is that a small number of critical causes tend to produce the biggest effects in almost all area in life. What is important is being able to identify these causes and leverage them to your benefit.

Examples of 80/20

In the video linked above, I go through 3 examples in real time, clearly showing the consistency of 80/20. The examples I use are The worlds GDP, the population of cities in Australia (where I am from), and analytics on my own YouTube channel. (make sure to check that out)

Some common examples often mentioned in the 80/20 discussion are how:

- 20% of criminals commit 80% of crimes (Think of convicts that keep returning to prison)
- 20% of employees account for 80% of the companies success (Just look at any sales team to see this in action)
- You wear 20% of your clothes 80% of the time (you dirty fucker, change your shirt)
- You walk on 20% of your carpet 80% of the time (the walk from your bed to the fridge)
- You spend 80% of your time with only 20% of your friends

I must stress that the ratio isn't always 80/20, but it's almost always something skewed.

Why does 80/20 happen?

The 80/20 distribution happens because of the magic of feedback loops. Many people who have owned goldfish can attest to the following observation. You go to the pet store and buy 3 equal sized goldfish; a couple months roll by and the 3 goldfish are drastically different in size. Why is that? Well, naturally when you first fed the goldfish one might have been lucky enough to eat a bit more food than the others. This extra food allows the goldfish to grow slightly larger than the other goldfish giving it a slight advantage when it came to eating food. Over time this advantage gets larger and more obvious until the other goldfish can barely compete, and you are left with one big fat

goldfish that just eats all the food the same way that your cousin David does at every family gathering the fat fucker.

Now replace the goldfish with Google or Microsoft and you can see how monopolies are formed. Other factors are involved of course, but this seems to be one of the primary reasons for the ratio.

How to leverage 80/20 Examples for the real world

Now that you know about the magic of 80/20, let's go over ways that you can optimise your life using this simple principle. 80/20 is a mindset, being able to see through everything through this mindset will drastically improve your results in all avenues.

Fitness:

Two best friends decide to join the gym to build some juicy muscles and make the king of Iron Arnold proud. One of the boy's trains 6 times a week and focuses on isolating each muscle with specialised movements. He does an hour of cardio after each workout in hopes of getting ripped. He works out for an average of 12 hours per week. He doesn't worry too much about his diet, and has never counted his calories. The second boy takes a more minimalistic approach, he does full body workouts 3 times a week focusing on heavy compound exercises that stimulate his whole body. He does cardio only once a week and prefers to focus on high-intensity interval training such as hill sprints. He focuses on the diet keeping track of his daily macronutrient requirements. He only works out 4 hours per week. Who will achieve their goals faster? The second boy will. He will make more gains because he puts all his effort in the 20% of things that will result in 80% of the results. Instead of spending 12 hours in the gym like his friend, he stimulates his body effectively and gives it plenty of rest resulting in insane gains.

Work:

Jim works in a sales department. He spends most of his days performing small tasks that are delegated to him. he replies to every email and is quick to give anyone his time. Unfortunately, due to the workload, Jim only spends one hour of his day performing cold calls. He has been working hard for a couple of years doing everything his boss command, however, has been unable to create the results needed to be eligible for a promotion.

Ray works in the same sales department as Jim. He spends most of his time at work cold calling clients. He doesn't reply to most of his email. When he uses email it's only to deal with potential clients or critical tasks. Ray does not have time to chit-chat with co-workers. To him, if something is a non-critical task it can be delegated to someone else. Through his time spent on client acquisition, he has managed to secure 6 figure deals, making his boss very happy. Ray doesn't complete half of the tasks in his job description but gets promotions regardless.

Ray is successful because of his understanding of the 80/20 rule. Jim is not successful because he treats all tasks with equal weighting.

Relationships:

You are divorced from your wife and can only spend one day out of the week with you Son, what do you do? Is it better to watch TV with him for a couple of hours or to go outside and do something? Think about this, we forget probably around 99% of our lives. The day to day shenanigans quickly disappears into the ether. Don't believe me? Can you remember what you did throughout one whole day a month ago? No, we only remember things of significance such going away on that trip, or your sister's wedding. Now back to your son, if your goal is to optimize your relationship with him, you are probably better off going fishing with him or shooting a few hops at the park. These things are will be the 20% that equals 80% of the memories he remembers with you.

Education:

I remember having a project management class for my engineering degree. Our assignment was to do a presentation

in front of the whole class. A couple of my friends spent weeks and hours researching for the assignment. Come due day, all they presented was a dense and boring death by powerpoint slide.

I was to present the week after, I decided to take a different approach and look at the criteria of the assignment. I noticed that presentation skills such as eye contact, and vocal tonality scored high. I also remembered the professor telling us that our slides should be simple. So, my team and I decided to focus on simple and entertaining slides that got to the point quicker. We didn't use palm cards and remembered our speeches making them far more engaging. A total of 8 hours was spent on the presentation and we received the highest mark in the class.

80/20 everything

To maximize your efficiency in life you must always be looking for the 20% that will give you 80% of the results. When you find these double down on them, make them your primary focus. As Tim Ferriss suggests, always ask yourself

'what is the one thing that I can do that will make everything else irrelevant', It might be cold calling new customers It might be eliminating soda drinks from your diet. Make it your mission in life to always look for these 20%, those motherfuckers are the true game changers.

1,896
UPVOTES

For all you newbies, this is for you.

MAX_Fury · 9 April 2016 · Archived copy · Reddit

1. Never, never, never stay or return to a woman who has cheated on you. No matter what. It is never worth it, you can't fix it, and you will always regret it if you do it.
2. Don't change her mind, change her mood.
3. No woman can fix your happiness or be the main source of it. Get your shit together first and improve yourself.
4. Don't deal with a shitty women. Ever.
5. Don't be ashamed of your sexual desires or think that girls don't want sex and have to be 'convinced' into having sex with you. When it comes to sex, men are like an on-off switch, women are like a volume knob.
6. The amount of girls that want their hair pulled, ass slapped, and to be told what to do in bed is astounding.
7. The guys who are banging girls out of their league are doing it because they went for it.
8. Look at how she treats her parents/friends.
9. You need to be BOLD. The sting of rejection is nothing compared to the sting of regret.
10. Don't feed them with compliments, leave it to the betas. Your eyes should do the talking when she dazzles in that dress.
11. You want to touch her, she wants to be touched. Be unapologetic about it. Talk simultaneously while you do kino.
12. Be ready to walk away from any relationship. This also applies to real life, if something doesn't seem right, walk.
13. Be always less invested than she is. You hold the power.
14. You can't build attraction over text, use texting for logistics. The face to face interaction is what you need to seek.
15. Do not make a woman your goal. You're on your own path and she can just join you.
16. Don't mate guard.
17. Treat women like human beings, not goddesses.
18. Women treat relationships like men treat jobs. You may have a fine job--decent pay, vacation, just got a promotion, whatever. You're thinking, "Yeah, I'll probably stick around awhile". Then somebody comes up and asks if you want to be an astronaut at triple your current pay. You couldn't put in your resignation fast enough.
19. A monkey doesn't let go of the branch its on until it has another branch in hand.
20. Swing at everything, you miss 100% of the chances you don't take. There are no special snowflakes, they're turning 18 everyday.
21. If you want true love, get a dog.
22. She's not yours, it's only your turn.
23. Hookers cost less than girlfriends and go away when you tell them to. Just saying.

24. They have their mobile phones near them at ALL times, and i mean ALL, no matter what they are doing (or what is being done to them). if they want to contact you immediately, they can and will. so if you message them and they do not text you back until a few days later, they are deliberately ignoring your ass.
25. It doesn't matter how long you've been with a woman, how many memories you have together, or how much effort you've put in...she will forget you in less than a week and move onto the next guy.
26. Women want someone to take care of them but they want to feel like they are taking care of themselves
27. Dont stick your dick in crazy (trust me) and wrap your shit
28. What women truly want is value. They want a combination of things that excite their dopamine receptors, none of which come directly from you loving her. She wants your value; your status, your wealth, your protection, and your comfort.
29. Don't forget to lift :)

1,864
UPVOTES

How to not be a bitch: 2019 edition

VisiblePlan · 27 November 2019 · Archived copy · Reddit

As I was lifting a ten thousand pound dumbbell high above my head while two sultry blondes licked at my nutsack, I noticed the guy next to me was a bitch! Here he was, at the gym, which is an inherently not bitchy place even if sometimes some retardedly hot piece and her friend start babbling. And, yet, this man was a bitch all the same. He cowered at the sight of masculine men, and women, well, they may as well have been Medusa for how much he avoided looking at them. This couldn't do at all!

My dear boy, I said to him. I am going to help. I am the Ghost of Getting Ass, and I have taken pity on you! Come! We must debitchify you!

The man seemed uncertain as to whether or not he should get onto the motorcycle, so, to aid him, I punched him in the face.

What did you do that for, the man said.

I wagged an alpha finger at him.

Don't be uncertain! Uncertainty is the move of women and bitch men. Asses your options, and then do what springs to mind immediately.

The man struggled to get a proper foothold on the bike, and he immediately crashed into a light post.

Don't you know how to ride a bike?

The man shook his head pathetically. I gave him my hand and put him back on the bike, teaching him how.

Learn Skills and do exciting things! Women are attracted to skill and being good at something exciting and dangerous gets women wetter than ten thousand roses ever could. Women are extremely boring, and you are the exciting instrument that they secretly want to blow.

The man and I rode our motorcycles to some dive bar and began to drink with the other men. The man, now surrounded by pure uncut masculinity, began to loosen up.

She has titties as big as satellite dishes! One man said. And the bar laughed. I turned to the man again.

Become immersed in masculinity. Once you are surrounded by something you become more comfortable. Like diving into a pool. Once the waters of masculinity become a Haven for you, your adventures with women will become easier.

The man and I left the bar. Time to score some ass!

I saw some Latina bitch with a fine ass walking by and went over and alphaed her until her panties got wet, of course. The man stood behind me, looking at women. He was strutting his chest out and holding his head high.

I stopped talking to the Latina.

What the fuck are you doing, faggot?

I'm being alpha, the man replied, I read a post about alpha body language and i-

I punched his flabby jaw.

Stop it.

You can act as alpha as you want, but beautiful women need to be approached. They have incredibly low self-

esteem and are insecure. They could not handle it if you rejected them. And so they don't approach. They are a lot like most of you, a bitch, afraid of even the slightest bit of bumps in the road.

The man finally grew a big set of balls, and went up and talked to a woman.

H-hi...

Dear God what is he doing, but then I remembered patience. Not so long ago I was a beta faggot who wouldn't know what to do with a pussy if it was gift wrapped and sent to my door.

I-i thought you were cute and I wanted to say hi.

I have a boyfriend, the bitch replies.

Oh, I'm sorry, ok bye.

The man walks away.

I grab him by the arm. Hey, that was pretty shitty but at least now you know one thing.

Rejection is better than regret.

The night is over, and the man goes to his 9-5. I follow along, floating beside him like the alpha Spectre that I am. He slacks off at his job, and constantly shoots glances at Karen, the funky bitch with the back tattoo in HR. As he goes to the urinal for his procrastination piss, I give him a solid jab to the ear.

Hey retard.

Money is more important than women. Start paying more attention to your bank account and less towards whores.

The man is done and drives home, listening to some classic rock garbage that every department store plays to brainwash you into buying heaters.

Are you going to the gym now, you haven't gone today, I say to him.

He shakes his head.

I, uh, went yesterday and besides I think I'm gonna switch to calisthenics, it's a more-

I spit in his eye

The gym is your church, and if you are a good Christian man you don't just go on Sundays. You go to every pot luck, every meeting, and keep your body strong.

After lifting weights, the man begins to play videogames with his online friends. After about an hour I relieve myself on his XBONE or whatever the fuck.

Hey what the hell man, he shouts. Don't piss on my stuff!

I piss on his shoes now.

Listen faggot!

Video games aren't a skill and if you play it for longer than an hour you are atrophying away. There is a world full of fresh pussy waiting to be dined upon, and we, the last alphas in this bluepill dystopia, must endeavor to dine on it.

The man now sits mindlessly on his phone.

Don't you have any hobbies, I ask.

The man says yes, but upon closer inspection it appears his hobby is smoking weed and jacking off.

I look over to his closet.

Boxing gloves, a parachute, dancing shoes, a fencing sword or whatever the fuck it's called.

I then realize his problem.

Find hobbies and stick to them. Nothing ever comes easy at first, but you risk becoming a boring and retarded loser if you don't do anything.

The man is now finally looking good and approaches a woman the right way for the first time.

I don't usually do this she says

I don't believe he responds suavely.

I'd tell you how to approach a woman the right way, but there are over 100 posts about it. Here's what you should remember.

Take risks with women, as my uncle Vasily says, faint heart never fucked fair lady.

Finally, the man is back at his room with a woman. As he fucks, I hover over him giving him the thumbs up occasionally. Felt like highschool running tracks again.

A final rule.

Betas fuck like in movies. If ur alpha u go for the kidneys with every pump, grabbing a handful of neck while you do so.

The man nuts all over the girl's face.

He turns to me.

But Visible, I feel so empty. Did I do all this work for this momentary satisfaction.

No. Go look in the mirror.

And there, he sees himself, a healthy, strong, masculine man, who is happy with his life.

And finally he understands.

The Redpill isn't about women, it's about you. And making you a better version of yourself. Women are a secondary thing. You, are what is important. And as you improve, you shall become happier.

And with that, I fly off to teach some new beta how to be alpha.

1,862
UPVOTES

You Got a Stranger Pregnant: A Guide.

ScoundrelHero · 7 December 2015 · Archived copy · Reddit

Summary: There is not a lot of advice out there if you get a stranger pregnant other than, "Get ready to get fucked for 18 years with child support." I slipped up once and had sex with a girl I had met one time previous. 13 days later she called me and told me she was pregnant. This is a simple story of what I did next. What's the next best thing you can do? (Italics are chapters from 48 Laws of Power). The laws in your state vary; so what happens in Indiana may not work in your state.

The First Conversation My daughter's mom called me early in the morning to tell me she was pregnant. She asked me what she should do. This question is testing you in a lot of different ways. Are you going to freak out? Are you going to try to convince her to get an abortion? The correct answer is to say, in a calm and confident manner, for her to start taking prenatal vitamins. If you want an abortion you have weeks to talk about it. This is an easy question to knock out of the park. If she decides to have a child she can NEVER use against you that you wanted an abortion. When shit goes downhill she will throw you under the bus to everyone she knows. Give her as little ammunition as possible. Reason: You will need to maintain frame in a way that you've never had to for a length of time that seems impossible. When you know what she's saying is not true it makes it easier to suffer the slings and arrows. In my case I could tell immediately that abortion was not a live option and that I would be left in the dark for the next 9 months if I brought it up. But I should add that I would never abort a child as a form of birth control

Week 1 - Start saving 20% of your income for a safe new car. Well, that's what I told by daughter's mom. I told everyone that actually. It would have been great, but I knew then that it was unlikely. Really what I was doing is saving 20% of my income to see what child support was going to be like AND for attorney fee's. I spent every dime so far. Start saving immediately. Hope for the best, plan for the worst.

On Child Support - That money is simply no longer yours. Do not argue about it or whine or try to get out of it. She might even tell you she doesn't want it. Do not take the bait. Force her hand. Require her to take the money. There are other methods to avoid paying your full legal obligation. But you *MUST play the perfect courtier* from the very beginning. Your end goal is to have a congruent story. If you want to argue philosophically about how it's immoral or whatever post on this site. In America It's like arguing with gravity. It makes you look like a fucking moron. My strategy was to just immediately give her the ground. No need for her to fight it. Why? *Assume Formlessness*. In the future she will try to hurt you. She will have learned a lot about what hurts you. You will never be hurt the way a pregnant woman can hurt you. She has so much power over you (due to the laws in this country) that you will break. A year later she is still using what she knows hurts me to try to hurt me now. Fortunately I *Controlled the Options*.

Week 2 Tell her that you're getting a paternity test through the courts. Not a walgreen's kit. She will understandably be outraged at the implication. Tell her early before you guys get to know each other and just say casually that you two are strangers. Ask her if she trust you 100% already. Tell her it's a legal requirement for setting up child support (half true). When I did this, it really wasn't that big of a deal.

Week 3-5ish *Plan all the way to the end* and *Know who you are dealing with* Pregnancy amplifies whatever is wrong with a girl. Obviously she is not a princess if she hooked up with a stranger. It should put a huge spotlights on her specific brand of crazy. Between September and October I knew her fairly well. I knew she wanted to be a "heroic single mom." I knew she had an avoidant attachment style. She was an insane control freak. She gave me faux options to manipulate me into thinking I had a choice in the matter. She told me before we knew the gender that my child would not have my last name and that there was nothing I could do about it. The anguish and pain that caused me could not be hidden. I told her that we were not in agreement on this issue but she told me that I would have to deal with it and tough shit. My brain said she was right, there was nothing I could do because I was powerless. *Use the Surrender Tactic: Transform Weakness into Power* and then later *Play a Sucker to Catch a Sucker – Seem Dumber*

than your Mark In any dispute where you have no power you shouldn't argue with her, just state that you are not in agreement on this issue and drop it. You will pay an attorney to argue with her in the future.

6 months of hell I went to every doctor's appointment she invited me to. I did everything she wanted including signing a lease with her. It was her idea, but I saw how I could use it to my advantage. I think at this point she was trying to get me to say no to something so she could go tell everyone what a terrible dude I was. But my rationale was this: Best case scenario when she moves out after a year I could argue that child lives at that house and is off breast milk, emergency placement prior to court is usually the residence that the child knows best. Worst case scenario - I had signed a lease with a girl I wasn't even dating, that's how invested in my child's life I was. Make sure you can afford to pay for the entire rent yourself before signing the lease. **MAKE SURE SHE SIGNS THE LEASE.** My daughter's mom tried to get out of signing it. Nope, her name is on that shit. Which will prevent her from claiming you raped her.... but who would do that.

Last three months- Mom moved out due to me being a manipulative, uncaring, slob (her words). We had one fight while living together and nothing she said was true. She was just looking for a reason to move out. She refused to talk to me for the last three months of the pregnancy. I really think her issue is that she knew she wasn't controlling me. We didn't talk for three months.

In those three months I focused on *Concentrating my Forces*. I had told my daughter's mom that my parents were moving here to help us out. This has helped me so much in my fight to get visitation so far. My sister lives in town, my brother lives in town, and now both my parents were available at all times to baby sit. I also went lawyer shopping over the three month period. www.avvo.com I talked to five different lawyers.

I make this sound easy: I haven't mentioned about how my health declined due to stress. It was the worst when I signed the lease with her. Huge gamble unknown whether it was foolish or if it would pay off. My vision started changing every single day (Eye doctor tried saying I had type II diabetes), Bald spots appeared in my beard, blood pressure went into type II hypertension. I spent more on doctor bills in six months than my entire adult life. Hang in there man. Find a support group, coworkers, family members. Lean on people but remember that they want to see a success story. Females at work always love to hear about a father fighting to stay in their children's lives.

You have no rights Before the paternity test you have no rights. Zero. You must continue to use the surrender tactic. You are literally a random stranger to that kid. Do not sign a voluntary acknowledgment of paternity. If you have a good lawyer he delivered the court order **BEFORE** your child was born to do a paternity test. I was the father by the way.

Mom Fights Back Oh man she will fight as if her life depends on it. Her maternal instinct to protect that child from people she doesn't trust/like is going to make her behave like a crazy person. She tried to fight the paternity test. She didn't let me see my daughter for three weeks over father's day and then acted like it was my own fault. Bite your tongue. You still have ways to go. Do **NOT** fight with the mom. Ever. You arguing with Mom is a waste of breath. You pay an attorney to fight her. *Win through your Actions, Never through Argument* No matter what she did to me I didn't let it phase me. I made sure the courts knew what she did so that we could have a congruent case of her denying me visitations. The day I was declared the father through the paternity test Mom filed serious endangerment charges against me. At first she was alleging that I raped her. But that lease she signed with me destroyed that option. My attorney BCCed me on emails so I basically read his response as, "are you joking? This is a joke. She signed a lease with him." So she went with a whole shit ton of mud instead. None of it true. The courts **MUST** investigate so don't take it personally (\$\$\$ \$\$ because of the Children \$\$\$\$). Play the perfect courtier. Remember you don't care about money, only about bonding with your child. My Attorney was 1500, the supervised visits cost me 1200\$, the guardian ad litem cost me 1400\$. I never brought up that she filed this, never yelled at her for it. Just imagine you're playing chess. She made a move, it's your job to anticipate it and counter it. It's easy to counter.

Guardian Ad Litem She is the only person you care to win over. Play the perfect courtier. Play the perfect courtier. Play the perfect courtier. The GAL relies on the supervisor that is watching you with your daughter. Treat

the supervisor like an old friend. Listen to their stories of other "crazy" parents. Mom won't like the supervisor because she's not in control, someone else is in control. To the GAL, compliment Mom on her mothering abilities. Never trash talk her, don't ever say anything emotionally charged about her. Say your only complaint is that she won't let you or your family see your daughter. Say you just want to be equals as parents. I remember distinctly saying, "four hours a week is just not enough, it's just not enough" to which she echo'd me. Mine had a questionnaire for me to fill out and I spent 8 hours writing and rewriting it until it was the perfect. I had painted a picture, that was true, whereby Mom has mud on her by the end and yet you never saw me throw anything and my hands remained clean.

By the next court date I had the Guardian Ad Litem telling me she was going to try to get me 50/50 joint custody. It helped me out a lot that I actually liked both the supervisor handling my case and the GAL. I knew immediately they would be able to see through Mom's ridiculous behavior if I just continued to maintain frame and play the perfect courtier. I could tell they were both good people. Your mileage may vary and you will get GAL who are in it for the money. My attorney went out of his way to get this GAL. I didn't do this at the time but absolutely research reviews online for the GAL. The GAL is actually more important than the attorney you get. Tell your attorney that you want a GAL who has a reputation for acting in the child's best interest. The supervisor handling my case also if you talk to her will gossip about the reputations of all the attorneys involved in your case.

False Allegations First the serious endangerment charges, next Mom will record every way that you're not doing a good job as a parent (in her mind). Yes it annoys you to have to answer to everything you do with your time but it's annoying the Guardian ad litem too. My favorite thing to say to the GAL is this, "She has never brought it up to me, if I'm doing something wrong I want to know. Why wouldn't she tell me?" Play the perfect courtier. When I won my first major battle I got the best false allegation of the year. Mom came over and tried to start a fight with me. She had nothing to go on and I have now never argued with her for 15 months. Why would I start now? Long story short she went postal while I remained calm. She started hitting my door, etc. She left and called the police. Police showed up to ask me some questions. The moment you prepare for finally happens (you are prepared for the police getting called on you when you start winning in court right?). I simply tell him I don't answer questions without an attorney. Bye bye sir. That was now 7 days ago and I've heard nothing from the police. This is where maintaining frame comes into play. It's so important, remember you're doing it for your child.

Assume Formlessness/Control the Options Mom wants to hurt me. But she never correctly figured out how. She thought the only option for hurting me was to deny me visitations but that's because I controlled her options. I put her in a position where her choices were to not attack me and let me visit my daughter and thus I win, or to attack me and (when I'm exonerated) it makes her look bad and thus I win. She had a lot of options to waste my money and give me tons of time with my daughter (when I was paying someone to supervise me). This would have made her look good and done a great deal of damage to me. She never did it because she didn't realize it would hurt me. From the beginning I acted like money was not a big deal and would constantly just spend it in front of her like I had an endless supply of it. I would tell stories that carried the message that IDGAF about money.

Present day By this point no one in court believes her anymore. I went into court thinking that she was going to get to file an order of protection but I think that even her own attorney must have advised against it. I had my first overnight with my daughter. This week. I'm confident that she tarnished her reputation and they see that she's just hyper controlling and will fabricate things about me to maintain that control. She doesn't know how to hurt me or control me (well controlling me would be easy, she just could try being nice to me). The best part is that soon I will have 50/50 custody which reduces my child support obligation (that thing I supposedly don't care about). My attorney says that he has gotten surname changed and that there is a good likelihood (depending on the judge) that this also will come about.

Guys you can win in court. It's hard and unfair and we're not used to being discriminated against so obnoxiously. We're not used to being guilty until proven innocent. I constantly let Mom think she's smarter than me. I play dumb

constantly with her. I never engage her. I pretend like I don't know what's going on and that my attorney doesn't communicate with me very well. I pretend like it's no big deal that she says crazy stuff about me. I never ever ever gloat or rub it in or try to hurt her back. She's a child, you're an adult. If she knows what's going on in your brain the fight will never end. Moves and countermoves guys. It can be done. It will affect your health. I jumped out of an airplane and was so depressed I felt absolutely nothing. There were days I woke up where I did not think I could do it; I didn't think I had the stamina for this type of warfare. The toxicity from Mom was that intense. The odds seemed to be stacked against me to too great of a degree. You can do it if you must.

Edit: By the way, I forgot to mention this in the beginning but I really always "hoped for the best, plan for the worst" That was my strategy. If you read through all of this you'll really see that it's obvious. I genuinely hoped that Mom would figure out that I have my family in my best interest and that she could trust me. Every step of the way I gave her the option of doing the right thing with no repercussion. She just never took that option; I don't harp on it as it's probably never going to be relevant. But as you try to win the hearts and minds of others make sure that you emphasize how you hope for the best and what you're doing (saving for a safe car, signing a lease with a stranger to raise your child together, going to all doctors appointments, etc.)

2nd Edit: I should also mention this guide pertains to a non-substance abusing mother. This is about getting your rights from a mom with no real issues. I am so fortunate and happy that I don't have to worry about any actual harm going to my daughter. Like if you remind yourself how much worse things could be, it makes it easier to remain stoic in the face of America's court system.

3rd Edit: Some typos's etc. I have a paternity test guys. It's in the story. Yes, I'm intelligent. I am the type of guy that would never make a mistake. I was drunk and I honestly just fucked up. If it happened to me, it'll probably happen to other guys out there so I wrote this guide. If you don't want to be a part of your child's life than you don't really need a guide. Personally I couldn't leave my daughter to be raised without a father knowing everything I know about TRP.

No. Thank You TRP A lot of you guys are thanking me for writing this. I'd like to say instead thanks to all of you. The only, ONLY, reason I was prepared for all the false allegations, the toxicity, the back stabber, the nonsense, the insanity, and the court system was you all and this community. Very few guys naturally would ever think the way I was forced to think. I was never flatfooted on ANYTHING she did because I was able to anticipate it months in advance (false rape allegations, domestic disputes with the police, etc) and thanks to you guys I knew how important maintaining frame was throughout all of this. So while many of you don't agree with everything I did or get focused on the one time in my life I had unprotected sex (with a stranger), I don't mind the criticism because I never said that this guide was the ONE way to do it. There is probably a better strategy. I did waste a lot of energy on things that were absolute wastes of time. I'll try to write updates in the future to talk about what happens with Mom through the years.

1,859
UPVOTES

AWALT Confirmed. Thanks Redpill, I owe you one.

[deleted] · 29 March 2017 · Archived copy · Reddit

I posted something not too long ago about whether AWALT is true in ALL cases as I'd presumed my girlfriend was "the one". The fellows in the comments gave me enough mistrust to decide that perhaps I should check her messages right when she left the room (something I wouldn't normally do, because I trusted her), but almost like clockwork, I found a group message with her and her friends, with her talking about how she wants to fuck this guy in her study group, a guy that was previously flirting with her over text and when I confronted her about it before, she claimed that she didn't think it was flirting and that she could handle herself.

In any case, right when she came back in the room I confronted her about it and she tried to rationalize it in some absurd ways, but needless to say I said "we're done" and walked out right there. She's been trying to call me and knock on my door and shit, but I'm just keeping up no contact.

We've been together for 3 years so it's somewhat solemn that she's just another woman when I took her for a unicorn for so long. In any case, I got a haircut and some new clothes earlier and plan on going out to get some new pussy tonight for the first time in 3 years.

All I can say is, thank you Redpill. Thank you so much.

1,846
UPVOTES

I was asked to train a new female employee to do the promotion I got passed on.

pstasio · 21 May 2015 · Archived copy · Reddit

I want to start this out by saying that the female coworker I trained wasn't coasting and she really wanted to learn how to do the job, but most importantly do it right. I had been working for this outfit for about 2 years, and every foreman I had worked with had giving me great reviews. A position opened up which was basically the same thing I had been doing, but instead of residential work, it would be more on the commercial side. This new title came with a substantial pay raise and I made it very clear to my bosses that I wanted the job. A week or so went by and they had me take written tests to see how well I knew everything incumbent to the job, I passed every single test without getting single answer wrong. This job was mine. I busted my ass. Then I get the word that they hired someone to fill the position. I was bummed out to say the least, but to make it worse it was someone with no prior experience and I had to train them on how to do the job. This person happened to be female and day one during training was getting paid almost twice as much as myself. I didn't take it lightly and requested a meeting with my superiors. They told me that it was because a quota for minorities had to be filled (even though the person who left and created the vacancy was a white male) and that I should just keep doing what I have been doing and it will all work out for me. I walked out of that office, thought about it for a minute, walked back in and quit. I got the job I was looking for at a competing company with in a week. Like I said I have nothing against the person who got the job, she was eager to learn and do it the right way, but that doesn't mean I had to take it sitting down.

You don't have to stand and take the bullshit that comes your way.

edit: I want to thank the people who gave me gold. I had no idea this submission was going to get this kind of attention.

1,833
UPVOTES

Some of My Personal Life Lessons For Those Under 30

musicvita25 · 25 October 2017 · Archived copy · Reddit

I've recently rediscovered this fantastic sub and wanted to offer some hopefully important advice to those in their twenties and even late teens. Although I am learning every single day I feel like since turning this age my outlook and opinions have dramatically changed. I want to offer these as I go along:

Chasing Women is a waste of time Luckily Tinder etc is the norm. Women do not disappear they are always there. Always. If desperate for a bang, drop your standards. But do not under any circumstances focus on it. Yes I got laid a lot, not as much as I wanted to however they are memories you share with your buddies over a beer, and they make you smile for about 1 minute. Thats it. But what I will say is get it out of your system. Fuck around, fuck an asian girl. Fuck a spanish one. Have a ONS. Do it, enjoy it. Then you'll know when you don't have the energy for it anymore that its out of your system unlike the beta that settles for any thing, and you can chill with a respectable LTR.

Lack of Goals = Lack of Improvement WRITE YOUR GOALS DOWN. All of them, and set yourself realistic targets. Do not just say "I want to lose weight" say "i want to lose 5kg in 2 months. Those who do not have clearly defined goals are wandering lost souls. Write your goals down, and stick to them. This will bring you greater pleasure then getting laid a lot trust me. Do not be a male bimbo.

Going out every weekend Biggest waste of money, time, energy and so on. I have stayed in on weekends for last 2 years half of it single and had the time of my life. Maybe cos Im 30 but seriously I do not recall one night that was "life changing" and so on. Its a load of shit and in the antisocial socialist heavy society we live in most people are insecure assholes in bars etc. So really think about it, on your days off/weekends why would you choose to go to a place full of people that are a bunch of cunts? Go to dinner, get a hobby, improve yourself, work on a project, even play a video game that you can improve on. Going out is finished. Again nobody on their deathbed ever remembers the night they go to the bar full of average to sexy looking women who were rude or might have fucked you.

Invest Real estate, shares, anything that produces income. Do not invest in something that gives you no dividends. Its a load of bullshit.

There will always be another job, but not another life If you need income, work, but if you want to be successful work for yourself. I realised at 23 that my bosses at all my jobs were no smarter than me, and I refused to ever work for another incompetent asshole again. Funnily enough 7 years later each one of those bosses have either been fired, company closed or quit. You got one life, do whatever the fuck you want on YOUR terms.

**Do not go to College* Unless you are studying law or medicine, DO NOT BOTHER. Do not get yourself into THOUSANDS of debt, for a piece of paper. Im a college dropout, zero debt, worked for myself, whereas others I know cant even fucking go out as they are crippled with student loans. Do not do it, youre only doing it for the social life, and again thats a bubble not worth staying in for that amount of debt.

Friends come and go Seriously the friends I have now to before are chalk and cheese. If you dont like a dude, do not hang out with them. Also like to add, do not socialise with women. They are at their worst right now and are selfish beyond belief. Those who are lucky to use them to get laid etc well done, but majority of us have never been so fortunate. They offer you nothing good at all and I havent had a female friend (that i wasnt banging) for 3 years. Couldnt be happier.

Assume bullshit I believed everything I was ever told. We live in a bullshit heavy society. Do not believe a single word. None of it. Whether its in business or socially. Assume bollocks, smile, nod and don't give a fuck.

Its easier to make money for yourself then ever A guy I know had no money, no prospects got a business loan and paid it off in 13 months selling fucking burgers for a stand and is looking to expand. Seriously, take the hit, totally worth it.

Get dumped/Break up Greatest life lesson ever. Best painful experience too. If you've never had this, you've never lived.

Delete all social media Biggest waste of time ever, use it **ONLY** for trying to bang a girl or promote your business. Anything beyond that do not bother.

Take the risk Invest the money, ask her out, do something stupid, put a lot on red, but all within minimum. Ive gone extreme on all this, I've lost a lot of money, Ive done plenty stupid things, i put a lot on red and black came up. Don't regret any of it, lifes too short. But be warned do not overstretch yourself. Dont put it **ALL** on red, eggs in one basket and so on.

Last but not least **Do whatever YOU want** Your family, friends, spouse, teachers, boss do not know you. They think they do, but they are fucking stupid. You know you, and only you can do what you think is right. Trust your heart, but not what you think your dad would like etc. I'm telling you to be selfish because its not their lives its **YOUR** lives.

You can honestly achieve anything in your lives. Seriously, the amount of shit wankers told me and I proved them all wrong is the greatest feeling ever. I want you to know that you will be hated for all of this because it goes completely against the grain. But thats what this sub is about. Its about becoming the man you always wanted to be.

Edit: Life lessons to youngsters

1,817
UPVOTES

15 Things I've Learned Over the Last 53 Years

coco5440 · 12 November 2017 · Archived copy · Reddit

Meta Rule: Be a narcissistic jerk -- or at least act like one -- even if it's not your nature. This facilitates everything else.

1. Take care of yourself first!!! You cannot count on anyone -- especially any romantic interest -- to stick by you if you get sick or lose your job. Therefore, do everything in your power to make sure you stay fit, healthy, and gainfully employed.
2. Women rate 80% of guys as being below average aesthetically (OKC survey). Therefore, do whatever it takes to get into and remain in the top 20%. Exercise and diet are priorities. If you have to "cheat" do so. weight loss surgery, TRP, cosmetic surgery, do what you have to.
3. Don't slack off even if you're in a LTR. She'll expect you to ignore her physical decline but she sure as fuck won't ignore yours. Going to the gym is actually more important for guys in LTRs -- they have more to lose.
4. Don't play her game -- being a strong male is way more important than cheap romantic gestures. She wants a strong Alpha not a fat sick Beta with roses.
5. Do not invest in any relationship with a woman until she proves she's worthy.
6. If she's externally motivated run! If she's excessively concerned about what her friends, colleagues, and acquaintances think she's not relationship material. This type of girl is expensive and never satisfied.
7. It's a good thing for a woman to have goals. However, talk is cheap, if a woman is all talk and hasn't actually executed she's not relationship material. Getting what you want takes work and sacrifice. If she has a history of not putting in the work and not enduring the requisite sacrifice to reach her stated goals she's not worth your time, effort, or investment.
8. Stay away from damaged women. If she's been abused and/or traumatized be empathetic but write her off as a serious prospect. Cold for sure but very important for self-preservation.
9. If her mother is an objectionable person run. If her mother is a dishonest, grasping, materialistic objectionable person run faster. We all know where this item is going.
10. If she claims to be nothing like her mother look for proof that she is indeed different. DON'T JUST TAKE HER WORD FOR IT!!! The proof must encompass a very significant amount of time and must involve serious effort on her part.
11. Stay away from women who claim they're "not like those other bitches". She's most likely either lying or deluding herself. If she has a history of being dishonest, greedy, and self centered she's just like those other bitches (if not worse).
12. Stay away from women who are always making excuses. Life requires effort to overcome obstacles. If she has a history of being derailed by minor obstacles she's not relationship material. This is especially true if she's otherwise smart and, therefore, could have, with a little effort, easily negotiated her way around or over life's little obstacles. Examples; (a) gets taken to the cleaners at the used car dealership because she never had a father to teach her how to buy a car -- especially bad when she works just two blocks from a Barnes & Noble with many good books on how to buy a used car -- and let's not forget the internet; (b) never finished college because her family wasn't supportive and didn't go back even though advancement in her chosen career absolutely requires a 4 year degree at the very least -- especially bad when the degree she needs can be obtained online through a number of reputable universities (good state schools).

13. No agency or execution. If she only takes advantage of opportunities that fall into her lap she's not relationship material. Individuals need to act -- if you have a goal it's on you to take the action necessary to reach it. If the only reason she got an AA is because her welfare social worker told her it was either that or get a minimum wage job run. If she started a degree completion program through her employer but never followed up on her own when budget cuts terminated the program run.
14. If she has a history of substance abuse run! Even an eating disorder counts. If she can't control what she puts into her body how can she be trusted with anything.
15. If you want a Norman Rockwell life you have to choose a woman with deeply ingrained middle class values (i.e. internally motivated, strong work ethic, truly values honesty, willing to delay gratification ...). If her ghetto or trailer park background is just below the surface she's not relationship material.

1,812
UPVOTES

Men are not happy

Archwinger · 5 June 2014 · Archived copy · Reddit

About once every month or two, there's a post somewhere on Reddit, by a woman, saying something like, "My boyfriend suddenly started doing Red Pill stuff and now I want out," followed by 4-6 paragraphs explaining how her boyfriend is now a controlling, abusive asshole who works out and wants sex (because these traits are, of course, very, very unique to The Red Pill, and any guy who exhibits them obviously went online, found us, and we ruined him). These threads get seized upon by our detractors, who eagerly point out: "See? See!? The Red Pill doesn't 'work' ! It just ends relationships and turns guys into assholes!"

Independent of what is and is not actually "Red Pill behavior," situations like these are based a bad assumption. Simply put, in examples like this, the lamenting woman has presupposed that prior to her man's "changes", their relationship was actually good, and he was actually happy. Then he ruined everything by reading some bullshit online that told him how his relationship ought to be, then trying to implement it.

This begs the question: If the relationship was fine before the boyfriend went all Red Pill on his woman, why is he trying to change things? Why did he go on the internet and seek out the manosphere? If he's happy with his relationship the way it is, why is he trying to find ways to improve his sex life and become more assertive? (All of this, of course, assumes that a) the stories presented on Reddit are true; and b) the man actually sought out The Red Pill and didn't just stop kissing his girlfriend's ass for any number of other reasons.)

The Red Pill is here because men aren't happy. They don't want to be sweet and sensitive and do things for women all day long and be the "perfect boyfriend," while having subpar sex once every six weeks, paying out the ass for expensive dates and gifts, sacrificing personal time, and getting bitched at and threatened with a break-up if any of this perfect behavior ever dips slightly. They don't want to give backrubs and footrubs, stay at home one weekend a month while their women have a night out with the girls, get disrespected and talked about behind their backs, get cheated on (but just harmless, meaningless mistakes that don't really count!), and get berated when they push back against any of this. They don't want to let women move in, rent-free, and get pressured to buy a ring for a four-digit number of dollars and tie their finances to someone who makes less than half as much money, just because they've been "dating awhile" and "it's time" and they're "supposed to."

Sure, everything's hunky-dory for these girlfriends, but for the men, everything is NOT happy. Everything is NOT going well. And men are sick of it.

When a 28-year-old man with an entitled bitch of a girlfriend of 5 years stumbles across the Red Pill, he reads stories about men not so much older than he is who don't have or want girlfriends. They don't need a girlfriend because they have four or five women fucking their brains out on a regular basis outside of a relationship. They barely spend a cent on dates or activities. They barely lift a finger to impress women. But girls can't seem to get enough of them.

And what these men do seems so simple. Work out, focus on your career, practice your social skills and get confident, develop useful skills and interesting hobbies – essentially, quit wasting time. Read non-fiction instead of fiction, watch less TV, play less video games, quit jerking off to porn, spend that time doing something that makes you physically, mentally, or socially better. The Red Pill tells men that their time is valuable, and to use it well. Hand in hand with that, The Red Pill tells men that since their time is their most valuable resource, quit wasting it on women when you're not getting something of equal value in return. If your girlfriend is ugly, sexually ungenerous, lazy, or just an entitled bitch that expects you to do all kinds of crap for her just to maintain the pleasure of having a girlfriend, is it really worth all of the time and energy you expend? When you could be doing something that actually improves your life?

The Red Pill exists because many men aren't happy. Because these relationships that are allegedly "just fine" are very much NOT just fine. Because men are giving so much to their women and getting so little, with the assumption that merely existing – merely being a presence in the man's life – is all a woman needs to do to become his highest

priority. That men should be falling over themselves getting in line for the right to say “I have a girlfriend,” and nothing more. Men are sick of this.

Guys in the “my man went Red Pill and ruined our relationship” Reddit posts probably aren’t actually going to internet sites to get an instruction manual for how to piss off their girlfriends. They’re just normal guys who know in the pit of their stomach that something is wrong – that they’re wasting their lives, and that they’re not happy. It’s not their girlfriends’ fault, it’s theirs. And they decide one day, for whatever reason, to try to take control of their lives, of their relationships, and build something they’re actually proud of. And steps 1 and 2 of that process involve asserting yourself and living the way you want, and expecting the people with whom you associate (e.g., your woman) to add value to your life equal to the value you’re expending. The rest of the world shorthands that behavior as “being an asshole,” and “ruining relationships.” How sad is that? Honestly and confidently pursuing the life you want, and expecting others to hold up their end of a relationship is the new Hitler.

1,805
UPVOTES

[Part 1 of 2] 40 Classic Shit Tests, What They Mean, and How to Pass Them

Popular-Culture · 11 January 2017 · Archived copy · Reddit

NOTE: This post is intended for Red Pill readers who have a complete understanding of what a shit test is and why women use them. If you do not have this complete understanding, read this first: [The Shit Test Encyclopedia](#)

DISCLAIMER: While the following examples may be useful, you must understand that the best way to pass a shit test is through your attitude. Regurgitating a memorized line is still failing the test if it's not convincing. You pass a shit test through your attitude, tone, and delivery. One thing we know about women is that they can smell a poser from a mile away. If you respond to shit tests with robotic, memorized lines, I promise she will be able to tell. That being said, I believe there is still immense value in seeing concrete examples of how you can handle shit tests as well as understanding what women really mean when they use them. Hence, this post:

21 Shit Tests Used by Girls You're Trying to Lay

1 "We're not having sex"

Translation: I'm considering having sex with you, as long as you don't fuck it up. If you play your cards right, keep escalating and conquer my ASD/LMR, you'll be getting your dick wet tonight.

Response: "Maybe you're not, but I am" / "You're right, you'll have to wine and dine me first" / "Woah, you're already thinking about sex with me? I'm not a slut" / "Yeah, sure" (smirk)

2 "Buy me a drink"

Translation: Are you a beta chump who I can use for a couple free drinks and then ignore?

Response: "No, but you can buy me one"

3 "I have a boyfriend"

Translation: Are you better than him?

Response: "Aww, you're in love! When's the wedding?" / "Nobody's perfect" / "That's okay, I don't get jealous" / "Sorry, he's not invited"

4 "Are you gay?"

Translation: Do you have a fragile ego or are you a rock who can't be moved?

Response: "Yeah, I am. But I need a decoy girlfriend for my parents. That's where you come in"

5 “I bet you say that to every girl”

Translation: You’re trying too hard to impress me. I can see through your games.

Response: “I bet you say that to every guy” / “Yep, and they all love it” / “I’ve never talked to a girl before”

6 “I don’t give out my phone number”

Translation: You haven’t impressed me and I’m not interested in you. But please continue to validate me and give me attention by trying even harder to get my number, further building up my ego.

Response: “Okay” [walk away and approach a different girl]

7 “Are you a player?”

Translation: Do other women find you attractive?

Response: “At this point I’m more of a coach”

8 “I need to get to know you first”

Translation: If I sleep with you this quickly, you and other people will think I’m a slut. Plus, it gives you all the power. I will only sleep with you if you make me feel like I’m not a slut and having sex “just happened.”

Response: Deflect/ignore and continue to escalate later.

9 “I don’t hookup” / “I’m not that kind of girl”

Translation: I don’t want you or other people to think I’m a slut, but I’m always DTF for a high value man.

Response: “Yeah, sure” (ignore).

10 “You’re too old/young for me”

Translation: I don’t want to be judged or perceived negatively for the age difference between us. Assure me that it’s fine.

Response: “I don’t usually go for blondes/[her hair color either], but sometimes I make exceptions”

11 “You’re an asshole”

Translation: I know I’m not supposed to be attracted to guys who are mean to me, but you’re giving me tingles.

Response: “Yep, and you love it.”

Failed: “I’m sorry, I wasn’t trying to be mean”

12 “Do you have a girlfriend?”

Translation: Do other women find you desirable? Can you get laid?

Response: “Why, do you want an audition?” / “I guess another one wouldn’t hurt” / “Yes”

13 “Let’s just be friends”

Translation: Will you be my orbiter who I can use as an emotional tampon and an ATM?

Response: “I have enough friends” (never be her orbiter. Go find another girl).

14 “You’re too short for me”

Translation: I bet I can break your ego.

Response: “I knew I should have worn my heels”

15 “You look sad” / “Why are you upset?”

Translation: Are you a pathetic, loser beta?

Response: “It’s really hard being as attractive as I am”

16 “I don’t sleep with guys on the [1st, 2nd, 3rd, etc] date”

Translation: I’ve been pumped and dumped many times by guys who I slept with quickly, so my guard is up. But I’ll still fuck you if you’re high value enough.

Response: “Neither do I. Most girls don’t get a date”

17 “You’re not my type”

Translation: You’re not impressing me

Response: “You’re not my type either. Look, we have something in common”

18 “Give me your number instead”

Translation: I want to shut you up by making you think an exchange is happening, but in reality I’m never going to text you

Response: “Sorry, I don’t give out my number”

19 “Does that work on other girls?”

Translation: Do other girls think you’re attractive?

Response: “Only the hot ones”

20 “How much money do you make?”

Translation: Are you a beta bucks who I should make wait for sex so I can extract resources first?

Response: “I’m homeless” / “Enough” (NEVER give a real answer)

21 “I’m on my period”

Translation: I’m putting up LMR because I’m still not 100% sure if I should fuck you. [note: she may actually be on her period. But many times this is an LMR tactic, so be aware.)

Response: Say nothing, continue to escalate, and try again

Tomorrow I will release Part 2, which discusses 19 shit tests used by Plates, LTRs, and Wives.

1,804
UPVOTES

FR - My story - She is not who you think she is, 15 years to find this out (the hard way)

All_fixed_again · 30 June 2015 · Archived copy · Reddit

Summary This is not so much a field report but rather my own account of my unplugging, it will cover a time span of over 15 years so a little long. I think it's important to create context so the first part is really dedicated to the story behind our meeting and marriage, the second part is the events leading up to the divorce. The experiences I have gone through have fundamentally rewired my psychology and how I see relationships and the opposite sex. Having read this sub daily, I think it is high time to give a little back to the community that crystalised what I already knew to be true.

Part 1 – The ultimate Beta provider

I met my ex-wife when I was 24 years old and she was 18, we both worked part time at a store in the capital city of an African country (one of the more developed ones). We were friends at first, I thought she was innocent and sweet, a little awkward but cute. Her father had passed away when she was 8, her mother was a teacher and ruled the house with an iron fist, very conservative and everyone pulled their weight in the household. I respected her mom, she was dealt a tough hand and made the best of a bad situation. I felt that a girl who had been brought up in that environment was bound to be good enough for me.

Our paths diverted when I finished my studies and started working full time, she remained working at the stationary store, struggling to help her mom pay the bills...very little future prospects, stuck in a rut.

2 years later, we bump into each other at a bar, we exchange phone numbers and started dating. She dropped her current boyfriend almost immediately to be with me. She was ambitious and wanted to continue studying, she had taken a 1 year break after high school to figure out what she wanted to do with her life. Financially strapped, she could not easily afford tertiary study. She had saved some money for her studies but nowhere near enough. She managed to secure a bursary/scholarship to one of the top universities (she was a smart girl) who paid for 50% of her studies. At this point, deep in a relationship with her and wanting her to be happy, I paid for the rest. (mistake 1)

2 years later. The political situation in our country had gone south and we make the decision to leave for the UK. I would go first and get settled, she would complete her last year of study and then move to the UK. Just prior to her moving, we got married...a spousal Visa was the only way to get her into Europe (mistake 2). I knew she loved me and I so deeply loved her, her innocence, her frailty, her vulnerability.

After she moved to the UK, she decided to change her career direction, she wanted to be a Software Engineer like I was but did not know where to start. We found a college that offered a 1 year Software Engineer qualification, she studied for a year, I paid for her studies and she lived with me rent free. She was my wife, my duty as her husband was to help her be successful so that one day, we could build a strong family unit and not struggle financially (mistake 3)

After a while the sex dropped off, I thought this was natural after being together for so long. We had sex once a month if that. I tried talking to her about it, it would be OK for a week or two and then we were back to where we started. I swallowed it...she was my wife, I loved her and our relationship was beyond sex (Mistake 4).

One day, after being sexless for approximately two months and missing the affection I so longed for, I found an e-receipt on my home computer from an online store for 3 dildos and some anal lube, they had been ordered several weeks back. I felt betrayed; she would rather have sex with plastic than with me? her loving husband that had given her everything. I went into our bedroom and found them hidden at the back of her sock draw. I did not have problem with her getting dildos, I just felt excluded...this was something we could have done together, she could have been open with me. She said she was going to surprise me and spice up our sex. We fought for a couple of days about this, but it passed...I loved her, I believed her...but I also realised, she was not attracted to me anymore

(mistake 5).

After she finished her Software Engineering studies, I pulled some strings and got her a job as a junior developer working for the same company I worked for but in a different division. We had always had a joint bank account, the account where my salary had been going to, she had her own card for this account and I was finally happy that I was not going to be the only financial contributor to that account. 3 months after starting work she said she wanted her salary to go into a separate account and she would transfer “her share” into the joint account monthly....RED FLAGS suddenly started flying everywhere. I made it clear that I had been covering her ass for the last 4 or 5 years, there is 1 joint “family” account and her fucking salary would be going into the family account. Just like I was happy to do when she was contributing nothing. Her salary went into this account, but she opened a separate account where €200 would be transferred monthly to her....at this point, I am starting to feel fucked over...but I am her husband, we are a family, she loves me and I love her...nothing is going to break that....right?

2 years later, our bedroom still dead...we agree to have kids, our first son arrived in 2006. We decide to leave London to have a “fresh” start, I manage to secure a good position with a company in Germany, we sold our home in London (which I paid for) and moved...a new life in Germany.

In Germany, she stayed at home bringing up the kids, our second son arrived in 2008, we built a huge family home in an exclusive area in the town we stayed in. When the kids were old enough...she went back to work. I was happy, there was no sex but that was not important. We had a beautiful home, 2 smart kids, a great circle of friends, we were both working and had secure futures. Life was perfect...except, I knew she found me repulsive.

Part 2 – The downfall (Chad enters stage left)

She had been working for about 6 months. The year prior, she had dieted and lost substantial weight. She started looking after herself and I was happy for her, I complimented her every day, tickled and teased her...she laughed. I had always done regular exercise, while I was not ripped, I was by no means fat. One morning, after getting the kids ready and sitting them down for breakfast, I went upstairs to the bathroom...she was doing her face, I came up behind her, hugged her and whispered in her ear “you are looking so good, I can’t wait to get home tonight so we can have some alone time”. She said, “Perhaps if you weren’t so fat I would fuck you”. I said....nothing...shocked, I went downstairs, packed the kids in the car and drove them to kindergarten. For the first time...I started thinking about divorce. After all that we had been through, all our shared experiences..she blurted out such a hurtful thing so easily.

A month later, she did some online training for a week where a bunch of students sit in a virtual class room. A couple of days in, she tells me it is really cool, and one of the other students (Dave) is a really funny guy...I would love him if I ever met him. I think nothing of it.

That weekend, while on our Tablet at home, she had left her email account open. I noticed 20 emails between her and “Dave”. I click on the first one, the email history attached below...they are flirting. I confront her, she says they are just friends and he is in the UK...no danger. I tell her its not OK to be married and flirting with other guys...think of everything we have built up, the kids, the house...me. She cries and says it will stop.

I don’t trust her. I hack all her accounts and have access to her phone. She sends him an email the next day saying she loved her husband and they need to stop. He agrees.

Two days later, she initiates contact again with him and it escalated quickly, I see the email exchanges but let it develop, perhaps she will do the right thing. At dinner, I ask her if she has spoken to him again...she says no, that’s all history.

Five days later, its escalated...he is sending cock shots, she is sending vag shots to him via email. I again ask her if she has spoken to him. She says no, with an absolutely straight face but unable to look me in the eyes (well what do you know, my little angel is a really good liar). I tell her I think she is lying and ask her to show me her phone...she refuses. Then, admits it. She cries, she knows it was wrong...we agree to try again. Its only online right...think of

the family, think of the house, the kids...our life together, our history. I mean... I was there to help her bury her mom when she passed,her pillar of support...didn't that mean anything to her? She sends him an email saying they have to stop...he agrees.

Another 3 days pass, she initiates contact with him again, she is talking about how beautiful his cock is and she can't wait to lick the cum off of it. Turns out my little princess is a raging whore that wants all her holes filled. Dave was good, he knew exactly what to say to get her wet...I read it all, each message kills me a little inside. I say nothing...perhaps she will figure out that this is wrong and come back to me. After 2 days of intense emails between the two, explaining how they plan to fuck each other...I have got to the point where I realise that I do not know this woman at all.

That night, I have said nothing...she is lying in bed next to me with her laptop. I pretend to be sleeping...she can't see my eyes, I have a pillow over my head. I can see her screen. I pretend to be asleep, deep breathing...she opens her email account and starts typing...after 5 minutes I say "How is Dave?"...she slams the laptop shut, she denies it...I ask her to show me...she refuses, then admits it. I blow my top...WHAT THE FUCK IS SHE THINKING! She is going to risk this family for an internet fling with some prick in the UK?! The house, the kids, our friends circle...everything we have built up!!? She says she can't help it...she needs this adventure. I tell her she has to make a decision..its me or Dave. She leaves and goes for a walk...crying. I go to bed; she comes home and sleeps in the other bedroom.

The next day, she sends Dave an email saying that she has to choose between her husband or him...and she chooses him. I was at work when I read this...it took a minute to sink in, I went to the bathroom, holding back tears, violently started vomiting, then passed out...I don't know how long I was out for. I left work dazed and confused, went home and slept...

She got home, asked if I was OK...said I was fine, shaking, pale, dehydrated...I had not eaten in days. We started talking and I asked her if she had reached a decision? She said she wanted to stay and hold family together (the lying whore)...I pretended to be oblivious; she then suggested an open relationship. I told her to fuck off, I had self respect, if this is what she wanted then it was not over...she still wanted to fuck him. I knew it was over between us...if it was not Dave, it was only a matter of time before she was fucking someone else, I was starting to unplug.

The next day, I told her she had a divorce on her hands, the switch had gone off in my head. Having read the exchanges between her and Dave...I did not know this cunt at all and she was unpredictable. Everything I did now was focused on protecting myself and my kids. I immediately removed her from my bank account, contacted a lawyer and minimised all communication with her.

I took some extended holiday from work, I was not able to function. My concentration was shot. My day consisted of waking up, doing 200 pushups and 100 situps. I ran 10km every morning and 10kms in the afternoon. I would do push ups at every opportunity I had. At night, I would go out with a friend and we would hit all the bars in town. I needed distraction, I had serious IDGAF and for some reason (we all know this)...woman flocked to me. Over the next 8 weeks I would end up texting with about 12 different woman, they could not get enough. I was a 40 year old man at the time, on one of the first nights out I met 24 year HB9 hairdresser who could not keep her hands off me. Being out of the game for so long, I did not close...and in reality...I did not want to close. But it gave me hope for the future...this new life might not be all bad.

My soon to be ex wife saw this transformation and hated it, now that I had grown a set of nuts and took control of my own life, she detested it. Her Beta provider was disappearing (and somehow becoming attractive again)

I was still tapped into her accounts, she was making concrete plans to go fuck Dave in a hotel in London now that she was getting divorced, she had a free pass to fuck Dave. They were sending hundreds of messages to each other every day, describing what they were going to be doing to each other, things you would not want done to a farm animal...my little princess that I looked after like brittle porcelain was going to be A2M'ing Dave...nice. A close friend who I shared everything with told me to stop reading these messages, it was killing me. I said no, I needed to

read this because they were cauterising the last set of feelings I had for this woman. I would stop, but only after I was done with the last step.

She told me she was going to London to visit her brother...I knew better. I told her I was not stupid and knew that she was planning this, she denied it. I knew what time they were meeting, what hotel they were staying at, I knew the room number, I knew that she had an appointment to have her Vag waxed the day prior to meeting him. Her cousin in London was to lie and say she was with her in case I called. I suspected she wanted to attempt a rescue after she came back from London. Little did she know.

We had a house together and this was on the market, it would take another 3 months before house got sold. She wanted me to move out...I told her to go fuck herself. She created this situation, she should move out. She wanted to sleep in the main bedroom...it was her room. I told her to go fuck herself...I paid for everything and she should move to the guest bedroom. Her car broke down, she called me...I told her to go fuck herself and call "Dave". I had given her so much in the past and it would be a cold day in hell before she squeezed anything else from me.

For the sake of the kids at home, we were cordial with each other, parental duties continued as they were. We tried to keep life for the kids normal. We made arrangements to have house sold, agreed to divide up furniture and liquid assets...I just wanted out. Her trip to London was in about 6 weeks, during those 6 weeks, I was on an emotional roller coaster. My life consisted of running, pushups, situps, bars at night and meeting new people. I was content with my future one hour, the next hour I was curled up on my bed crying. During a low period I contemplated suicide, I came close, but how would my kids live knowing their father committed suicide...I stepped back from the ledge

She left for London, when she left, I told her not to fuck him with a smile on my face. She smiled and said that I was crazy and she was not meeting him. She continued denying it as she had done for the last few weeks. The night they met in London, I gave it a couple of hours then I called up the Hotel, I asked to be put through to Mr Dave Thundercocks room. He answered...I said "Hi Dave, do me a favour, can I speak to Mrs All_fixed_now?", he said "sure, who should I say is calling?"...I waited 3 seconds then said "her husband"...he hung up. I then called her mobile, she answered..."all_fixed_now, why are you doing this, just leave me for tonight?", I coldly said "just so you know that I'm not as stupid as you currently look. I heard room 743 is really nice and I bet it has not seen as much action as it is seeing tonight. The only thing I want you to know is that you have lied to me for 15 years about who you really are...now, I know exactly who you are"....I hung up.

I was done and I felt nothing anymore. I was not angry, depressed, happy or sad...I was just empty. My close friend suggested I talk to someone to deal with the pain, I felt no pain...nothing. I remember talking to him saying that it felt like my psychology had been rewired over the last 8 weeks. My opinion of marriage, being a provider, the true nature of woman, what I would compromise for a woman and what I would not had completely flipped. I would never get married again, I would maintain my independence and I realised that women aren't these fragile little creatures that need to be looked after, it is in their best interests for you to believe that...but they are experts at deception.

She came back from London, as expected...there were tears, begged me to take her back. She tried to come onto me, get touching and affection. I pushed her back. I sat there coldly while she bawled, told me she loved me, for the sake of the kids, the house, our family, all the history we had together...she was distraught and so desperately wanted me back, my emotions felt tickled...only slightly. I sat back in my chair, looked at her coldly and then said "So Dave's cock did not taste that good then did it"?...got up...and walked off.

I was done.

UPDATE - The Epilogue

Many of you have asked for an epilogue, how things turned out. While my original post was quite long, I will add a few more paragraphs to close off the loose ends. This all happened during the last quarter of 2011, from when I first discovered the flirting in October, to when she came back from London in November and to when I met my next

LTR (a different post) in December. The house was sold in December 2011 but I only moved in February 2012 so we had a couple of more months living together in the house....I was not moving out.

After she came back from London, she made several attempts to fix things with me. She went from being nice, she tried appealing to my emotions, talking about the kids, she even tried climbing into my bed naked in the middle of the night. She was in emotional turmoil but I was so thoroughly disgusted by the person I now knew she was that I coldly and calmly rejected all of her advances. This usually resulted in anger from her, I walked away...did not care, I felt nothing. One night after her usual attempts and anger, she said that Dave was the best fuck she ever had...he made her cum 6 times that night, my response "good for you".

After the veil of "love" had been lifted from her, the beauty I had seen in her disappeared. I saw her for the aesthetic wretch that she was, a HB5...a 6 on a good day. I was repulsed by her, even though I had never come across the RedPill at this point, I knew something had changed in me, something fundamental.

My life was now open ended, I could do anything I wanted and had no commitments to her, the only thing I needed to worry about was myself and my kids. After 15 years of being the sole breadwinner...it was liberating. The one thing I knew was that I did not want any more kids, I would likely be running around like a dog with two dicks and wanted to make sure that I was in control of choosing to have kids or not. I had a vasectomy in December and it was the best decision I ever made (and you will know why in my next post).

I realized that despite me having no feelings for this woman, she was still the mother of my kids and she needed to be OK for my kids. After all that she had done to me, I was fair to her and made sure she was OK to find her own place, get moved in and there was minimal impact to my kids...that's the only thing that mattered.

In December 2011, I was juggling multiple women, I was out every night with friends or dates and I was looking for an apartment in the old town of my city. I scheduled a viewing to see an apartment I was interested in, waiting at the door...an attractive real estate agent comes up to me and introduces herself. She was 33 years old and extremely attractive, slim, dressed well and had beautiful blue eyes. We go inside and she starts showing me around, she asks why I am looking for an apartment, I let her know it's a divorce...she starts telling me about her divorce. We spent 3 minutes looking at the apartment and the next hour talking about our failed relationships. She was open and honest, a breath of desperately needed fresh air. She was to be my next LTR.

I heard through the grapevine that my ex-wife went off the rails for a few months. On the weekends that the kids were with me, she would apparently go out with "friends" and fuck anything that moved. Apparently she even had a couple of Lesbian encounters. Over the next 3 months, she introduced 2 men to the kids, guys that stuck around for a couple of weeks. After the second one disappeared off the scene, I told her to settle the fuck down and find a new man and stick with it. I did not want a revolving door of men coming and going out of my kids life, if the kids were introduced to one more man that was only there for a couple of weeks...she would find herself in court and I would look for custody.

6 months later, the ex-wife met another guy and she has been with him ever since. Tall, balding on top with a pony tail, skinny but with a fat stomach, only drinks Soda's and Red Bull, absolutely no dress sense. My friends have told me she downgraded...as long as she is happy I don't care. He is BB through and through and a "nice guy", he is good to my kids and teaches them right from wrong, he is not a negative influence on them. They stick around for a coffee when they pick-up or drop-off the kids, we do birthday party's together and there is no anger.

My ex-wife continues to be extremely "nice" to me, she tries to help and make my life easier, I put it down to her guilt nerve still twinging in the back of her neck.

Oh...and she has put all the weight back on. I am in the best shape of my life (thanks to TRP's lifting advice)

Lessons Learned:

- You think you know your little snowflake? You don't know her at all. If you think she is a snowflake, it's because that's what she wants you to believe. It serves her purpose

- Don't be a Beta provider – Does not matter how lost she feels, does not matter how much your caretaker instinct tells you to help. She will not appreciate it in the future, the only thing she appreciates is what happens now (Brifaults law).
- Don't be a begging Beta, if she does not want to have sex with you then don't beg, you can't negotiate this shit. Be the guy she wants to fuck, and if it's not her...then it's another one of the lined up woman. My current response to a dead bedroom shit test is "You don't control my sex life, you either keep me happy or I get someone else to keep me happy"
- If she cheats - the only thing that can be rescued is your self respect, GTFO and show no emotion
- Some people on this forum say "dont get married", I would take it a step further and say dont ever get yourself into LTR situation with a woman where you cant walk away at the drop of a hat. Maintain independence, have no dependents.

Edit 1 Geezuz guys!!! my first serious post and you guys give me nearly 1000 upvotes and you toss fucking gold at me?!

Edit 2 By popular request, I have closed off my story with a small Epilogue. How things turned out.

Edit 3 For my next post I plan to talk about the lessons learned from my next LTR (the real estate agent). That relationship is about to end.

Edit 4 Link to my follow-up post I did a while back

https://www.reddit.com/r/TheRedPill/comments/3kdu83/fr_she_is_not_who_you_think_she_is_again/?st=iz7634qi&sh=78ff16ba

1,804
UPVOTES

Feel good story - Jury awards man \$8.4 million for false rape accusation

Arty777 · 21 February 2018 · Archived copy · Reddit

This story is a couple months old, but I just saw it. An army colonel was about to be promoted to general when some random blogger accused him of raping her like 30 fucking years ago. The army yanked his promotion and started an investigation that found no proof, but his career was over. Can you imagine that shit?

He sued her for defamation and was awarded \$3.4 million for lost wages and reputation damage and \$5 million (!!!!) for punitive damages. Apparently the punitive damages in this state are limited to \$350K and the overall damages will probably be reduced to around \$2 million, but wow this is still a huge win.

He proved that every part of her story literally could not have happened. The jury was composed of three men and four women. They deliberated for 2.5 hours, but the entire deliberation was over the amount of the damages. They all unanimously agreed after their initial poll that she was liable. One juror said that they awarded the punitive damages "to make sure that something like this could never happen again."

https://www.washingtonpost.com/news/true-crime/wp/2017/08/11/jury-orders-blogger-to-pay-8-4-million-to-ex-army-colonel-she-accused-of-rape/?utm_term=.87a6e2715a48

Edit: Oh and after the army's investigation found no evidence against him, his name was put forward again for promotion but Obama's scumbag Army Secretary still denied it. Unreal what that man did to the country.

Edit 2: Been getting some flak for my first edit because I said that Obama's Army Secretary denied the promotion and it is against sub rules to discuss politics. Sorry.... I guess? I didn't attack liberal tax policy or foreign policy. I attacked their sexual assault policy.

I'm not sure how the politics can really be disentangled from this case. One party has been driving this almost exclusively, and one party decided to create a situation in academia and in the military where one unfounded accusation on someone's blog ends your career/education in order to win more votes from women. That's the reality. If reality makes you uncomfortable, there are a few other subs I can recommend for you to check out such as Two X Chromosomes or The Blue Pill.

If any of the mods think this breaks the rules I will remove the offending paragraph.

Edit 3: There's a bit of confusion in the comments that people are saying "glad he was acquitted," or "why wasn't she jailed for lying," etc. I'd like to give a 10 cent civics lesson for those who maybe aren't from the US or don't fully understand the legal system. I'm not a lawyer. Please feel free to correct me if you are and I've made a mistake.

In the US and other countries that get their legal traditions from the English, there are two types of trials, criminal and civil. In a criminal trial, the people through their government bring charges against a person for breaking a law. At the trial the government must prove beyond a reasonable doubt that you committed the crime to the jury. If the jury returns a guilty verdict, then you are punished by the state with fines, community service, probation, prison, or even death.

In a civil trial, one private citizen or corporation sues another private citizen or corporation (government can sometimes be sued but not always) for committing a tort against them. They seek to recover monetary damages for being wronged. These torts could be anything from libel/slander like in this case, to medical malpractice, to suing a dog owner if his animal bit you. In a civil trial, the person bringing the suit must show that there is a greater than 50% chance that they are correct (different standard than criminal trial) and also show how they were damaged by the wrongdoing.

If the jury decides in their favor they can then decide how much the damages should be. There are different types of damages that can be awarded. For example in this case the jury awarded him \$3.4 million for lost wages and for

damage to his reputation. This means that the jury believed that the wages he should have made as a general plus the damage to his future earning potential and the personal suffering he endured because of his damaged reputation was worth \$3.4 million. They also awarded punitive damages of \$5 million. Punitive damages are meant to punish the defendant and deter future behavior like this. Again note that the actual judgement was almost certainly reduced by the judge to around \$2 million. This seems to be a pretty common theme in civil trials.

Some are asking why she is not in prison for making a false charge. She never made any official charge against him. She just put some words on her blog. Some are also asking why she isn't in jail for perjury (lying under oath), since she lost her case. Understand that just because she lost this case, she is not guilty of perjury. The government would have to bring charges against her and conduct a whole new criminal trial to prove beyond a reasonable doubt that she lied in her testimony. Simply losing a court case in which you testified is not enough to convict you of perjury, otherwise the loser would be getting hit with a perjury charge after after case.

1,803
UPVOTES

/r/theredpill is SUBREDDIT OF THE DAY!

redpillschool · 24 April 2016 · Archived copy · Reddit

https://www.reddit.com/r/subredditoftheday/comments/4g88p8/april_24th_2016_rtheredpill_a_look_at_what/

1,793
UPVOTES

The red pill are a bunch of bigots who can't get laid.

redpillschool · 20 March 2015 · Archived copy · Reddit

They're all virgin neckbeards. Couldn't get laid to save their lives.

I consider it somewhat ironic on a meta level, that the people saying this don't themselves see the irony.

Recently we were deemed the most bigoted subreddit on this site. And of course the usual insults began to fly. We are, as everybody knows, just a bunch of sexless, angry, nobodies.

I'm hoping I've caught the attention of at least a few new people taking a peek to see what we're about. You're probably hoping to find evidence to support the popular opinion- that we should be chided or ignored.

The reason we are here and the reason we don't care about the insults are one in the same: Because joining the red pill did not *start* the insults, instead the insults started the red pill.

The irony sorely lost on the masses is in the call for equality, anti-bigotry, and whatever other causes your average social justice warrior stands up for. The public has doubled down and taken up the very weapons they decry. Shame and scorn against those they disagree with. *Sexual shame* in retribution for *valuing sex*. Smooth.

They say that we're wrong in our assessments, and then revoke our manhoods by commenting on our inability to get sex.

But they've got the order of operations down wrong.

I'm not going to deny that we have had trouble with sex. That is the common thread that brings us here. Using sexlessness to dismiss us is precisely the behavior that brought men here to begin with. We *were* sexless. Our views and perspectives, our so-called "bigotry" did not lead us to a sexless life so you can conveniently dismiss our views. Instead, our sexless lives lead us to adopt these views as a last ditch effort to reach sexual success. And most of us stayed here when we realized it was effective.

But life isn't all about sex! You guys are obsessed!

Right?

I think it's pretty safe to say that most women don't really understand to what degree sex matters in the average man's life. He finds more than a physical release, he finds belonging and acceptance in sex. Sex for a man is knowing you are wanted. The fact is, for most of our lives, we've come to accept that we are not sexually desirable to most (or all) women. Our advances left us crushed and depressed, were treated as creepy or worse than murder. Our relationships left us broken or broke. Our marriages crumbled. If you listen to pop culture, and believe everybody finds their special somebody, then we must have been the outcasts.

The fact that commenting on our lack of sexual success is inherent in all public dismissal of us (virgin neckbeards) should help put this into perspective- even the feminists and social justice warriors of the world denouncing sex as that important have made our manhoods (and therefore rights to have or speak an opinion at all) entirely dependent on our access to sex. Why would being a virgin or a neckbeard matter, unless sex *truly does matter to our manhoods*?

I don't really buy the rationale that it does matter to be a man. But I do recognize that sex will still be important to men nevertheless. And so here I support such a hypothesis, and behold, 102,000 men in two years have flocked. You can dismiss us, our views, and theories. But you cannot dismiss the common need and problem that brought us together.

I want to back up a little bit, and address the idea that we're social outcasts.

Now, you'd think, every gender and every group has their outcasts. Looking back at highschool, there were always those fringe groups that didn't quite get along. Some banded together in their unpopularity and played dungeons and

dragons or wore funny looking clothing. So what's the red pill? Just a group of pimply-faced nerds who never learned to talk to women?

That's the problem here- the reason for our corner of the internet. It affects more than just the pimply-faced nerds, more than the short guys, more than the fat, the skinny, or the ugly.

The changes to inter-gender relations over the past 30 years have started to affect *all of us*.

You can see it in the declining marriage rates, in the studies that show dissatisfaction among both genders in relationships, the sky-high divorce rates, and the endless stories of custody battles and alimony cases. The school shootings and the male suicide rate, the gamer scandals, and presidential campaigns. The declining rate of male college graduates and the women who don't care. The single mothers, and the children who hate men.

We're not the sexless virgins. We're not the neckbeards.

We're fathers, firefighters, pilots, drivers, teachers, engineers, students, bankers, and entrepreneurs who are tall, skinny, fit, fat, good-looking, ugly, old, young, happy, angry, sad, depressed, and everything in between.

And we've all been affected by the changing environment.

And none of us found compassion, belonging, or empathy in the very system that gave us this shared experience.

Maybe we are bigots, maybe we hate women. Maybe we aren't, and maybe we don't. It's entirely superfluous to the point of why we're here. Attacking these points does not dismiss our existence, nor does it address it.

It's up to you how you're going to deal with this information.

1,788
UPVOTES

Red Pill Video Compilation Nuke: Required Viewing for All

dr_warlock · 8 July 2015 · Archived copy · Reddit

Intro: I believe that videos are vitally necessary for the explanation of big picture TRP concepts and should be included in the sub and Puerarchy.com should the sub shutdown. As incredible as posts and the comments section can be, they can't replace the visual aspect and thoroughness of a clip. Below, are videos that **every** TRP member, newbie and veteran alike, is required to watch, except below the weightlifting section. Many of them have been sporadically shared here in this sub over the years, but now they're in one place. None of them are a substitution for the other. Videos have been backed up in case of censorship. **Beware:** intellectual burnout and anger phase relapse may occur. There's a comedy section at the end, I suggest you periodically dip in it for some relief, it can get depressing. A good laugh will be had. **Enjoy.**

Reminder: The merit of a message is not predicated on the character or extra curricular activities of the speaker.

The Plugged-in Won't Listen

Arguing is Futile

- Video blogger shows how humans confront arguments. You do not enter with a blank slate, take information, then make a decision based on that information. You get a dopamine spike for denying another person's view that doesn't fit your ideology.

Alpha Fux Beta Bux

RSD Tyler Proves How Women Judge Men

- Tyler goes into the club with a guy and tells him to say he's a dentist. Tyler plays the laid back cool guy. He shows that women do in fact place men in 'mental boxes', categories for roles they deem he would fit best. Tyler explains to the women what they did. They apologized upon their realization, they weren't even aware of what they're doing.

RSD Tyler Shows How Society Shames People into Boxes

- Tyler explains how society, especially women put you into mental boxes and will shame you into staying their. It makes their world more predictable and comfortable. Betas get shamed the most.

RSD Tyler on Frame and Pre-Selection

Gender Equality Narrative

Gender Studies is Nonsense (6 Part Series)

- "Comedian completely destroys every claim by the gender studies institute [Nordic Gender Institute aka NIKK] with proof from actual scientists, biologists, psychologists, etc. to the point where the state shuts it down." - /u/theVet

Feminism Vs. Freedom of Speech

- Feminists pull fire alarm during men's rights meeting. They all clap and cheer at their sabotage. One of the leaders is interviewed.

Female Firefighter vs Male (Not a Firefighter)

- A TV show hosts a basic firefighter course contest, men vs. women. The women (athletic build) can't even pass simple obstacles while the men have no problem. Is this the person you want to rely on saving you when trapped in a burning building?

Should Women Be Police Officers?

- Not one, but **two** female police officers attempt to get a hold of male suspect and are embarrassed without the male even trying. Is this who you want chasing after criminals paid with your taxes? Patrice O'neil - *"I let her arrest me"*

1 Man vs 5 Women To Save Female Victim

- Woman is attacked by gang of five girls, guy intervenes and wrecks shit. He's not even that big and tosses them around like they're nothing.

Women in Combat: Can't Cut the Mustard

- Ex-Army Ranger shows statistics of physical ability, men vs. women + graphic reality of what happens when you're captured.

Rape Culture, Harassment, and Female Oppression Narrative

The Truth About Rape Culture

- Videoblogger completely destroys the narrative of rape culture with **government statistics** and common sense.

What Affirmative Consent AKA "Yes Means Yes" Looks Like

- This is a visual demonstration of how the Federal Government wants male students to conduct sexual activity **every time** they initiate sex, regardless of relationship status. Colleges don't show this video to their students.

Saying Hi = Harrassment

- Video blogger deconstructs the **NYC street video harassment video**, completely destroying the narrative of rape culture and 'harassment' it was trying to perpetuate.

The 48 Privileges Exclusive to Women

What Patriarchy is, and Why it Comes to Be

- Big picture video related to the book, **The Fate of Empires**. The cycle of patriarchy and gynocracy repeats throughout history depending on the proportion of men and women.

Gender and Racial Wage Gap Narrative

Do Women Earn Less?

"Like other myths, this does have a kernel of truth to it. So for example, if you add up all the incomes of women and divide by the number of women in the labor force and then do the same thing for men, what you'll find is, on average, women do make about 75% of what men do. **What's happening is not discrimination in the labor market, but differences in the choices that men and women make (about investing in their knowledge, their education, their skills, and their job experiences) that led to them getting paid different salaries.**"

How every company in America can save 23% on wages

- Maddox takes a different approach to debunking the gender wage gap narrative.

Thomas Sowell Dismantles Feminism and Racialism Narrative

- Woman host presents misleading facts about the corporate world in regards to racial and gender discrimination, Thomas destroys the narrative.

Milo Yiannopoulos Debates Wage Gap Narrative On Live TV With Two Females

- Famous gay guy discusses the gender wage gap narrative with two females on live TV.

Barack Obama and Other Politicians Perpetuate Wage Gap Narrative (Not a left/right argument)

- Given what you know about the wage gape narrative, why does a man with access to all the top experts of economics continue to perpetuate it?

Women are Wonderful Narrative

Media Encourages Women to Deceive Men About Birth Control

- Audience member tells host that she wants a baby but her husband does not, and asks if she should stop taking birth control without telling him. The host says yes, and every woman in the audience agrees and applauds.

Three Girls Falsely and Publicly Accuse Taxi Driver of Sexual Assault and Harassment

- Three girls didn't feel like paying \$13 taxi fare, they asked for a pussypass. Taxi driver says no. Girls get mad and start crying rape when they exit the vehicle. The whole drive was recorded on camera.

Ex-gf Attempts to Frame Judge For Abuse by Throwing Herself out of the Car

- Judge was cleared because he had it all on film. Other public cameras caught some action too.

13 Highschool Girls Conspire and Do Falsely Accuse Kid of Rape

- He goes to jail for over a year based on no physical evidence. "He needs to be taught a lesson for being a player"

The Truth About Single Mothers

- Videoblogger reveals the reality of single motherhood and how it is completely detrimental to society, specifically the black community. Our societal setup incentivizes this phenomenon.

The Dangers of Dating a Single Mother

- Videoblogger talks about what it's like to date a single mother. Hint: Don't do it.
-

Indoctrination and Consumerism

Century of the Self (4 Part Series)

Like Darwin and his theory of evolution, Sigmund Freud's ideas about the subconscious controlling most of our lives was considered, 'radical', specifically those pertaining to sexuality. It was insulting to people's sensibilities and egos that they weren't in complete conscious control of their lives. And also like Darwin's critics, people didn't like being reminded that they were animals underneath it all.

A government official alive during the 1920's admits the government took a keen interest in Freud's ideas of the subconscious, and wanted to research on how to manipulate their citizen's minds without their conscious knowledge.

History of Political Correctness

- European immigrant founders of Marxist Frankfurt school came to America to indoctrinate and take over its inhabitants with false narratives.

Demoralization

- Ex-KGB intelligence officer exposes the reality of the intelligence community. Very little is done in espionage, while most work is done to indoctrinate the populace with narratives to such an extent, they will deny obvious facts.

Academia is the New Church (by /u/bsutansalt)

- Governments and the elite have learned that outright indoctrination and domination through the church and dictatorship are not as effective today, so they decided to be more subtle and indirect with the illusion of democracy and slowly indoctrinate through the media and academia. They set the narrative, then people vote based on that narrative which always leads to a restriction of rights. In this case, women's suffering (ie rape culture).

Indoctrination in Academia

- Teachers are being forced to spin every school subject in a SJW issue light which also includes the STEM courses.

College Conspiracy

- The school system and academia is no longer about education, but about filling the pockets of a few and creating
-

worker drones. Students are being taught that the only way to succeed in life is through this system, and are never taught how to escape it.

SJW's are Useful Idiots

- Ex-KGB intelligence officer admits the reason why the government creates them, and the probable fates based on similar historical circumstances.
- This clip, and the one before it are small segments of **Yuri Bezmenov: Deception was my job**, more like Dark Enlightenment Territory, but highly recommend.

Feminists are Useful Idiots

- Alain Soral talks about the big picture of feminism and explains why it fails to make women happy. Very good analysis.

Reason for Women's Liberation

- Aaron Russo, explains why the elite and CIA funded women's liberation.
- The clip is a small segment of **Reflections and Warnings**. Again, a bit more Dark Enlightenment territory, but highly recommend.

Planned Obsolescence

- Several light bulb manufacturing companies form an official cartel to purposely make light bulbs last 1000 hours less so that consumers need to replace their products more often. This idea has spread and influenced multiple industries, and still exists today.

Why Engagement Rings Are a Scam

- Big corporations with monopolies on diamond mining artificially restrict the supply of diamonds to give the illusion of scarcity. They then indoctrinated the populace into expecting jewelry to be apart of the relationship dynamic.

Divorce Reality

Inside America's Lucrative Divorce Industry

- VICE conducts a documentary on rich divorce lawyer, and reveals how the business world has adapted to incentivize it in the new marriage climate. Lawyer: *"I'm surprised marriage is not an extinct institution"*

Divorce Corp (or here)

- A documentary narrated by Dr. Drew showing the reality of the family court system.

Erasing Dad (Argentina) [Censored by the State]

- A documentary showing that the state purposely uses children as financial hostages against the father to extract as much money as they can from him in family courts and child services.

Legal System Advice and Reality

Don't Ever Talk to the Police

- A lawyer and a veteran police detective thoroughly teaches students to never talk to police. Your words can only be used **against** you, never **for** you. They will implement many manipulative and deceiving tactics to get a conviction. Always contact a lawyer

Privatized Prisons (Related to **Debtor's Prison** & assault and rape laws from the **All-in-1 Legal Guide for Men**)

- Businesses contract with the government, some requiring 90%-100% occupation quotas, lest they have to pay a fee for unused beds. They are looking for any reason to prosecute you. Prisoners are used to prepare products for big industries for slave wages, creating big profit margins. *"Crime goes down, jail population goes up"*

Overcriminalization (Incentivized by Prison Quotas)

- There are over 300k laws, so many that not even the government can keep track. Hundreds of laws are made every year, laws you never would think would be a jailable offense.

Spain's War on Men

- The courts accept false accusations when claimed by women. Accused men are placed in jail for 48 hours. Over 400 accusations are made a day by women.

What the Decline Looks Like

Demographic Winter (Part 1)

- Examines the population decline, especially in the west. The fertility rate has dropped below the replacement rate around the world. The average age is shifting upwards (more older people, less younger people).

Demographic Winter (Part 2)

- Discusses the reasons for the decline including feminism, marriage climate, and self centeredness instead of acting for the good of the community.

The Beautiful Ones

- A rat experiment funded by the Rockefeller Foundation that shows the social effects of removing predators, 'unlimited' resources, in the confinement of limited space. It could be said to be a MGTOW analogy. A good manosphere article analysis, [here](#)

Other

RSD Tyler and Julien: Progression vs. Degeneration

Weightlifting Basics (Starting Point)

Strong Lifts 5x5

- 5 sets of 5 reps, add 5lbs next session. Nothing complicated. No excuse for not starting today.
 - [Mark Rippetoe on Squat Technique](#)
 - [Mark Rippetoe on Bench Technique](#)
 - [Mark Rippetoe on Dead Lift Technique](#)
 - [One more on deadlift technique](#)
 - [Mark Rippetoe on Overhead Press Technique](#)
-

TRP Comedy

Patrice O'neil

- [Elephant in the Room](#)

Bill Burr

- [You People Are All The Same](#)
- [I'm Sorry You Feel That Way](#)

George Carlin

- [Question Everything](#)

Marc Rudov

- [Owns feminist on live television](#)

The Amazing Atheist

- [Makes fun of the most absurd feminist rape redefinition propoganda of all time. Hilarious.](#)

Who Bitch This Is?

- [Chateau Heartiste analyzes a hilarious video \(video inside\) that contains an altercation between a gamer champion and a feminist.](#)

The Dad Bod is Worse Than Ebola

- [Deep analysis of the psychology of the dad-bod movement with a lick of humor.](#)
 - [The Orbiter](#)
-

*** Robot Chicken-like animated visual representation of how a girl orbiting a girl looks like.**

Recommended Video Channels

- **Black Phillip Show** (w/ Patrice O'neil)
- **Sandman** (TRP & MGTOW)
- **Bar Bar** (TRP & MGTOW)
- **Thinking Ape TV** (TRP & MGTOW)
- **Turd Flinging Monkey** (TRP & MGTOW)
- **Elliot Hulse** (Lifting & TRP)
- **MGTOW.com**
- **Joe Rogan Experience**
- **Karen Straughan AKA GirlWritesWhat** (Men's Rights)
- **TL;DR** (Anti SJW & Feminism)
 - TL;DR is really the name. Pronounced, 'teal deer'.
- **Tom Leykis** (Red Pill)
- **Opie and Anthony** (Red Pill, Other)
 - Contains lots of Patrice O'Neil

Note : If you have any problems with the links or think a video should be added, let me know.

edits: added 1 man vs 5 women fight, overhead press, TL;DR channel, Tom Lekis Channel, OpieRadio Channel, Milo Yiannopoulos Debate, Taxi False Accusation Video, why engagement rings are a scam video, Ex-gf Attempts to Frame Judge by Throwing Herself out of the Car video, Spain's War Against Men, 13 girl false rape accusation conspiracy video, amazing atheist video, dad bod video, RSD Tyler Beta Shaming video, RSD Tyler on frame and pre-selection, RSD Tyler and Julien: Progression vs Degeneration video, Elliot Hulse Channel, Feminists are useful idiots vid, the orbiter video, the 48 privileges exclusive to women video

1,783
UPVOTES

You're not her top option

mallardcove · 29 June 2018 · Archived copy · Reddit

Are you sitting there right now, with your phone in your hand, your palms sweating, heart pumping, mind racing, about to make a post on AskTRP asking what you should text/say to a girl over social media or how to respond to something she sent you or said to you?

If you are ever having to ask yourself, or needing to ask others, "What the hell should I text this girl/respond with", or "How long should I wait to respond to this text" or anything that requires any thinking and planning in regards to texting her, chances are, you're not her top option.

When you are her top option, **you'll know**. There will be no doubt or guessing. The level of investment and attention she will be giving you will be off the charts to the point where its almost creepy or clingy. She will respond immediately to your texts, initiate conversation all the time, and always be available. You won't worry if she will respond or not. Escalation attempts/logistic arrangements are cooperative and accepted. Since you are at the top of her mind, its almost impossible to lose. You are all she is thinking about. When her phone vibrates or makes noise, she picks it up hoping its you.

You don't have time to sit there and wonder what to text her, what to say, how long to respond, how to escalate, or any of that shit. Because either she will do all the work for you and take all the guesswork out of it, or she will positively respond to pretty much anything you send her way within reason. It's almost impossible to do wrong in her eyes. It's like some kind of super cheat code has been activated.

When you aren't her top option, **you'll know**. You will feel like you are doing all the legwork. She will seem cold, standoffish or rationing her attention. She will take forever to respond to texts, if she responds at all. Her texts will be brief and to the point. You'll get wishy washy communication and answers. You send texts and such worrying she won't respond. Getting her to communicate with you will feel like you are trying to give her root canal. She won't respond to escalation attempts/logistics and ghost you or give you vague wishy washy answers, or worse, try to change the subject and act like she didn't even see it. It's because you aren't at the top of her mind, and therefore, not a priority for her. When her phone vibrates or makes a noise, she picks it up hoping its her top option, and its not, instead, its you, and she is disappointed. This leads to negative reinforcement in her mind(since she was disappointed it was you), and actually depreciates you in her eyes and makes it difficult for you to climb up the ladder and become her top option.

It's a night and day difference when you are and aren't a girl's top option.

You are sitting there thinking what to say, how to respond, how long to wait, and all of that because the frame is already set. You're not her top option. You're trying to figure out how to be her top option, failing to realize you are only digging your hole deeper the harder you try. It's not something you can negotiate, its not something you can do simply by texting her more and more.

When you aren't her top option, the best thing you can do is withdraw. I know it sucks, and it might feel like you are ending any momentum you may have had, but trust me. The more you communicate with her when you aren't her top option, the more pissed off she will get at you in her subconscious. She has a man in mind, and you aren't him.

When you are her top option, its blatantly obvious, you won't have to ask. It's easy mode of easy mode. There are really only 3 things you can do to hurt yourself when you are her top option:

- Self depreciation. I.E. typical beta behavior.

- Going full, 100% player. It's fine to go 90% player with her. But too much and she will not trust you.
- Loss of Frame.

Every single one of those 3 would be self inflicted if you are her top option. Beta behavior? Self inflicted. Going too much player? Self inflicted. Loss of frame? Since you're her top option, things are in your frame, so any loss of frame would be self inflicted.

That's it. You can do no wrong in her eyes otherwise, so it doesn't really fucking matter what you say, when you reach out, how long you wait between texts, what you do. Chances are she will do the initiating and the talking and the communicating and even the logistics arranging so all you have to do is not be a beta autistic try hard and its you're golden ticket. Don't fuck it up. Easy easy easy mode when you are her top option is to **say nothing at all** and let your actions do the talking. You literally can't screw up at that point.

BUT MALLARDCOVE! I'm not her top option right now, how do I become her top option!!!????

Like I said earlier. **WITHDRAW**. I repeat - when her phone vibrates, when it makes a ringtone, she picks it up, gets excited and gets a dopamine rush, hoping its her top option. Then she sees that its you(not her top option) and disappointment washes over her brain. She then begins to associate you with disappointment each time this happens(negative reinforcement), killing your value in her eyes.

Withdraw, and game other women, try to find one who will actually appreciate you because you're her top option. Trust me. When you are her top option there is no stress or worry, its easy and care free. That sounds much more pleasant than stressing over some bitch who doesn't give a fuck about you.

BUT MALLARDCOVE, I don't want to withdraw. I want her.

Drop the scarcity mentality, kill your oneitis. find options, learn abundance. But I know most of you fucks won't listen to me, so I'll say this. Withdraw for 10-20 days, forget about her but keep her on the backburner, game other women, and try to send out ONE feeler text to see how she reacts. Chances are she's not into you, and you still aren't her top option, so you'll either get no response or a wishy washy one. If you do, put her back on the backburner, wait 10-20 days, forget about her, game other women, and do it again, but keep in mind there is no point in continuing this cycle. Because if you all of a sudden do become her top option, she will reach out to you. You won't have to go find her.

The only reason I put this here is because I have had limited success(keyword: limited) with the backburner approach before, but that's because I literally forget about these women, don't care, and game other women. So when I reach out to the backburner women, I give no fucks either way and eventually give up and 100% forget about her after 1 or 2 attempts. The backburner method doesn't have a high success rate, but the success rate isn't 0, which can add up to several extra dates/lays over the long run. The problem is that you fucks have scarcity mentality/oneitis, so you will not understand the core principles behind the backburner method and how to actually do it the right way, and you're destined to fuck it up. The backburner method doesn't fucking work if she's your only option and the only girl you are pursuing. Because if you are a chef only preparing one dish, putting that dish on the backburner is fucking stupid and makes no sense.

BUT MALLARDCOVE, just because I am not her top option, doesn't mean she isn't into me, right?

When you aren't her top option, she absolutely isn't into you. Women get oneitis just like men. Yes, they have men on the backburner themselves and backups, but they are not into those guys until they are needed(invisible).

The thing is, women are programmed to focus on one guy, because that's how women evolved. That's why oneitis in

men is inherently a beta/feminine behavior, because men evolved to spread their seed across several females.

Women don't give a fuck about you when you aren't her top option, and it will be perfectly clear. Even if she tries to string you along and make you an orbiter/LJBF/friendzone, she doesn't give a fuck about you outside of what's in it for her and what she can extract out of you. She might be attracted to you, but she isn't INTO you unless you are her top option.

BUT MALLARDCOVE! I just got her number, you see. You don't expect me to be her top option right away, right?

Obviously it may be a bit of a stretch to be a girl's top option right off the bat(if a girl is anywhere remotely attractive, she'll have at least a dozen of viable male options in her stable at any given moment). But there is only one way to find out. Hit her up. See how she responds. Like I said, you'll know. I've had girls be into me and be their top option right off the bat. It does happen. You might need to build a tad of rapport over 3-5 message exchanges, but it can happen if you are attractive enough with a strong enough frame. If she's not into you, everything I have written applies. Withdraw, game other women, put her on the backburner, and if you become a top option for her, she'll reach out.

IF THERE IS ANY DOUBT ABOUT WHETHER OR NOT YOU ARE HER TOP OPTION, YOU AREN'T.

1,782
UPVOTES

There is a big difference between knowledge and wisdom. If you want to learn things fast as fuck and actually understand what you are learning I suggest 'The Feynman Technique'. It was popularized by Richard Feynman a Noble Award-winning Quantum Physicist. Here is a quick guide.

Joeycrackem · 27 January 2018 · Archived copy · Reddit

The Feynman Technique

The Feynman Technique is a method of learning that is incredibly effective for deep understanding and information retention. How many times have you learned something fast only to forget how to do it weeks later? Maybe it was the Pythagoras theorem, back in high school when you crammed for your math exam. Now when your friend asks you to recite it, all you can do is shrug and say

“What the fuck is that? A Harry Potter spell?”

The problem was that you never learned the thing properly, you simply stored it in the temporary storage section of your brain. This is how many people go about learning, reciting things only to forget them later. There is a big difference between knowledge and wisdom, knowledge is having the information, wisdom is knowing how to use it.

The Feynman Technique is a mental model that will help you gain sufficient wisdom in any endeavour. Richard Feynman was a Noble Prize-winning theoretical physicist who was best known for his work in the fields of quantum mechanics, quantum electrodynamics, superfluidity and other groovy shit. To say the least he was a smart dude, he was often called the ‘Great Explainer’ for his uncanny ability to teach complicated principles in layman terms that everybody could understand. Feynman claims that he wasn’t a naturally gifted physicist but managed to make it due to his learning style and hard work. Here is his notorious method for accelerated understanding.

Step One:

Write the name of a concept that you want to learn about on top of a blank piece of paper.

Step Two:

Write down an explanation of the concept using plain English. Pretend that you are trying to teach it to the slowest person you know or a child. Assume the person has no idea what the hell you are talking about so make sure you cover everything you know simply.

Step Three:

Read over your explanation and take note of the areas in which you are lacking the sufficient knowledge in order to articulate yourself properly. Take note of these areas and return to your source material until you have a better understanding. Use a variety of materials: YouTube videos, books, and experts. Return to step two and simplify further.

Note: When you simply you are cutting out the slack, do not remove things that are important for understanding whatever you are trying to learn. You are simply trying to be more concise.

Step Four:

Use the aid of simple analogies, diagrams, metaphors and anything else that can help you commit what you have learned to memory. Come at it from different angles to gain a deeper understanding of the topics. Einstein is often attributed to saying:

“If you can’t explain it simply, you don’t understand it well enough”

The Feynman Technique will ensure that you understand any subject incredibly well.

What Can You Learn Using The Method?

To put it simply you can learn anything with the method from:

- Computer Programming
- Calculus
- Physics
- Economics
- Chemistry
- Mathematics

Anything at all! You might have to modify the method slightly for some disciplines but the main underlying principle is what makes the method so effective.

WHY IT WORKS:

The Feynman Technique works for many reasons. Often when we are trying to learn new concepts we erroneously assume that we have learned them and understood them when in actuality we haven't fully grasped the concepts.

Feynman once said:

“The first principle is that you must not fool yourself and you are the easiest person to fool.”

This is the first and most critical mistake that many make when trying to learn new things. Writing what you know and trying to simplify it exposes your gaps in understanding.

The second reason it works is through the beauty of neural connections. Think back to 2 weeks ago when you went grocery shopping. Can you remember what you bought or what happened at the shops? Most likely not, your brain does not put much stock into the mundane. Now let's assume 2 weeks ago you were shopping and you saw three firefighters running towards to deli section. Now that's a memory you won't forget, you might remember it for the rest of your life because it was out of the ordinary.

The strongest neural connections are always formed with things that are out of the ordinary. This is why you can remember what you were doing when you heard about 9/11 or can vividly recall your first kiss. Now when you are learning and are up to step 4. You are forced to come up with analogies and metaphors to help you understand concepts. This simple process is out of the ordinary and allows your brain to have more stimulus to work with, more checkpoints to return to when you trying to recall a piece of information. So that's the Feynman Method, for overrun and an actual real-time example, make sure to check out my animated video here:

Animated Video Summary: With Worked Example

1,773
UPVOTES

The Five Triggers for Sexual Attraction

Transformationalpsych · 15 March 2017 · Archived copy · Reddit

How often do you hear women tell you the following?

“I haven’t felt butterflies like that in years.”

“We shouldn’t be left in a room alone together.”

“Wow, how do you do that to me?”

Master the triggers for sexual attraction outlined in this article, and beautiful women you’ve just met will make the above statements regularly.

There are five elements to creating an irresistible sexual attraction: 1. Intent 2. Tension 3. Eye Contact 4. Mystery 5. Sexual conversation. Fortunately, there are simple, practical tricks you can learn that will allow you to master each of these elements with ease.

Intent

Intent can be such a murky concept. Although it might seem like you’ll have to fine-tune your chakras or meditate in a cave to master intent, it’s actually a concept grounded in human psychology. Put simply, intent is your expectation of what is going to happen in an interaction with a woman.

Intent is mostly expressed in feelings. Humans evolved mirror neurons that allow us to feel what people we interact with are feeling. This allowed people to avoid dangerous situations, if someone had a bad intent, they could feel that something was off, and so they would exercise caution in that interaction. Similarly, if you are nervous, a woman will be able to feel that, and she will assume that you must be nervous for a reason, your intent will make her lose interest in you. Conversely, if you feel confidently attracted to her, she’s much more likely to feel the same for you.

So, if you expect a girl to like you, she’s more likely to become attracted to you. How do you learn to project a strong intent? No, you don’t need to align your chakras or meditate in a cave. You can build your intent through a technique that psychologists use to treat anxiety, conscious reinterpretation.

Harvard scientists ran a study in which they caused participants to feel socially anxious by making them give a speech in front of an audience. The first group wasn’t given any special instructions, and unsurprisingly their levels of social anxiety were high and their performances suffered as a result. The second group was given a very simple exercise to practice. Whenever they felt nervous, they were to tell themselves, “I feel excited.” They were instructed to reinterpret anxiety as excitement. The audience scored the second group as performing significantly better, and participants in the second group also self-reported feeling more calm and confident.

How do you use this to change your intent? If you are nervous talking to a girl, you can do exactly what participants in the study were instructed to do, tell yourself, “I am excited.” Over time, as you practice this, your anxiety will turn into excitement, and she will feel this excitement off of you, and therefore feel more positively towards you.

But you can take this even further, when a girl makes you feel anxious, you could interpret that as nerves, but you could also interpret that as sexual attraction. In fact, the feelings people feel when they are nervous and when they are attracted to someone are almost identical: butterflies in the stomach, fast heartbeat, and even sweaty palms. If you feel that these symptoms are a bad thing, they will make you feel uncomfortable, if you feel that they are your body’s way of telling you that you should talk to someone, they will be positive. When you see a girl you like, and you feel the symptoms of attraction, tell yourself, “Damn, she’s attractive, I need to talk to her.”

One of the largest psychology studies of all time found that the most powerful trigger for attraction is the feeling of being genuinely liked by someone else. When you learn to accurately reinterpret anxiety towards a girl as attraction for her, you will allow yourself to feel more attracted to her, and as a result, she will feel more attracted to you. _____

This is the power of a strong intent.

Sexual Tension

Negs, pushes, emotional spikes, are all techniques used to build sexual tension. Unfortunately, they are also the most misused techniques in the pickup community. I've floundered with these techniques many times myself, I would walk up to a girl I thought was particularly attractive, and I would start berating her with negs. I was overtly teasing her to raise my 'perceived value', and to make her feel a lack of validation. Suffice it to say, this didn't build attraction, it just led to uncomfortable, and short, interactions.

Why? For any teasing technique to work, there's an important nuance that must be understood. Before you tease, you and a woman must be in rapport for it to have a positive effect. If you and her aren't on the same wavelength, aren't vibing, then these techniques are meaningless.

However, if a girl is connecting with you, and then you strip her of validation, it will build a powerful sexual tension. To get her validation back, she will start to chase you. There are many lines you can use to make a girl chase you, for example, if she says she's from California, you can say, "I hate California." If you were already in rapport with her, this will feel invalidating, it will make her wonder if you really like her. This creates a psychological vacuum effect, to ease her discomfort, she will start to chase you and earn your validation back.

There are numerous effective techniques, the key is to only use these techniques after you've already built rapport with a girl. The power of this simple strategy will shock you.

Eye Contact

Eye contact can trigger attraction on its own. Famed evolutionary psychologist David Buss writes in his book, *Why Women Have Sex*, "In one study, forty-eight women and men came to a lab and were asked to stare into each other's eyes while talking. The effect of mutual gaze proved powerful. Many reported that deep eye contact with an opposite-sex stranger created feelings of intense love. Another study had strangers first reveal intimate details of their lives to each other for half an hour, and then asked them to stare into each other's eyes for four minutes—without breaking eye contact or making any conversation. Participants again reported deep attraction to their study partners. Two of these total strangers even ended up getting married!"

Eye contact is powerful, but how do you improve it? Whenever you are in a location with women, improve your eye contact with this simple game. Whenever you see a woman, look at her eyes, if she doesn't look at you, avert your gaze after 3 seconds, if she does look at you, hold eye contact until she looks away from you.

Over time, this simple technique will lead you to make powerful eye contact effortlessly in all of your interactions with women. Your ability to create attraction will be significantly magnified.

Mystery

Like intent, mystery can be a vague, hard-to-understand concept. In high school I learned that it was attractive to be mysterious, and I heard that to be mysterious meant not to talk much. So, to become mysterious, I just didn't talk to girls. Maybe this did cause me to create an aura of mystery, but I was missing the point.

To be mysterious, you simply have to make a woman curious about you, you have to leave her with unanswered questions. Mystery is attractive because it shows that you have depth, and women get bored of the constant barrage of uninteresting, simple, guys that try to get in their pants. Show that you are different, offer her some mystery, and you will trigger attraction.

How can you do this without learning complicated routines? Say one line that she won't be able to get out of her head. Tell her something she doesn't usually hear, something provocative, something that will make her wonder about you.

My personal favorite line to accomplish this?

“I bet you don’t meet a guy like me every day.”

This line has an insidious effect. It proves itself true, very few men would say something so cocky, and simply saying this line proves that you are different from other guys, because other guys don’t talk like that.

This line creates mystery, because she will wonder exactly what it is that makes you different? She will want to know why you would say something like that, she will want to know why you have so much self-confidence. She’s going to want to solve this mystery, and the only way to do so, is to spend more time with you.

Sexual Conversation

What happens when you think about sex? Assuming you don’t have some kind of dysfunction, you get aroused. If you talk about sex, you will make a woman more attracted to you because of a strange phenomenon called the misattribution of arousal. In the famous bridge study, participants crossed a nerve-wracking swaying bridge with a 230 foot drop to the river below. On the other side, they were approached by an attractive female lab assistant and given a short survey. Afterwards, she gave them her phone number so they could call if they had any further questions. Half of the participants called the lab assistant after crossing the rickety bridge, and several even asked her on a date.

This is in contrast to the participants who crossed a safer, more stable bridge, none of whom asked the assistant on a date.

This is because, like I mentioned earlier, the symptoms of anxiety and attraction are very similar. Participants who crossed a dangerous, rickety bridge were brought into a state of heightened emotional arousal. They were still in this state when talking to the attractive lab assistant, and afterwards they decided to ask her on a date because they thought their anxiety from crossing the bridge was attraction to the lab assistant.

Similarly, if you bring sexuality into a conversation, it won’t make a woman attracted to you directly, but thinking about sex will turn her on, and she will naturally associate her feelings of sexual arousal with the person she is interacting with, you.

How can you bring sex into a conversation without it being uncomfortable or awkward? Play the question game. The rules are simple, you each ask questions of each other, the more personal the better. Questions can’t be repeated, and if either of you are uncomfortable with a question, you can ask to have it replaced with another question.

Tell her you want to play the game, explain the rules, and to start you can ask moderately sexual questions like, “What was your first kiss?” As the game progresses, ask progressively more sexual questions. Because it’s a game, nothing is off limits, and if you go too far, she can just pass to the next question.

The question game will allow you to comfortably bring sex into your conversation, and as she thinks about sex, she will naturally associate those thoughts with the person she is talking to, namely, you.

Conclusion

Integrate these five triggers for sexual attraction into your interactions with women and most women you meet will desire you. Women want to meet men who turn them on, but so few guys get it, so few men understand what really make a girl feel sexual attraction. These guys try to prove themselves with impressive jobs, nice cars, and big muscles. But women don’t want any of these things as much as they want a man who makes them feel good, use the techniques outlined in this article, and you can be confident in the fact that you will give women what they really want.

Master the Game Book (Dating advice that doesn't suck):

<https://www.amazon.com/Master-Game-Practical-Abundant-Dating-ebook/dp/B06XV14VDN>

The Blog: <https://redpilltheory.com/>

YouTube: (https://youtu.be/sC_FgKUqN2w)

1,756
UPVOTES

The Sadness Phase

Heathcliff-- · 12 May 2017 · Archived copy · Reddit

So there's this girl, i'll call her SadEyes, I've been gaming for a while. Read: a few days. I met her outside campus while she was having a cigarette with her friend, a guy I kinda sorta knew. Used that excuse to start a conversation, get her name, and then bounced. Didn't really think much of it. She's small, 5'2, slim, cute as heck, waifu kinda girl. Has really deep, sad eyes, like she's seen some shit. .

Few days later, studying in the library, she walks in and gets her chemistry shit out. I saunter over and plop myself down next to her. Pre-TRP beta ass me would have spent hours stressing over whether I should go talk to her and what I was going to say. I didn't even think for a second, I got up and started talking to her as if we'd been friends for ages.

We say here, "*always assume attraction*". I think you should take it one step further, "**assume you already have the bang**".

I've been doing this for a while now and it's improved my frame with girls tremendously. I used to always be kinda nervous and beta around girls before I fucked them, and if they did somehow let me into their pants, the alpha would burst out and I would have that girl wrapped around my finger after. The girls would be **hooked af** once the wild cocky alpha came out of me, and I would never lose them after.

So I started treating every new girl like I'd already fucked her, or I was going to fuck her eventually. I'd import the frame I had with girls I was already fucking and employ it on every new girl I'd meet. BAM. Instant results.

1. Act like you've already fucked the shit out of her

So I'm chatting to this girl and she just malfunctions. Nervous, tripping over her words, saying stupid shit, really embarrassed. I've had this effect on girls before but this time it was so stark. I reminded me cruelly of the way I used to act around super hot girls that scared the living shit out of me, and it made clear just how gross and unattractive it must have been.

Anyway, it was cute coming from this girl. It's very uplifting to know you can make some girls break just by talking to them. Girl was probably soaked. Had a really fucking huge realisation at that point; "**Holy fuck, I'm Chad**". I went from Naruto messenger bag skinny federalord to being able to do this to a chick...

I tell her to let me know next time she goes out for a cig and I'll join her.

She goes out for a cig and I go out with her and we make smalltalk and shoot the shit. She says she will add me on facebook, I tell her I don't have that shit and give her my number instead. She texts me, I ignore her for like, 2 days. Idk.

Bump into her on campus a few days later. I'm chatting to another girl I'm gaming and her hot friends and she's eating that shit up. Hair twirling, stupid laughing, that twisty knee thing they do. Blondie is boring holes into me from afar. Bunch of my chad friends walk by, I do stupid bro shit with them, like frat boy chest beating and all that.

Chat to SadEyes, get interrupted by my climbing buddies, more Chads. Chat to Uni lecturer who walks by and knows me by name. Shoot the shit with him for a few seconds. Displaying massive value all over the place without even thinking about it. She just stands there swaying and waiting for me to pay attention to her again. Once again, it flashes through my head. "**Holy fuck, I'm Chad**"

Start talking to SadEyes about movies. Very easy way to get some plausibly deniable way to get into her pants:

"You've never seen Shrek 2?!?!? What the heck?!?!? I definitely got to show it to you one time".

She's all up for that shit. "Yeah sure" she say. "I'll text you" I say.

2. Use Movies or TV shows to set up an easy way to get some alone time. "Netflix and chill" isn't just a meme, it's precisely handcrafted fuck strategy honed over the ages. Use it wisely.

I don't text her for a while until she texts me. "Hey xxx" she says, or some shit. I get straight to the point, "Movie at yours later?". She's apprehensive. "I'm not sure about mine... etc etc". "We can't do mine" I say, and then just drop it.

I cant bring girls back to my place at the moment. Makes it much harder to get the bangs, but hey, you gotta work with what you got. We're all going to have something holding us back, all you gotta do is work through it.

I try again in person a day later. "Okay, whatever," she says, "they'll just have to put up with it". I don't know what she means by this but damn do I eventually find out.

Next day I text her "coming over, meet me here at 6". Didn't ask for shit, didn't mess around with logistics. Every single one of the 3 texts I sent this girl was to set up a meeting. Drove her fucking wild that I wouldn't text her at all, she told me later.

3. Texting is only to set up meets. Don't be the beta that has long conversations with her over text. Your time is valuable, she doesn't want to see you wasting it on her. She wants you to be mysterious and more important than her. As I said in my previous post, the hottest thing a girl can hear you say is "busy".

So we get to her place, dingy little room in a block of flats, but hey I don't judge cos we're all broke students here. Her room is particularly lifeless and bare though and I start to get an odd kind of... pity... for this girl. She's very shy and anxious and sweet and not outwardly slutty or masculine like the other "bad bitch" slut kinda girls. She seems like she'd make a great girlfriend/wife one day, or she would have at one point.... plus, she has really sad eyes, like, I just look into them and I can just tell she's hurting real bad on the inside.

So I fuck her anyway. There's no movie, I go straight for her lips once my shoes are off and she's going crazy for it. Girl really wants to be fucked. Get her clothes off and she's got a great, tight little body that she's been hiding. Obviously I'm pretty aggressive from the get go and as I've said before I normally skip the blowjobs the first time round and go straight for the aggressive fuck. This girl *really* wanted to suck my dick though, so, whatever, I let her. Got some of that great, "first time I'm sucking his dick so gotta impress him " head. She wants to get on top and ride me, so here's where I employ "**The Slut Test**".

Me: "I don't think I have any condoms, I didn't expect this to happen" I say (HAAAAHAHHAAAAHAAA).

"Oh fuck" She says. "....."

"We're going to have to stop. Next time I'll bring some"

She's sitting there twiddling her thumbs. "I guess, I don't mind that much..."

"Don't mind what"

"you can not use a condom if you want " she's looking at the floor.

"I'm not sure... are you on birth control?"

"no... but if you pull out we should be fine..."

"Hmmm... I don't know... Really wanna fuck though...let me just check in case I left one in my back pocket"

Oh, would you look at that! Miraculously I find a condom. Slap that shit on and start pounding away at her. Sadly though, the massive red flag has already been raised and I probably won't fuck this girl again unless she gives me a really good reason to.

I do this with *EVERY* girl I bang for the first time. Pretend I don't have a condom and see how many of them will fuck me without one anyway. If they have any class they'll say no... but the vast majority of girls I've done this with were totally okay with it. SO MANY girls fail the test. That's fucked up. If they are willing to fuck me raw then they are down to fuck every other guy like that too. It fucking worries me just how degenerate our teenage girls have become and how they'll allow any alpha chump to give them a disease because she got the tingles.

I've only ever had one girl who stopped sex and just sucked me off. Some girls have their own condoms. That's less worrisome than the bad option but still irks me that they're fucking around so much that they keep their own condoms just in case. Oh well, whatever, AWALT after all.

So I'm really going at this girl, hand around her neck, fistful of hair, she's burying her face into her pillow, trying to be quiet, I think. Then out of nowhere:

BAM BAM BAM. Loud knock on the door.

"Fuck", she says.

First thing I think is, "boyfriend???".

"What is it?" I say. She seems visibly pissed. "It's my flatmate." She says. "He doesn't like it when I bring boys back".

"What...."

"He gets really crazy when I bring boys back here".

Dude is still knocking at the door and calling her name.

"What, why?"

"I don't know, but he gets really angry"

"Wow is he your dad?"

She seems very nervous and shy and definitely the non-confrontational type. He's still going. Idk what the fuck to do. She puts on some clothes and opens the door a crack. He starts shouting at her and I can practically feel the angry beta seep into the room.

"Who is that? Just a friend? What did we tell you! Too many! etc etc etc"

She's just trying to placate him. I'm astounded. This keeps going, kinds sounds like a manager telling off an employee, I go up to the door, still naked, she's like "no no no go back".

He's standing outside in the corridor, all 5ft 7 of him. Stupid beard, reeking of autism.

"What do you want dude"

"Who are you?" He says.

SadEyes is just pacing around the room freaking out.

"What's your problem?". I'm still not very good at maintaining eye contact, but I'm high test and fucking blue balled at this moment in time so the anger has me shooting lasers into him. He breaks and looks away.

"She's not supposed to bring guys back here".

"Are you jealous dude?"

"No, no it's just -"

He sneaks a look at my dick. I watched his eyes snap down then shoot back up.

"I mean if you want you can come in and watch I don't mind"

"-" dude is silent. I close the door and lock it.

Walking back from that interaction, I can't help but be astounded at the reversal of the situation; I would never have dreamed that I would be on this side of the door a couple of years ago. I would always have been the salty beta, but holy fuck, now I'm Chad. I've reached peak Chad.

SadEyes is happy I dealt with it but she's still super fucking stressed about it and the shit she'll get tomorrow and we end up going to bed without fucking again and I'm still blue balled af and have to listen to her complain about her flatmates. Apparently the dude has had a crush on her for a while and asked her to be "friends with benefits" and she said no and now he just spergs out whenever she brings any guys back, which apparently, is quite often.

Imagine being that fucking beta. Looking at it from his perspective, I'm just a douchebag tall Chad who's fucking the girl of his dreams and now I'm the worst person in the world. This is what most Betas don't understand about Chads... most of the time they haven't got that way by accident. There's a lot of hard work and self growth needed to get to Chad status. Some guys have good upbringings and genetics and learn it through childhood. Some guys never do, even the ones who won the geneticlottery. I've seen plenty of tall, potentially attractive guys who are beta as fuck because they never discovered the tools needed to become Chad. TRP was the tool I needed, and while this beta shlub might think that I've "always been this way" and that he just can't compete with someone as genetically gifted as me, he doesn't realise I used to have a BMI of 17 and fapped to futanari hentai.

Anyway I'm pissed, not only because I was blue balled and now I don't have another condom so can't fuck her again, but also because I'd somehow let myself believe (even with my super advanced, diploma level TRP knowledge) that this one wasn't a massive slut and maybe I'd found a "good girl"™ and that she was just so infatuated by me she made an exception. Fuck, so stupid. Nice little slap in the face. AWALT, AWALT, AWALT.

Small cute girls always get me. They look so innocent and that they shouldn't be fucking about and you just want to protect them. Especially this girl, with the sad eyes and what I imagine to be crippling depression and longing for a real man to guide her. Laying in bed with her she asks me how many girlfriends I've had, and if I was looking for something serious. My heart broke. I tell her no, of course not. But I couldn't not feel for this girl. All she wanted in the whole world was to be loved properly by a guy who could actually guide and protect her, and she was giving up her body to try and find a guy who would do that for her. She thought she found it in me, and she went crazy for me, asking for commitment within a few hours. Having to take that hope away from her and throw her back into the pile. Fuck man. How could I do that kinda shit and not feel bad about it?

And she's not the only one either. Every single girl I've fucked, every plate has had this effect on me. Maybe I'm

just a big fucking softie, it just makes me sad. Sad to see so many lost girls with no idea what they want and what will make them happy. Throwing their bodies at guy in a hope that one of the will love her. I've seen the sad eyes in too many of the girls I've fucked, eventually I think they just die inside and get that thousand cock stare, but some of them still have hope... and to be the guy to dangle the carrot in front of them and take it away after, fuck, I can't keep doing it.

"Do you have a dad?" I ask her.

"no." Exactly as I thought.

Almost all my other plates are fatherless too.

In the morning while she showers I look around her room. She has some old photos by her bedside table, family photos, when she was a baby, both parents in the pictures, happy memories with siblings.

Fuck. My heart broke again.

All I wanted was to take this girl into my arms and be her dad and tell he everything was going to be okay. But I can't save her. It's not my job. It's not even possible. There are thousands, *millions* of other girls out there, exactly the same. Broken and lost and sad and longing for a real guy to love them. These are our sisters and daughters and this is what has happened to them.

I can't blame women for being sluts anymore. I had a long, dark Anger phase where I hated them and the way they acted, now I'm just sad, very very sad. It hurts. To blame them for not being able to control their emotions and indulgences is like blaming a fat child for being fat. They don't understand, they don't know how. They're grown children with no parents and they are all really, really sad.

I've connected with every girl I've ever fucked and had to sever that connection, and it must fuck them up, fuck them up real bad. No wonder none of them can pair bond anymore. It was this last time though, seeing that at just how sad this girl was and the photos next to her bed.... it really got to me... I walked home that day in a sobering stupor of sad, pensive thoughts. I stopped by the chapel in my school and sat and thought for a long long time, I guess naively hoping it would help clean me. If there's an Anger Phase to the Red Pill, then there's a definitely Sadness Phase, and man is it harsh. I don't even think I can plate anymore, I can't keep doing this to these girls. I know if I don't others will, but it won't be on my conscience at least.

What's happened to our sisters and daughters and mothers. It's sad. Really sad.

Lessons Learned

- 1. Act like you've already fucked the shit out of her**
- 2. Use Movies or TV shows to set up an easy way to get some alone time.**
- 3. Texting is only to set up meets.**
- 4. The Sadness Phase is real**

1,743
UPVOTES

Quick tips to Staying Lit: Non-Sidebar Review

Full-Time_Lurker · 9 August 2017 · Archived copy · Reddit

**Red Pill GOLD I have acquired from 3 years of Lurking this Sub. THIS IS REVIEW. Make sure you didn't miss any of this! **

Lean back not forward.

Do not seek validation from others. You are good enough. You are good enough for you. That's all.

You are a man, and she is a woman, that's enough no matter what. Everything else is a shit test. Everything is a shit test. Women test you constantly. -> IGNORE, agree and amplify, "You're soo right about me, I'm actually really like that!" /sarcasm.

Get some sun. Shower. Deodorize. Hair product. Floss. Style.

Never feel obligated to explain yourself to anyone.

Try flipping the pressure: "Are you Okay?" -> "I'm great, How are you?"

2/3rds rule. If a woman talks 3 times, texts 3 times, talk or text 2 times. Every time. Her 3 to your 2.

Let people talk about themselves, be a good listener, be genuinely interested and genuinely kind yet firm. Be stoic. Maintain frame.

Stick to your principles. It does not matter what you are confident about as long as you are in fact confident. Confidence is the #1 thing women are drawn to. Experience builds confidence. Approach.

Lift. Cardio. Diet healthy. Happy body, happy mind.

Live for now, anxiety is living in the future with worry, depression is living in the past with regret. Throw that shit in the trash. Live for today. Plan ahead. Let it go. Don't stress.

Have a good day. At the end of each day make sure you are closer to your goals and who you wanna be. In time you will become who you wanna be.

Avoid alcoholism and drug addiction like the plague, everything in moderation. You do not need a lot of something

to enjoy it, too much of anything is a bad thing.

Bad things happen to good people. Such is life. Stay alert, stay confident. Seek spiritual peace.

Make more money than your women, or lie and say you do. Someone asks where you work ? Strip club. You do not owe anyone anything, or any info. Make sure your white lies are seen as having fun. Girls just wanna have fun. Have fun with them.

Do not get married. Unless it is on your terms (very rare). Do not get married too young. Even then, what do you stand to gain from marriage ? Tread carefully here. Long term relationships are the red pill on expert mode.

Hold off on having kids. Make sure you're ready. Kids are a financial responsibility. Are you stable financially enough for this ?

Divorce rape happens every day. Men lose their entire kingdom over one fight or falling out. Courts may fuck you and side with the women. Are you willing to risk this ?

Look everyone in the eyes. If someone looks you in the eyes longer than you look them in the eyes, they are stronger. No need to intimidate. Simply smirk, nod, smile, laugh. Remember you are confident.

If a woman looks abruptly at the ground, bends over, or gestures to you by staring, smiling, waving, or doing a double take, this is her invitation for Approach. Their deepest desire is for you to see it.

Kino. Increase physical contact inch by inch. Hand on the thigh. Did she pull away ? Hold her hand. It's all 4 play fam. Do not kiss unless you're ready to fuck. No need to rush, do not let yourself get friend zoned and you will not be friend zoned.

Don't be a creep. Go for girls who are legal and willing. Society will shit all over you, stay vigilant.

Your mission comes before everything else in life. Your mission is more important than women, than friends. Pick a long term goal, a mission. This is your meaning in life. It is ok to take your time on this.

Stick to a budget, people "good with money" all stick to a budget. This is adult life.

Stand up straight. Shoulders broad. Walk slowww.

Talk slow. Make your words count.

Be narcissistic, be red pill, be psychopathic, be manipulative. Do what you must do to get what you want.

Women desire a man who "sees what he wants, then goes and gets it" this is evolutionary. Bring home the kill. Bring home the bacon. Or you are disposable. Such is life.

The first rule of fight club, is you do not talk about fight club. It will only bring shame and trouble.

Live it, do not say it, talk is cheap. Actions over words. Reals before feels.

Get a good nights sleep. Meditate. Enjoy life.

Peace

- Full_Time-Lurker
-

PS - Remember to be open minded. People know a lot of stuff that you do not know. Listen & Learn.

*PROTIP - Misogyny is not the goal here. Healthy relationships, self-improvement, getting laid, and happiness. Above all else. FREEDOM. SUCCESS. Keep trying. You will fail. Keep trying. These are the goals. Good luck.

1,732
UPVOTES

The female dating strategy sub inadvertently proving redpill theory correct. Oh the irony.

RP_Throwaway_4U · 25 February 2020 · Archived copy · Reddit

So I'll be the first to admit that I get curious. Sometimes like to see the perspective of the other half, and since FDS is basically the redpill "equivalent" (I use this term lightly, that sub is a shithole) of TRP, I check it out from time to time. Lo and behold, they prove our point for us.

Currently there's a pinned thread telling women how to detect "Big dick energy", meaning how to detect if a dude will be good in bed, which basically translates to "high smv dude", there's a list of signs to look for and things to avoid, and i'll go through it point by point and translate it, showing how it proves RP theorem true.

> The men that I found were skilled in bed ALL had these key traits in common:

>They were always pretty athletic indicating good energy and a desire to improve / maintain themselves (I know this might be negotiable for others- but this was my experience across the board). I could make out their physique before the top was off

TRANSLATION- Hit the gym and get in shape motherfuckers, a fundamental principle of TRP. Literally the first point listed is also the first thing instructed to noobs on asktrp.

>They had a quiet confidence- inspired curiosity/sexual prowess- not bending over backwards being corny and desperate or trying to neg me (they knew better than that, indicating they don't struggle with women, insecurity or suffer from a lack of options/rejection). Neither did they have something to PrOvE.

TRANSLATION- Abundance mentality and outcome independence, classic sidebar material.

>They had lively energetic characters- knew how to shmooze the room with little effort - a natural charisma. Tell it how it is kinda people- without being a condescending asshole overstepping the mark. Playful, light-hearted men....again indicating they're not some resentful bitter insecure depraved gormless incel that hasn't been laid in 6months. Even if they're more on the stoic side- they still have a good sense of humour/charisma shining through. There's a level-headed temperament to them.

TRANSLATION- Cocky funny, natural banter kind of guy, stuff that men on here are constantly taught to be when interacting with a women whom you're sexually interested in. Social adeptness too, another high smv trait.

>They were witty and fast on the ball- they could ping my sarcasm back at me at the speed of light without any whiff of fear (This is a VERY big giveaway indicating intellect/sharpness and ability to learn fast). Basically they didn't resent my (often blunt) sharp sense of humour and borderline insults poking at them- instead they humoured it and bounced it back in good nature- again showing they don't have a fragile sense of masculinity, aren't insecure and are used to dealing with confident women. This of course made me wonder why they're NOT thrown off so easily or having some butt-hurt response- hmmmm curious! With disappointing men- there's always a hint of resentment behind that- like they think you're too cocky or they're just a little thrown off (THEY SMELL FEAR they may disappoint).

TRANSLATION- KNOW HOW TO IDENTIFY AND PASS A SHIT TEST. This one should really go without saying, its funny, you really couldn't make this shit up.

>They were good at reading me fast and what I like. They'd sometimes finish my sentences or guess my reply, like 'I knew you were going to say that'. Or they'd suggest something I would be into and guess it correctly. Observant and intuitive, indicating they read body language well.

TRANSLATION- Social awareness, what more do I have to say?

>They weren't thirsty, or awkward- they took it at my pace and knew how to read signals and when to strike. They definitely will NOT escalate crude sex talk fast if you met them on an app- these men know you're gonna want to

sniff them out first and can hold interesting conversation but they may drop a few compliments here & there: they're not rookies going to scare you off or become borderline insulting. They know better than to do that. Plus they also want to sniff you out for chemistry. They were still respectful and waiting for me to give them the sign, that way they knew I wanted it. Respect is key here- competent men know not to force themselves where they're unwanted or harass you- they have enough confidence not to act desperate. Again- big sign he's experienced with women, respects boundaries and knows what they expect from him. respected in order to feel comfortable and trust him in the bedroom.

TRANSLATION- Again, outcome independence is crucial pillar of solid game, as well as being able to read and respond to IOI's.

>They were assertive but not in an overly brash belittling kind of way. They had a natural instinct to take charge. They did NOT need instructions to be told to do something. These men have a certain level of intelligence to pick up on that without you needing to indicate. They leap to action which has some kind of hot protective guardian vibe, like they can keep watch for you. INSTINCT is the key here. They sensed when I wanted something doing. Again this translates to the bedroom as they'll know what they're doing and be enthusiastic to do it. They aren't shy or hesitant and will communicate directly. There's no hassle or tension indicating things will run equally as smooth in the bedroom.

TRANSLATION- "We want a dominant masculine man to take charge and lead/escalate." Here at the red pill we are instructed that as the MEN it is our duty to be the one in control of the interaction when dealing with women.

>The BIG one: they were not lazy 'chilled' 'laidback' 'I like taking the easy, familiar route' kind of characters. They had a zest for life which gave off the vibe they led a satisfying life which is attractive and not lacking in some dept. It indicated they like keeping up pace and variety- not letting their life get dull, monotonous or boring. They are passionate motivated people, usually have a decent career/ interests, like travelling and are pretty upbeat. They have interesting things to talk about, and some depth to them (someone with depth /eager to improve will do their homework on how to please women)

TRANSLATION- "We like men who have a strong sense of purpose and a desire to live a high value life to the fullest." TRP encourages us to find our mission in life and cultivate an interesting lifestyle and hobbies, live such a lifestyle and women will be a byproduct.

I honestly wouldn't be surprised if one of you motherfuckers was just pretending to be a woman and typing this up. Regardless, this goes to show that TRP is truth, straight from the horses mouth. Do with this what you will.

1,726
UPVOTES

College student Nikki Yovino, 19, sentenced to 3 years for falsely claiming sexual encounter was rape

MentORPHEUS · 24 August 2018 · Archived copy · Reddit

In 2016, Nikki Yovino had consensual sex with two football players in a bathroom at a party. The next day, she claimed she was raped, allegedly to impress a prospective boyfriend. The two students were suspended, lost their scholarships, and faced ostracism. It later came to light that she fabricated the claims, and has now been tried and convicted of making a false report. She was sentenced to 3 years, and will probably serve 6 months-1 year in jail then probation.

From the news story:

Nikki Yovino just doesn't seem to get it.

The 19-year-old Long Island woman — who claimed she was raped by two Sacred Heart University football players, then admitted months later to police that she lied to impress a prospective boyfriend, then claimed on the witness stand she was forced to have sex without her consent. Until finally she pleaded guilty to criminal charges, admitting her deceit to a judge — stood handcuffed Thursday morning, rolling her eyes as one of the now former players poured out his heart in court. “I just hope you spend the time reflecting on what you did,” Superior Court Judge William Holden told Yovino, sentencing her to three years, suspended after she serves one year in prison and followed by probation.

Yovino agreed to plead guilty to two counts of second-degree falsely reporting an incident and one count of interfering with police, all misdemeanors, as the case was about to go to trial. She has already served three months in prison and likely faces another three months before she is eligible for release.

“This was not an easy charging decision for the state,” Senior Assistant State’s Attorney Tatiana Messina told the judge. “But with the evidence we had against Miss Yovino, we do believe this disposition is both fair and appropriate. Many true victims of sexual assault are often disbelieved, but that is because of cases like this and the impact they have on public perceptions. Miss Yovino’s actions are a disservice to those true victims, in addition to the two young men whose lives were greatly affected, and that was not something that could have been ignored.”

Yovino’s mother, the only member of her family there to support her, was kicked out of the courtroom after her cellphone went off.

Excerpted from [Connecticut Post article](#)

Takeaway lessons

- Hookups at a party are risky behavior, for questionable reward
- An accusation of rape is easy to make and difficult to defend
- The tide is turning; women are being held accountable for false claims more and more
- The wheels of justice turn *slowly*. The young mens' lives have been turned upside down for the last two years
- The justice system can work, but it takes proaction and determination by the accused. If you don't do your due diligence, fail to follow up with prosecutors and lawyers, drop your efforts because of all the hassle, or accept a bullshit plea deal just to try to end it, then its not going to go as well for you or for other men in similar circumstances

1,718
UPVOTES

Red Pill Gems

LiveAFTSOV · 22 July 2018 · Archived copy · Reddit

Sometimes, Gems are found in the comments section of a thread, rather than from the original post itself.

I have a list of these saved, some from years ago, others from yesterday.

These are some of those Gems:

"Instagram model" = whore. Literally. - Whisper

"TRP isn't about ANYTHING. TRP is a toolbox that you use to achieve your goals. Your goal is the "what is this about". And no two men will have the same goal, nor the same route to getting there. So if your goal is to train a woman to please you, you use the tools within TRP that are suitable to that goal and ignore the rest. There is no underlying philosophy to TRP other than "apply the scientific method to methodically figure out what works" and "don't let people trick you into thinking that their goals are yours". - HumanSockPuppet

****"No one here will Ever be a Socrates.** TheRedPill isn't your identity Clubhouse, we aren't your brothers, and if you died tomorrow, no one here would give a shit. There, problem solved" - Rian_Stone

Women don't want to be saved. Strippers strip for money, suicide girls want to kill themselves and not remain alive, and girls getting pumped and dumped by Chads are never marriage material because they make a poor decision with men and you make a poor decision by picking women who have poor decision making relative to their own gender. -Ozaku7

"TRP is not a road map to get you from point A to point B, it is a course in navigation. Because not all journeys go to the same destination, and if you're too lazy to navigate, you're too lazy to hike. When you say "Tell me specifically what to do.", you are asking to be led. You are asking how to get what you want without changing who you are. You are asking how to emerge from your cave, get the girl, and then go back to playing World of Nerdcraft. In order to achieve what you want to achieve, you must become the sort of man who achieves it. There are many different sorts of man to choose from. But "exactly who I currently am" is not one of them." -CrazyHorseInvincible

"Yes we do. Men are inherently lazy and will only do enough to live comfortably and fuck women, this is known and posted often. This is why game takes effort, and PUA is ultimately window dressing, or pretending to be a man." - RedForEducation.

There's more than one structure to navigate. In fact, there is almost infinite structures to navigate. **Situational Alpha is the modern Alpha.** Focus on the alpha behaviours, create your own structure, reap the rewards. Society is the best it's ever been... let the rabble punch each other out, you'll be too busy enjoying the decline to care." - Rian_Stone

"Women no longer rely on men for financial support (it's mandated through taxation and child support, "for the sake of the children"), online communication can't be stopped (eg Tinder), birth control is effective, the required number of children per woman for population maintenance is 2.1 rather than 5+, women make up >50% of the population and have the vote, **men care more about women than men, women care more about women than men. None of these things are about to change.** Combine these and the drivers for enforced monogamy just don't exist and can't be made to exist. On the up side: you can fuck multiple women and don't have to do anything for them." - MattyAnon

"Can you fuck and can you fight. That's what makes a man. Everything else has been automated, or girls can do it about as well anyways. Its all we got now." - Rian_Stone

Young middle class men are at the bottom of a society's totem pole. We pay the most into a society and get the least out of it. Do welfare queens care that they're destabilizing the system? Did bankers care in 2008 when they asked for huge taxpayer bailouts. Did bush care when he undermined the international standing of the US with his invasion of Iraq? No. Everyone is doing what's best for them except for idealistic boys like yourself. Pleasing others to please yourself is beta male pathology, and we just don't subscribe to the slave morality drilled into your skull at public school." - GayLubeOil

"Women get support, men get blame. As men we can expect zero support from a society that is ready to point the finger and blame us in an instant, while absolving women even of significant crimes. More than ever before: live your own life for yourself, you owe the world nothing because the world does nothing for you." - MattyAnon

Sure I'll chime in. Feminism is a child of liberalism. The same process that liberated laypeople from Aristocracy, slaves from their masters, seeks to liberate women from their husbands and soon children from their parents. Liberalism liberates people from traditional structures so that they can be replaced with monetized versions. The more people are ground into a uniform mass free of distinction the easier it is to control and monetize them." - GayLubeOil

"You get to define your goals and direction of what it means to "be successful". A TRP truism has always stuck with me. Straight from the vanguard....TRP is a toolbox. Nothing more. It takes a man to make a plan, then decide what tools to use to build. Without a plan, the best toolbox is useless." - FeralRed

"The traditions are all gone now, cupcake. All traditions existed to limit or bound human behavior for the greater good. Now everyone gets to do whatever the hell they want. People find meaning anywhere. Ashes to ashes, dust to dust. Unless you want to make a theological argument, in the end none of it matters." - TheRedPike

"MGTOW. Not the sour grapes version, where you're so hopeless as a human you can't get a woman even if you have a chloroform rag and a rape van, **The version where you truly realize that you are the prize, that women and sex truly are lagging indicators of success.** They're chocolate treats the restaurant trots out to the big spenders after they've dropped hundreds. I have no higher branches in my vicinity. I have a tree service to take care of that. Women chase me, not vice versa. I take an interest in you, you know that this is an audition to come play with the big boys for a while if you measure up. All is recorded. If you have to chase girls, be dependent on their whims, put up with their bullshit, fucking FEAR them then you've already lost. They have the power and the control. Because you have curled up into a little dickless ball and given it to them. You've given a grenade to a 5 year old with a god complex. WtF are you thinking? Thanks for making yet another crater that slows my morning commute. (Jk, only plebes commute - it's a metaphor.) Women only have as much power as we willingly hand over to them in a desperate pathetic hopeful sacrificial supplicative gambit to get some pussy. FUCK THAT. Pussy comes to me. Anything else and you're doing life wrong. Successful men get fucked. Without even asking. What are you doing in your life where that's not your reality?" - FeralRed

"NIGHT CLUBS are a SCAM. The clubs are designed to induce anxiety, and then sell you the solution to it: alcohol. What causes the anxiety? Loud music, crowds of people, darkness, weird lighting, lack of available seating, etc. etc. So, then they sell you overpriced drinks so you can "relax." They create the problem, then they sell you the solution. Many of the chicks are just dupes, selling their time for free drinks, but some are even ringers who get paid to go places and be seen to attract men. The club owners have photos taken of the hot chicks at their clubs, then use the photos to promote the clubs. Guys show up expecting to meet women that look like models. I could go on and on and on. Clubs exist only to make money for their owners, not facilitate successful romantic encounters. If they facilitated those encounters, their business would dry up, as everyone would be in functional relationship. - monsieurhire2

" How do you think strong wise men become great the first place? It's through difficulty and conflict. Conflict averse people don't grow. In fact that more risk averse they are the more stagnant they are. Women are the most risk averse and we all know about women here at the Red Pill. Where you fucked up is you

showed weakness by deescalating when he escalated. Oh sorry, where you looking for honest advice or a mommy to make you feel better? You want me to be your mommy?" - GayLubeOil

"For people trying to be James Bond." Masculinity through emulation is beta male masculinity. Emulating movie masculinity is downloading Goldberg cultural programing. Congratulations you haven't actually taken the red pill. Better luck next time." -GayLubeOil

"Hopefully now you understand TRP advice isn't about the girl, it's about you. When I give advice like that, it's not like I'm trying to assess the girl and whether or not she'll cheat in the future. I'm assessing you - what does it mean for you if you accept back a girl that burned you? What does that do to your growth? TRP is here to challenge you, to help you take the pain up front, to the chin, now. So rather than defering your pain, you take it on the chin now - you go through the pain of breaking up now, and you begin the process now. My point is that even if she HAD been a good GF for a few months, even if she HAD not gone back to the exact same behavior... it STILL would have been a bad move to stay. Because what does it do to you to accept a girl back? It ing raines a cuck pattern in your mind, you get more practiced in rationalization and hamstering. This is why I don't try to tell these asktrp guys "she will cheat again". They won't believe it, they won't get it. I try to tell them "regardless of what she does, you will damage your own growth and personality if you take her back". It's not about what she does or doesn't do, you can't control that. This isn't to say we told you so or anything - it's more likely that now one day you'll be the guy trying to convince some dumbass or his friend or someone to not take back a ho. Or maybe you'll feel weak and want her back. But remember, it's never about what she will do. It's not about her - it's about you. You say "even though she really loved me" - maybe. Probably not, but sure, maybe. Does it matter? No, because the decision should never be about her, it should be about you." - Thotwrecker

"The problem with "TRP is about helping you actualize whatever life you want to live" is that **when you are BP / low value / incel / beta / etc, you want retarded things.** You don't know what you want, you just want avoidance of pain..." - Thotwrecker

"Being able to break it off is what most have trouble with, but keeping her shut out while you move forward with new women is a 'stage 2' where most guys fuck it up, because the new waahmiinnzz that you have acquired will make your ex go kookoo for cocoa puffs. She will do ANYTHING to get you back Into her vagina to fuck up your new relationship just to salvage her ego. If you fall for it, you lose. She'll try to ghost you afterward as she feeds on the drama of your new sexual interest(s) nexting you and flipping out altogether, which in her hamster-wheel mind, is enough to convince herself that she got the last word, left you, and made the right decision slotting you as a beta cuck single mommy product, just so she can eliminate the reality that she got dumped for being a ho-gash in the first place." - Dmva100

"Guy asking if this is alpha or if that's beta," Stop looking for an authority to tell you how you think is ok.

You could have used your own two eyes. - Rian_Stone

"You have nothing to gain from her. She has a lot to gain from You (your SMV, social value etc) . Never forget that. You already have lots of girls and a good social life . In the end , forming relationships and becoming buddies is all just a transaction to most womeN ." - Nonthaki

"If there is one fundamental truth here, it's that: Women are transactional. It's hard to explain, and requires specific situations to observe. But you will witness this fact, and remember it. Women are transactional by nature-- they have very little to provide, they exaggerate its value, and then expect you to provide that exaggerated value in return. This is their entire life strategy: setting up a one-way benefit flow. But they won't forget "how much" you owe them. - Mojo_juju

"The value of pussy. It isn't worth my dignity or self respect. It's only worth about \$80. I really wish I could've shown 18 year old me that truth.** Would have saved me a lot of time and headaches. - Chazthundergut

"You are lazy which is why you didn't even bother to read the stickied posts here and surely not a single word from the sidebar, but most importantly it's why you are fat. Change your diet and start lifting." -Vandaalen

"I serve my own desires and naught else. I do not want to fuck women because hypergamy commands it, I want to fuck them because my cock commands it." - 88Will88

"If a woman tells you she has a boyfriend, that means one of four things; 1 - She has a boyfriend and is not interested in you. She is telling you about the boyfriend so you will know she's not interested and leave her alone. 2 - She does not have a boyfriend but is not interested in you. She is telling you she has a boyfriend so you will know she's not interested and leave her alone. 3 - She has a boyfriend, but is interested in you. She is telling you about her boyfriend so you know to be discreet as you escalate, and so that when you end up fucking her, it was all your idea and all your fault because she told you she had a boyfriend. 4 - She doesn't have a boyfriend, and she's interested in you. She is telling you she has a boyfriend partly because it's instinctive anti-slut behavior to try to ward off guys hitting on her and partly to see how you handle it. Telling guys she has a boyfriend is a great way to weed out wieners who shouldn't get to fuck her anyway. The solution in all four situations is exactly the same. Shrug, tell her you aren't interested in hearing about her problems, and continue to escalate. If she's not interested in you, she'll give you a hard no, then you move on. Whether or not she actually has a boyfriend is completely irrelevant. - Archwinger

"Some girls justify cheating by "just" having sex with other guys. As long as it's "just" sex, without romance, kissing, etc., then she's not really cheating on her boyfriend. Because the thing that makes a boyfriend special is the romance. Sex can happen with anybody. So as long as she's only romantic with her boyfriend, he's special. He wins. She's not cheating. Right?" - Archwinger

"Sex is easy, and almost meaningless to women. Finding a guy willing to fuck them takes about 30 seconds. Relationships/romance are more valuable. So being romantic with a guy feels more like cheating than just fucking a guy. Because romance is what separates her boyfriend from any other guy. Any guy is a possible sexual partner, but her boyfriend is her romance partner. So if you follow that logic to its warped conclusion, as long as she has sex-only partners and no romantic partners, it's not reeeeeealy cheating since she's honoring the unique parts of what she has with her boyfriend and only really treading on the lowly common sexual stuff she could do (and probably has done) with anybody." - Archwinger

"A woman's biology is constantly seeking out the highest level male in the environment. A man's value is dependent on context within the environment.** Once a woman's perception (normally subconscious) believes she has ensnared a high value male, her brain will release a flood of dopamine to let her know that she's being a good girl in mother nature's eyes. To be a high value man today, it's simply enough to lift and have frame."" - KetoGainsMongoose

*****The fact that you think your biggest mistake is breaking frame after the second time she cheated on you** just goes to show how much work you have left to do on yourself. Man, fucking pathetic. Seriously. How are you going to look yourself in the eye in the bathroom mirror and degrade yourself like this- dating a cheating girl who's sucking off her "best guy friend" while you stain your pillows at night with tears before going to bed. Get a fucking grip, kid. Dump this bitch and put your dick away until you know what it's for and how to use it. Quit rewarding and reinforcing your pitiful behavior with sex you don't deserve. Monk mode until you're actually somewhat valuable to the gene pool. We've already got enough cucks floating around." - KetoGainsMongoose

"It's biological mating strategy. Basic Evolution Men=Spread their seed Woman=Select best mate for breeding. Put 100 men on an island with 1 woman, she can only be impregnated with one mans child. 9 months of pregnancy. Years of post natal care. Put 100 women on an island with 1 man, depending how much viagra is on hand, could impregnate them all in a couple days. This is why a man wanting to have sex with many women is inline with his biology. Whereas a woman wanting to have sex with many men goes against her selective nature(A Hoe) - KeffirLime

"Alpha is all an illusion. It doesn't matter who is actually tough, or powerful, or cunning, or can get shit done. For mating purposes, it just matters what a girl believes. If she thinks you're a badass, you might as well be. If she thinks you're famous, you might as well be. If she thinks you're cool, you might as well be. You look at him and see a wimpy junkie loser. But junkie loser girls look at him and see a fearless rule-breaker who they just know is gonna be rich and famous someday." - Whisper

"Keep it simple. Picture an end state, achieve that end state. You know if your decisions get you closer to it, or further away. Then you don't have to ask if you 'did good' Just like the old PUA days. It's not about getting 'that' woman, it's about getting 'more' women. the Stay plan is the same as the go plan. From my own bias, if you assume the relationship is over, and she is just a sparring partner for you to practice for next time, it will help remove any covert contracts you have. - Rian_Stone

"This shit society is rotting from the core and if there should ever be something better it will surely not rise out of that pile of horseshit. It has to die first. Completely. All humans possess free will and they choose their path their own. They shall live with the consequences that come with it as well. Not my fucking job to heal the world. Fuck the world. I have been to the gutter. I haven't only read about my expendability. I have experienced it and it held one simple realization for me: Society does not owe me shit, but I don't owe shit to society as well. I don't give a single fuck about other people or "the world" and especially not about "future generations". Let them deal with their problems, I deal with mine. I don't even give a fuck if there will be any future generations or if humanity dies out. Don't think anybody will notice. And when the shit hits the fan, I will climb a steep hill, light a fire, undress butt-naked and dance around it. - Vandaalen

*****I have always maintained that if you are a guy in a relationship you always need to have one foot holding the door open if you want to leave. You have to be ready to walk away. If you are afraid to lose her then you are the one who is submissive and you lack power. Worrying if a girl will leave you is ONEitis and shows a complete lack of abundance, putting the pussy on the pedestal and a lack of leadership/ frame." - 88Will88**

*****You "communicate" this to your woman in two steps:**

1. Being so high value she should be worried to lose you.
2. Showing her, through your actions, and with coherence, that you do not tolerate disrespect, and that your normal answer to disrespect is your calm but immediate removal of your involvement in the situation.

If a girl, at any point, disrespects you, it means you have already lost her. Because it means she believed that either:

1. You won't act on disrespect, or
2. If you do act, that you're worth losing anyway

If you're currently with a girl who disrespects you:

1. accept that the LTR is eventually doomed.
2. plan an exit strategy.
3. practice withdrawing your attention/time/involvement with every disrespect, as practice for the next girl. - Auvergnat

"It's essential to communicate "I am an attractive man with other options and you're lucky that I stick around", in a way that women actually understand and believe (and that means communicating with actions not words)." - MattyAnon

***Wish I had more, but looks like reddit deleted old saves.

1,700
UPVOTES

Saw TRP in Action at my Job; I Buy it Now

halfback910 · 2 September 2017 · Archived copy · Reddit

Started browsing this sub a while back. I thought a lot of the theory was interesting, made mental notes, and was on the lookout for confirmation in daily life. I found it some three months ago.

I am not an "alpha". I'll be the first to admit that. I'm active, fit, successful, but when it comes to straight out pissing contests, I generally lose. "Winning through sheer confidence and aggression" has never been my MO and likely never will be. Indirect confrontation is where I tend to thrive.

I got promoted about a year ago to more or less running the inventory and data analysis for my employer's global operations. Essentially a stand-in for our VP of operations specifically when it comes to inventory management and analytics anywhere outside of our home office. That means Hong Kong, Germany, Oceania, and other smaller outfits' inventory programs answer to me. The other 40% of my job is doing what I've always done: Inventory analytics for my product category in our domestic market.

Everything was going really well. I brought Germany, Hong Kong, and the rest of our global inventory into order (it was a shit show, everything is fine now). But it was tough to make people see the value I created in the home office because they didn't "see" me doing it. Numbers can only say so much to people who don't work with numbers for a living. Then about four months ago I find out that our VP hired a new analyst to focus "on e-tail". Totally blindsided, didn't even know they were interviewing. What makes it more problematic is that a lot of the forecasting I do is for e-tail. So whoever comes in is at least partially going to be absorbing some responsibilities from me. Still, not the end of the world because I have a ton of shit to do and am working on transitioning to a more global role.

But then I actually meet the guy. Total fucking Chad. Tall, incredibly sexy, built, cool, collected. You name it. I am immediately threatened, but force myself to reserve judgment because I have a tendency to snap judge people. My coworker, another analyst, tells me she despised him the second she met him. I even cautioned her to wait to judge him because I've been the new guy before and I know it can suck.

He has not been there three weeks, doesn't even know how to navigate our ERP and forecasting system properly before he starts talking about how he's going to "elevate" the forecasting. Big fan of that word, "elevate". He starts going through my forecasts and changing them. For those of you who are not familiar with being an analyst, changing an analyst's forecasts is akin to "fixing" a table that another carpenter made. It's essentially you telling them you don't think they're good at their job. And if you do it, you had better be fucking right.

My coworker and I are perhaps the only two people at our company that understand statistics on a fundamental level. She and I looked at the forecast adjustments he had made on my items and, just by glancing at them, *immediately* knew this kid was a fucking idiot.

The problem was, he presented himself so well and was such an alpha etc. that everyone else loved him. The men were buddy buddy with him almost immediately (he was so good at talking about sportsball) and every woman in our department save my friend were throwing themselves at him. I thought these were rational people. NOPE. The second a hot guy shows up, they go weak in the knees and forget me immediately. My friend told me that he had tried to talk shit about me to her, not knowing that we were super tight (We get drinks like every weekend and recently became business partners in our side venture. I was at her grandson's christening.). So it was obvious that this son of a bitch was gunning for me. Which was unfortunate because he *was* pretty hot and fun to look at.

He talked about his kids and wife to anyone who would listen, but I didn't care. I knew I had to get rid of him even if it meant putting his kids in the bread lines. So I started using logic and my knowledge of statistics to explain in our meetings why his ideas were wrong. Big fucking mistake. He just interrupted me and made stupid jokes at my expense and everyone laughed at me (particularly the women) because they don't *understand* the statistics or the numbers. They're morons. They don't get when the numbers are explained to them. They need to *see* it. It didn't

matter that I was 100% correct, right? He would just try to make me look like an ass and a nerd.

The only way to get rid of him was to let him fail spectacularly and publicly in a way that he couldn't blame on anybody else. So I stopped reviewing his forecasts, knowing that it would cause us to be out of stock for some of our largest customers. I put in vacation time for three weeks about three months in advance, knowing almost exactly to the day when we would be out of stock, because unlike him I'm actually good at what I do.

I went to France and had two and a half glorious weeks with a guy there whom I am very attracted to. We saw the sights around Marseilles. All the while knowing that the clock was ticking. And then, on a Thursday, it exploded.

We were out of stock on thirteen of our largest moving items. Customers were calling to complain. Shit was hitting the fan. Who changed the forecasts to be so low? Oh, it was Chad. No matter, we'll have the other analyst fix them. Oh, she's out sick with a sudden and inexplicable illness? (She was actually at Six Flags, I believe; I had given her a heads up the day before) I guess we'll have to call that nerd we laughed at back early on his vacation to fix Chad's mess. His ticket isn't scheduled for another four days? Fuck, I guess the company has to fly him back here at our own expense because he needs to be here *today*! There are only first class seats available on such short notice? That's pricey. *And* we need to pay him for his vacation time.

I came in like a bat out of Hell, made a huge show of having to stay late to "fix this mess". I didn't point any fingers. His name was all over the forecast adjustments, so I didn't have to. He meekly offered to help me at one point. I asked him "Don't you think you've helped enough already?"

Before I went home at about 9PM that night, I sent the owner of the company an email detailing, in dollars and cents, how much this fuck-up had cost him. At the end of the next week, he was gone, *all* the while talking about his wife and kids. Wife and kids, wife and kids. You know who cared *now*? Fucking nobody, that's who. They smiled and wished him luck and got away from his desk as quickly as they could, the women included. Typical. Fits right in with women avoiding injured males. He was damaged goods now.

Not only was I still here, but I had been given a bonus for my efforts *plus* being compensated for my vacation time. Turns out you totally can put a price on another person, and in this case the price was a hair under two grand. So in a sense, I owe Chad a thank you because getting him fired helped me fund my retirement *slightly* sooner while keeping me in vodka and blow.

Chad taught me valuable lessons: Don't tolerate for a second someone moving in your turf. Don't trust people to be rational. And I taught Chad a very valuable lesson too: At the end of the day, money talks, you stupid cunt. Welcome to the jungle, I hope your wife and kids have to go on SNAP, fuck you and the used Camaro you rode in on.

I now absolutely buy TRP, hook, line, and sinker. I never thought all the people in this department were my friends, per se, but I thought they at least trusted my *judgment*. But no. The only person who saw value in what I did was the only other person who also did it for a living and was basically my best friend, so she shouldn't count. The second an "alpha" showed up, all bets were off and I was chopped liver. Great lessons all around.

1,688
UPVOTES

Make her day.

Heathcliff-- · 20 June 2018 · Archived copy · Reddit

A few weeks ago I was standing on an underground escalator and did that thing where I turn around to watch all the bored people behind me as I slowly rise backwards into the air and feel like I'm in some kind of dystopian movie cutscene.

As I turn I'm greeted by the face of an older woman. She's standing right behind me on the step below, and notices me turn around; looks a bit puzzled about it. Of course it's kind of a weird thing to do to turn around on an escalator, I don't blame her, and I can't just ignore her presence as if she's not there, we're standing uncomfortably face to face. Hey don't blame me she broke the escalator etiquette of leaving one step in-between each person. We have those rules for a reason man.

Okay so she's not that old, like middle age, but I'm young so she's out my range for women I can comfortably hit on. I can tell that back in her time she must have been a real looker, wall hasn't smashed her too hard yet, nice hair and makeup, but I can see the tiredness of a long office day in her eyes. It's kind of awkward though and I'll look like more of a sperg if I don't say something.

So I say "Hi".

She's very suspicious of me. Of course, I got that whole fuckboy thing going on.

"Hello" she says.

"You're very pretty" I say.

Her eyes light up, then her mouth follows, into a big, toothy smile.

"Um, thank you" she stammers out, blushing. She seems very surprised yet pleased by this. Her face looks younger and softer.

"That's all I wanted to say-bye".

I walk up the remainder of the escalator.

She laughs hard and then says "bye" too.

As I hop off I sneak a glance behind me and she's still beaming like a happy child, smiling to herself.

When I got home I had this tremendous sense of satisfaction with myself, a wellbeing that followed me into a pleasant dream and a happy morning. It felt great.

So I did it again.

It was an underground train, and a girl hopped on in what seemed to be a cosplay. Had a blue wig on and the pleated schoolgirl skirt and the zettai ryouki; had she been older I would have been all over that shit but actually probably not because I still have mad anxiety with hitting on girls on public transport... everyone's watching and can hear everything!

But I remembered what happened the day before... what if I just... complimented her.... and didn't hit on her explicitly?

The idea that I'm not actually after anything and there's no possibility of rejection at the end because I'm not gonna request anything off her was absolutely freeing... so I spoke to her as the train stopped into the next station.

"Hey, I like your cosplay"

She blushes. "Um, thanks"

"Who's it supposed to be?"

She told me an anime that I didn't know, and that she was going to a photoshoot, stuttering the whole time.

It's cute when you can make girls malfunction like that.

I was going to say something else but then the train started moving again and the Jubilee line wails like the grinding gears and billowing winds of hell itself. So we waited, awkwardly, in silence, while people around snuck glances at us. We reach the next stop.

"Well, have fun at your photoshoot" I say, as I hop off. This stop was actually mine.

"Thanks" she says back, looking kind of upset I was leaving.

Once again, easy peasy. I was kinda bummed I didn't get her number but she was also a bit too young and that wasn't the intention anyway. I just wanted to make her happy. I bet her photoshoot went much nicer and her smiles were much brighter in the pictures.

And it didn't cost me anything. In fact, I probably got just as much out of it as she did.

Looking back, if I set out with the intention of actually closing on her, I know for a fact I would have hamstered myself into pussying out. "Not in front of all these people" I would have said. "She'll think I'm creepy", I would have said.

But this... this was practice...this was benign, no ulterior motives. And in fact I just proved to myself that it actually would have gone well and she wouldn't have gone super bitch-mode and girls aren't that mean and strangers aren't that scary.

I remember whenever my ex-LTR would get hit on by Incels and pickup artists she would come home beaming and tell me about it immediately. We'd laugh about their cringey lines together but I could tell she loved it because it was the best compliment she received all day.

Women love compliments. They feeeeee off of them. They live for them. They want them all the time.

But compliments from friends and family come in thick, and they can be disingenuous, or repetitive. Does she really look pretty in that dress or is her boyfriend just trying to get head later?

But a compliment from a stranger? That's a real compliment. There can be no other reason for it except that it's genuine. Getting hit on or stared at by random dudes is a huge life-giver to a lot of women... because it tells them that they are objectively attractive, attractive enough to meet the criteria of strangers on the outside world, attractive enough that a dude literally broke social convention just to tell her "that dress really suits you".

It makes her day. Quite literally. It will bring a skip to her step and she'll go to bed thinking about it, a small highlight of an otherwise monotonous life.

So why not do it? Why not bring some happiness into the life of a stranger, and yourself in the process? It feels good to make others feel good.

And it's good practice, especially for those of you who are still having trouble with cold approaching. Go cold approach a girl and tell her you like her shoes, or she's just so pretty you had to say something, or "hey, sorry I can't stop staring at you, you're beautiful"... and then just leave.

Over time, after the first few nervous failures, you'll get used to just approaching random girls, and you'll find out that a lot of them, more than you would expect, are very kind and take it very well.

Eventually you can learn to extend these into actual conversations, and then a number, and then a date, and then a marathon fuck session.

But it all starts with having the balls to compliment a stranger.

So let's go over the benefits:

1) Kills Approach Anxiety

Immunises you to talking to strangers. You get used to it and realise it's not that bad.

2) You realise most women are kind

Teaches you the majority of women respond positively to strangers speaking to them and aren't rude about it.

3) You realise rejection isn't that bad

Some will be bitchy, but who cares, you weren't trying to pick her up... and then you'll be fine and you didn't die after... hmm, maybe this rejection thing is kind of okay. Maybe some people are just rude or having a bad day and it reflects nothing on me...

Plus then you get to reverse her once you leave and think like "ha, you were bitchy but I was actually just being nice how does that feel huh?" Good shit.

4) Abundance mentality

Do it once a day, or whenever you feel like it, and you'll quickly realise there's a huge amount of very pretty girls everywhere and maybe your one-it is isn't the only beautiful woman to ever exist.

5) You did a good thing

And most importantly, it spreads happiness and good intentions without asking for anything in return; yet you will reap the rewards in Karma, almost instantly.

So try it, for me, and yourself. Make her day.

1,676
UPVOTES

Australian trial finds **POSITIVE** bias towards women in employment, government stops trial...

4nt43us · 30 July 2017 · Archived copy · Reddit

<https://pmc.gov.au/resource-centre/domestic-policy/going-blind-see-more-clearly-unconscious-bias-australian-public-services-shortlisting-processes> - PDF of study is at the bottom of the page.

The Australian Government recently released a study done by world leading Professor Michael J. Hiscox (Professor of International Affairs in the Department of Government, Harvard University) about gender biases in Australian Government Employment.

The purpose of the trial was to increase the amount of women in senior positions of the government by de-identifying applications for senior positions in the Australian Public Service. We all knew what was going to happen. Turns out, when the CV or Resume is de-identified, more men are employed than women, and women are **FAVOURED** in employment over men when their gender appears on the CV. The Australian Government (which is full of cucks) has decided to stop the trial because it was not helping women have more representation in the senior positions of the Government work force.

Excerpt from study:

"We found that the public servants engaged in positive (not negative) discrimination towards female and minority candidates:

- Participants were 2.9% more likely to shortlist female candidates and 3.2% less likely to shortlist male applicants when they were identifiable, compared with when they were de-identified.
- Minority males were 5.8% more likely to be shortlisted and minority females were 8.6% more likely to be shortlisted when identifiable compared to when applications were de-identified.
- The positive discrimination was strongest for Indigenous female candidates who were 22.2% more likely to be shortlisted when identifiable compared to when the applications were de-identified."

Good luck trying to find this reported or discussed in the news anywhere. The SJW mass media and government has suppressed this study massively.

1,656
UPVOTES

Honest Observations after 8 years in the game

red_rover_red_rover · 18 September 2017 · Archived copy · Reddit

Hey guys...here to help

I have been in the game or "red-pilled" for 8 years now.

I was a virgin going into college and read "the game" and a ebook about college game on the internet. Forget the name.

Anyways I got laid here and there but struggled with women throughout college and was generally awkward and socially unaware.

I think the turning point for me was about a year after college, since then I've slept with over 100 women some were gorgeous and some were complete dogs and I don't say that lightly. Had a few relationships along the way as well.

Anyways, enough about me - here are some simple tips I think would help out a lot of you in there.

1. Women are not inherently evil. It's not their fault.

They are fundamentally different than us. Their brain has a different chemistry, and it's not their fault. They are the more vulnerable sex, and their brains have evolved to maximize their ability to survive and reproduce.

They will always look for a man who provides them with status, safety, and security, while secretly or overtly desiring the alpha male - I don't think I need to explain what an alpha male is on here.

There will always be someone better looking, braver, manlier, more successful, wealthier, or better looking than you. Accept that if your wife or girlfriend encounters this man she will be extremely attracted and her instincts will scream at her to sleep with him.

Once you accept this fact, and come to peace with it - you will have a much healthier appreciation for women and most importantly an inner peace.

1. Every woman is different, Every woman is the same.

Don't treat a girl like a robot. They are human beings. They are extremely different in their interests, goals, passions, desires, idiosyncrasies, etc.

However, much like we are all attracted to a beautiful face with perky tits, a tight ass, and a nice body (for the most part), just about every girl craves an alpha male, whether they admit it or not.

From the moment you first lock eyes she is testing you.

If you think you have her in the bag and let your guard down, she will notice, and will treat you accordingly.

"The game" is never over, it's always on. Women constantly test us to figure out who we really are, in order to differentiate the real you from the person you outwardly present yourself to be.

Even after you have proven yourself to her, she will constantly "test" you to make sure you are still that guy, and haven't lost your edge. (This applies more to long-term relationships than one night stands)

1. Judge her by her actions, not her words

Do not hold a woman to the same level of honor as a man and do not expect her to keep her word. A woman lives and dies by her emotions. She may say "I love you" on Tuesday, and feel completely different on Saturday night, depending on your behavior and her emotional state.

Take what she says with caution, many times she is simply trying to illicit a response or manipulating you into doing

something that is favorable to her and detrimental to you.

Women are masters of emotion. If you succumb or react to her getting angry, upset, or vindictive, she will subconsciously sense weakness and question your ability to provide for and protect her. Remember, this is not her fault, she is usually not consciously aware or trying to do this to you, it's merely instinct.

1. Do not swim against the tide.

Make things as easy as possible for yourself. It is true that there are exceptions to the rule, however why make success with women an uphill battle, sport, or egotistical endeavor?

If you are 5'4 you will be most successful with shorter women.

If you are just starting out and don't have much experience, go for the cute girl taking shots with her friends at the edge of the bar instead of the supermodel sitting with her posse in bottle service.

6's and 7's can often be a lot more fun to hang out with and sleep with than perfect 10's. In fact, they usually are. The hottest girls are often not worth the headache.

Have good grooming, work out, dress nice, and take pride in your appearance. There is such a thing as trying too hard, and I think we all know what that looks like, don't be that guy. On the flipside, there are plenty of out of shape assholes who smell like whiskey and dress like shit - and still get laid, but the chances are if you are reading this you are probably not that guy.

Try to drive a nice car, have a nice place and have a decent job - that doesn't mean you should flaunt it or use it as a bargaining chip. Honestly you should do that for yourself, but of course it improves your attractiveness.

1. Play the numbers game

The more girls you talk to and date the less you will be concerned about each individual reaction and the girl will absolutely pick up on it.

Remember, our natural instinct is to sleep with as many girls as possible in order to create as many offspring as possible. If you are attempting to hide, apologize for, or suppress your natural feelings as a man she will sense that you are not a sexually fit man and that you will sacrifice your dignity and resources in order to date and have a chance to reproduce with her. Again subconscious and not her fault.

When you are single, always keep a dialog with multiple women, and when in a relationship make sure to constantly talk to and surround yourself with attractive women. Never let a girl feel that she is your only option and that you are desperate to keep her...once she feels that she controls the relationship she will start treating you differently, attraction will fade, and she will leave you at the first opportunity.

1. Girls just want to have fun

Of course there are exceptions, but the average girl just wants to feel safe, be taken care of, and have fun.

If you take dating too seriously or give the impression of actively focusing on your dating life, it will signal a lack of options and a sense of desperation. Take what comes to you, you don't need to sleep with every girl on the first date, you are allowed to be yourself, and not every girl is going to like you, whether you like it or not and no matter how good your game is.

Just some practical advice I've gained over the years through successes, painful experiences, and plenty of trial and error.

One last thing, no one's perfect. If you slip up don't freak out - girls realize that we all make mistakes and no one is perfect. They care more about who you are inside over the long run. They will look over a occasional breakdown or episode here or there if you are a quality guy.

P.S. One more thing. You don't have to have a pornstar dick to please a woman. But learn how to do it right and drive her crazy. She will keep coming back for more. Unfortunately there is no substitution for practice. A steady girlfriend is not the worst thing ever.

1,652
UPVOTES

“You Were Born This Way”

longjeep2005 · 12 June 2020 · Archived copy · Reddit

A while back, my LTR asked me how I got to be the way I am. I told her the truth. “Hard work.”

The other day I was with her, and after fucking her she looks at me and says, “I know you work out hard, but you were BORN like this. You were always like this.” She could not fathom that I had to build myself up to what I am now.

She doesn’t know that I was a fat kid who got picked on in primary school. She doesn’t know that I was the worst basketball player on my middle school team. She doesn’t know that I was a skinny weakling in high school, and that I only started taking the gym seriously in college. And she definitely doesn’t know that I was a virgin until 21.

She wants to believe the myth of YOU. She wants to know that the genes you’re pumping into her are superior to the lesser man. While men respect others who work hard and grind for their success, women can’t empathize with it. They just want the winner.

There’s nothing to gain by telling your plate/LTR about the tribulations and troubles of your past. Keep it to yourself, it will feed the mystery and myth of you in her eyes.

1,648
UPVOTES

How To Be An Attractive Man - 4 Key Tips

Socialinception · 1 April 2018 · Archived copy · Reddit

After hours of research, I had found what I thought to be the perfect pickup line. I walked up to a beautiful girl and said, "Hey, I thought you were cute, and I had to say hi." She smiled, said thank you, and we talked for a couple minutes until she paused and said, "It was nice to meet you," and walked away. I never saw her again.

I've read dozens of books teaching men how to attract women with lines, tactics, and tricks. But after 10 years in the game, thousands of approaches, and yes, a good number of "lays" – I've found that attracting women isn't something you can force. In fact, the harder you try to get a woman to like you, the less attractive you will be to her.

When that girl from the above example rejected me, I could have blamed it on the line I used. But truthfully, no matter what I said, the result would have been the same. This is because attraction isn't something you do, it's something you are.

Of all the times I attracted a woman, not once did I attract her because of some technique I used. Every single time, I attracted her because of who I was.

There's a saying, "The self is always shining through." Basically, no matter how hard you try to "make a girl like you" using some tactic, it won't work because using a technique to attract a woman is in itself a form of overcompensation.

We only use techniques because on some level we don't believe we're good enough by default, so we try to make up for our inadequacy with a line or a trick(1).

I can't teach you how attract a specific girl using techniques, but I CAN teach you how to be an attractive man who naturally draws women in.

There's no quick-fix. Becoming the most attractive version of yourself requires that you invest both time and effort in yourself. But the end result is easily worth it. Over-time - by following the 4 tips in this article - you will become exponentially more appealing to the opposite sex.

How To Be An Attractive Man Key 1:

Develop your Self-Confidence

It's no secret that self-confidence is attractive, but what is it, really?

If asked, most people would say, "Self-confidence is belief in yourself." And that's true, but there's a key component missing in that definition.

Self-confidence isn't just belief in yourself, it's the belief that everything will turn out okay when you attempt something.

Self-confidence doesn't mean you expect every girl to like you, it simply means that you're okay with the consequences of taking a risk, even if the girl doesn't like you.

When we lack self-confidence with women, we think that rejection is the worst thing that could happen to us. That fear causes us to filter ourselves in conversation, to adopt defensive body language, and even to speak with a weaker vocal tonality.

Our inner lack of confidence causes us to behave less attractively. The more confident you become, the more attractive you will be - because you'll stop getting in your own way.

How do you actually do that? Well, how do we become confident in anything? Take driving for example. We become confident drivers by giving our brains proof that when we take the wheel, disaster will not ensue.

Every time we drive - and we live to tell the tale - we become a little more confident in ourselves as a driver. The same applies to dating. Every time you take a social risk, and come out the other side unharmed, you will become a little bit more confident.

For example, the more women you approach, the lower the stakes will feel when you walk up to a girl, because you'll become comfortable with the possibility of getting rejected.

What this means will vary from person to person. For many guys just starting their journey, the first step to developing self-confidence will just be getting out of the house, for others it will be something bolder.

As you develop your self-confidence, you will become more attractive to women. Fortunately, if you utilize tip 4, the process of confidence building will largely take place automatically.

The most important take-aways from this are that you can't fake confidence, and that it will take time to develop – BUT your level of confidence is completely under your control and improving it will make you more attractive.

Further resources on how to become more confident:

-<https://medium.com/@aghayden/charisma-is-the-most-appealing-quality-an-individual-can-have-6997168b8571>

This article titled how to be more charismatic applies just as well to self-confidence and gives you an in-depth how to guide on letting go of your social insecurities. -<https://www.youtube.com/watch?v=pj6qhHYLeMU&> This video goes into detail about the mindset of confidence with women.

How To Be An Attractive Man Key 2:

Develop Standards

The more women you're willing to reject, the more attractive to women you will become. This is counter-intuitive, but it's true.

If there is one thing that turns women off more than anything, it's neediness. A guy acts needy when he is so desperate to be with a girl that no matter what she does or says, he would still sleep with her.

Neediness is suffocating. It shows that you take getting with a girl way too seriously and that you see yourself as incapable of getting another girl of her caliber if you wanted to.

Most of the guys I've met who have trouble attracting women (and there are many) have a problem with neediness. They see girls as a means to an end. They will happily sleep with any girl because that makes them feel like they "won".

Men with this mindset don't meet women to connect with another human being, but to get a sense of accomplishment from sleeping with a girl.

These guys don't have standards for themselves. They see a hot girl as a prize to be won, so they are desperate to get her. Her personality is irrelevant. Her values are irrelevant.

When you see women as mere sex-objects, it's impossible to have a real human interaction with them. And, naturally, a man who sees a woman as a human being is much more likely to attract her than a man who sees her as the fleshy equivalent of a gold coin.

The best way to eliminate this neediness that derives from seeing attractive women as prizes is to develop standards. Instead of being the guy who will do anything to get with the hot girl, you want to be the guy who's interested in the hot girl but hasn't decided if he wants to sleep with her yet.

Just like confidence, this can't be faked. Pretending that you have standards by disqualifying a girl or negging her won't make her see you as a high-status guy. You have to develop actual standards.

A good place to start is to make a clear list of what you won't accept in a woman you're considering dating (in whatever capacity). For reference, here's a few of the things I won't accept in a woman:

-If a girl has any kind of drug addiction, I'm out.

-If she's unhealthily narcissistic, I'm out

-If she has a negative mindset, I'm out.

-If she is uninteresting, I'm out.

When I'm interacting with a woman, I'm screening her for the above traits. She might be a perfect ten in appearance, but if she's narcissistic and uninteresting, I'm not going to sleep with her. To do so would be selling myself short.

The only reason I would sleep with that girl is because it would give me a sense of ego-gratification. I'd be doing it, so I could tell my friends about, not because to do so would actually be enjoyable.

In my experience, at least, sex is better when you actually like the person. Physical attraction is important, too, sure. But I've been with extremely beautiful women in the past who I didn't have any chemistry with - and it was crappy.

Writing a list of the things you won't tolerate in a potential sexual partner and rejecting women who don't meet those standards is a powerful strategy for becoming more attractive to women. (Btw, it's also useful to write a list of the things you do want in a partner.)

When you're interacting with a beautiful woman and you're willing to reject her depending on what she does and says, the entire dynamic changes. Instead of acting like a guy who would do anything to get laid, you will act like a guy who has an abundance of options.

Your non-neediness will make you infinitely more attractive than all the desperate guys pining after her. But this starts with taking a moment to write out what you want (and don't want) in a girl you're considering having a sexual relationship with.

How To Be An Attractive Man Key 3:

Improve your Appearance

Looks matter. The better looking you are, the higher percentage of women will make it easy for you to pick them up. At the same time, no matter how unattractive you are, some percentage of women will be attracted to you if are confident, non-needy, etc. (and that percentage is probably higher than you think).

There are two important misconceptions about looks that must be cleared up:

-Waiting to get in shape before meeting women is a silly idea. -Your looks matter, but they don't exist in a vacuum.

A lot of guys realize that looks matter, so they decide that once they've got their looks "handled" they'll start approaching women. This is problematic because it can easily turn into a form of procrastination. Your appearance is something that you can constantly improve, but you'll never reach a particular point where you've "made it".

Furthermore, improving your looks won't make game easy. I've seen numerous good-looking guys fail at game. These guys expect their looks to do all the work for them, but truth is you still have to be very confident and assertive to succeed with women.

The vast majority of guys don't have the confidence necessary to take a woman home, and that's something you can only develop through practice. Thinking you look good helps, but it's not magically going to make you comfortable with social risk taking –(if only it were that simple).

Improve your appearance while also improving your social skills. It's not one or the other, it's both. Focusing on your looks while neglecting to actually interact with women is a recipe for failure.

Social skills, confidence, and physical attractiveness are all important when it comes to dating, don't sell yourself short by improving one and neglecting the others. To do so would be as silly as learning how to shoot in basketball, but not how to dribble or pass.

That said, you can make a staggering improvement in your appearance in the course of a single day. Get a high-end salon haircut. Buy some clothes that fit well and don't make you look like you live in your mother's basement. Simply dressing better and having a sense of style will make you more substantially more attractive. It's not going to make up for a lack of confidence and experience, but it's a good start. And really, 95% of guys in the seduction community have plenty of room to improve their style.

I'm no expert on fashion, but here are a couple resources you can look at to get started with:

<http://masculine-style.com/rugged-refined-and-rakish/> <https://www.youtube.com/watch?v=FiAubtXLnFs>

Obviously, when it comes to improving your looks, style is only half the battle. There's no reason not to be in good shape. If you're not already working out regularly, the easiest way to start is to go to the gym with a friend of yours who's already in good shape.

Having a gym buddy will help keep you accountable to working out even when you don't feel motivated. Plus, if your friend is in good shape, they'll be able to help provide you with guidance.

If you don't have a friend who can help you, there's an unlimited number of fitness guides you can download. Find someone you resonate with and trust and follow their plan. If you have trouble being consistent, get a trainer to hold you accountable and provide guidance.

How To Be An Attractive Man Key 4:

Treat Dating Like A Skill

Whatever you want to accomplish in life, there are certain elements that are outside of your control. - If you want to be a doctor, a low IQ is a disadvantage that's outside your control. - If you want to get rich, having a poor family is disadvantage that's outside your control. - If you want to date beautiful women, factors like your height, race, etc. can be disadvantages that are outside your control.

Dating coaches who say factors like your race and height don't matter are lying. Sure, they matter, but they're out of your control: worrying about them is only going to hurt you.

When you tell yourself, "Girls don't like Asians," you're going to see your interactions with women through that lens. If you walk up to a girl, and she rejects you, you're going to say, "It's because I'm Asian. If I were white that wouldn't have happened."

This narrative becomes a self-fulfilling prophecy. When you're interacting with a woman, and you expect her not to like you, you'll act different than if you expect her to like you. Your insecurities will show up in your behavior, and

when she rejects you, you'll think, "It's because I'm Asian." Then you'll become even more insecure, women will like you even less, and so on.

You can't change your race, but you can change many of the other factors that create sexual attraction. The guy who wants to get rich but has a poor family can work twice as hard as his competition, and within a few years he can get to a point where he's making a six-figure income.

Similarly, a short Asian guy with a below average face can succeed with women IF he works twice as hard as his competition and focuses on the factors that are under his control. His level of self-confidence is under his control, his style and fitness are under his control, and his ability to take social risks is under his control.

Look, with the above example, I said that the guy with a poor family could make six-figures, I didn't say he can become a billionaire. Being a billionaire probably requires a certain amount of luck, the right family, being born in right time and place, the right genetics, etc.

But anyone can make six-figures with enough time and effort. The same is true in dating. If you're naturally a four on a looks scale, I can't promise that you'll be able to date Victoria's Secret models, but you can still bat way out of your league and hook up with attractive girls.

By treating dating as a skillset, you can date higher quality women than you would otherwise. If you fixate on whether you can get "perfect tens" you're just going to cause yourself frustration.

We have these fantasies, whether it's to be a billionaire or to sleep with "10s". These fantasies stifle us because they're so far outside of our reality. Worry about pulling "10s" when you can already pull "9s" easily. Treat dating like a skillset by taking it one step at a time. Don't spend much time learning how to build attraction when you still have crippling approach anxiety.

-I know a guy who's great at getting women attracted to him, but he always chokes by leaving the interaction before anything sexual can happen. He would massively improve his results if he focused on leading interactions forward by inviting the girl to the dance floor, to another area, etc.

-I know another guy who is great at opening girls, but he's so quiet they don't pay attention to him. He would gain so much by working on his volume.

-I know a third guy who is great at dating girls who aren't particularly attractive. But he won't even approach girls who he thinks are pretty. He's unnecessarily limiting himself to only date women that are far worse looking than he is!

I could give countless examples like the above. No, these guys can't change their race, but they can learn to lead interactions forward, to speak louder, or to approach more attractive women.

In dating, there countless factors that are under your control. Worrying about the things outside your control is silly when there are so many things you can proactively improve on.

Don't think about your race, think about your confidence. Don't think about your height, think about your inability to approach attractive women.

Treat dating as a skill, and you can improve your results dramatically. Treat it like something entirely based on your genetics, and you'll just drown yourself in self-pity.

Skill Only Comes with Practice

The other key to treating dating like a skill, is to practice. If you spent 5 hours a week reading about how to pass a basketball, but never went out and played the game, people would think you're an idiot.

Yet it's common for guys to spend dozens- if not hundreds - of hours learning about how to attract women, without going out into the world and practicing. Intellectual learning is only useful if you're spending most of your time in the real world getting real feedback.

Imagining what a good basketball shot looks like is completely different from taking the actual shot. Similarly, imagining what a good approach looks like is completely different from doing the approach. Information is only helpful to provide some guidance, it can't do the work for you. Only real practice can.

It's a lot easier to read about picking up women than it is to actually do it. I know this as well as anyone. When I first learned about the seduction community, I spent over a year watching videos without doing a single approach. Was it helpful? No. If anything, my social skills got worse because I became so overanalytical. Learning how to attract women without practicing is just as absurd as trying to learn any other skill without practicing.

Treating dating like a skillset is difficult. It takes patience, time, and effort to do so. Here are some resources that can help you if you get stuck:

This books both give you a step-by-step strategy for going out, meeting women, and developing your pickup skillset:

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https://www.amazon.com/Trial-Transform-Dating-Eight-Weeks-ebook/dp/B06XV14VDN/ref=sr_1_3?s=digital-text&ie=UTF8&qid=1521851329&sr=1-3&keywords=real+social+dynamics.

Conclusion: How To Be An Attractive Man

There you have it, how to be an attractive man. Any of the four tips can change your life individually, but master all four and you won't believe the successes you'll have.

Reading is how to do this is the easy part, becoming more attractive to women is a long-term process. Remember, anyone who tells you it's going to be easy - that you can use some "hack" to succeed with women - is more interested in making money than in helping you improve.

Changing your life is hard, but what's the alternative? Approaching women can be painful, but not nearly as painful as it would be to settle for a woman you're not happy with because "she was the best you could get" (which is what the majority of men end up doing).

Fortunately, most of the factors that make a man attractive to women are under your control. If you're willing to treat dating like a skill, you can master it.

References:

1. This isn't to say you should NEVER use a technique. They can be useful to get a feel for a principle of social dynamics that you don't naturally utilize. For example, if you're a nice guy, it could be useful to practice using some push-pull to get a feel for what being polarizing means and to get comfortable with being less agreeable. The technique isn't going to attract women on its own, but it might help you get over your insecurities/limiting beliefs.

1,648
UPVOTES

The Humiliation of Aziz Ansari

redpillschool · 15 January 2018 · Archived copy · Reddit

1,632
UPVOTES

Calling your wife/girlfriend fat, now officially domestic abuse in the UK. Punishable by 5 years in prison.

Suravira · 18 February 2016 · Archived copy · Reddit

tl;dr: "Psychological abuse", another broadly defined term that you can go to prison over.

I'm not making too long a post about this, it's just a rant to get the word out asap. There's also a [good post](#) from a couple years back when the law was only being proposed.

<http://www.independent.co.uk/news/uk/home-news/everything-you-need-to-know-about-the-new-psychological-abuse-law-a6789271.html>

<http://www.theguardian.com/society/2015/dec/29/domestic-abuse-law-controlling-coercive-behaviour>

Naturally the law is bullshit, that'll never be used against women, despite manipulation being their everything. "Honey you don't make enough money." this kind of comment won't be considered and yet "Honey, you're getting too fat." Will be considered abuse, even though both comments could be said by either sex. You might thinking I'm crazy, but really, I was just watching women's TV, because I slept in late because of a cold, went and had my breakfast and lo and behold a DV "victim", complained about her husband of 8 years, literally it was him insulting her appearance and his general disapproval of her "Getting dressed up and going out with the girls", regardless of what he said, because honestly it sounds like something the feminist narrative write. Even then she just left, but now in hindsight it was DV.

Ultimately all this is down to feminism, money, globalism et cetera

I'm just gonna quit while I'm ahead and am not too angry.

On a positive note, here is [Erin Pizzey](#), she created the first domestic violence shelter in the modern world, because she was concerned with DV itself, as opposed to man-hating feminism, it's a good video to watch and she's a genuinely lovely person.

Lessons learned: Brits need to think about expat, need to leave the west behind, if you're white go to a country that white worships, which is pretty much most of Asia.

EDIT: Here is the link to the video I watched this morning, [1:40](#) they ask her what was the psychological abuse she suffered, that in her words was worse than the physical violence, the answer is he insulted her appearance, how she managed the children and the house, and going out with friends.

Here is a link to the official government document.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/482528/Controlling_or_coercive_behaviour_-_statutory_guidance.pdf

The cross-Government definition of domestic violence and abuse outlines controlling or coercive behaviour as follows:

Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is: a continuing act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim."

The perpetrator and victim have to be personally connected when the incidents took place-meaning that at the time the incidents took place they were in an intimate personal relationship (whether they lived together or

not)or they lived together and were family members, or they lived together and had previously been in an intimate personal relationship.It is not necessary for the perpetrator and victim to stillbe cohabiting or in a relationship when the offence is reported as long as the incidents took place when they were “personally connected”, and after the offence came into force.If they were not personally connected, or the incidents took place after a relationship/cohabitation,the stalking and harasssment legislation may apply

1,618
UPVOTES

Nikola Tesla explains why he never married.

jacques_cousteau007 · 23 August 2017 · Archived copy · Reddit

From an article in 1924

"I had always thought of woman as possessing those delicate qualities of mind and soul that made her in her respects far superior to man. I had put her on a lofty pedestal, figuratively speaking, and ranked her in certain important attributes considerably higher than man. I worshipped at the feet of the creature I had raised to this height, and, like every true worshiper, I felt myself unworthy of the object of my worship.

But all this was in the past. Now the soft voiced gentle woman of my reverent worship has all but vanished. In her place has come the woman who thinks that her chief success in life lies on making herself as much as possible like man - in dress, voice, and actions, in sports and achievements of every kind. The world has experience many tragedies, but to my mind the greatest tragedy of all is the present economic condition wherein women strive against men, and in many cases actually succeed in usurping their places in the professions and in industry. This growing tendency of women to overshadow the masculine is a sign of a deteriorating civilization.

Practically all the great achievements of man until now have been inspired by his love and devotion to woman. Man has aspired to great things because some woman believed in him, because he wished to command her admiration and respect. For these reasons he has fought for her and risked his life and his all for her time and time again.

Perhaps the male in society is useless. I am frank to admit that I don't know. If women are beginning to feel this way about it - and there is striking evidence at hand that they do - then we are entering upon the cruelest period of the world's history.

Our civilization will sink to a state like that which is found among the bees, ants, and other insects - a state wherein the male is ruthlessly killed off. In this matriarchal empire which will be established, the female rules. As the female predominates, the males are at her mercy. The male is considered important only as a factor in the general scheme of the continuity of life.

The tendency of women to push aside man, supplanting the old spirit of cooperation with him in all the affairs of life, is very disappointing to me."

1,616
UPVOTES

Bouncer tales

alphasquatch50 · 9 August 2018 · Archived copy · Reddit

I am a high school History teacher by trade, but this summer a guy who owns a large bar/pool hall/dance club asked me if I would be interested in bouncing. I am a pretty swole old guy who is good at diffusing conflict, so I said I would give it a try. I worked every Friday and Saturday night this summer and have seen some redpill truths confirmed. Examples include:

Chicks have different “rules” for guys based on their appearance. I have had females insist that I forcibly remove unattractive guys who barely touched them only to let “hawt” guys finger-fuck them on the dance floor two songs later.

Chicks use alcohol as an excuse to act slutty. Yes, drinking lessens inhibition, but I have seen girls start acting inebriated, and slutty, before they finish their first fireball.

Thirsty dudes are just sad. To watch the poor guys who are there every weekend buying drinks and going from rejection to rejection and even being laughed at, is depressing. Meanwhile, muscular well-dressed dudes often only have to nod to broker a deal that’s easily closed.

Girl’s night out is a myth. Last Saturday night a group of girl, most of them wearing rings, celebrating the forthcoming nuptials of a friend, showed up and soon began giving lap-dances to the regular Chads. As God is my witness, I saw the bride-to-be sneak out to the parking lot with a well-known MMA fighter only to return in about 30 minutes looking flushed. I’m not sure what they did, but wouldn’t be surprised if semen was involved.

Girls can get away with sexual assault. Even though I am half-a-century old and gruff, I get propositioned in the most vulgar ways every night, am constantly being “twerked” and have even have my penis grabbed a few times.

Drunk dudes think they are Mike Tyson but are more like Steve Urkle. Examples of this truism are too numerous to mention. Don’t fight, but if you do, it probably shouldn’t be after a bottle of Grey Goose.

Have fun guys.

1,602
UPVOTES

Übermensch Mode

Heathcliff-- · 12 April 2018 · Archived copy · Reddit

This post will be long, it's a fucking novel. In fact I almost hit the 40,000 reddit character limit. There is no TL:DR, this information is all relevant and connected, it will not make sense to split it into multiple posts. If you need to, take breaks and read it in parts

PART 1: PHILOSOPHY

TRP is not just about women and sexual strategy.

Sure, it may have started out that way in the manosphere, and may have been the initial purpose of the subreddit when it was created: a place for men to vent about their women troubles, share notes, and collectively construct a system to help each other navigate the sexual marketplace.

Very quickly though, we realised that the AFC struggles with a lot more than just women. In fact, his problems with women are just a symptom of a much larger disease.

We discovered that teaching weak, depressed beta males to become *real, productive* men was the real trick to getting women. We're not pickup artists, we don't put on an act and learn lines and fake being attractive in order to get the ladies, instead, we encourage men to *actually become attractive*, physically and mentally. After that, the women fall into our laps effortlessly. It's not that complicated is it?

So a better system was created. We encourage you to exercise and build a great body, we encourage meditation, mindfulness and philosophy. We tell you to find a mission and dedicate yourself to, discover your purpose in life.

TRP has become the reddit space for men who are committed to **self actualizing**.

Metamorphosis

We attract a lot of losers here, depressed betas, sad soyboys, fat midlife crises-ers; and for good reason. These losers are men who are deeply unhappy with their lives, and are looking for guidance and support; some way to pull them out of their hole.

And they find it on TRP. For the first time in their lives, there are some answers, there are real truths to life. They're sick of being lied to and pushed down by the bullshit peddled since childhood, they want to be **MEN** but they don't know how.

And here are some real **MEN**, showing them. There is cause for rejoice, finally a community of driven, disciplined and successful people.

So the depressed beta follows the advice and his life magically starts to improve. He finally has the body he dreamed of, and he enjoyed working hard to achieve it; people treat him better and he feels more in control of his life; everything is going great at work or school, and most importantly of all; he's finally started to get laid, with the kind of women he could only dream of while he masturbated as a kid.

He begins to climb **Maslow's Pyramid**. He starts by fulfilling basic needs, he eats and sleeps better, and he builds a healthier body. Then he starts getting laid and having real, intimate relationships with women, and males too, he makes good, close friends. This is incredibly important, and is a reason why Incels are so pitiable; intimate relationships are imperative to our growth as humans. There is no such thing as a "lone wolf alpha".

And so he keeps climbing, he starts to gain some prestige and confidence and feel like a real person.

But still, and surprisingly, our new "alpha" is unfulfilled.

He still feels empty on the inside, in fact, even more than before. He gets all the pussy he wants, but it's meaningless. It's not as fun or interesting as he thought it would be. He has more money and more toys, but this doesn't really interest him anymore. He might be doing very well on the career ladder, but feel totally un-invested in his profession.

This is because our new "alpha" has yet to reach the final stage of his purpose as a man: *Self Actualization*.

There was a post on asktrp a few days ago from a guy with exactly this problem. His life was going great and he was getting all the pussy he wanted, but he still felt like shit. Still felt like he had no purpose, no direction in life.

That's because he didn't. He was going through the motions of what makes a successful man, but with *no end goal in sight*. No true mission.

We teach men here that without a purpose in life, without a goal and direction, a man has no meaning. Your purpose could be anything: maybe you want to be the best at a sport, or a famous youtuber, or filthy fucking rich. Maybe you want to be the next Alexander the Great, or Hitler... or Kanye; maybe you want to die for a cause, give your life to your religion or country. Or maybe you have more realistic and practical aspirations; you want to pull your family out of poverty and remove them from your shithole thirdworld country and settle in the first world.

But without a goal in mind, without a direction, you will wonder through life and *waste* it without realising. What are you going to accomplish? How will you be remembered?

Win the Game

I outlined in a recent post my idea that life itself can be split and compartmentalized into multiple minigames. You win the *Game of Life* overall by winning the other games. You win these games with micro and macro plays: You wash your hands so you don't get disease and lose the *Game of Health* a micro play; you also lift and take care of your body for the same reason, a macro play. You cultivate a great Social Media profile to win the *Game of Power*. You study at university so you can get a god paying job so you can win the *Game of Money*; but there are other ways to win that game if you want, hustle, invest, deal drugs. Whatever, we all have different strategies to try and win our games. Some work, some do not.

Your purpose as a man is to win this game. You were put on the earth for this reason. Everyone is competing and we don't have a choice; failure is death and collapse into nothingness, success is existing for a few more millennia (as a genetic entity in your progeny, or as a memetic entity in your ideas) and telling entropy to fuck off.

The depressed beta is losing the game of life. That is why he's so sad and hopeless. He may not realize it on a conscious level, but his subconscious definitely knows. It compares his current ranking in the game with those around him, and assesses whether he is winning or not. And when he realizes he's losing, the beta falls into a spiral of despair and *gives up*. There's no point continuing anymore, he thinks. I've missed the chance, might as well just kill myself.

This is why high school reunions can be so juicy, or painful. You are comparing your results to your peers, people in the same socio-economic class as you, with roughly the same starting position and opportunities. So when you see that some guys, who were basically the same as you when kids, managed to rise far further than you did, you get sad about it, or pissed off at yourself.

It's sad, because a lot of men do not realize that they are playing this game, not until it's too late anyway. They coast through life thinking it's all chill and there's no real pressure to succeed, and then they crash hard halfway through when they realize this is wrong and they wasted a lot of time and a lot of opportunities. Sometimes, it may be too

late for them to do anything about it. A lot give up and settle into a sad, mediocre existence (and infecting their kids with this attitude, hence perpetuating the cycle). Some give up and kill themselves (male suicide rate is astonishing for this reason). The brave ones say, fuck it, I'm not going to waste the time I have left, I'll attempt to WIN anyway (this is a mid-life crisis).

Because winning is the only option. Winning is what you're here for.

Fuck being 'happy', that's just another myth pushed on us to make us content with mediocrity. You are better off being a sad and angry WINNER than a happy and content LOSER. Nature does not give a shit if you are happy or not. Do you think the men at the top of the world are 'happy'? Absolutely not. Their lives are messy and dramatic and stressful; but these men are **Winning**, and this gives them purpose and reason to continue. This is the drug they snort, success.

And in fact, you are descended from a line of **WINNERS**. Every single one of your ancestors was a winner, down to when you were just a damn amoeba. They all survived and spread their genes, they all made offspring and continued the line, all the way down to you, the loser reading this on his computer screen. The kind of shit your ancestors had to do to survive would shock and horrify you. You are descended from soldiers who killed their enemies with brutality and glee, and then raped their women. You are a descendant of murders and rapists, of people who committed genocides. You are *also* a descendant of those who survived genocides, a descendant of slaves. There are women in your ancestry who were rape slaves their whole lives, and these women pushed through it all and survived so you could be here now. We are all descended from slaves and murderers.

So, you do not have the comfort of being an average loser. You do not have the freedom to be an incel and die in your mother's basement or to a drug overdose. To be a failure, right now, is to spit in the face of every single person in your genetic line who struggled through hardships you could not even imagine in order to give you this life. This isn't your life, you do not own it. You carry the burden of every single one of your ancestors on your shoulders.

Do not fuck it up.

"But Heathcliff, I'm short and balding and ugly and -hamster hamster hamster".

Fuck, so was everyone else in your family. The shortness you got from your father, well he had it too, and he managed to fucking get laid to produce you ungrateful bastard. The "bad" genes that you complain about are all genes that survived up until now, your great-great-great grandparents had it too and they managed to fucking win regardless. You do not have an excuse. You can't do anything about it. Heck, your bad genes aren't really that bad; the truly bad genes never survived up until this point, they died to entropy centuries ago. Your genes are fine, you're just a pussy making excuses for your failures.

The men who win the Game of Life all have one thing in common. They realize they're playing a game, and they tackle this game seriously and with every fibre of their being. They all have the same mindset, and in fact, in order for you to truly get your ass out of the chair and start winning too, you must adopt the mindset.

And it's not a new one, but it's one that a lot of us have lost.

The overwhelming *Fear of Death*.

Death Pressure

When I was 11 years old my father was diagnosed with cancer. As a child, I watched my dad, the greatest and most powerful man in my life, a god in my eyes, degenerate into a yellow sack of failing organs and pain. My dad, who could lift up the sofa with one hand, kick a football all the way across the park, and play with electrical sockets like

they were toys. Over the course of a year, my father crumbled into a bedridden mess, was destroyed by his own body, tortured by the chemo, and disintegrated into nothing. At 36 years old.

Only now that I'm older do I realize how fucking young 36 years old is. He did not even get the chance to live half a life.

And this took a massive toll on my childhood psyche. It wasn't conscious at first, but now I understand that I behave the way I do because of this.

I have a crippling, horrifying, but healthy fear of **Death**. I understand just how short life can be, how it can be stolen from you at any moment, and how we do not have the luxury of pissing it away. Life is a gift, it is not yours to waste.

Death Pressure is real, and is the primary driving force behind the actions of the men who rule the world, and the men who rise from nothingness to be great. These men all have a terrible fear of death, and mediocrity. To be an average loser for these men is akin to **Death** itself. We've all heard the stories of the person who has almost died but survived; be it an accident or illness, and suddenly they are a different person, tackling life in a way they couldn't even conceive of before. They have had a taste of **Death**, and it horrified them.

So I've always tackled life at 100%, knowing that I may be killed or succumb to illness at any moment. And I see the hurting eyes of the men in later stages of their lives, the eyes of those who realize they've lost the game, and I vow NEVER to be that man. I try to milk as much experience and meaning from my days as possible; whether it means fucking the prettiest girls, doing the hardest drugs, travelling to the most astounding places; or creating, writing for the people around me, leaving my mark on the world, and ascending humanity.

Fuck being a loser. Fuck being a prole. Fuck being a slave. I live my life as the **Urbemannsch**.

It is your job in life to succeed and win the game, and become the *Higher Man*, the best version of yourself.

We all have the capability, but very few of us actually do it. The vast majority of us are too fucking lazy, scared and weak to ever even attempt becoming something other than a fat, mediocre bastard.

Self-Actualizing is hard, if it was easy we could all do it. It's a fucking struggle, and it's your struggle; but you can and will achieve if you stop fucking around and dedicate yourself to it 100%.

I managed to do it, I'm operating at max capacity right now, I know I will turn out a great man, especially if I continue on this trajectory.

But I used to be a fucking loser. The worst fucking kind of loser. I was just as bad, if not worse than a lot of you guys who've already given up. Later on in this post, because I am never ashamed of talking about my shortcomings, I will give you a taste of what my depressed Beta day looks like, and what my **Urbemannsch** day looks like.

But for now, I want to give you all some actual methods and techniques in achieving Urbemannsch mode; because I hate when an article gives you a call to action but doesn't show you how. Here is how I managed to ascend into demi-god levels of productivity, there's obviously lots of information out there on how to do this, but this is how I personally tackle the problem, and some of these ideas I have not seen discussed before

PART 2: METHODS

Efficiency Principle

You are a cell. The cell takes material from the outside and converts it into useful material for itself. The cell

aims to be as efficient as possible with it's actions; any waste, any inefficiency will be punished by nature. The cell competes with other cells, and so the inefficient, lazy, and wasteful cells will always lose to cells that operate closer to 100%.

The cell is always trying to optimize it's usage of time, energy, and resources. The closer to 100% the cell can get, the better it will do in the world. It is a mortal sin for the cell to be wasteful.

The efficiency principle is the mechanism in your head that governs the little ways you go about the world. You finish your bowl of cereal, instead of getting up and putting it in the sink immediately; you leave it on the table and tell yourself "I will take it with me next time I enter the kitchen". This saves you an extra journey, kills two birds with one stone, and conserves your energy (yet we still fucking forget to do it, every single time). This is a natural, intuitive thought and we all have it. The *Efficiency Principle* is what makes the dishes pile up in the sink, with the knowledge that it is better for your time, energy and budget, to wash all the dishes at once instead of individually. The *Efficiency Principle* is what encourages you to set-up a meeting with your buddy if you happen to be in that part of town, it's convenient, you don't have to go out of your way because you're already there.

The efficiency principle is what makes you fucking rage and despair when you lose all your work because your laptop died or accidentally closed your tab (because you're an idiot and didn't save). All that time and effort, completely wasted, nothing to show for it. This is a mortal sin for productivity, and a grave wound to your day. When you're with a girl for 10 years and break up, the efficiency principle is what makes you feel like shit about it even if it was the right move; all that time and effort wasted on a venture that amounted to nothing. In fact because of this, some people won't break up even through problems; it seems like the smarter thing to do to push through it then to have to start again from scratch.

Beware of being hijacked by this principle and making fallacious mistakes like this; but always be aware of it in the back of your mind, you will feel happier and better about yourself should you act efficiently in all your actions. This leads into the next point

Dead Time

Dead Time is any time not spent growing or recovering.

Time, in essence, is the only real resource you have. It is finite, and wasting time is the worst thing you can do for your development as a human. You will always lose to those who are efficient with their time. The winners in the world make sure that their entire day, to the second, is filled with effective and productive time use.

Dead Time is any time you spend not building yourself, or recovering in order to do so. I'll give you some examples. You're on Stronglifts 5x5 and workout Mond/Wed/Fri. Tuesday and Thursday are not wasted days, they are days you spend recovering and building muscle, to train on these days is detrimental. This is not dead time.

But if you begin skipping workout day, days in which you are refreshed and capable of building; you are in **Dead Time**. It is time that could be useful literally dying in your hands.

You bust out a massively stressful day at work, but you achieved a lot. You get home and pump on the netflix and watch 4 episodes of Peep Show. This is not **Dead Time**. You are recovering from the hardships of the day, you are taking a breather and healing yourself.

On the weekend, you wake up refreshed and ready to tackle the day. Instead you continue to watch Netflix. This is **Dead Time**, you are not recovering from shit, and the task isn't useful. You are replacing a useful thing you could be doing (maybe lifting, cooking, studying something) with an unproductive task. You are murdering time.

This one isn't hard to get. Your task now is to assess your day and try and realize how much of your time is really spend in **Dead Time**, scrolling reddit or fucking around. I guarantee you it will be too much, and you can cut it down.

Day of Rest

This doesn't go to mean that you cannot do the things you enjoy, or that you don't deserve a break. You do, it's very important, but schedule your breaks. Every single religion and culture in the world has a concept of a "Day of Rest", a day where you just stop, take a breather and relax for a while. This is an important human foundation. Use this day of rest as a cheat day, on this day, allow yourself to do the shit that you know is bad for you during the rest of the week, get it out of your system and scratch the itch. If you want to fap, go for it, if you want to smoke weed or drink, do so, if you want to binge netflix or play videogames, go ahead.

As long as you keep these things compartmentalized to this one day, the day that you allow yourself to sleep in and eat takeout, the urge to indulge later on in the week will diminish. You'll also find, as the weeks go by, your day of rest will start to become less indulgent too, and even a little bit productive without you realizing. My day of rest is on Sunday, and I used to smoke weed and play videogames to wind down; now it doesn't really interest me at all; instead I do my laundry and read the books I don't have time for during the week.

Progressive Overload

This is a trap that many guys fall for, myself included.

"Tomorrow I will be a different person, I will do everything I need to do. Tomorrow is the first day of the rest of my life"

It never lasts. Jumping straight into different habits all at once will have you crashing fast.

You are so desperate for immediate results you will hurt yourself and damage any progress you're making by going too fast.

Gradually adding different habits over time, solidifying initial ones before moving onto new ones, that's the only way to do it.

No one says "tomorrow I will deadlift 300 pounds, tomorrow is the first day of my powerlifting career" when they've never even set foot in gym

You will not be able to jump straight into running half marathons, studying 8 hours a day or cooking like a professional chef. You need to slowly ease into it.

I started out by just getting my diet sorted first. 3 good meals a day. Once I did that, exercising was easier, and I became disciplined with that. Once I was exercising properly, sleeping 8 hours each night was inevitable and easy. Once I could sleep, eat and train properly, meditation was an easy next step.

Take them one at a time and build on them like a pyramid. Add or improve on a new skill each day, one a day is enough. I guarantee you, progress will be faster than you think, and sometimes exponential. I was unable to even study for 30 mins the first time I sat in front of my books. The next day was an hour, then I could bust out two. I'm on four at the moment, and I'm trying to work my way up to 6. I know my limits.

Extended Cognition

At school, I learnt of a concept known as **Extended Cognition**. The idea is that you are not just the product of the data stored inside your head; rather, any data that is "you" stored in other places is also you; any tools that you use to navigate life are also you.

The watch on your hand is YOU, it is a part of your being. It is a tool for navigating the world just like your legs and arms are. A pad of paper with a "To Do" list is also you. It doesn't matter whether the "I need to do this today" concept is stored in your neurons or on the pad, it is still a part of your being. Your glasses, another organ, just an extra set of corneas, makes your perception better.

The calendar that you use to track the days, that is you. Your cell phone, a massive brain upgrade, a data bank used to store all the information and memories in an organised and compartmentalized way, that is you. You store your memories in your brain, but also as images on your phone. You store your ideas in your thoughts, but also as notes jotted down in an app.

Successful men use all the tools at their disposal to extend their being into the real world, increase their data capacity and recall, and organize their life. They use diaries and calendars and apps and lists and even secretaries to become more cognitive, and warp the world around them much more powerfully.

I'll give you an example: I learnt the hard way that whenever you have an idea, you must write it down immediately, because you will NEVER remember it later. You might remember that you had a cool idea, but you won't remember what it was, and it will frustrate you massively. After losing too many genius thoughts to this, I started immediately writing them down on my note app on my phone, an extra brain I carry around with me. In fact, this post was sparked by a thought I quickly jotted down. Without this extended cognition, I wouldn't have written a lot of the posts that have done so well and changed the lives of guys on here. Right now, my evernote app has 10+ potential TRP articles I intend to write, with short brainstorming, that I come up with while I'm commuting or lifting or sitting on the toilet. You never know when genius will hit you.

Meaningful Dopamine

So I'm gonna get flack for this post because it's so fucking long, but I don't care. I enjoy writing this shit and I know there are plenty of guys here who will read it all, and then go back and re-read it again. It's for them that I write, not the lazy assholes who are only here for masturbation.

In fact, you may have noticed I've recently been pumping these posts out like muslim babies. I've been writing a lot, and for good reason.

I am addicted to it. I love every aspect of it, I enjoy the writing, I could do it for hours. I enjoy sharing my ideas and arguing over them, and like an addict, I enjoy more than ever that little orange envelope telling me that someone has read and acknowledged my work.

These are my dopamine hits, and the only ones I allow myself to have.

I used to get my dopamine fix from video games and masturbation and social media and weed. I eventually cut

that all out. This is what is known as *cheap dopamine*. Dopamine you did not have to earn, dopamine that is limitless and overindulgent.

This cheap dopamine addiction is fucking you up, truly it is, it's the scourge of our society remove all sources of cheap dopamine from your life, it is a drug you must ween yourself off.

But you still need dopamine, it's important for your growth and general well being. Where do you get it from though?

Generate your Dopamine from Meaningful Sources

Your dopamine should only ever come from the things in your life that give you meaning and help you grow. Once you stop overindulging in the drug, even a little hit will be enough to brighten your day. Take a walk in the sun, you instantly feel good. Finally master a song you've been practicing; ride that wave for a week. Beat that PR in at the gym and you feel on top of the fucking world.

Find what you love and use it as your dopamine source; you will become addicted to the drug, yet indulging in it will *help you grow*.

At the end of a long day, if I've studied enough, lifted, done all the things I need to do and am feeling beat, instead of sitting in front of the TV, I fire up my computer and write for the redpill for 3 hours. I lose myself in the work, enter **Flow**, proofread a few times, and then hit the submit button.

And every orange mail box telling me "hey man you just put so many pieces together for me, you're a great writer" or even "lol ur an autistic faggot" is enough for me to feel like I've earned my place in the world and I'm making a difference. And my writing improves with every post I make. I am growing, and enjoying myself while doing so.

Find your meaningful dopamine well, and tap into it

Flow

I can write for hours, in fact, it's been almost 5 hours since I started this very post. I literally haven't stopped typing since then, vomiting out the words as they escape my fingers, like a man possessed. I have not stopped to check social media, or my reddit messages. I have not taken any breaks. Pure, focused **Flow**.

If I could study like this I'd be a fucking genius, but sadly I cannot.

Flow is the magical mindframe you get when you lose yourself in something you love. We all **Flow** for different things, for me it's writing and playing my guitar. I can go for hours and not even realize it. Others flow while playing sports, or while solving problems under high pressure in their career, or public speaking, or poker.

We all have different **Flow**, yet we don't all make the most of it. This is super important, because the things you **Flow** with are the things that will help you succeed at life.

Find what makes you **Flow**, and dedicate your life to it. You will have a much more meaningful life pursuing the things you love and are good at. If you have a career you hate, or are even just ambivalent about, yet a hobby you **Flow** with very well, then maybe you should consider a swap.

PART 3: EXAMPLES

I'm going to finish off this post with a description on how I carry out my day; mainly to brag, but also to give inspiration. I'm not operating at full capacity yet, but I'm almost there. If you're still here by now, here's your reward.

Yet I used to be such a fucking loser it's shameful. I'm not embarrassed to talk about my fuckups though, and I think it's important for great men (like me) to be open about their shortcomings, it teaches those who have no faith in themselves, and those full of self-hate, that it's entirely possible to achieve and rise like we did,

This is what my life looked like when I was at the lowest of my lows.

Depressed Losermode

I wake up around 11/12, dehydrated and feeling like absolute shit. I am hit instantly with the overwhelming need to smoke, but the bed is warm and I don't have the energy to get up. My first fap of the day is achieved through imagining me fucking my one-it-is, the little morning testosterone I have allowing me to get hard without porn.

I scroll through reddit on my phone for roughly an hour and a half, and then facebook for a while. I don't have instagram or snapchat, but if I did, it would probably add another hour or two to my morning session.

Eventually the need to smoke is too much and I pull myself out of bed. I roll a joint (with too much tobacco) and smoke it by the window. I don't get high, instead I simply revert back to a "less shit" mode from my "really shit" mode. The weed is very quickly rejected and I rush to the toilet to throw up, but my stomach is empty and I dry heave for 10 minutes. My body still thinks I threw up though, and so floods me with the "post puke" endorphins. This + plus the THC is the only way I can feel high anymore.

I immediately smoke another joint, and then contort myself onto the sofa. My second fap of the day consists of me hitting up gonewild or amateur porn subreddits and wondering what it would be like to fuck some of the girls on there.

I put something on netflix but it's not stimulating enough, so while I "watch", I play games on my laptop or my phone. I do this for the next 4-6 hours, stopping only to roll more weed.

In order to achieve my third fap of the day, I have to watch teenage girls get gangbanged or do shit that makes me mad. I get angry but horny and manage a few spurts of cum. It doesn't even feel good, but I've removed the itch to fap and that's all that matters.

At some point I start feeling very very ill and realise it is around 7pm and I have yet to eat anything. I drag myself into the kitchen, which has piled up with dishes. I have no bowls, so I wash a bowl, put the kettle on and make some instant noodles. I'm so hungry it tastes like the best thing I've ever eaten. I use the same bowl for cereal afterwards, and smoke weed to make the most of the sugar rush. This is my meal of the day.

I get through 2-3 grams of weed throughout the day, smoking it like cigarettes.

I play games and watch netflix until it's around 11pm, where I migrate to my bed and continue there. The creeping urge to masturbate returns, and my fourth fap of the day consists of me beating my soft dick trying to make hard. I browse around for more fucked up porn, but the whole shit/piss thing still disgusts me, and the porn only works for about a minute before I get bored. I eventually resort to watching women fuck animals (what a fucking blackpill that is) until I'm angry enough to dry cum, this takes roughly an hour or more.

I fall asleep playing a game on my phone. The next morning I wake up feeling like death.

Repeat. For two fucking weeks. Sometimes I remember to shower.

What fucking hell that period of my life was. I lost pretty much all my muscle and weight, 2 years worth of progress. and could not even bench the bar when I eventually returned to the gym

Once I pulled myself out, I vowed to never, EVER, return to that point again. How fucking pathetic. Laugh at me all you want, this was me for a while.

This is me now.

Übermensch Mode

My alarm is set for 6:20 but I wake before it, as I have every day these past few weeks. I immediately open the curtains and let the light flood the room. I lay in bed contemplating life for about 20 mins before I get up. My phone is charging in the other room, nowhere near my bed. I make my bed immediately, fighting entropy as the first thing I do.

I down a glass of water, then hit the shower immediately. I start off warm because I'm still a pussy, but gradually shift it to ice cold by the end. I stand under the ice water and count to 22. Yesterday was 21 and tomorrow will be 23.

Once dry, I have my first breakfast, tea, yoghurt and fruit. This stimulates my appetite. I then take Vitamin D and C, Zinc, Cod Liver Oil, 5-HTP and Lions Mane Mushroom. I then begin cleaning my flat; there isn't much to do because I keep on top of things mostly. Fuck off entropy. I then wash my dishes from the night before and use that time to think about the day ahead and reflect. Once I'm done, I do my Wim Hof breathing exercises for 10 minutes, then meditate for 10 mins.

I then write my **to-do list** for the day. I do this every morning. If I do not, I forget what I need to do. I don't use fancy apps or trackers or anything like that, a simple list is enough. At the end of the day, I count up what I managed to do vs what I intended to do, and give myself a percentage score. I aim to always be above 60% minimum, with 80% being a goal.

Once I'm done, I either blast music loud to get myself pumped or put on a podcast. I cook my second breakfast, depending on what I'm feeling. I enjoy cooking and plan my meals on the **whiteboard** I have in my kitchen, writing down the meals I know how to cook (otherwise I forget) and ordering what I'll cook on what days.

I have my breakfast, which is never less than 1000kcal, and a protein gainer shake with creatine, almost another 1000 calories and then pack my bag for the day. I then practice my guitar for roughly an hour. I do this in the morning so i can avoid the morning commute rush, and also out of respect for my neighbors. I return late in the evening and it is unfair to them to be playing at that time.

I leave for school, and commute the 30 mins to my university. At school I first stop by the chapel and spend 10 minutes absorbing the numinous and constructing the rest of the day in my head, more meditation. I then hit the library and go over everything I studied the day before, using questions I find online to test myself on the material. I do this for an hour.

I then hit the gym and lift for roughly an hour. I do 5/3/1 with BBB and other accessories. I shoot the shit with the management, and gym bunnies stare at me as I deadlift. It feels good. Easy, meaningful dopamine.

After the gym I have a snack, and then study new material for 2 hours. I use the pomodoro method and do 4 pomodoros. I then hit the school cafeteria and have lunch, replying to my reddit comments as I do so. After that, I

study for 4 more pomodoros, and then heat up the leftovers from yesterday and answer more reddit messages.

Once I'm done I travel 30 mins to my tutees house, and I teach a 16 year old girl basic chemistry for \$60 an hour. I teach her for 1.5 hours. She hangs on every word I say and keeps touching the inside of her thighs, and fiddling with her hair/neck. She started off failing miserably, now she's top of her class. How convenient...

I travel home during rush hour and hate it, but distract myself with chess against the computer on my phone. I lose a lot.

I get home at roughly 7pm, and relax for about 30 mins. I then cook a meal, whatever I had planned at the beginning of the week, and I really enjoy the act of cooking itself, the precision timing and the aesthetics and the art. I eat my meal while browsing reddit. At about 8 pm one of two things happens. I either sit in front of my laptop and write a long ass reddit post, vomiting all the ideas that I came up with throughout the day OR I get a pussy delivery and a plate shows up at my door (pre-planned). I fuck the plate or fuck the minds of TRP readers for a while.

The plate has two options, she either leaves and goes home, or she stays with the knowledge that my bedtime is strictly 10pm and I'll be getting up at 6am in the morning. Most leave, which I prefer, I need the alone time, and I only need her for sex anyway. Some decide to stay, and I wake them up with sex in the morning and make them do the dishes.

Before bed, I write in my diary and drink a glass of Casein. I note anything interesting or out of the ordinary that happened, and any insights throughout the day.

Around 10 I hit the sack, I attempt to read but am normally too sleepy; I never read as much as I'd like to. I fall asleep immediately and without realizing, I do not lie awake at all.

Repeat, for the past month.

This is how I live my life now, and I fucking love it. I feel so on top of things and massively in control. I feel like I'm living at maximum potential, a real fucking superman. I am the happiest and most fulfilled I have been in my life. I probably won't be able to keep it up, and will crash at one point; but I have been giving myself rest days and not being too hard on myself when I fail, so getting back on the horse won't be hard.

I would like to hear, from Vanguard and Endorsed Contributors, their own accounts of their Übermensch days in the comments. I'm sure some of you operate so much better than I do, and I'm genuinely interested in what kind of people you are.

In Conclusion

Hopefully this post has given you a taste of what it is like to be a Higher Man and the philosophy and mindset needed, and hopefully, along with the methods I set out, you are inspired and able to emulate this mindset and in your own lives. We all have the capability to do so, we just need a push to become the best we can be, super fucking human.

I think back to my father, and how much he achieved in his life before dying. Did he win The Game of Life? Was he just a loser who died too early and fucked it up for his kids?

My dad grew up on a farm in a third world country, they shat in holes and had a well for water. My dad had to live through communism. He hiked to school across a mountain every day, and got himself a place at university, and then the army as an engineer. He found himself a beautiful but BDP girl, and had a kid with her, but she stillbirthed. So they tried again and had me. Eventually the communism and the war was getting too much, so he smuggled himself out of the country and into the UK. He didn't get caught. The dude, with an engineering degree,

cleaned toilets and sold furniture while earning his accounting qualifications; and brought his family over. He moved them from a shithole flat in an immigrant-crime neighborhood to a rented house in a quiet town, to eventually, saving up the money for a deposit on a real house. Then he got cancer.

My father lived two lives, surviving poverty and communism and rising high in the ranks, and then starting from scratch in a foreign country and still fucking bossing it, his climbing speed was tremendous, almost exponential.

I was always so baffled by my father during the last few weeks of his life; he was so chill, so accepting, so stoic. I couldn't understand why, the dude was collapsing into death. But now I get it.

He was a winner, through and through, and he knew it. He knew that he achieved tremendously in his life, and that his kids would turn out great. My dad died with a smile on his face.

1,601
UPVOTES

I'm pregnant and you are the father.

random13571357 · 10 June 2016 · Archived copy · Reddit

Age: 36.

Height: 6'5"

Weight: 225lbs (single digit BF 200/365 days a year)

Property: 4 bedroom house, mortgaged.

Car: £22,000 - 1 year old (Credit)

Salary: £63,000 (2014-15)

I predominantly date women between the ages of 28-32 at this time in my life.

In the last 2 years I've had 3 different women claim I've impregnated them.

Oh and the twist. I got the sip at 28, 8 years ago and I've had 4 sterile checks since.

If you are at the top, they want you tied down.

I admitted lying about being pregnant to see my reaction.

I recieved my text explaining I was sterile and i've never been contacted again.

I remained adamant I was the father, and 2 days ago I was cleared of parental responsibility through DNA test.
(The child was not mine.)

Welcome to the real world gents.

1,594
UPVOTES

Seriously think about who's writing the shit you read here. You need to learn to think/judge for yourselves.

broek_325 · 14 December 2017 · Archived copy · Reddit

There was a recent post about how to destroy females by being alpha and beta. Some of the comments were gold dust, (as ever, comments often contain the real advice, not the posts themselves), but only a few people seemed to actually consider who the fuck the OP was.

Well, judging from post history, OP is an asexual, female/male (who knows?) who frequents 2X and probably has a plethora of mental health issues. At the very least they are a troll.

Yet most of the comments are singing praise and agreeing with him/her/it. The problem is, people follow the herd. The post gains upvotes, so it must be fact. Rather than reading it and thinking for themselves, they'll just take it as gospel, add another upvote, and be on their way.

Now, aside from GLO, I can't think of many people here that actually have a face to the name. So of course, the majority of posts you read, you can't really tell who's posting or who's genuine. Think twice before you start changing behaviours and listening to shit you read here, especially when posted by randoms. You really want to take some theory back to your plates which was in fact made up by some fat hambeast with bipolar?

Read the sidebar, read endorsed posts, read posts which have been commended/approved by endorsed members. Then read the random FR's and theories, and judge for yourself if they seem real, but keep your head screwed on. Just because the main user base agrees and gives upvotes, doesn't mean the post is worth shit.

There's a huge amount of great content here posted by non endorsed members, I'm not saying to ignore it. Just use that brain. If a post seems like BS it probably is.

Some of the best posts here, with real RP advice from men who have experienced the shit, often get very few upvotes and disappear only to be found in searches. Remember that.

TL:DR - don't be gullible. Nothing new here. Listen to the senior people, take everything else with a pinch of salt. If you can't read a post and take away your own conclusions from it, you're probably in trouble.

1,593
UPVOTES

Instead of deliberately trying to make yourself seem busy and unavailable to women, how about you actually do stuff with your time and let that behavior come naturally?

letsjustfindout · 2 June 2017 · Archived copy · Reddit

[removed]

1,588
UPVOTES

Social media is cancer to your life: A simple philosophy to become a tribe builder instead of a lone wolf.

paul_ernst · 21 December 2020 · Archived copy · Reddit

Summary

Literarily everyone in our western culture has in some shape or form a sense of being alien to our society. We want to connect to people around us but we don't. It is often said that the way to the top is a lonely road. But that's only said by lonely people and it conveniently fits their lone wolf mentality. Become a tribe builder everywhere you go, and you will live a good life, an experienced life, a powerful life. These are your first steps to unplug yourself, to open your eyes.

Body

1.

Our reptilian brains are not adapted to our metropolitan world. We're out of date models and we're hungry to hunt, hungry to build shelters, hungry to trek, hungry for a band of brothers. But tribal life is never coming back and city life has its benefits, among which, a high volume of women to spin. The one true test on your heroes' journey, in becoming who you are, to shed your boyhood and become a man, above all you must learn how to build and lead tribes.

2.

Call your mom, your brother, your sister. Stop hiding behind your rectangles. Shed your passive frail consuming mentality and start engaging with the world around you. The number one key to become a tribe builder is to become assertive, to take initiative, to act instead of react, to tune in with the creator within you. The path to become superhuman is laid stone by stone. If a simple phone call makes you feel uneasy, here's your first stone. Make a habit of calling family and close friends instead of texting them. Make a habit of greeting people and dogs on the street, greet the hobo, greet the cashier, greet the bartender smoking outside, greet the hiker, greet the old lady feeding pigeons, greet the guy next to you on the bus, greet everyone next to you in the gym. Call your mom again.

3.

There are four key activities that mold men into brothers: chasing girls, globetrotting, friendly competition and dining. They all generate wealth in its purest form: power. For millennia, the status a man has in his society is build and reflected by the women he fucks, the places he travelled to, his athletic strength, and the men who dine at his table. Western culture has almost entirely lost touch with the last one. But it's a powerful thing, to feed someone. Dining has been the backbone of many societies and it's easy to see that men in societies who still maintain that tradition have stronger relationships with family, with neighbors, with fellow men in town. If you're looking for some motivation to learn how to cook (looking at you who only eats microwaved junk): lifting will help you master your body, cooking will help you master your network. Make a habit of inviting a friend over for dinner on any given boring worknight. Everyone is bored. Everyone is tired. Everyone has to eat. Girls in our society have mastered the art of brunching for an hour from the age of 16, it's not that fucking hard. Dining is the easiest way to bring people together. Bring people together. People will admire you.

4.

You'll spend your 24 hours and you'll spend it on what you planned to do. If you don't plan shit, you're planning social media, or cheap shitty entertainment. Get busy. Cram your days to the point snoozing simply isn't an option. The bare minimum on any given day should be: 7 hours of sleep, 8 hours of work, read 10 pages, sport 30 min, meditate, work 1 hour on your next passive income stream.

5.

Lift, yes, but find a team sport too. Don't know where to start? Call your brother or sister. Ask a friend to go for a run tonight. It doesn't even have to be a close friend. You'll be amazed how many guys go running alone and would love to find a running pal. Every university offers a wild range of sports where you can tag along and get to know many great people. In Europe, you don't even have to be in university to join the sessions.

6.

You become an adult when you realize there's no such thing as adults in this world. You become a social guy when you realize everyone is awkward and most people remain awkward until they die. Most lonely guys I know always tell me the same crap: 'No one ever asks me to go anywhere.' Make a habit of inviting people to dine, sport, go for a walk, go shopping. It doesn't have to be planned. Just call when you're on the way.

7.

Your life only begins when you figure out everything you do together, you can do alone.

8.

Your life is outside. Or did you really think that one day staring at this rectangle in front of you would become life-fulfilling?

9.

If you take away the rectangles, how many rooms did you visit in the last week? How many people did you actually have a conversation with? Social media is cancer, the illusions they give us of being in the world are paralyzing, utterly soul-destructive.

10.

When you have your own life outdoors, meeting people comes naturally, inviting people to come along comes naturally.

11.

If there are no people in your life, it's because you don't have a life. Go outside. Create a life. It is the only way.

12.

If you don't know what to do: be bored. Sit on a chair and do absolutely nothing. Sometimes it can take ten minutes, sometimes half an hour. But when you move you will understand that anything is better than getting a quick shot of life through the eyes of a movie character or social media. Creating a life is hard. It's difficult. But the smallest creation - like getting out of your fucking door, fixing your bike or cleaning your shoes – can be bliss if you see it for the greatness it is.

1,584
UPVOTES

Tips from my tinder success. Most can be attributed to the same principles people preach here.

RPthrowawayacct · 18 January 2017 · Archived copy · Reddit

I see some posts about things that worked for others so let me take a couple minutes to tell you what worked for me. I'll be glad to go into more detail if there is interest. Basically I had the same routine for every tinder date and I closed close to 100% of the time and kept at least 7-8 plates at a time for a year. I was 28, 5-11, and 175.

My best openers were based off something in their profile, such as if they were wearing some weird hat. "If we hang out later can you not wear that (___)? I already have mine on and I don't want it to be weird."

I would exchange some messages and then if it was someone I wanted to meet up with I would just say, "Well this app drains my battery so if you wanna grab a beer sometime here's my cell."

I never asked for a number. I never sent follow up messages. If I didn't ask for their number it shows them that I'm not thirsty. When texting I would tell her to send a selfie to make sure I'm not getting catfished.

When it came time to meet up I always used the same bar. It's close to my house, there is no smoking, no food, and free pool. The bartenders knew what I was doing and we got along well. So I would ask what part of town they're in. No matter what they said, I would say, "Ok let's meet somewhere in the middle. How about ____?" I always said that I can't be out late since I work the following day so just a couple beers. This lets her think in advance that I'm not out to get drunk and take her home. It puts her into my frame. We are just having a couple because I have shit to do.

Another little thing I did was joke that if she's late, she buys. It's all fun and cute but when they walk in a couple minutes late I would make fun a bit and they'd buy me a round.

Anyways.. pool is a great activity while having a couple drinks. I'm decent enough that she'll think I'm good. They never are so it makes for a fun dynamic. The high tables next to the pool table are up against the wall so when she sits down her knees are facing outwards. This makes the initial touching super easy. I would get close, laugh about whatever, and rest a hand on the inner knee. When it doesn't get pushed away that's a green light. On the next round of beers I would do the same thing but now up on the inside of the thigh. The area that shows my intentions. When it doesn't get brushed away... it's time to get home.

NOW, we all hear about giving her some way to hamster herself back to your place without feeling like a slut. Let me tell you dudes the absolute best way that has NEVER let me down.

"Well I had a good time. I don't like to have any more beers when I have to drive home so I'm gonna head back. I'm close by if you wanna come over and play Mario kart"

You're going to think I'm kidding but every fucking time they would say something along the lines of ohhh I loved that game. I'd kick your ass at that game. My brothers used to play that! Blah bla bla fucking bla. They just want a reason to tell themselves THATS why they're going back to my house.

When they get to my house they excuse themselves to my bathroom where there was always a very fancy girls necklace on the counter. Some rich tinder girl left it there before she left town. Every future girl would come out asking who's it was. I brushed it off and it gave me instant abundance proof. Now she knows I have others over, that it happens enough that I don't even pay attention to misplaced jewelry, and that I fuck girls with high class things. It sounds silly typing this out, but I'm just telling you

what worked.

Anyways..

Show that you aren't thirsty, show that you are busy and have time for just a couple, show that you are selective, and most of all get a Nintendo 64

1,565
UPVOTES

Reddit Banning all opposing viewpoints - Prepare to Meet at TRP.RED

redpillschool · 30 September 2019 · Archived copy · Reddit

Against our wishes, Reddit admin have altered their policies to include taking about anybody including groups of people (such as men or women). They have alerted us that male self improvement is intently evil and must be purged for the well being of the 10 year old kids running the show over at Reddit Headquarters.

Reddit admin will delete us soon.

Deletion is imminent

We were hoping to finish our redesign of forums.red before closing here on reddit, but it looks like that isn't in the cards.

Meet on <https://TRP.RED> for further announcements and coordination.

Make an account on <https://trp.red> because we're not going to be here for long.

I have opened the sluggish forums for posting in the mean time at <https://forums.red/i/theredpill> but please note there are no edit or delete functions yet, and it's extremely slow because it does not have the same caching and database server as our finished trp.red

We plan to rectify this very soon, stay tuned.

If your subreddit has closed or is facing closure, make a tribe today on <https://www.trp.red> and secure a forum when the redesign launches. More info on tribes here: <https://tribes.trp.red>

See you on the other side.

If you like our efforts on trp.red, join our [patreon here](#)

1,559
UPVOTES

The man in the mirror.

Ketogainsmongoose · 2 March 2018 · Archived copy · Reddit

"Your life is a full-time job. Worry about yourself."

"You don't know what real pain feels like."

"Wear a condom. Don't get her pregnant."

"No matter what you say, no matter what you do, I'll never stop loving you, son."

-My father, nicknamed the Boomerang, because he'd always come back around.

My father became gravely ill these last 2 years. I quit my job, lost 3 more, and finally settled into my career.

I lost my primary residence, couch surfing, and at one point I lived in a leaking shack in a backyard with my father before buying a used, but nice, trailer.

I struggled with money until a 10 year lawsuit was settled. At one point I was mistaken for a homeless man, I was that poor.

I struggled with a vindictive ex that was BPD. She was army and a photoshoot model. HB9, muscles in all the right places. Awesome ass. Worst women I've ever gotten involved with in my entire life. She had become obsessed with me, I had alphawidowed her in the past.

I strangely caught oneitis for a hoodrat who was a HB 6.5. my feelings weren't returned.

I had no friends to speak of. I was a fat, miserable, wretch. I was 60lbs overweight. I was eating garbage, and was a video game addict.

My friend, whom I had alot of common, was struggling with oneitis. He was 26. I had just stumbled upon TRP. I was eager to share the information I was learning.

He died in his sleep, on the job. We were supposed to hang out the day before, but I blew him off because my oneitis wanted to use me as an emotional tampon- I was all too eager to be used.

Shortly after, my father caught a serious illness and was rushed to the hospital.

Everything changed for me that day.

I quit the games. I quit the junk food. I signed myself up for an MMA gym. I got a new job. I got a new place. I got a huge chunk of money. I walked away from my oneitis and never looked back. Keto, fasting, lifting, yoga, MMA, reading, TRP. I was in the best shape of my life.

My struggle had just begun.

My father was released from the hospital with a bacterial infection called C.diff- Diarrhea. My dad also had a constriction of the throat, so he had a tube in his stomach for food. He was like a newborn, he was at 132lb from 225lb just 6 months ago.

I came home to find him laying in a pile of shit that leaked from the sides of the bed. His hands in the air like a cadaver. He cried for help.

I called 911. Tears streaming down my face. I slumped to my knees.

"I can't do this. I'm not strong enough. This is too much. I've reached my limit..."

My dad was taken away by an ambulance. They kept him for a week and sent him back home.

I came home from work to find him on the ground, pants around his ankles, covered in shit, in front of the bathroom. He was shaking and calling for help. He had been laying there for 6 hours. I called 911 again and I held his hand. *"I'm sorry, Dad. I'm sorry!"* I repeated over and over.

They took him away and sent him back a few weeks later.

My father and I laid down in the bed together. He had a distant look in his eyes.

"I'm too sick, son. There's no coming back from this."

I cried like a bitch. He's never been wrong before.

Something in me broke that day. An understanding. The person I saw in the mirror that day was not the man I had daydreamed of. I had always told myself, *"when the chips are down, you can count on me! I'm a bad ass, if only the world knew! One day, I'll be someone important! Just you wait!"*

I got angry. A deep anger that had one message for me-

NO MORE!

I stood up straight. I wiped my tears away. I grit my teeth. I clasped my dad's hand. I looked him in the eye. I said-

"After everything you've been through, after how far you've come, this is where you call it quits!?"

"Is this going to be the moment the man I've looked up to my whole life is going give up? Was I wrong about you!?"

"Are you going to be remembered as the weakling that died in this shit town, inside a crappy trailer, with no friends or family surrounding your bedside?"

*"This is not who you are. **I haven't given up.** I'll change your diaper everyday, if that's what it takes. We've come too far to give up now."*

"If you give up now. All the pain, the anger, the humiliation. It will be for nothing."

"Look at yourself properly at what kind of man you want to be."

I watched his face change. I saw his eyes well up. I felt his hand clench mine. I saw his mouth tighten into a thin line. A look of determination fell across his face.

I saved my dad's life that day.

Before you try and save the world. Before you talk about starting a movement.

Look into the mirror.

Do you see a man worth following?

Worry about yourself before you start worrying about anyone else.

Fix your shit before you start trying to fix anything else.

You're nothing special. You can't even tell your boss no. If you can't even stand up for yourself, how the hell are you supposed stand for anything else?

There comes a time in every man's life where bravado is no longer enough. You've run out of time.

All that's left is for you to take action. Rubber to road. Thought into action. Times up! **Move. Your. Feet!**

You're only a ghost in a shell of you let yourself become one. Show everyone that they were wrong about you. Show everyone they counted you out too soon.

If you want to be a legend, you have to do some legendary shit.

Be a warrior, not a soldier.

A soldier dies for another man's cause.

A warrior dies for his own.

1,557
UPVOTES

"All Women Are Whores"

TrenGod37 · 24 October 2017 · Archived copy · Reddit

Read a post early that got me thinking. Guy wrote an angry rant saying how all women are whores.

My first thought. If all women are whores for you. That must be a good thing right? So why the anger?

...oh because they are not YOUR whores. If they were there would be no issue.

Most of you who have internalized the sidebar understand that it's just our turn. They can never be our whores. So the only reason that can upset you is because of the ego.

But there's more to this. The problem isn't them being whores. Because in reality. They are not all whores (at least not as the post read.) They are just AWALT.

The problem is YOU. You're calling her a whore because she left you to go fuck someone else. That's not the issue though. She did it for a reason and the reasons are usually one or more of the 3.

1. Your value/status sucks.
2. Your frame sucks. 3 Your Attitude/life sucks.

Value

If you are a top tier male most women are not going to do anything to fuck up and potentially lose you. When I date women they tip toe when making a questionable decision. They make sure before they do something it's not going to piss me off. Why? Because most guys fucking suck. Honestly. It's laughable how little the competition is. They're all out of shape. They haven't heard of the word game besides talking about halo and world of war craft. Frame doesn't even make sense to them. They dress like shit, Orbiting is a hobby, and needy as fuck, my god these dudes are so fucking needy (I hear women constantly complain about it). So as long as you form your life around the principles in the sidebar (that you see fitting for your mission) you're way ahead of the game.

If these women are doing things to piss you off so easily it's a good indication your value or status is shitty and you have work to do. Because I'm telling you. If you are in decent shape. Have a purpose in life. Maximize your attraction. And know game. MOST women have never experienced a guy like you. They usually don't want to fuck that up especially if they have been in past relationships that were shit. That doesn't mean they never will but again if you're a man of value you will have no issue creating a boundary or stopping that shit dead in its tracks.

They are never going to be the ones giving YOU an ultimatum. If your given an ultimatum. She's subtly telling you. Your value is shit. Take it as a blessing and lesson learned. Say goodbye and get back to the drawing boards. (Aka working on yourself.)

Frame

Your frame sucks. You care too much. You're overly invested. She knows. You know it. We know it. Everyone knows it. If you were to take full responsibility for everything in your life. You'd never have the nerve to call her a whore out of frustration because you realize she's just a woman being a woman and you're the reason this behavior took place.

Now I know someone's going to say even the best of the best get cheated on sometimes. And yes it does happen but usually they are missing something. Or did something for it to happen. In the rare occasion she cheats on a high value man who has all his shit together. they aren't wasting a fucking second crying, moaning, or ridiculing the women for it. They are already on to the next one.

All women are like that. They all have women instinct. They can and may cheat. We are aware of it but we don't need to live in paranoia because of it. If you have your shit together like I said above it's unlikely she's going to jump on the next better dick and fuck things up with you. Especially if she knows you'll leave Or you have created

firm boundaries.

Attitude/life

If you're going around calling women whores. It's a good indication your attitude sucks. You're like the girl who whines about her ex to the new dude she's dating. The guy she's cheating on you with or "whoring" herself with is usually fun as fuck. Carefree. Living life by his own rules. Showing her a time she's never had before.

I have alpha widowed almost every girl I have been with (I know this sounds concede . But I'd like to give some personal examples). This is because I am a fun mother fucker. I always try to live that way. I don't like rules. I used to get into a lot of trouble. I was wild. I've matured over the years to keep myself out of trouble but I'm still wild at heart.

I take the women I meet to shoot guns they will never get to touch again in their lives. I show up randomly at their house at 2 am to fuck their brains out. I call them tell them get ready we're going to have some fun. I take them to abandon places to explore then fuck them in them. I fuck them in their cars. In parking lots. On roofs. In playgrounds. Hang cuff Them while fucking them. Where ever/however I can that no other guy would ever think of doing.

I do shit that makes them nervous as fuck. All the while I stay calm and laugh. Sneak into places you shouldn't be. Sneak into movies. Sneak into their rents house. Fuck her in the bathroom at the grocery store. The dressing room at the mall. You name it I've tried it.

Now think about that. If you're a guy doing all this shit. HOW in the fuck is she ever going to replace your crazy ass. She can try. But like I said if she's been with some shitty guys she's going to be blown the fuck away. Not even chad can get her to cheat. And if she does. I mean honestly at this point you won't care. You'll have an abundance mentality thats untouchable.

The key is to always be having fun with a dgaf attitude towards anything that isn't helping you get to where you want to be. Get out of your comfort zone. Experience new shit and be happy you're able too. Make your life as interesting as possible and you won't have time to waste worrying about people who bring negativity into your life.

Life's too short to call women whores. Life's too short to even care. You're Attitude should be. Fun. Free. Fuck it!

TL:DR women aren't whores. Unless you're the high value fun guy. Otherwise Women are just women. It's YOU that sucks. Not her. Fix yourself.

1,555
UPVOTES

Woman from Norway sentenced to pay \$50.000 for false rape accusations, after the man recorded their whole date.

united_fan · 19 November 2014 · Archived copy · Reddit

1,555
UPVOTES

So you're a boring fuck: How to become interesting in 3 Easy Steps [Part 1]

needless_pickup_line · 13 April 2015 · Archived copy · Reddit

While men and women are very different, one thing we have in common is that the majority of us are **terrible**. 90% of women are basic bitches whose lives revolve around Netflix, wine, shopping, and naps. But we often forget that 90% of men are fuckboys who have no vision beyond videogames, televised sports, smoking weed, and trying to keep their dicks slick. We fault women as boring and banal but too often neglect ourselves.

The kneejerk response is that we're all unplugged individuals. We're miles ahead of Joe Beta eating cheeto's on the couch. But the unfortunate truth is that TRP consists mainly of Reformed Betas, and chances are most of us spent high school and college locked in our rooms studying or playing video games; which in terms of cultivating individual character and force of personality is pretty fucking terrible. Without real life experience, too often these guys express themselves through pop-culture references and define themselves by the media they consume. They lack an original, self-actualized identity.

Almost every day I see newly unplugged guys wondering how they can become more interesting and make conversation. Most of TRP is pretty straightforward: lift, read, approach. There's an endless amount of information on how to lift weights, along with a wealth of resources in the sidebar on RP theory and game. But what do you do if you have the chiseled body and iron frame, but nothing inside? **Many guys here already have rich and fulfilling lives. This post is not for you.** This is for all the newbies who hit /r/asktrp wondering how to make friends.

Hobbies, interests, and experiences

These three things make up the foundation of who we are. Women might be judged solely on how they look, but men are judged on WHAT THEY DO. *What do you do? What do you like to do? What have you already done? What do you plan on doing?* Either directly or indirectly, people will ask you these questions and you must have satisfactory answers. If the answer to all these questions is Xbox and jerking off then you're doing it wrong.

HOBBIES

These are activities you do regularly with TANGIBLE results. "Playing videogames" is not a hobby. Neither is watching sports, drinking beers, or hanging out with your bros. There is nothing inherently wrong with these activities, but in the end you haven't achieved anything substantial. We fault party girls for endlessly pursuing good times without contributing or developing anything. While lounging on the porch lacks the glamour and excitement of recreational drugs and club music, it's ultimately just as frivolous. Hobbies are more analogous to skills, rooted in pragmatism with tangible benefits. **Women don't worry about this because they are all born with a vital skill: SEX**

It is imperative that you cultivate several hobbies and work on them regularly. That is, at least once a week -- preferably more often -- you dedicate time towards the pursuit of each hobby. How many people do you know that "play guitar" but haven't touched one in months if not years? If they even still own one.

To develop a well-rounded personality, you must pursue at least one hobby from each of the three cardinal spheres: **The Physical, The Creative, and The Mental.**

THE PHYSICAL: These are activities that strengthen your body and increase your stamina. At least three times a week you should be engaging in a physical activity. The very minimum requirement is weightlifting, the quintessential "lift more" of TRP. But often that's not enough. Every lame half-alpha out in the wild fucks around at the gym, and for top-tier guys a weightlifting regimen is all but mandatory. A true physical hobby goes beyond mere maintenance of your physique. These are activities like snowboarding, rock climbing, boxing, and cycling. Even conventional sports like basketball -- if you take it seriously. Pushing your body to its limits and developing your natural agility, power, and grace. We might not be chasing down mammoths any more but you can still be a hunter and warrior.

If it is your sole source of exercise then three times a week is mandatory. If it supplements weightlifting or calisthenics, then once a week is acceptable. It's not just about strengthening your body, but adding another layer to your personality. "I'm hitting the slopes over break. I just ran a marathon last weekend. Let's ball after work." You will have a hardness and appeal to you that most people lack.

THE CREATIVE: These are activities that result in tangible pieces of aesthetic work. Drawing, painting, music, sculpture, singing, and so on. Most people believe that artistic ability is innate, but really it's a matter of practice and commitment. Just like lifting and game, there are myriad resources available for you to improve in the media of your choice. As with The Physical, creative hobbies need to be practiced at least three times a week.

That isn't to say that multiple times a week you need to painstakingly hew Greco-Roman deities from living marble. Just as there are light and heavy workouts, there are smaller and larger sessions. For example, I'm a painter. I dedicate a single day during the week in which I go to the studio, turn my phone off, and spend a few hours painting. The rest of the week I just work in my sketchbook: drawing, sketching, and generally brainstorming. Likewise, maybe you only go to a voice coach once a week, but the rest of the time you practice your scales at home. Not every session is monumental, but you consistently make progress. If you can commit to those three weekly sessions, you'll be surprised at how quickly you improve and how proficient you become. If you spend money on private lessons or take a class at the local college you'll progress even faster, with the bonus of meeting young liberal females ;)

You don't need to be a Renaissance artist to satisfy this hobby. Creative writing and poetry are equally excellent. Woodworking is rustic and timeless. Photography and graphic design are also viable options that are more modern and accessible, although significant effort is required to elevate yourself above the many amateurs.

THE MENTAL: Another word for this sphere would be The Technical or The Intellectual. The Physical will strengthen your body and The Creative will refine your aesthetic, but you need to challenge your mind in order to complete the trinity. There are overlaps between Mental hobbies and Interests (which I will mention shortly), but remember that the defining aspect of a hobby is that it provides tangible benefit. While reading about history and playing chess are certainly intellectual pursuits, ultimately you don't achieve much besides knowing more about history and getting better at chess.

Mental hobbies are things such as coding, mechanics, and foreign languages. They can be financial pursuits such as real estate or managing a business. On a more Machiavellian level, it can even include human psychology and manipulation. They all require intelligence, study, and practice, but are useful and applicable. You can build your own website or design a new app. Save hundreds of dollars maintaining your own vehicle. TRP often recommends travel; consider how much more autonomous you will be and how much richer your experience when you have multiple means of communication at your disposal. Out of the three spheres, Mental hobbies most directly translate into utility and profit.

These categories are not set in stone. There is plenty of overlap between the spheres. Dance blends the physical and the creative. Cooking and baking blend the creative and mental. Martial arts combine the mental and physical.

Even something as mundane as gardening contains elements from all three areas. The key is to become a well-rounded individual who can contribute in multiple ways.

INTERESTS

Interests and hobbies are often confused. While there are similarities, the main difference is that interests are pursued on their own merit. You engage in them solely because of their appeal to you. Hobbies are constrained through their practical application, but interests are far more open ended. However, most interests have zero practicality; you need a different mindset when you pursue interests versus hobbies.

The "point" of having diverse interests is allowing you to contribute to conversations. That's it. Yes you can pull the

sitcom routine and try to memorize various trivia on a subject so you can fake expertise, but your conversations will be far more natural, organic, and fulfilling if you have real knowledge of whatever topic you are discussing. *To be an interesting person you need to discuss interesting things; to discuss interesting things you need to have knowledge on interesting things.*

What do you do for fun? What interests or excites you? Answering these questions is crucial to determining what you want to pursue. Nature and the outdoors. Punk rock. Floral arrangement. Archaeology. Tarot readings. Classic literature. Tropical fish. Horror movies. Modern art. Taxidermy. Deep house. American history. Board games. Tantric philosophy. Magic tricks. Rock collecting. German expressionism. Astronomy. Hog futures. Interior design. **Your options are endless.** This is such a simple and basic concept but many people lack the basic desire to broaden their horizons. Ask your plates about *any* of these topics and watch their eyes glaze over.

Take initiative and pursue your interests actively. You can't passively sit through life waiting for opportunities to explore. Just like anything else on TRP, read, learn, and spend time on them. If you don't know where to begin, don't forget that any of the hobbies mentioned in the previous section are automatic interests. They naturally lend themselves to other areas of knowledge. If you're a cyclist, then you already know about cycling. You can discuss different bikes, routes, and maintenance, but it's so easy to expand from cycling into environmental impact, public transit, kinesiology, health benefits, city planning, triathlons, and mechanics.

However, not all interests are created equal. Videogames get a lot of shit on TRP, but videogames are a legitimate interest. You can spend time and money on them, you can discuss them, and they bring enjoyment to your life. But when men on TRP talk shit about videogames, it comes from a place of truth. For practical purposes, **NO** women want to hear you talk about videogames. **None of them. Ever.** What you do on your own time is your business. If they help you unwind, God bless. But understand that certain things have a negative connotation that you may want to distance yourself from. If your primary goal is sexual strategy, it is imperative you keep that in mind. Regardless of how lame or sexy your interests are, they should all contribute to your overall frame of reference. Think of "water cooler talk". Even if videogames aren't hot, you can still connect with people who play them.

The key here is to not separate and categorize hobbies and interests, but to pursue them in concert and combine them in interesting ways. For example, if your physical hobby is rock climbing and one of your interests is nature and the outdoors, then every month you go camping with all your gear and climb during the day while sleeping under the stars at night. Doing that is much more interesting than simply going to an indoor climbing gym and walking through the woods behind your house. You create something greater than the sum of its individual parts. These kinds of combinations lead into the third aspect of personality.

EXPERIENCES

It's very easy to fall into a routine of work-gym-eat-sleep-repeat. You sustain yourself – even stay healthy - but are you really living? Even if you pursue all the hobbies and interests mentioned earlier, you could still spend your entire life in a 10-mile bubble. You need to go out and experience LIFE. 9 times out of 10, if a newbie isn't making any progress it's because he's spending too much time reading and not enough time doing.

Climb a mountain. Tag a watertower. Trip on acid in the desert under a full moon. Party in Ibiza. Get in a fight. Sneak backstage at a concert. Go skydiving. Date a sugar mama. Volunteer at the shelter. Backpack across Asia. Wrestle a large animal. Go to Gay Pride. Learn to backflip. Spend a night on the streets. Take two dates to the same party. Run with the bulls. Hike the Pacific Crest Trail. Go streaking.

Note that some of these activities are HORRENDOUSLY stupid. But that's the great thing about experiences, they are EXPERIENCE. And even the bad ones make you a stronger, more interesting person. Internalize the good. Learn from the bad. This is part of the reason why girls love bikers, criminals, gangsters, and dealers. They're doing stuff. They're exciting. They're dangerous. I can hear the girls getting wet from here. Even if in the grand scheme of things these guys are in a shitty position, **girls would rather have fun in the dirt than stay clean and bored on the couch.** Girls would rather share an Alpha than own a Beta.

Again, this is all obvious shit. But if you never venture out of your comfort zone, you will never grow and develop as a human being. However, it's not about running around like a headless chicken trying to do as much wacky shit as possible. Yes, in the grand scheme you can travel all around the world collecting notches and accolades, but in the mundane, day-to-day aspect you also need to maintain an active social life. One of the more common questions I see from new subscribers is how to meet girls once they graduate college. *These guys have trouble because they don't make an effort.* You can be The Most Interesting Man in the World, but you still need to put yourself out there.

Many men enter "accidental monk mode". I've been guilty of it myself. You read the literature, you hit the gym, get your career on track, and focus on your hobbies. But since a social life isn't spoon fed to you like it was in high school or college you never go out unless someone drags you. Sometimes it's because your social network is in shambles, sometimes it's because porn and videogames are convenient and available. Before you know it a month goes by and you're in a dry spell.

If you want a social life you have to **WORK** for it. Guys complain about never meeting girls, but if they were going to house parties, concerts, doing co-ed athletics, hitting the bars, perfecting their online game, and just generally expanding their social circle, you'd hear a lot less complaining. But that's hard. It's a lot easier to make excuses.

One of the core tenets of TRP is that you as a man are not entitled to anything. That includes having a good time.

The next post will discuss developing a sense of humor, becoming more charismatic, and being mindful of the company you keep.

EDIT: DRUGS ARE BAD KIDS

1,550
UPVOTES

47/M two-year transformation story

[deleted] · 13 April 2018 · Archived copy · Reddit

[deleted]

1,541
UPVOTES

I'm Milo Yiannopoulos, AMA

yiannopoulos_m · 17 December 2015 · Archived copy · Reddit

I'm a journalist and broadcaster who writes about feminism (darling), men's issues, gaming and whatever else grabs my interest. Looking forward to hearing from you. I'll answer questions here for the next hour or two, and check back regularly over the next day. Ask me anything.

AMA rules: <http://bit.ly/1Rez3EO>

Edit: Going to take a break for a bit, but I'll check in with you all later. Some brilliant contributions here--and not just from me! Hope it's been enjoyable for you all so far. As I say, I'll check in again in a bit so feel free to keep asking questions.

1,540
UPVOTES

Cheap Sunglasses

Self-honest · 18 August 2019 · Archived copy · Reddit

I used to only buy expensive sunglasses. Oakleys, Ray Bans, Maui Jims etc.

I would buy one pair at a time, and every. single. time. something bad would happen to them.

One pair broke. One pair was stolen. One pair got sat on. One pair got scratched up.

Every time I would get angry as I felt the financial impact of my poor decisions, fuck ups and shitty luck. Sometimes a pair had been discontinued and I would never see them again.

I loved and lost pair after pair. The brutal cycle seemed infinite.

Then one day, when I had lost my latest pair, I was at a festival and someone handed me a cheap pair of promotional sunglasses.

Suddenly I saw the world through brand new lenses.

I took the new shades home. Wore them in my car. Tossed them across the room with reckless abandon. I scratched them, and didn't care. This was great!

I did not care. Not caring was nice. I fell in love with not caring.

Then one day I wore them out to party. I had a blast. I was relaxed with nothing to worry about.

I woke up the next morning and my glasses were gone. Oh well... wait... what is that??

That horrible feeling in the pit of my stomach came back. I had grown attached to this pair just like the old.

I thought I had found the solution to rid myself of this pain and anxiety. What could I do?

MY sunglasses I loved so much were gone. I could fix this.

So I went online and found myself another cheap pair of wayfarers and all was good in the universe - or so I thought.

Then the first time I went out drinking, I felt a concern to protect my sunglasses. Why wouldn't this feeling go away???

Somebody would pick them up off the counter and put them on, I would get angry and protective. But these were cheap sunglasses, what gives? I thought I didn't care.

One time someone put them on and broke them. I was irrationally mad.

Then it hit me. I should buy multiple pairs! That way if anything happens to one pair, I would always have a backup.

I bought multiple pairs of the same style and things got a little bit better.

This was years ago. Over time I have become a collector cheap sunglasses. Every time I see a pair I like, I make a small investment and pick them up. I toss them around, sit on them, throw them on the ground and break them if I feel so inclined.

One day I wear wayfarers, one day it's aviators, one day it's something a little more sporty. It's always different, always interesting, and always low stress.

I have so many pairs I gladly give them out to my friends. It ain't no fun, if the homies can't have none.

Life is grand. Stay shady.

1,534
UPVOTES

The 5 stages of becoming a redpill Alpha

Popeman79 · 22 February 2018 · Archived copy · Reddit

I. Newbie stage: what is this aggressive fantasy shit?

The average newcomer is probably a young man, out of shape, n-count below 5, addicted to porn and ready to jump through hoops and into a relationship for the first sweet chubby girl who will suck his dick. We've all been like this.

Newbie starts lurking at the sub and at first is disgusted by the *women-bashing* that goes against his core values. The language is for sure very direct and vulgar, and the stories about how these hot college girls were competing to suck the cock of this older guy are really hard to believe.. "What a bunch of fake-macho assholes, they're probably all virgins and this is fantasy world", he thinks. Yet something rings true in these stories and for whatever reason, he keeps coming back to the sub.

Lesson learned at this stage: what brought you to TheRedPill is obviously your natural craving for pussy, but also humility. It's hard to admit that a lot of things you have been taught are wrong, and that you actually don't know shit. Humility is necessary for growth, without humility you wouldn't have found TRP. Keep this in mind for the future, when you stop being humble you stop growing.

Risk: the risk at this stage is to hold on for dear life to your bluepill mindset and to your ego, and reject the redpill without actually taking the time to dig in a little.

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II. The truth sinks in like a dark cloud

You've tried to resist the Truth, because it's ugly and cold, and it doesn't sit well with you. But the Truth doesn't care about your feelings, it just is. Sure, in the upcoming weeks you will apply redpill principles and will be amazed to see them work so well, but you already know it's the Truth even before you have had the chance to test it: Briffault's law, the Hamster, female love vs male love, it just hits you in the face and you can't escape it.

Let's be fair, this is all VERY depressing. You enter the anger phase. Fuck this society and these lies. Fuck women, I hate them! What's the point of living this masquerade? You recall all the instances when you thought a woman was actually caring about you, when she was in fact using you. You cringe at the recent memories of bluepill you acting like a doormat.

Lesson learned at this stage: Life in itself is no fairy tale. Swallowing the pill and learning the truth doesn't make you happier, actually it's the opposite at first, it makes you sadder.

Risk: The risk is to give in to this desperate state, and say "fuck everything, I'll just stay home and wank to porn and play video games". You blame your thirst for pussy, and declare you don't need women. Problem is, it's not really about pussy in the end. Blue pill society has made you believe that it's ok to be weak and the lowest version of yourself. But now TRP teaches you that women won't get wet for that, rightfully so. If you don't want to improve and be the best you can be, just admit it and don't lie to yourself by saying it's about not wanting pussy. No, it's about not wanting to grow. Looking at you, the angry half of MGTOW.

**

III. Ooh so now women want me? I fucking hate them. And those amogging alphas too

A few weeks in, you've hit the gym and the first gains are showing fast. Thank god for this boost of confidence, because the rest is much slower: it takes time to internalize everything. You try to act Alpha but you only end up looking like a dick, because it comes from a place of anger rather than confidence. You start spouting some redpill truths that no one wants to hear in a social setting.

But at least you have developed some self-respect and you'd rather lose the girl than act like a doormat. And just

like that, you start having some success, albeit limited at first. More important, your eyes are now open and you're impressed to see how women manipulate and can be manipulated, how superficial they are, how much they fake and lie, etc. The more it works, the more you get pussy, the more you start to hate women for loving the new you more than the old you.

You get average girls with no problem, but your confidence is shattered the minute a true Alpha Chad appears. Suddenly you cease to exist in women's eyes, he's so much cooler than you, effortlessly. You feel amogged and you respond by being aggressive against this dude who steals your thunder, and you look like a douche. But as long as Chad isn't around, you're doing fine.

Lesson learned at this stage: Be careful what you wished for. You wanted the secret code to have unlimited pussy? Well now that you have it, it doesn't seem so fun anymore. Understanding nature deprives you of mystery and fantasy.

Risk: You start hating what you crave the most. The risk is to not snap out of this, and become a lying sociopath who relishes using and hurting other people. Also, your friends are really not okay with you improving and disturbing the social balance that was set in your group. They make fun of you trying to improve and, if you listen to them, you'll be back to smoking weed and playing video games at home every night.

**

IV. You get pussy, he gets pussy, everyone gets pussy!! And now you're a social object

A couple of years after swallowing the pill, if you've been dedicated to improving, everything becomes natural. You have risen to the top of your social circles. You have social power now, and you understand that this is the currency women live for. Girls, but also guys, bug you constantly and insist just to spend time with you. You must learn how to say 'no', to average girls coming straight at you, to beta friends who guilt you into spending another Friday with them, to family members, colleagues, etc. Your social life is boosted and your social media start to be filled with new events and faces. One good thing is that after hating women and their nature, you learn to appreciate them again, but this time for what they really are: bubbly, beautiful creatures that only live in the present and remind us to enjoy every minute of our lives.

Also, you fuck. A LOT. Constantly. Your n-count rises up by dozens in a few months. At parties, good-looking girls come at you and actually compete with one another for your attention. You have multiple plates, you don't care about dropping some because there are always new women that you are vetting just for the privilege to become part of the rotation. More scarily, most of your beta friends' girlfriends have made a move to fuck you. You have, ultimately, the power. And so, the moral responsibility is now your burden, as well as the task to unbatafy your friends.

Lesson learned at this stage: Everybody you know, in your expanding social circle, wants a piece of you. Even if they can't fuck you, they want to be seen with you, to show you off, just to increase their social value. You start to understand how hot girls, who get a thousand times more attention, become jaded and bitchy. It's hard to have to reject people constantly while maintaining a good-hearted spirit.

Risk: You are now the king of your own little kingdom, you fuck 6s and 7s constantly with no effort, they just come knocking at your door. Your friends -and their girlfriends- revere you. The risk is to enjoy this too much, be satisfied and stop improving. Soon enough you end up marrying a good looking 6 and get fat while watching football with the same beta friends you had. Still better than your past self, but you could do so much more.. This point is actually where I think a lot of redpillers get stuck. They stop improving the minute all their needs are met.

**

V. Pizza is awesome, but in the end it's just pizza. Let's look for more important things

It's been a few years now, and you've grown into a full-blown alpha. You look much better than you ever did. Not only is your physical frame solid, but also knowing the Truth has molded your brain in a different way, and as mind

and body align, you start to have a different stare, a different voice that comes from within, a confident demeanor, a calm and solid posture. People say you've changed, but they can't really pinpoint why. This is why: you own 100% of your shit, you're basically unshameable. If you get wasted at a bar you'll still hit on the hottest girl, and will get her to come home, and if you go soft the hot girl will actually be turned on by how much you don't care about losing her. You've had threesomes, sex with gorgeous girls 15 years younger, blowjobs from girls you met in an elevator. You don't lie because you don't need to lie anymore. You can tell a girl that you just fucked another girl two hours ago in the same sheets, it doesn't matter, if she leaves there are so many in line. You realize the stories you read on The Red Pill when you were a newbie were all true, as the same crazy things happen to you, and more.

At this point, pussy is in free access. It's like pizza. You love it, everybody loves pizza, even bad pizza is still pizza. A few years ago you would have eaten pizza every day if you had the chance, but now you realize it's just a cool thing you can get whenever you want. You start to enjoy other things than women, like finding and dedicating yourself to your mission, the real friends you have, etc.

Lesson learned at this stage: Now when another Alpha enters the room, you're actually genuinely happy. What you thought was amogging a few years ago, is actually him testing you to see if you're solid. Now you stand your ground and banter back, and both guys are delighted to meet another real man in an ocean of male and female betas. Also, neither of you cares about who gets the hottest girl because you have so many chicks lined up, and that's how you know you're both Chads. And when you end up turning one of your beta friends into an alpha, there is no better feeling than this.

Risk: In all your masculine glory, you have applied your skills and efforts to something (getting pussy), and have mastered this art. See how amazing that feels, to be on top of that mountain? But there are way bigger mountains around, things more worthy of your masculine energy than pussy. Don't get stuck on such a trivial thing, find your mission and focus on it.

1,528
UPVOTES

Technical conference cancelled after the blind review process selects only male speakers

collegegreens · 6 June 2017 · Archived copy · Reddit

GitHub is a software hosting website which many programmers use, particularly in the free/open source communities. The company seems to have branched out into producing other products that programmers use. It's all very hip and trendy, far removed from the traditional socially awkward hacker programming in some basement.

Recently they put out a call for speakers for a technical conference about some programming framework that they've set up. After the blind review process, the speakers were selected and published. So far, so good.

Then one woman notices that all of the speakers are men. She posts about this on Twitter [1]. The conference organisers respond by cancelling the conference, stating that the speaker list "does not reflect the standards to which we hold ourselves." and that they are "postponing this event until we can deliver a more diverse slate of speakers" [2]. So those speakers who were selected based purely on their merits? Not enough vagina.

I'm a professional programmer and I can tell you that it takes a "special" kind of person to be a really good programmer. Borderline autistic is a good start. One requires the ability to focus on the task at hand which such strength for hours at a time. And, of course, it requires an extremely logical brain. You can probably guess that all of the best programmers that have ever been are men.

Of course, some exceptional women will also display these talents. But they are rare. And even when they do appear, they often cause drama in the communities they take part in. Sarah Sharp was a Linux kernel maintainer. But she couldn't handle the brutal way in which other maintainers often communicate with each other. In these communities respect is something that has to be earned and if you don't deserve it, you will be told straight in no uncertain terms. Anyway, she ended up publicly quitting.

The sad thing about all this is that it is the male developers who will suffer. Employers are incredibly eager to hire female programmers. This always creates more work for the competent ones. And now it's harder for men to speak at conferences. There are literally no barriers to becoming a programmer. You just need a computer, which virtually everyone in a developed country has access to, and discipline. Given the extremely low barriers to entry, you would think that there would be plenty of competent female programmers. Or maybe they just aren't good at it, or aren't interested enough to become good. Who knows...

[1] <http://archive.is/2IKEI> [2] <http://archive.is/Vp9TA>

1,526
UPVOTES

Fuck your male hamstering

G_Petronius · 16 July 2017 · Archived copy · Reddit

Today a thread titled "Male identity and lifting - Don't fall for the rat race" shot to the top of the subreddit. The central message of it was a tirade against "unrealistic beauty standards", encouragement to do "what makes you happy" and to avoid acting based on "feelings of inadequacy" or a desire to compete.

In short, with only a few changes, it would have fit perfectly well on page 12 of Cosmo, Jezebel or some other bullshit female magazine. Right next to articles about how curvy is beautiful, video games push "unrealistic beauty standards" and you should "do what makes you happy" such as riding the CC past your eggs' expiration date (just freeze them!)

That post did not shoot up to the top of TRP because it was packed with wisdom and sound advice. The only kernel of truth it contained is that people in bodybuilding photoshoots are dehydrated, probably on PDEs and certainly photoshopped - something that is so painfully obvious and common knowledge I doubt anyone needed telling.

No, it shot up to the top of TRP because it provided hundreds of people with exactly what they wanted to hear: justification for not facing uncomfortable realities and not doing painful hard work, all the while feeling smugly superior to the dumb deceived meatheads killing themselves in the gym, the poor bastards. In short, because it was a great piece of male hamstering.

Fuck your male hamstering

Male hamstering is self-deception designed to please and protect the ego. Like all deceptions, destroying it starts with pointing out where it's pitifully false, so I'll do just that.

"Don't become obsessed with the gym!"

Do you seriously think that any significant number of men have a problem because they feel inadequate compared to **him**? what bullshit.

The vast majority of men have a problem because they are fatasses. **Look at the data**: you will scarcely find a developed country where overweight people don't make up around 3/4ths of the population. And don't think that the remaining 1/4th is made up of fit people either: the vast majority of those not overweight aren't in any kind of enviable shape.

So where does that leave us? certainly not with a population of obsessed gym bros who need to be told to calm down a little. All the opposite: it leaves us with a population of people that need to be shamed into getting off their fat lazy asses and hitting the gym. The boogeyman of thinking you aren't big enough is something that could potentially apply only to the tiny slice of the population that is any big to begin with.

By the way: I don't know what gym the author of that post frequented, but in mine none of the big guys have ever expressed any serious feeling of inadequacy because they aren't freak beasts with delts larger than their heads. When you've put in all the hard work it takes to get to a reasonable level of 'big', you realize how much more effort it would take to reach competitive levels, and most people are happy with already being in the top 5% of males by physique.

"Do what makes you happy!"

The above is the biggest piece of shit advice that has wormed its way into this subreddit, literal feel-good bullshit about which we used to have stickies. "What makes you happy" is a shit target to shoot for. Most people are "happy" being barely cognizant vegetables attached to their entertainment, getting duty sex twice a month from their nagging fat LTRs, and going through life without thinking or worrying too much about anything. It's a safe evolutionary strategy that our brains are programmed to follow when the lack of external stresses doesn't require extra work. If you're fed, rested and have managed to squirt out a kid or two, as far as your genes are concerned

you've done your job.

Therefore, whenever someone advises a population of recovering betas to "just do what makes you happy", what they're actually doing is justifying and enabling their beta mentality, reframing their unsatisfying and mediocre situation as something to be "happy" about because "you wouldn't want to mindlessly follow along with the herd, would you?"

Of course here the "herd" is painted as the hypothetical hordes of men who are filling the gyms with huffs and puffs and sweat and anabolic steroids, chasing a superhuman physique they'll never achieve. In short, it's another rhetorical device with no basis in reality. People who even hit the gym are a small minority of the population, of which those doing serious bodybuilding are another small minority. The actual herd is the billions of betas living their lives in a frightened stupor, going along with whatever society tells them and eventually getting something that's "good enough", which might just be a shit deal but they're way too passive and emasculated to do anything about it.

Here we see again the male hamster at work: by creating an entirely fictional danger ("you're just following a plan for happiness dictated by someone else!"), it actually just encourages betas to not change anything about their lives which, ironically, is precisely a plan for "happiness" dictated by someone else.

"Don't be too competitive!"

The cherry on top of this shit cake are the various warnings about being too competitive, avoiding the "rat race" and so on.

Pop-TRP has become **really** enamored with this line of thinking, because it removes external point of reference and thus enables people to ignore their lack of progress, since they themselves are the measure of such progress. "Don't do it to be better than some other guy" quickly becomes "ignore the fact that you're in a pitiful situation, you wouldn't want to be like those fools who bust their asses just to be better than others, would you?"

Once again we see the same rhetoric as before at work: a hypothetical danger, "being too competitive", is waved in front of the faux-scared horde of betas, providing them with an immediate rationalization for why they're justified in not bettering themselves in any real way. Just as before, the rhetoric has no point of contact with reality: we do **not** live in a society of excessively competitive men, we live in a society of men who are by and large extremely afraid of competition, a society that from the cradle makes out competition (and its attendant sins of winning and losing) to be a fearsome, primitive and undesirable activity. There are **very few** people who are too competitive and need to calm down; for the vast majority of men, the problem is precisely that they're too scared of competition and, if anything, they should be encouraged to seek it out.

Competition is at the very core of masculinity. I mean that literally: nearly all of our secondary sexual characteristics exist to aid us in sexual competition against other males. Hell, our dicks are designed to scoop out the semen of our sexual rivals from the adventurous vaginas of the tribe's women. Wanting to be superior to other men is an instinct that should be cultivated and encouraged, precisely because it's so suppressed nowadays. The issue of "overshooting" and ending up being too competitive is largely hypothetical: when you've started competing in any arena and have seen what it takes, I bet you you'll see how much work it would take to get to the next level, and that you'll be perfectly capable of rationally assessing if it's worth it to you.

A word on lip service

I know what a portion of readers will say: "but the post said that being muscular will always be attractive! you're missing the point!"

No, I'm not. Because here we're not dealing with a courtroom argument or a philosophical debate, we're dealing with persuasion: writing posts that are read by thousands of men and have an effect on how they think and behave. Persuasion cares very little for tiny contrasting details that should allegedly reframe the entire argument: the core message is what will be remembered and have an effect. Here, the core message was "work less, be happy with

what you are, avoid pain".

In fact, paying lip service to the truth is a key component of deception. It serves to disarm rational opposition by seemingly satisfying it: "*of course* being muscular is desirable, and now that I've said it you can refer to the nine paragraphs above this one that provide you with all the reasons you need to not get muscular". It doesn't matter what the content of that sentence logically is: the "being muscular is desirable" lip service has a tiny emotional and rhetorical value compared to the mountain of male hamstering before it.

So no, the fact that the post (and others like it) paid lip service to core TRP concepts doesn't improve the situation any. People pay lip service to what they know is the truth all the time, and then come up with rationalization for why they can avoid following said truth. It's how self-deception normally works: lip service doesn't stop it, it's a part of it.

tl;dr

Lift: go to the gym and lift. When you have a top 5% physique you may start worrying about setting realistic expectations, but by that point I bet you the iron will have taught you just how hard it is to make gains, and you'll likely not have any real problem accepting that you'll never make a bodybuilding magazine cover, nor will that bum you out. It's only people who don't even lift that "fear" for gym bros: the oldest excuse in the book for not lifting is precisely "I don't want to become an obsessed meathead".

1,520
UPVOTES

Woman marries millionaire husband after he insists on prenup, she cheats on him, gets divorced, gets the judge to throw out the prenup.

anomanderrape · 10 August 2015 · Archived copy · Reddit

You may have heard the case of Elizabeth Petrakis, the woman who got her prenup thrown out.

Here is the full story as a reminder:

<http://abcnews.go.com/blogs/headlines/2013/04/n-y-prenup-battle-winner-destroyed-family-with-affair-cousin-says/>

This woman meets a successful millionaire who's built his own fortune through his life's own hard work and investments in real estate.

She wants to marry, being a smart guy he naturally is wary that she could be after his money. She doesn't want to sign a prenup, but he says there is no way they are getting married with out one, so she reluctantly agrees.

Well, come several kids later, she hits the wall and wants a divorce. She claims the prenup is the reason for their marriage falling apart, even though she never was forced into it. She could have always refused the marriage and refused the prenup. But those were his conditions and she accepted it.

Well it turns out she was full of shit. She was cheating on her husband with her cousin's husband. When her cousin comes out against her with this, she has no option but to admit to it. But she still insists her affair wasn't the reason for the marriage falling apart, oh no, she still insists it was the pre-nup.

Here's the real kicker:

She tells the judge that her husband had promised her he would get rid of the prenup after they had children. That's what she says, that he made an oral agreement with her. She has no proof of this promise or this oral agreement, its just his word against hers.

Well the judge believes her, and throws out the prenup, and now she is entitled to half his money, even after she cheated on him, even after he thought he was safe by signing a prenup.

Remember guys, not even a prenuptial agreement can protect you. Marriage can and will destroy you, there is absolutely no point.

Be careful in even entering a de facto marriage before you live. In some countries, being in a LTR with someone where you move in together and live together for some time as de factos can still grant the ex-partner your assets should you break up.

AWALT.

1,507
UPVOTES

Mia Khalifa Wants Her Videos Removed

imabadasstrustme · 29 June 2020 · Archived copy · Reddit

So Mia Khalifa has started a petition to get her pornhub videos removed and it has garnered 1.1 million signatures.

This is the same girl whose entire claim to fame was being a pornstar, the reason she has a following, a career ANYTHING is because of those videos.

Its such a parallel of how girls will go through a massive slut phase in college or in their 20s but the moment they want to settle down they want that phase ERASED. IT DOESN'T COUNT!!!

They want to enjoy having endless pleasurable sex with multiple guys and then preserve their image as an innocent pure virgin. They want to eat their cake and have it to.

[Mia Khalifa has previously cursed out interview hosts who have asked about her pornstar career.]

(<https://www.youtube.com/watch?v=5ef7pAZtBKo>) On the Lance Armstrong podcast she talks about how much she regrets doing porn and was "taken advantage of" for doing it and being paid so little. But she was paid market rate... And chose to do it... Along with additional videos after the fact... It literally the equivalent of a retroactively withdrawing consent.

Also its not like she has a new life and career. Her current brand is not that distant from her pornstar image, her patreon is softcore porn shoots and she constantly sells calendars and photoshoots in lingerie.

And best of all there are 1.1 million white knights ready to assure that version of reality and support her. There is no personal responsibility if you are a women. There are enough horny blue pill guys that think that trying to erase a girls history will give them a chance with her. We're in the simp generation.

1,493
UPVOTES

Woman drops boyfriend because he lives frugally. Later finds out that he's a heir to a fortune based on oil.

Schrodingersdawg · 27 October 2014 · Archived copy · Reddit

Warning, extreme hamstering ahead.

<http://www.redditleg.com/snapshots/1207481>

https://web.archive.org/web/20141119021804/https://www.reddit.com/r/TwoXChromosomes/comments/2kg4c5/so_meone_please_help_make_sense_of_my_exboyfriends/

New link because redditleg is kill

It's amazing how, if you read her post, she completely flips the script and blames him for not telling her anything. Even though she left him because he "lacked career/life ambition", it's his fault for not revealing his wealth.

Some gems:

I have Facebook and am on it every day, usually when work is slow.

Work is slow every day? I wonder what this woman does for a living? Probably HR or some other liberal arts degree related job.

Lately my newsfeed has been filled with my peers getting married, buying houses, having babies, and other various accolades. I can't help but feel jealous by this; it seems like everyone but me is making significant gains in their lives and relationships.

Accolades. Gains. It's almost as if she's viewing this as a videogame and wants the high score.

Three weeks ago, after seeing a girl I knew from high school buy her 3rd property with her husband, it felt like my relationship with Will was juvenile and had no future.

Oh, the joys of social media. Apparently because all her friends are doing it, she decided she had to do it too! Apparently her boyfriend should be judged against her friends' boyfriends / husbands! Could you imagine how that would go over if it was the other way around. I can imagine some Jizzabel cat lady now:

"But honey, Jack's girlfriend blows him every morning." HOW DARE THIS SHITLORD COMPARE HER TO ANOTHER WOMAN? WOMAN ARE NOT JUST INTERCHANGABLE SEX OBJECTS...

after he served me potato soup for dinner and was torrenting a documentary for us to watch later

She says that to make him sound cheap, but if the dude can cook, has money, and knows how to save it instead of throwing it away and living in a perpetual cycle of credit card debt like so many Americans.

When I finished talking, he said "fine by me" and asked me to leave. I went to hug him on my way out, instead he just guided me out the door and slammed it shut behind him.

I haven't heard a fucking word from Will, even after texting him multiple times and calling him once.

Dude realizes she's not the one for him, makes a clean break. Respect to him.

To this, one friend chuckled to himself and walked away. I asked the other friend WTF

Sounds like Will's dealt a few gold diggers in his time.

If a man with disposable income meets a woman he likes, doesn't he want to treat her?

And that is an example of how widespread BP mentality has become in our world. We are to be seen as nothing more than walking wallets.

Surprisingly, the commentators rip her to shreds.

1,493
UPVOTES

An AWALT Classic - Girl breaks up with her bf for living too frugally only to find out he's actually loaded, a year later the story's changed to her breaking up with him for "lying by omission".

Ramesses_ · 4 July 2017 · Archived copy · Reddit

Oh boy, buckle up fellas. Older folks on TRP might remember the original story of the girl who dumped her boyfriend for living frugally only to later find out that he was rich af and simply chose to live that way. As soon as she breaks up with him he goes no contact and gets on with his life and she cannot figure out why. She then finds out he was secretly rich and was *choosing* not to spend money on her and gets even more confused. Part one takes place in 2014.

Part one - original

*TL;DR - My boyfriend kept his wealth a secret from me throughout our entire relationship. I ended the relationship on the pretext that he wasn't money/career motivated, he didn't say anything to the contrary. *

I [F26] have been dating Will [M27] for most of 2014; I met him on New Years Eve, we exchanged numbers, scheduled a coffee date and have been seeing each other ever since. He's tall and shy, with long thick hair like Eddie Vedder. He lives in an older house by himself and drives a 1997 Toyota. He dresses very casually - I don't think he even owns a collared shirt - and all his clothes are minimum 1-2 years old. For income, he told me he "ran a few websites" and picked up piece-work as a 'session guitarist'. He is also very frugal. He never took me out for fancy dinners or anything. In the beginning it was always coffee dates, walks, hikes, etc. If we go out, he insists on 'pre-drinking' and refuses to buy drinks at a bar. Most nights he was content staying in, watching Netflix and playing his guitar.

I never outright asked how much money he made, but given his lifestyle, clothes, furnishings, etc. plus the fact that he rarely worked, I assumed it wasn't much. I would lightly prod him with questions about the future, if he had any career goals - he would say that he "saw me in his future", but also he was "happy the way things were".

I have Facebook and am on it every day, usually when work is slow. Lately my newsfeed has been filled with my peers getting married, buying houses, having babies, and other various accolades. I can't help but feel jealous by this; it seems like everyone but me is making significant gains in their lives and relationships. Three weeks ago, after seeing a girl I knew from high school buy her 3rd property with her husband, it felt like my relationship with Will was juvenile and had no future.

The next time I was over at Will's (after he served me potato soup for dinner and was torrenting a documentary for us to watch later) I ended the relationship. I was perfectly honest about everything - he was a great guy, I loved him and his personality, but I felt he lacked career/life ambition and we wanted different things for the future. He sat and listened to everything, seemingly unmoved by it. When I finished talking, he said "fine by me" and asked me to leave. I went to hug him on my way out, instead he just guided me out the door and slammed it shut behind him.

With prior boyfriends, we'd still talk or text a bit after we'd be broken up. Sometimes we'd even still hook up. I dunno, I've just never had a 'bad break-up' and always try to remain on good terms. I haven't heard a fucking word from Will, even after texting him multiple times and calling him once.

I saw two of Will's friends at the gym today. I went over and made small talk, asked how he was, etc. I tried to

explain myself, saying he was a great guy but our views on money and the future didn't seem to mesh. To this, one friend chuckled to himself and walked away. I asked the other friend WTF that's about it, and he says "Yeah, we heard. The thing is, Will's loaded. He inherited his grandpas land which is leased to oil and gas companies. I've seen the quarterly checks he gets and they're more than my yearly salary. Good luck getting him to spend it, though. He has a 'if it aint broke, dont fix it' type mentality. Just look at that piece of shit he drives!"

This has completely baffled and upset me. I dated him for 10 months when I thought he was penniless, proof I'm not a fucking gold-digger. I am a 26 year old woman who needs to be pragmatic, I can't just indefinitely date someone with the future being so uncertain. He could've said something, ANYTHING during our break up when I was explaining my doubts about our relationship. Instead he said nothing, and now he refuses to talk to me. It makes absolutely no sense.

I just feel so low right now. If a man with disposable income meets a woman he likes, doesn't he want to treat her? He said he "saw me in his future", why didn't he care enough to share these things with me? He could have easily kept our relationship alive by being forthcoming. Someone please help me make sense of this situation.

Her lack of self awareness is astounding! I love how she just cannot seem to figure out why he's not talking to her after she broke up with him, why he told her to leave and didn't want to hug her goodbye after she essentially told him he wasn't good enough for her to stay in a relationship with. She just seems genuinely baffled - him accepting the break up and moving on is now a 'bad break-up'!

Part 2 - the update

And here's where it gets glorious. A year later and she no longer broke up with him because of his frugality but because "he had been dishonest about some things... [and she] couldn't come to terms with his lying by omission. It seemed he threw [their] relationship away over nothing."

In 2014 I went through a pretty bad break-up. I met Will at a NYE party hosted by a friend-of-a-friend and we dated for 10ish months. I loved him - it was probably the best relationship I'd had on a 'personal connection' level - but he had been dishonest about some things (not infidelity - 'life' things) and it led to us breaking up. I couldn't come to terms with his lying by omission - it seemed like he threw away our relationship over nothing.

I was pretty unhappy for a while, not gonna lie. Went on a few dates, had a few Tinder flings, but nothing serious. Around summer 2015 is when things started to turn around and I felt I was in a good place. Happy with my job, happy with my body, happy with my social circle - just all-around happy and patiently waiting for Mr. Right to come along.

My friends and I were invited to the same NYE party this year, hosted by the same person. I knew there was a chance my ex would be there, but I didn't care - I was over him. Seeing him and being cordial shouldn't have been a problem. He was pretty icy when the relationship ended, so even if he was there, I didn't expect him to say all that much to me.

So my girls and I are there early, having a few cocktails and everything is going great... then Will walks through the door. He saw me, smiled, walked directly over and gave me a big hug. With his arms wrapped around me, smelling his cologne... I just melted. In that moment, whatever bad feelings I had about our relationship were completely gone. I just genuinely missed him.

I got through 15 minutes of small talk with him, my heart racing the entire time. He remembered all these little

details about me, my friends and my family - I couldn't believe it. When I told him about my job, my new apartment, etc. he seemed happy for me. When the conversation ended, he gave me another quick hug and then left toward the kitchen.

My friends could tell that seeing him had affected me. They took me to a more private area of the house to talk it out; they reminded me to not get ahead of myself, he's still the same guy who lied to you, etc.

When we went to rejoin the party, he was on his phone giving directions to someone. After a minute of eavesdropping it became clear that he was talking to his girlfriend. Fuck.

I should've left then and there, but I didn't want it to seem like him having a new girlfriend affected me. Like I hadn't gotten on with my fucking life after 14 months apart. And so I stayed.

She arrived about 10 minutes later and Will introduced her to everyone. She seemed nice enough, but seeing them together made me sick to my stomach. I swear she was being all touchy-feely with him just to spite me. I did my best to avoid them throughout the night. I found out through a friend that they'd been dating for 2 or 3 months. The party ended, I got into a car with my friends and just started sobbing uncontrollably. They tried to comfort me but I was too far gone. They dropped me off and I cried for while longer alone in my apartment.

This was supposed to be a fun weekend with my girls, we had all sorts of stuff planned, but I ended up staying home by myself last night. No one questioned it, they all knew. I must've wrote 100 different texts to Will last night but didn't end up sending a single one. I'm going to stay in tonight as well.

I want him back so bad, I just don't know what to do :(

I can't decide if my favourite part is her sobbing uncontrollably or how much of a boss Will is. I'm certain he's on here but if he's not he should be. Wherever you are Will TRP salutes you buddy.

*edit: formatting

1,487
UPVOTES

Beware of Beta Bait

dr_warlock · 3 April 2018 · Archived copy · Reddit

Define: *Ingenuine female acts towards a man designed to entice him with pleasure, have him chase her out of fear of losing her, compel him to console and protect her from danger and bad feelz, or have him give into her demands to test his value or garner validation or sympathy.* When fallen for, their egos are inflated, and the tingles are reduced.

Below are examples of each one listed, the motivation behind them, and how to respond.

1) HER sending sexually suggestive pictures

- **Example A:** Kid on askTRP received sexy pics from some girl. OP took this as a sign of a guaranteed lay and proceeded to tell her how hot it was and what he wanted to do to her. Girl loses interest. He's left confused.

The purpose of the girl sending a naughty pic in the the askTRP kid's situation was to see if he'd drool over her. She was dangling pussy on a stick to see if he'd try to pounce on it immediately. He did, thus demonstrating low value via thirst. **Women want you to escalate while showing sexual restraint.** By not going for the kill, she perceives you as not desperate because you have other options and this is nothing special. Male sexuality is based almost entirely on physique while female sexuality focuses on refusal to give them short-term validation in response to their power grabbing moves and other *abstract* traits that *indirectly* insinuate signs of past sexual success, not your looks or body (especially hot girls).

Before the phones became 'smart phones', when they were flip-phones with a pull-out antennae, press buttons, a low resolution camera, and a very primitive email app, if it had apps at all, this would be a different story. When texting was invented, Myspace was in its infancy, Youtube just came out, and Napster and Limewire were cool, a naughty pic would be a sure sign of DTF. But now historical internet porn is common Instagram photos of everyday girls. They post pictures of them dressed and posed in a manner only hookers were known for in the not so far past. **Suggestive pics don't mean shit anymore. That pic she sent wasn't spontaneous out of lust for you, it was one carefully crafted long ago she had saved on her phone and is probably somewhere on the internet already and was sent to several guys in the past.**

Men send suggestive pics (i.e. **dick pics**) in hopes of invoking a woman's arousal enough to want to fuck with low effort. Women send suggestive images to acquire validation and test your value. She has little concern, if at all, for sex, although intrigued. Far from the finish line.

- **Example B:** Friend of mine matched with a girl on Tinder and began to exchange messages. Tinder girl starts playing games. Friend says bye and unmatched her. Tinder girl later follows him on Snapchat. She sends him a sexy pic. Friend sends one back. She's send another in addition with a "you gotta earn it" -like line. Friend laughs and says no thanks. Girl throws a tantrum.

In this case, the girl tried to use her pussy to get my friend to jump through hoops in hopes of sex that was likely never to come to boost her ego. When that didn't work, she went into frame recovery mode. She sent that first pic hoping she would get my friend to do what the askTRP kid in the Example A did, smother her in validation. My

friend's response pic wasn't good enough, she wants an overt display to feel a sense of power. So she sends another thinking she can reel him in with the same games she played during the Tinder convo. My friend sees what's up and just ghosts her. If my friend did what the askTRP kid did, she would immediately withdraw and cease contact with him ==> *"teehee, I win. Bye"*. It's all just a game to her. Validation is sex to women. Sex is secondary, often times a 'last resort' way of acquiring the validation they failed to get in the beginning.

edit: **What to Do:** When you receive one of these pics, give her a small compliment, but nothing more. "That's hot.", "bad girl", anything that suggests slight interest or is sexual. Even tell her you'd like to see her in a specific color or whatever, but don't drool. Keep it short and sweet and wait at least a few minutes before responding to it. The game isn't over yet.

TL;DR pics ain't shit. Anything not face to face doesn't matter. **You say yousa freak, you gon' prove it or nah?**

2) HER talking about other guys hitting on her

- **Example A:** An ex-girlfriend and I were doing the long distance relationship thing during college. I got a text one evening stating that she had guys ask her out but refused them saying she had a boyfriend. Me: *"Good."* She then replied with *"I just wanted to you to know that you could trust me."*

Sounds so nice right? She's letting you know you can trust her! If you believe that, you're clueless. **She didn't send this text to alleviate my anxieties, but to INSTILL them in me. It's dread game disguised as noble intention** (plausible deniability), a favorite weapon among ALL women's psychological warchests. Not AWALT, *all women DO that*. She wanted to see me get jealous and worried by blowing up her phone. She wished to see the power she had over me.

The best way to respond is "okay" or "I trust you". That's it. She will likely attempt to instigate drama by bringing it up again and again, attempting to 'reassure you of her loyalty'. Don't fall for it. She may even try to peg the blame on you for not being worried enough. Don't give this a second thought. Drama is for women. **When you wrestle with pigs you both get dirty and the pigs like it.**

I've heard this tactic take many forms like a guy tried to kiss her or touched her butt or men from her sexual past or whatever. Same shit.

- **Example B:** Same girl told me that she hung with a 'friend' the other day while driving somewhere. Me: "okay". Didn't give it any attention. I noticed her looking uncomfortable..... While sitting on her couch later that day, she wanted to confess that it was an ex-boyfriend, but assured me I had nothing to worry about. I ignored it, but the direct acknowledgement of it started to bother me. Come Christmas Eve night, I told her we should 'talk' about it. Long story short, I cried like a faggot with her on her porch bench, telling each other we'll be together forever and trust one another. Christmas Day, family and I were opening presents. My father noticed I was down. I told him what happened. He gave me some tips on how to handle it. Felt better, applied the tips, and it worked in the future.

She told me this instill dread in me. She insisted on telling me because she wanted to be punished for her bad behavior. Women had a deep seated need to observe you setting boundaries. What do you do if a woman decides to

do 1-on-1 meetups with ex-boyfriend or other dudes? **Answer:** When a woman indirectly mentions other men, ignore it. When she 'confesses', punish her indirectly by withdrawing attention with no explanation or a bullshit one. Women don't communicate directly. **What to do when your girl wants to hang out with another guy 1-on-1? ==> Demote to plate or dump immediately...**

3) A girl threatening to leave your presence

I was at a bar once. At a table near an exit was a trio. A couple and the girl's friend. The conversation between the couple slowly escalated into an argument and the girl began to creep backwards towards the door while talking to the boyfriend. She slung her last insult and announced, "I'm leaving!", then stomped out of the building. The boyfriend soon followed her and started calling out to her to resolve the issue. Don't know what happened next, but not relevant.

Patrice O'Neal: *"What will you do when she takes the pussy hostage and puts a gun to it's head?"*

When a girl starts walking away from you, don't chase. When she announces the infamous, *"I'm leaving"*, she's really saying *"I, the beholder of the pussy and my vaginal affections are exiting!"* She's saying, *"Chase me so I feel validated about the power I hold over you!"* That's exactly what this scenic act was about: ego, power, and validation.

If you try to get her not to leave, you fluff her ego and decrease the tingles. Let her stomp off like a child and blow off some steam. It's hard when she's an LTR and you have put in emotional investment, but that's when it matters the most. Understand that women need these moments of emotional spikes to feel alive. She NEEDS them for her own good.

"Go kick rocks, bitch" should be your attitude. If she's being ridiculous, be the first to withdraw by telling her to go away if she wants to continue acting the way she is. Big chance she doesn't, because the point of her leaving was to compel you to grovel and have the situation in her **frame**. She can't frame her exit this way if you initiate it. That would be a defeat. Doesn't matter if you were her ride, that's her problem. She can call an Uber or a friend or parent or some beta chump sitting around. Doesn't even matter if she exits the car (bonus points if you stop on the side and kick her out, not accepting pseudo last minute apologies). Don't be like Kelso was with Jackie in **this scene**. And never initiate contact! Don't keep an eye on her, especially if she starts talking to another guy (she's just doing it to make you jealous and fluff her ego).

I guarantee if you don't chase her or contact her, she'll do one of these things:

- **A)** Come straight back. You called her bluff.
- **B)** Say sorry (especially if you told her to leave)

In case A, remain dismissive and show no affection. No apology (especially if didn't do anything wrong you pussy). In case B, if you have deemed this event as a reconcilable offense, make her wait before you respond. Don't discuss the matter in any detail or try to explain your side of the story in an attempt to garner sympathy (she doesn't care about you, she cares about the validation). In either case, you must make her work to return to your good graces, else she won't respect it.

- C) She'll taunt you some more by shifting the blame on you. She'll consider your indifference to her absence as evidence of the 'crime' of not 'caring about the relationship', and attempt to get you to accept liability.

This is psy-ops. Don't fall for it. Even if you were somewhat in the wrong, NEVER accept a woman's frame. *EVER*.

My Story: I remember a night with an old girlfriend where she did something to piss me off at the mall. I instantly became cold towards her and we left. Didn't speak to her in the car. She started looking to me for signs of validation in the corner of my eye with puppy dog eyes, a slight frown, and a submissive posture. Didn't speak to her in the car. I had to get something from the store, didn't speak to her in the store much. We were in separate aisles. By then I had cooled down and we ran into each other in another aisle. I just slowly walked toward her without saying anything and hugged her. Then we walked out the store without me saying anything or showing affection. When we got in the car, she apologized and had some tears. I just put my hand on her leg and said, "*shhhh*". The conversation eventually turned a little humorous and we kissed. It was the most passionate kiss I ever received from her. She was more kind and affectionate than usual for the next couple days. That was our first 'conflict'. Not exactly as described earlier, but close enough.

Make-up sex is often the best sex. At the end of an emotional roller coaster, is wet pussy. The the cycle of drama brings catharsis. This is where "*treat 'em mean, keep 'em keen*" comes from. This is why girls 'stay with' (continue to have sex with) boyfriends that treat them badly.

4) A girl threatening or implying the end of the relationship

Read: By the time you have 'the talk', she's already packed and planned her exit

5) Overt communication

Women are not like men, they communicate their intentions covertly. When a woman blatantly discusses her intentions or sexual topics, it's a trap or a shit test.

- She puts up impenetrable LMR. You get frustrated and go cold and do something else. Then she says, "are you mad because I wouldn't have sex with you?"

There are other examples I can't quite put my finger on, but I think you get the idea. Explicitly stating the unspoken dynamic is not what women do.

edit: **What to do:** Ignore and pretend it never happened. "No it's fine, I'm not gonna pressure into doing anything you don't wanna do." Play it cool. Just lay down. Some convo. Then say what you need to say to exit or have her leave in a non-butthurt manner. Nothing you can do. Never mention previous ASD. Just sounds butthurt, spirals down a path of no tingles, and activates more ASD. Never remind a woman why she denied sex to you.

6) Claims she is in some kind of danger

Example: An ex-gf of mine was at the mall ~40 mins away. She sent a text "I think these guys are following me". I then instantly gave her advice on how to handle it and to call me if she needs help. Revenge fantasies flowed through my mind, what I would do to guys who'd try to hurt her. She then instantly said, "no it's okay. but thanks. It's nothing I can't handle."

This was pre-meditated. She just wanted her ego boosted by seeing me willing to come to her rescue. There could have been no men at all, she just made it up. The details of her story aren't important, just the outcome.

How to handle it: https://www.youtube.com/watch?v=0_ueWyMpLhE (00:40s is the most relevant part)

- There was a post here about this very video and a girl's reaction to it a long time ago. If you could find it, post the link in the comments section.

7) Pseudo displays of sexual receptivity (attention whoring)

- **Example:** I was at the bar section of a venue. Down by the pool tables were two girls (early 20's). They had this hot-slut look. High boots and uggs. Skinny jeans wrapped around their big posteriors and up on the hips. Mid-section exposed below shirt. Makeup. Earrings. Rings. Necklace. Can't really explain the 'slut look'. They walked towards one particular table. One girl leans back, using the table as support. The other in front of her. They begin grinding on each other aggressively with considerable space from everyone else. They tried to make it look like they were 'just having girl fun, woohoo!!!!!!'. At the end of this erotic display, they returned to the group they came with like nothing happened. They spoke loudly. They flirted with nobody their entire stay, not even the guys with them.

Attention whoring, that's all that was. All they wanted was for men to stare at them. **That validation alone satisfied them.** If you were to try to hit on them, you'd fail. They continuously pranced from one side of the bar to the other as a duo. Always quick on the move, flighty, and loud with each other as if trying to have their presence known. At one of their brief stops that just so happen to be in my vicinity, I over heard a conversation with them. One of the sluts was talking about the relief and delight she felt hearing that her baby daddy was going to be released from prison in a few months. Supposedly, he was incarcerated for shooting somebody.

I've only known one guy who can keep these types of girl's attention (the guy mention in 'No. 1, Example B'). He has mastered the art of loud clown game at bars that draws the attention whores to him. He will dress provocatively via peacocking, will ante up the girls high energy, and become the center of attention instead of the hot women, basically the guy version of what the girls were doing, but better than them. He gets off on the whole bar scene, loves it for the sake of it, women or no women. It's his element like a fish in water. It comes off natural. They can only get attention because of their pussy, he gets it because they think he's the fun guy, thus is worth more. These women can't beat an attention competitor, so they try to join him, or rather attach themselves to him.

These women's display of attention seeking acts (dance, loud talk, and walking all over the place) create an illusion of immediate receptiveness. False. This is a chump trap. The barrier to entry is quite high. If you're not Mr. Baby Daddy People Shooter or my friend Mr Clown Game Master, you're not getting any action. Promise.

Don't be fooled, **you still need game to bang sluts**

8) 'Rapport Bombing'

Women are selfish. Women will take a perfectly good conversation and intentionally sabotage it for feelz. If you follow her down this path, you'll get no lady-hole. Anticipate it so you're not caught off guard. Not *"whoa, wtf"*, but *"oh boy, here we go. How can I maneuver around this back to sexy-time?"*

- **Example A:** I was at a college hitting on some milf going back to school. The vibe was happy, conversation was going good until she decided to talk about how her husband passed away... and talked about it for several sentences though I tried to change the subject. It wasn't appropriate based on the topics of discussion.
- **Example B:** Claims to have been raped, abused, or molested in the past (especially when 'unprovoked').

Real rape and molesting victims usually feel great shame, often times not even sharing it with the family. If that really happened to her, do you think that would come up as a casual part of a conversation with some guy she doesn't know well? Especially in a causal manner? Never. This is some **#MeToo* bullshit. All rape allegations should be assumed false until proven otherwise. Women have abused this too much. If she never filed a police report, don't take it seriously.

What to do: For both of these examples, always pause for a second. "Hmmm." and maybe a "that sucks", then gradually change the subject. Never let something emotionally negative from a woman phase you. Often times it's bullshit or is insignificant. But do keep in mind women like to get the feelz running for feelz-sake. It's not a bug, it's a feature. It's a woman thing. No way around that.

- Side Note: If a girl starts talking about boring shit, remember getting up and walking away without warning is a viable option. Don't let women waste your time. Don't be a **time-ho**.
- Side Note 2: Opie and Anthony w/ Patrice O'Neal (only ones with Patrice), **CultofBlackPhillip** (Patrice O'Neal), **Beige Phillip Show** (Dante Nero, award winning male stripper)... Just listen to them on youtube. To you newbs, these two are TRP legendary.

Conclusion

Beta Bait. Don't fall for it.

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UPVOTES

Stuff has Changed

pulsarkid · 30 May 2018 · Archived copy · Reddit

I remember getting into a lot of this back in 2008 or so. In those days there was just The Mystery Method, and a handful of other books on the topic. I used the information, and yes I got laid. My success wasn't immense, but it was enough for me.

Chad wasn't even a thing (that I can remember). It was just alpha and beta. The focus was just pickup. I don't think Rollo had even written his book yet (not sure).

Now there's SJWS, The Purple Pill Debate, Incels (wtf), neo masculinity, and a lot of feminists up in arms about all this stuff. I kind of miss how it was back then. It was just guys talking about how to pick up women, and all the mandatory self improvement that come out of that.

Anyway, here's a little advice from a guy that's been around the block. Hopefully this won't sound too redundant:

1. Incels are just guys that haven't even begun to start trying. They are lost. The people talking about them have some weird agenda. Just ignore them.
2. Women will never ever admit to hypergamy. Don't waste your time. Just be rational and navigate.
3. Exercise is important.
4. Before obsessing about getting laid, ask yourself, do you care that much? Most guys are programmed to think that if they aren't getting laid they are losers or something. You're not a loser.
5. FATE is what I never see talked about much in this community. Some people are fated not to have too many relationships, and not because they are loser omegas or betas. Some people were born more for other things. Maybe they go off to war. Maybe they live in the woods. Maybe they strive before success gives them what they want. This is normal. Enjoy striving. Get a sense of your own fate. It will help.
6. There's nothing wrong with learning better social skills to pickup women. Holding a frame, learning to joke in a conversation etc are all important. The people that think this is bad are lost. Women that get offended even when a man politely flirts with them are BITCHES. They qualify themselves out when they react. Don't forget that.
7. As you get older you'll be able to tell when a women is into you within a minute of talking to them. This isn't rocket science. Pay attention to subtext. SUBTEXT.
8. Women have to carry a baby for nine months. That's why this all seems like so much work. If you don't like it, strive or get to know your bisexual side.
9. Porn will fuck you up. It's just too advanced now for our ape brains to deal with. Jerk off without it.
10. This isn't a community just for conservatives or liberals. It transcends those boundaries.

And finally one last super important observation. I used to look at all my failures and blame myself. If only I had done X. Or if only I had done Y. What I didn't do was give myself enough credit. Maybe I ran a DLV spike because deep down inside I didn't like her. Maybe my failures weren't failures because I didn't stand up for what I actually needed. QUALIFYING is very important. You can't qualify what's right for you, if you can't stand up for yourself.

Ask yourself if you actually give that much of a shit. Ask yourself what you NEED not what you WANT, and remember getting in touch with your needs can take years!

YOU CAN'T FAIL IF YOU KNOW SHE'S NOT RIGHT FOR YOU. Talk to thirty women... how many are actually a match? Maybe one? Those other twenty nine aren't failures, and yes that applies to just getting laid too. Who the hell wants to fuck someone they aren't actually into? You see? Your needs matter a lot. Don't ignore them. Get to know them.

The End

p.s. No not everyone can master the day game method of picking up a total stranger off the sidewalk. Socially engineer what **WORKS FOR YOU**. The gym, a club, house parties, workplace, church, NA meetings, dating sites, etc are all valid ways to meet someone.

1,484
UPVOTES

Frame for Dummies. What it is and ways to build (and keep) it.

Metalgear222 · 7 February 2018 · Archived copy · Reddit

"Frame is everything. Always be aware of the subconscious balance of whose frame in which you are operating. Always control the Frame, but resist giving the impression that you are." - Rollo Tomassi, Iron Rule #1

Frame can't really be faked. And if you do fake it, it won't take long before women will poke holes in it. That's what they are meant to do.

Luckily, frame is directly related to your own personal value and belief system. So it doesn't actually take that much to alter. Even a low SMV man with a strong frame *can* work like magic on women (think of convicts and junkie musicians)

Here are the most important points to internalize and actually change your attitude to believe. If you truly make these points real in your mind, gaming will get easy for you.

1. You're better than her. (In every way except maybe taking care of a child)
2. She's there for YOUR entertainment. (Treat her like a servant and ask her to do favors for you)
3. She stopped maturing at 18. (Treat/tease her like a child.)
4. She's a nasty dirty cumguzzling whore for **the right guy**. ALL girls are very sexual. (Don't fear sexual implication, you're a man, it's natural and masculine)
5. You're more willing to walk away than her. Women need to feel that you do not need them. (Outcome Independence. This one is key. DO NOT be more invested than her.)
6. There's NOTHING that she can do to make you emotional and reactive. (Women should be literally incapable of getting under your skin. Nothing phases you. You've seen it all before and it's laughable when they try their mindfuck games)
7. It's her loss if you're hard rejected. You were simply trying to share some of your awesomeness with the world instead of being a selfish asshole and hogging it all to yourself. (Never forget that when you approach, you're OFFERING value to a girl, not LEECHING it. You're doing them a favor.)
8. Recognize knowledge of improvement. (No matter what happens, you're improving your approach and results in the future. Always. There's no such thing as going backwards in skill on approaches)
9. Failure is fun and embrace it (you should approach 9's and 10's to get shut down and learn the difference of their tests to get better).
10. You take/work for what you want. (See hot girl. Want to put dick in. Take steps to see if that's an option to get the desired result you want)
11. Walk and act like you have two french 10's that lick caviar off your balls as soon as you walk through the door every fucking day. (Ignore her beauty, you're used to smokeshows already. They're just girls..)
12. Sex is on your mind and your actions reflect it. (You should be undressing her with your eyes, spanking her/grabbing her ass every chance you get, escalating often, and whispering dirty things you want to do to her in her ear, grabbing her thigh when you're driving, etc. Be the fun sex guy. Leave "Billy Beta" in the fucking past)
13. You're the leader. (She follows you. YOU make the decisions, you call the shots, you design the plans. She's just along for the ride.)

14. Her moral recklessness and emotional rollercoaster riding is adorable to you. You've read briffault's law and you know **WHAT** they are, (not necessarily **WHO** they are.) You enjoy their fragility and savageness in the same breath.
15. Confidence and boldness is your default. (Walk like Brad Pitt, talk like George Cloony, fuck like Tyler Durden, and lift like Dwayne Johnson)

TLDR Frame is everything. The basis of all attraction hinges on frame too. Without it, you're literally a nothing. Develop it and be mindful of it always.

1,482
UPVOTES

Here's how to fuck one girl/week from swipe apps in 2018 with little time investment

corsega · 27 December 2017 · Archived copy · Reddit

Originally posted on [my blog](#).

The new year is almost upon us, and that means online fucking apps (I refuse to call them online dating apps) will be in full force, filled with lonely women who just realized they were alone for the holidays. Blackdragon, the expert on this stuff, [notes that he gets 3x the results in January from apps as any other time of the year](#).

If you want to take advantage of this, here's what you should do:

Prerequisites

Fulfill at least half of the below requirements, roughly in order of importance:

- 5+/10 face (the most important factor; if you are below a 5/10 facially you should move to another country or try daygame)
- 5+/10 body
- White
- 5'9" or over
- Decent style (e.g. new, well-fitted clothes, hair and facial grooming)
- Under age 35
- Live in a city of more than 150,000 people

If you are lacking in one or more of these factors, improve the controllables (e.g. lift, lose body fat, buy new clothes, get a haircut, move, etc.) and once you're ready, implement the below.

Photos

Assemble four to six photos of yourself of the below archetypes. These photos must not be selfies, and ideally should be taken with a DSLR by someone that knows what they're doing.

If you don't have these photos, talk to your photographer friend, or hire a photographer from Craigslist/Instagram. If you don't want to go this route, buy a cheap DSLR and a 50mm 1.8 lens from Craigslist, buy the cheapest tripod you can find on Amazon, buy a DSLR remote, and take the photos yourself.

The first bullet is required, you can pick and choose from the rest:

- Upper-body shot of just you. Ideally taken with a DSLR with you in focus with a blurred, interesting background, wearing nicely-styled clothes (a suit if you're over 25, a button-down or something else nice if you're under 25).
- You with a dog or some other sort of animal. Only do this if you actually like animals.
- You with a group of friends. You should be as tall or taller and as attractive or more attractive than every friend in the photo. All of your friends must be decently attractive and not low-status (i.e. if this photo was taken at an anime convention, you're toast).
- You doing [insert hobby here]. Snowboarding, DJing, skydiving, climbing, playing a high-status sport (sorry, Magic: The Gathering doesn't count).
- You in an exotic location.
- You doing something that indicates you're a leader of men. Holding a microphone, giving a speech, standing on stage, etc.

- A candid, shirtless photo (e.g. playing sports, on a beach). If you cannot bench your bodyweight and/or squat/deadlift 1.75x your bodyweight AND are less than 18% bodyfat, skip this. If you don't have a candid shirtless photo, a non-candid is OK, but you'll get worse results.

Once you have the photos, pick out 10-12 that you think are good and send them to three girls you've hooked up with in the past to get their advice on which to use. Close female friends are a decent secondary options.

Photofeeler is a distant third.

App Setup and Swiping

General App Setup

1. Create a fake Gmail account.
2. Use the fake Gmail account to create a fake Facebook account with a photo of a male model and your real first and last name (you don't have to use your last name if you're not using Hinge). If you're 28-35 and want to fuck 18-22 year olds, put your age as 27. This has the added advantage of giving you a 50% discount on Tinder Plus, as we'll see later.
3. Go to a random page in the Philippines and add 500 random Filipinos until you have 100 Facebook friends. This is needed to bypass Facebook account verification for Tinder.

Tinder

1. Download Tinder and sign up with your fake email address.
2. Tap "Get Tinder Plus" and purchase Plus. If you're under 28, this should cost \$9.95 a month. If you're 28 or over, this will set you back \$19.95 a month.
3. Upload the photos you picked out in the photos section. Leave Smart Photos on.
4. Write a short, positive, non-needy bio that demonstrates higher value, e.g. "Dog whisperer. World traveler, last three trips were to Bali, Australia, and New Zealand. Avid cook, I guarantee my bacon risotto is better than yours."
5. Link your Instagram only if you have over 1000 followers and/or you have interesting photos that show a high-value lifestyle (e.g. travel, parties, friends).
6. Go to settings and set your distance range to the furthest range you think a girl would be willing to travel to meet you. **Use the Gmaps Radius tool to figure out what the radius of your surrounding area is.**
7. Set your age range to 18 at the low end and whatever the age of the oldest woman you'd have sex with is at the high end.
8. Go to www.tind3r.com and set up the Chrome extension so you can swipe and message from your computer.
9. Start swiping with Tind3r. Your minimum for a right swipe would be a girl you'd have sex with if they were to come directly to your house with no monetary investment from you. **Do not swipe right on every girl, it brutalizes your private Tinder "Elo score".**
10. Don't read bios or look at closely at photos or Instagrams. You should spend less than a second looking at each profile's photos before determining how to swipe. I can swipe about 75 girls a minute accurately with Tind3r and double that using my phone. This means, assuming 5000 girls are in your area, you should only need to waste about ten minutes a day swiping.
11. Every day, use your 5 superlikes on girls you think are *just* out of your range. E.g. if you generally fuck 5s and 6s, use superlikes on 6.5s and the odd 7.
12. Swipe only during idle time, i.e. when you're on public transportation or on the toilet.
13. On Sunday between 8 and 10 AM, use your one free monthly Boost, which will put your profile at the top of every girl's stack in your area for 30 minutes. You don't have to swipe during this Boost, it doesn't have any effect on the matches you'll get.

Bumble

1. Download Bumble and sign up with your fake email address.
2. Upload the same photos and use the same bio as you did on Tinder. If you linked your Instagram on Tinder, mention it in your bio.
3. Use the same distance and age settings that you did on Tinder.
4. For Bumble, you're going to autoswipe. First, download **AutoHotKey** on your computer. Edit AutoHotKey.ahk and paste the following in: <https://pastebin.com/4XiZHpNd>
5. Download **BlueStacks**, an Android emulator. Run through the setup.
6. Download Bumble on your BlueStacks instance. Log in with your fake email address.
7. In the bottom right, click on the icon of the keyboard and map "r" to "Swipe Up" and "g" to Swipe Right.
8. While on the swipe screen, hit F7. Let the autoswiper run until you run out of profiles to swipe on (you won't be able to use your computer while you do this, so use a different computer or run it overnight).

Hinge

1. Download Hinge and sign in with your fake email address.
2. Use the same photos you did with Tinder, but remove any shirtless photos if they're not candid.
3. If you're under 5'10", add an inch to your height.
4. If you have a medium to high-status job, list it.
5. If you went to college, list it.
6. Answer three of the questions in a witty, intellectual way. Use good grammar and proofread for spelling.
7. Start viewing profiles. Never like any of the photos of the girls, but rather their questions directly (shows interest in their "mind" rather than their appearance).
8. Don't waste your time leaving a comment with your like unless you have something interesting to say (e.g. if she says she wants to go to Ecuador on her bucket list, mention that you just got back from there).

Coffee Meets Bagel

1. Download Coffee Meets Bagel and sign in with your fake email address.
2. Use the same photos you did with Hinge.
3. Follow the same Hinge guidelines about height, job and education.
4. Use the same questions you answered for Hinge but warp the answers to fit Coffee Meets Bagel's scheme for "I am...", "I like..." and "I appreciate when my date..."
5. Go to suggested and like all the Bagels you'd have sex with.
6. Go to discovery and like girls until you run out of beans.
7. Repeat this process every day at noon (when your bagels have been replenished).

Happn

1. Download Happn and sign in with your fake email address.
2. Use the same photos and bio you did with Tinder. If you linked your Instagram to Tinder, link it here as well.
3. If you never leave your house, sign out of Happn on your phone and sign into Happn on BlueStacks. Use the BlueStacks location feature to change your location to where hot girls live/work/hang out. Change your location once a day.

App Messaging

If you're playing this right, matches should be rolling in on all of your apps. You're going to use the exact same

openers and messaging format for every app.

1. Open a girl with a non-needy, **unique **opener (I'm not going to post examples here, because if I do they'll start getting used and not be unique anymore). The opener should ideally assume something about her and end in a question mark, but doesn't have to.
2. Gauge her response, and write back, using less text than her. If she hasn't asked you a question (what I call the *hook point*), provide some information, like a DHV about yourself, and ask her another question.
3. If she's asking you questions back, you have a green light. Respond something like "That sounds cool, we should grab a drink. I'm free [x] or [y] day, let me know what works for you." Based on her response, tell her where and when to meet you.
4. If she's not asking you questions back, you have a yellow light. Keep DHVing and teasing her for a few more lines until you get her to invest. If she's not investing but still responding, hit her with the date pitch after a maximum of five messages from each of you.
5. If she's being combative, you have a red light. Stay non-reactive and playful. Keep DHVing and teasing her until you have a yellow or a green light, at which point you should pitch the date.

Other tips:

- Ignore any rules about waiting a certain amount of time to text back. The minute you match with a girl, you are already fighting a losing battle against her attention. Reply back as soon as possible and keep her engaged.
- If a girl stops responding, wait 2-3 days (at *least*) and hit her back with a funny respawn text teasing her for disappearing. I'm not going to post mine, but if she's riding a horse in her profile, here's a mediocre example: ", did you fall off your horse and die? Let me know where I should send flowers." Do this twice, and wait 2-3 days between each message. If she doesn't respond, leave her and work another girl.
- Burn every lead to the ground. You should be messaging and scheduling dates with *every* girl you match with in order to cultivate abundance.

If you want examples, I recommend the breakdowns on [Playing with Fire](#). He's the only guy I know that provides full screenshots of all his messages from opener to sex (keep in mind, however, that he is above average looks and runs shirtless photo + explicit bio game. If you're average, you can't expect these results, but his messaging is good).

Weekly Routine

The above will cover you for the first week. After that, you'll notice that your matches are going to fall off. This is because Tinder and Bumble give newbies an early boost to get their profiles shown to more people. So every Sunday night, here's what you're going to do:

1. Create a *new* fake Gmail account and Facebook event, and add 100 friends again.
2. Go into your Bumble and Tinder accounts associated with your old fake email and hide the profiles to the public. This will make it so you can still chat with your old matches, but won't have two profiles up at once.
3. Create new Bumble and Tinder accounts. Follow the exact same methods as you did last week regarding using your Tinder Boost and autoswiping on Bumble, but tweak your photos/bio using feedback from the last week.

It should take less than an hour to do this each week, but you'll get 50% more matches, not only with the newbie boost, but also because you'll be shown to different girls each week due to the random nature of Tinder.

Results

Number of matches per week is going to completely depend on physical attractiveness and quality of profile, as well as your sexual market value in your city compared to the male competition on the apps.

Here are my average weekly results as an average-looking guy in San Francisco, the hardest city in the United States for average guys:

- 52 matches (30 from Tinder, 7 messages from Bumble, 13 from Hinge, 1 from CoffeeMeetsBagel, 1 from Happn)
- 36 matches worth opening (rest were errant swipes or I had buyers remorse)
- 17 matches reply
- 5 matches schedule a date
- 2 matches actually show up to the date (the rest flake or logistics don't work)

Two dates a week is on the low end for cultivating abundance, so if you're getting worse results than this, something is wrong. You need to improve your sexual market value, photos, openers, or messaging.

It's impossible to provide generic troubleshooting steps because every guy will have different problems, but if you post a comment here or PM me on reddit, I'm happy to help.

Finally, you'll notice I didn't provide any information for what to actually do on a date. That's because this has been written about extensively by other guys. I recommend [Blackdragon](#) or [JMULV](#) for more on that.

1,480
UPVOTES

ATTENTION: Visitors from CNN

bsutansalt · 2 November 2017 · Archived copy · Reddit

For those visiting this subreddit because of the **CNN hit piece**, ask yourselves "**Why am I here?**" In my opinion it's because you've been misinformed at best, and the media is using you as a *useful idiot* at worst. Put simply you've been lied to, and odds are you've been subjected to a **Poisoning the Well logical fallacy** and a poorly crafted **Straw Man Fallacy**.

My personal thinking is that the creators of the CNN report that lead you here are guilty of plain old fashioned **Yellow Journalism**. They tried to create a hit piece on us, and the manosphere in general, and have failed spectacularly. Besides, why would CNN care about little old us? What useful purpose could they have for targeting us? We're just a subreddit like the message boards of old.

The truth is that our message resonates with millions of men and women because we cut the crap and speak plainly about dating, relationships, and the forces at play in our so called "battle of the sexes". Sometimes this ruffles feathers, but our tone doesn't make our message untrue. Notice they always attack the tone and never the message itself. If they did they'd be putting a spotlight on how fraudulent the blue pill really is, and that would threaten the status quo. We can't have none of that, no sir!

This isn't the first time this has happened pointing to TRP and holding it up as something it's not. Now in all fairness we do have "anger phase" posts now and then, but they're not indicative of the sub as a whole.

Now for some **ground rules** for our visitors...

If you wish to post in this subreddit, first you must have an account in good standing that's been around for a while, so no non-attributable throwaway accounts, and you must first read the sidebar, which I've made a **guided tour of for newbies** who want to know what we're really about.

We thank you for boosting our traffic and adding to our readership, but post in good faith or you will be banned. This is your one and final warning to behave.

1,472
UPVOTES

Jordan Peterson just went full Red Pill on Joe Rogan Podcast (Talks about alfa fucks/beta bucks, sexual marketplace on college, incels, and other Red Pill theories)

JacobyAhrar · 3 July 2018 · Archived copy · Reddit

I was listening to Episode #1139 of the Joe Rogan Experience with Jordan Peterson yesterday, and after a discussion on hierarchies and free speech, Jordan Peterson went full Red Pill on relationships, sex, and beta bucks/alfa fucks. The interesting details is that both Jordan Peterson and Joe Rogan used language and terminology that we use here!

I had suspected for a long time that both Joe Rogan and Jordan Peterson have deep knowledge of gender/sexual interactions from a Red Pill view. Red Pill theory convinced me a few months ago, but hearing a Harvard educated psychologist talk about it was refreshing. Kinda makes you wonder how many of these academics have deep insight that they never share due to political correctness.

Anyways - They start talking about Red Pill theory around 1:32:00. They start talking about “enforced monogamy”, rejection, incels, alfa bucks/beta bucks, sexual marketplace place on college campuses and then dwell into other Red Pill theory.

Link: <https://www.youtube.com/watch?v=9Xc7DN-noAc>

Consider yourself lucky, a Harvard psychologist is smacking Red Pill truths in your face.

1,469
UPVOTES

If guys suddenly stopped asking women out, would women begin chasing men?

m4ch1ina · 15 August 2018 · Archived copy · Reddit

(This was a question I recently encountered on Quora. The answer below was written by Lucas Lundstrom, a Quora user, and I found it a very insightful read.)

No.

This, in fact, has been tested large scale.

Japan is in dire national crisis because of this.

The issue is a bit complex, but can be summarized as that the Japanese men gave up on women because it was simply not worth it any more. They were expected to make the first move, pay for things even when the woman earned a good living, be the active part in love making, work double jobs and hardly be home just to meet expectations, give grandiose gifts at many, many days similar to Valentines day around the year, and so on. The women had grown away from the old ways of being considerate, supportive, warm, and kind and were now instead generally much more cold, distant, career driven, demanding, and selfish - but still held up all the demands on men which men had previously filled as a balance. Not 'I scratch your back - you taunt me for not making as much as my brother'.

They found that they could just put their foot down and say no. No more. Sex could be replaced through masturbation with VR and other tools and an advanced pornographic culture, or prostitution. Deep personal conversations, blowing off steam about your manager or best friend could be had through special business who cater to specifically this with trained hostess staff who have regulars. Having your head on someone's lap while watching a movie - also available. Etc., etc. The Japanese culture turned out to be very good at figuring out what little details in a relationship is actually important to us on a deep level, like having someone hold your hand while you are doing this or listening to you explain how you feel about that, and then making a business of exactly that little niche.

So it happened. The Japanese men at a quite extreme and alarming rate started saying no to marriage. No to girlfriends. No to girls. They did not go into situational homosexuality as a cultural prison sexuality either, at least not in any major scale. Instead they found that with all that free time and available money to spend on anything that made them happy they could have the worlds most extreme entertainment culture at the tip of their fingers. Games galore! Interactive movies, perverse comics, cool neo-sports, and so on.

So. How did the women react? Did they say "Oh, shit. We done fucked up now... Let's show the men that we are worth it. That we are actually really nice and warm too even if we are more independent than before. That we are loving and kind." No. They started using the term "Sōshoku(-kei) danshi", herbivore or grass-eating men, to condescendingly refer to those who reject the pleasure of the female flesh. They started large scale mocking all these men who refuse them. Claiming that they are not real men, that they are gentle, mild, sissy, closet gay, small boys, etc. This, er, did not get the men to come back. It made other men who saw how the women in large scale culture acted join the herbivores. And now it just spins like this, with the women pushing away the men further instead of chasing after the men.

As of now more than 60% of all men in their 20s are Sōshoku danshi. Here is the wiki for the phenomenon: Herbivore men - Wikipedia

1,465
UPVOTES

« I don't like muscles »

Coolrubbings · 11 January 2020 · Archived copy · Reddit

« I don't like muscles », said Stacy, with my arm around her waist and her hand up my shirt.

« Working out seems so pointless though », said Julia, as she squeezed my pec after I hugged her.

« Who are you trying to impress? », asked Linda, her eyes darting up and down my torso at the community pool.

A long time ago I probably would've believed these statements, I would've given up on building a physique, because I didn't « get it ».

They don't communicate the way we do.

She likes your muscles, she doesn't want to look like a slut.

She likes your muscles, she wants you to understand that without having to say it.

A huge percentage of men today are out of shape, flabby, weak. Being strong will raise your SMV significantly, especially if you're just looking to spin plates.

« B-but I'm Indian »

« I have a jacked friend who doesn't get laid »

« Looks don't matter »

Excuses.

As a man, your body is one of the only things you can actually control.

Set a goal.

Eat right. Eat. Eat. EAT.

Lift heavy ass fucking weight. Lift 5 times a week. Sleep at least 8 hours. Be **consistent**.

Don't tell anyone that you're working out. Don't post your shitty physique on social media, just shut the fuck up and lift.

Do this for a year, then come back and tell me that women don't like it.

At the end of the day, she'll tell Billy Beta that he's perfect the way he is, as she denies him sex and lets him chase her.

But Chad knows better, he knows that she's drooling, because muscles on a man are like tits and ass on a woman.

Start now.

1,464
UPVOTES

Successful people aren't Demi-Gods with insane willpower and incredible productivity skills. They are normal people who understood the importance of the small seemingly insignificant daily disciplines. They understood how these disciplines leveraged with time could make them unstoppable.

thegolddawg · 1 August 2017 · Archived copy · Reddit

This post was inspired after I read the book 'The slight Edge'. 10/10 btw

Wtf is time? The human mind has a bad perception of time. Sure we understand 'clock time' and deadlines, but we really are myopic when it comes to understanding the fundamental power of time. It is hard for us to grasp how the small actions we make on a daily basis can have dramatic consequences when leveraged with the power of time. How many times have you told yourself you would “do it tomorrow”, only to realise that a couple of weeks flew by and you still hadn't done the thing? Bad perception of time 101.

Instant gratification Society To make things worse we live in a society where instant gratification is the normal. We assume that we should get results quick in everything we do. We watch training montages in movies like Rocky and expect to get similar results in the real world. We go online and want 'instant' access, 'instant downloads' everything needs to be quick. We read 'Think and Grow Rich' and expect to make millions of dollars within a year.

The truth The truth of success is not sexy, it's nothing like those rocky montages with the good music in the background. Success stems from the mundane. Success comes from making the right choices, keeping your daily disciplines consistently and allowing time to use its leveraging power to work its magic. People have a skewed perception in which they believe that successful people are Demi-Gods of willpower and discipline. That these people are cut from a different cloth.

In reality most successful people have just understood the power of daily disciplines, they have learned about the leveraging power of time. The power of the small easy things:

- Meditating for 20 minutes a day is easy
- Reading a non-fiction book for 20 minutes a day is easy
- Exercising for 30 -40 minutes a day is easy
- Getting 0.1% better at your craft a day is easy
- Saving a little bit of money/ putting some in investments is easy

All these things are easy, but they are also easy to not do. Unfortunately for us we have a mind that has adapted to take the path of least resistance when making choices. This tendency along with the bad perception of how time leverages the small daily disciplines is why most people fail. Time and persistence is king! Remember that the Grand Canyon was formed by water. Water flows over millions of years (time is the great leverage, you won't need that long though). Working on success isn't a sprint it's a marathon, the answer is not sexy, but however is the truth. Hey guys make sure you checkout the video and support the channel!

► **WATCH THIS** Thanks

1,463
UPVOTES

"Women will forgive you for being an asshole, but they won't ever forgive you for being a pussy"

IsUrWifeSingle · 7 February 2021 · Archived copy · Reddit

TL;DR You've gotta risk it for the biscuit.

Someone on TRP said this not too long ago and it really made me think. It made me think back on my own life as a shy teenager/20-something who fucked up nearly every opportunity with women he had. I say 'nearly' because the few times where I did sack up and take the initiative, I got results (for the most part).

But every other time - the other 95% - when I didn't ask the girl out, or I didn't kiss her, or I pretty much displayed straight out that I had 0 self confidence, she'd never talk to me again. Even if she were so obviously attracted to me; just by that display of non-initiative, she'd never again see me that way. Maybe we'd be friends, but they'd pity me or look down on me as someone who could never be seen as a sexual prospect (even if I had been looked at that way by her before).

So that's what 'forgiveness' means in this context. She'll never again see you as a sexual prospect if you don't have the balls to make a move within the window of time that's available - because that window runs out. After enough time she'll lose all interest. How can she be interested if she doesn't see you as a man?

It's up to you to not be a pussy and make things happen. It's not up to her. She won't do the work for you. She won't make a move - because it's a test. We know on here that women are constantly testing you to see if you're a man. Part of that includes not being a pussy in literally every way imaginable but it's most important in the early stages when it comes to diving into the uncertainty of putting yourself out there to get that yes or no. You gotta risk it for the biscuit.

I'm in my 30s now and I've gotten immensely better at this. Sometimes it's good, sometimes it's shit. But either way I know for sure. I don't hang around her under false pretenses because I'm both too scared to lose her and too scared to make a move. I come with honest intentions and I get straight to the point.

The biggest lesson I've learned is that it's better to get a 'no' within 5 minutes than waiting 5 months and also getting the same 'no' from her. This goes hand in hand with rejection sensitivity and is a lot of the reason why men have trouble 'manning up' and finding out if that girl likes him back.

And to the other part of the quote - I've been an asshole. I am an asshole when I speak my mind because I have no patience and see through the bullshit. And when I say what's on my mind, sure women may think I'm an asshole, but that's not the deterrent it should be in theory. I mean at least you're giving her something right? At least you're giving her something to work with, to respond to, and to think about. Women respond to emotions. So give her emotions.

Have you ever heard a woman say 'he's an asshole!' but whom she also talks about a ton? She wants to fuck that guy 100%. He's on her mind. By the way, I'm not saying be an asshole. I'm saying be your authentic self and if that comes off as being an asshole, so be it. **She'll forgive you if she's attracted to you.**

But she will never, and I mean fucking **NEVER** forgive you for being a pussy.

1,460
UPVOTES

Aristotle said, "We are what we repeatedly do. Excellence is not an act, but a habit." To possess any desirable character trait, you must start acting and thinking as if you already have it. When your thoughts and actions align with your ideals, you will skyrocket your belief in yourself.

KingWilliamKent · 4 March 2017 · Archived copy · Reddit

If excellence is important to you, pay incredibly close attention to this quote.

Because—if you put this quote into practice—any character trait you wish to possess is within your reach.

The great psychologist, William James, said, **"If you want a quality, first act as if you already had it."**

Your self beliefs have a huge effect on your thoughts and actions. However, your actions also have a huge effect on your self beliefs.

Therefore—by drastically changing our actions—you can drastically change your beliefs.

WATCH THIS

"The greatest discovery of my generation is that human beings can change the outer aspects of their lives, by changing the inner attitudes of their minds." - William James

That is to say—to be confident—you must start acting and thinking like a confident person.

To be productive, you must start acting and thinking like a go-getter.

When your actions and thoughts align with how you want to see yourself, you will begin to believe you are that person. Your subconscious mind will automatically assume that since you are behaving a certain way, you must be that type of person.

"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives." - Henry David Thoreau

With repetition, as Aristotle suggests, you can live at your highest standard and begin to produce excellent results.

To expand on this topic, [this video](#) will illustrate how aligning your beliefs, your actions, and your ideals will help you to make consistent progress and build self-esteem.

[How to Build Self-Esteem and Become Your Ideal Self](#)

1,443
UPVOTES

Still Wanna Get Married?

Whisper · 29 March 2018 · Archived copy · Reddit

From elsewhere on reddit:

Not at all. My wife took our baby when she dyed her hair blue and fell in with a crowd of regs feminists that work with her at Starbucks. She moved back in with her mom, stopped working, and hit me up for child support. They set my CS at the highest earnings I've ever made in my life - a single month during my time owning a janitorial business - , pre tax, 40%. So, that one single month (I had got a contract to clean up a demolished building that paid \$4000), I made \$6000. Luckily, in Texas, there's a cap at a little over \$1000 a month. Problem is, I make \$600 every two weeks.

I didn't cheat. I didn't flake. I was supportive, loving, and if I might say so, a good husband. She cheated on me while pregnant with our child, took off while I was at work, no notice, and filed a restraining order which I later found out all lawyers MUST advise their clients of, because it means a MUCH higher rate of achieving custody. That shows up on my background check.

I'm genuinely going to kill myself soon, because I have about two months of savings left with which I can pay my CS, and after that, for each payment missed, it's a court date, with a 180 day jail sentence. Why did all of this happen? So she could find herself. Because she's a strong independent woman who doesn't need no man. <--- that sentence would have never, ever come out of me before she left.

That's not the half of it, either. I won't bore you with details, but just a few highlights are:

Legal Aid place said their free help for poor people was "more for women".

The state provides free attorneys for women but not men in custody and CS cases.

95% of all custody cases are awarded to women in my state.

This one's the worst of them all, to me: After all of this, I am, in most of society's eyes, a deadbeat dad.

No, this one's the worst: They arbitrated CS from out of state for my wife, so she didn't even have to show up to the court date, but they won't do that for custody. I still haven't even seen my daughter. I learned her name (went from a classic "Julia" to "Aaliahya"..) when the policewoman served me CS papers and treated me like I was trash.

My wife, unemployed, living with mom, gets nothing but help and positivity and support. I'm a monster.

So, that's the story of how I die, apparently.

EDIT: wwell fuck I'm sitting here crying for the first time in.. I don't know.. I can't begin to tell you guys all how much this means to me. I've been living with this huge knot in my chest for close to 2 years and haven't told a soul because I was sure they'd call me weak or not a man or whatever I thought. Just thank you. Thank you thank you thank you, all of you, so much. I promise this to each and every one of you guys: I will document this all. I will make a video detailing all of this, and I'll try to get in contact with some of the people which some of you guys have told me would be interested in the story. I'll plea my case in court before I commit to anything, and like one guy said, maybe jail isn't that bad.

Still wanna get married?

Still wanna bet "your life and everything in it" on the turn of a card in order to win "she gets a ring and a princess party, and you keep the relationship you have now"?

How many more corpses do you need to see?

1,424
UPVOTES

Man wins right to sue rape-accuser for defamation after he was cleared of rape charges.

Kelly_Gruber · 13 February 2015 · Archived copy · Reddit

[article here](#)

Hope he wins a shitload of money and this leaves an impression on other women who try and pull the same shit.

The gossip was merciless and long-lasting, he claims, escalating into vandalism of his vehicle and threats of violence against himself and his friends. It became so bad Mr. Caron fled his home in Vanderhoof, B.C., to go into "hiding" in Prince George.

Fucking white knights

1,423
UPVOTES

Swedens Liberal Youth Party suggests men should be able to denounce fatherhood for as long as women can have an abortion

taracus · 4 March 2016 · Archived copy · Reddit

Link to article: <http://www.aftonbladet.se/nyheter/article22380686.ab>

(I think the newspaper is protecting its article against search-enginges so google refuses to translate it for me, translate it manually if you're really interested)

Summary: So youth-part of the Liberals suggests men should have the same option to opt out of a pregnancy as a woman

Body: The idea is that men should be able to reject parenthood up untill the 18th week (for as long as women can have an abortion without special circumstances).

Note that this is most likely mostly to get attention as the same party suggested that necrophilia and incest should be legalized a few weeks back. Still the motion put the "equality" principle to a test and shines some light on the fact that men have next to no power when it comes to deciding if they want to become a parent or not (wrap it up boys and dont let anyone close to your condoms).

He also points out that this would obviously be an irreversible decision, so you wouldnt be able to change your mind once your kid is successful.

To me this is a very sound and logical idea and the fact that it plays into the "gender-equality" ideal makes it even harder for feminist to try to denounce it. Im obviously not naive enough to believe they wont try.

So what's your opinion, do you believe it could work?

Would less women go through with their unexpected pregnancies if they knew they couldnt use their babies as pay-checks?

Inb4 "cuck-old sweden", "Sweden is getting raped by muslims" etc.

1,423
UPVOTES

Asia Argento, vocal Metoo activist and Harvey Weinstein accuser, paid \$380,000 settlement in 2013 to underage actor she had sex with

MentORPHEUS · 20 August 2018 · Archived copy · Reddit

Asia Argento has been one of the leading voices in the Metoo movement. She's also one of the first to publicly accuse Harvey Weinstein of sexual misconduct.

This weekend, [The New York Times broke the story](#) that in 2013, Argento gave alcohol to a 17 year old actor and had sex with him. The age of consent in California is 18.

The actor originally asked for \$3.5 million, based on his income before the incident and its effect on his career. According to documents sent to the Times via encrypted email, Ms. Argento, who is divorced and has two children, was both a mentor and a mother figure to Mr. Bennett, and the two were intermittently in contact as he grew up. "Jimmy's impression of this situation was that a mother-son relationship had blossomed from their experience on set together"

This development mirrors my own experience with the court system in California. While women enjoy many advantages in society, including often getting a pass for behaviors that would land a man a nearly guaranteed prison sentence; if you do your due diligence and follow procedures to the letter, the justice system works well for men against women who have wronged them, too.

1,422
UPVOTES

The Golden Rule: How To Not Get Fucked In Business

Clint_Redwood · 9 February 2016 · Archived copy · Reddit

Summary

A short story over business to business relations. If you are an entrepreneur or working towards being self employed, you need to read this post.

Body

Let's say I had two friends, Tim and Kevin that both started separate businesses. Kevin goes and finds a single customer that will generate \$1,000,000 in sales for the year. Tim goes out and find 20 customers, but each customer only generates about \$50,000 dollars a year in sales.

Well let's say I was Kevin's one customer.

I call Kevin up and say, *"Sup bro, I got an order for you, i'll send in the Purchase order for \$100,000."* Kevin's ecstatic, holy shit he's never seen so much money before in his life. He just started this business and is so excited that he landed such a lucrative contract. He spent the last 4 years going through college to get his business degree, he got married to a lovely girl, they had a kid so she decides to be a stay at home mom at least till he's old enough for school. He's been slaving away in corporate America for the past 8 years to pay for college and save up enough to finally start his own business. He's got this shit on lock. He's got the work ethic to make this deal happen and he's going to crush it.

He takes out a mortgage on his home to front the startup loan from the bank. He heads out and buys all the materials needed to complete the job. It end up costing him \$60,000 grand to complete the job, 40k isn't a bad profile margin. From the moment he buys his material from his vendors, he has 30 days to pay them back. That's the default pay period when business to business transaction happen, usually called Net 30.

Kevin thinks he might be able to get a bit more money out of the work though. He contacts me and tells me he underestimated the quote and it's going to be an extra 30k to complete. Kevin assumes I'll understand as this is his first time and I've been mentoring him through his whole upstart. I let him know that's fine and we renew the purchase order for \$130,000.

Now he's going to make 70k profit! He doesn't waste any time. From day 1 of him picking up materials he is off putting in the time, labor, sweat and tears to get this done. He's going to make a killing.

Kevin and I meet at a trade show last year through mutual interest and I saw the passion in his eyes to get shit done. I knew he had the hustle, he just need a push in the right direction and some incentive to get started. In this case, \$1 million in sales a year is what I offered him.

Let's talk about me a little. I'm in my 50's, been the president of a division of a billion dollar a year corporation for about 10 years now. Our division alone put out \$230 million a year in sales. Our parent company that owns us reaches 1.6 billion a year. Kevin's 1 million dollar account doesn't even merit a second glance in the accounting office.

Back to Kevin. He finishes up his work. Spent all his material and the job is done. At 25 days since his first material purchase, he still has just under a week to pay back his vendor at the Net 30. Not to worry, vendors know the game, sometimes it takes a bit to get the money before the last tier supplier get's his check. He learned all this in business school.

He calls up the main office and gives my secratary the news. *"Great Mr Redwood is on vacation in the rockies for the*

week! When he gets back I'll have him check out the work and you'll be seeing the check in the mail within a few business days." Kevin's ecstatic, his first big deal. He's about to bank 70k profit in a month.

Week goes by and nothing. He calls but doesn't reach me. The secretary tells him that I'll be back by tomorrow to inspect the work first hand. Great, he's had to dig into his savings a bit to pacify the vendor till the check comes in. No worries though, Kevin and I became good friends during this last year and he still has money back in the bank.

Two weeks go by and nothing, He can't reach me as i never gave him my private cell. He calls the main office, secretary tells him that I checked it out, work was awesome and the check is in the mail. Great, he had to spend some more savings on some emergency medical issue with his kid but now he's about to bank 70k. He's dreaming about what this job will be like at the end of the year. The vacation he's going to be able to treat his family too. Hell, imagine what this will be like in 2 or 3 years. Kevin is literally on cloud 9. The past 8 years has brought him to this moment.

3 weeks, nothing. He's starting to worry. He's out almost 60 days and his vendor is starting to send notices. He calls but nothing.

4 weeks past Net 30. same run around.

5 weeks out. still no check.

6 weeks, same.

7 weeks, same.

8, same.

9 weeks. Kevin files for bankruptcy. His vendors take him to court for the money he owes. All his assets, house, everything, seized by the banks. His wife can't stand him. How could she marry such a loser. How could this have happened? Hell, this is illegal right?

It is absolutely, one hundred percent, positively illegal to do what i just did to Kevin. But good luck trying to take my \$230 million dollar a year company to court while you are in the middle of filing for bankruptcy and have no other income source, Kevin.

If you think this story is bullshit or this would never happen in modern day America, I can be assured that you've never ran a business longer than a few years. Or, you at least have the privilege of not working in my line of work. I'm 25, I've been doing what i do for 10 years, I've seen it happen twice. My father has seen it happen more time than he can count and so have many others that I have been mentored by.

My father sat me down one day after he got a call from a company and he said, *"Clint, one day you are going to get a call from a customer or new company. They are going to offer you more money than you've ever seen before in your life. It will be like holding a winning lottery ticket in your hand. All the shit you can do with that amount of money will flash before you. It might be equal to or even dwarf our entire sales for the year. Everything in you will tell you to take that deal."*

Don't ever take that deal."

A large corporation with tons of power goes out and finds some chump that's eager and driven, they offer him a deal he can't refuse, only to burn him, not pay, and there is shit he can do about it. They hold such an immense amount of power and influence over you that you can not possibly take them to court. They will drown you in legal bullshit and it will cost you more than you can imagine.

Now, that 100k, that's nothing. That's like a week of sales for most small business. As in 5-50 employee sized businesses. I use 100k because to most ordinary people, that's a lot of money. Oh, and that extra 30k Kevin thought he was getting out of me. Ha, whatever Kevin wants to hear is what Kevin will hear. I'm Kevin's #1 sycophant, I'm

the "Yes" man.

In business, the more charming and the more enthusiastic a person is, the more you should be skeptical of them. It's sometimes hard to identify a con man vs just some guy that's really passionate/charismatic, that takes time and experience. But a good businessman weighs his options and never makes split decisions. A con man will tell you everything you want to hear without a second thought. If you want to know if you are getting conned, present them a serious issue that needs to be discussed, in this case a 30k quoting mistake. If it's answered in a minute or less, you've got problems.

Conmen talk from an emotionally driven narrative not logic. They will play off your vibes and how you react, not through logic or planned out thoughts. They will have a basic plan for the con, as in me offering a million for enticing Kevin. But their delivery is always rooted in emotional manipulation and getting you to shut down your logical thought process. If you feel emotion, happiness, sadness, anything when making a business deal. Stop, don't make a decision, calm yourself, leave if need be, hell take a week off if you have to. You must be grounded and level when you make giant decisions. Meditate if need be.

The company I saw get burned, they bought 1 million dollars in equipment and material to get a job from a very, VERY reputable corporation. You are probably imagining some slimball president of some shady corporation that could be morally and ethically relatable to Skynet if it was ran by Saul Goodman from Breaking Bad.

You'd be dead wrong.

This company that burnt them was a company every single one of you knows of. Hell, half of you probably own an appliance by them. I'll just repeat that again though if it didn't set in though. They spent \$1,000,000 and didn't get a dime, filed for bankruptcy a few months later. By a company that pretty much all of you know and trust to make good products.

Oh, and that company that got burnt for 1 million? Ya, that wasn't some dude like Kevin. That was a company that was in business since the 80's.

"So what went wrong? Fuck, this is hella illegal!" Doesn't matter what is legal or illegal, it's what you can get away with. You think laws stop people from doing things? Fuck no, we break laws all the time, the only thing that stops people fucking one another over is if they can get away with it or not.

Bullpill advice would be, take them to court, try to get your money out of them. It will be alright. We believe in you and we are here for you. *(random people on the internet that he probably tried to consolidate with or advice some friend gave him)*.

I'll tell you right now that advice is worth less than the air and calories it took to say it. Here's the redpill advice. Kevin, you fucked up. You let your emotions and the alluring of dollar signs sway your decision making skills. You saw \$1,000,000 written out and said, *"Holy shit, One million dollars, sign me up."* You let emotion, lust and greed trump logic and planning. You saw a big shiny number, from a company you know and love, that everyone knows and loves, that's been around forever and you took that as merit for them to be a trustworthy client. Instead of sitting down and looking ahead of what they could do to you if you accept their deal. You thought you were playing blackjack when they were playing chess. You made one move and thought you won the game and didn't think anything past that. You broke the #1 golden rule of business.

Never have all your eggs in one basket

Let's take a look back at Tim. I bet you forgot about Tim. In the amount of time Kevin went from 25k in the bank and owning a home to being homeless, Tim cleared 5 orders of 20k each, cost him 15k in materials each, resulting in 25k profit and 100K sales for the month. Good job Tim.

Why? because none of Tim's customers have power over him. If I tried to pull the shit that I pulled on Kevin, Tim can fall back onto his other accounts to support his business and life style, and have the money to take me to court

in the process.

Tim, can't be fucked with, because Tim has abundance.

Tim is in **A Position of Fuck You**

Lessons learned

This is just one rule of business that I've learned through the years being mentored by some truly alpha men. I never correlated it with abundance mentality till TRP though. But it is the #1 rule of business and it's one they constantly drill into my head. The shit these men have shared with me and taught me is invaluable and stuff you can't find in textbooks. It's only learned through experience. Textbooks will teach you what to do if everyone plays by the rules. It won't teach you a damn thing when it comes to playing the game with people that break the rules.

There is a lot of benefits to the golden rule than foreseeing getting fucked over. For instance it's not always some dickbag trying to fuck you. Maybe one of your customers goes out of business just due to the economy. Trust me, they won't tell you they are going under, a lot of times you won't even know, their purchase orders will just stop coming in or they just go radio silent. If they were 25% of your business, you've got problems. You may not go under but you will be laying employees off or taking a pay cut yourself.

At our company we tried to make sure none of our customers gets above 10% of our sales for the year. 5-7% is the sweet zone. If you can manage that, no customer can fuck with you. you should track these number religiously, because trust me, your customers know how much money they pay you a year. And they will use that number to throw their weight around. If you don't know your % then you don't know what kind of negotiating power you have. Basic Sun Tzu teachings, *"Know yourself and know your enemy."*

If rule # 1 is never have all your eggs in one basket, then #2 is never let your customer know how many baskets you have or how big their basket is(*also a Sun Tzu teaching*). Customers will straight up ask you sometimes, *"How much of our work is your business."* If they are above 10%, your answer to that question is always, *"I have no idea off the top of my head, I'd have to speak with my accountant on that."* They can't use what they don't know against you. If it's below 10%, you tell them exactly what their % is so they know they can't fuck with you.

Basic misdirection and power play.

If a customer is over 25% of your business, you should be sweating bullets every day, you should be losing sleep and pulling your fucking hair out. You should not be eating till you secure another account and drop that 25% to 10%. At my company we have dynamic employees, we don't have dedicated sales reps as sometimes sales are not what we need. When customers hit 15-20%, sales reps head out the door looking for new work or we contact current customers for more work to level the playing field. Growing horizontally is always better than vertically. This is also why consumer goods are great to get into, then you literally have thousands of customers that don't even equate to 0.1% of your sales. No one owns you and no one can bully you.

If a customer knows they are 35%+ of your work, I don't give a shit who's name is on the sign out front. I don't care who or how many people own shares of your company. If a company is 35%+ of your total work, they now own your business. They just may or may not know it yet. This the most important thing I can ever teach you about business. You become a slave to your customer the moment you are not in a position of Fuck You.

This post is the first of two. The second is called, *"The Dark Rule: How To Fuck Someone Over In Business"*. I strongly suggest you read it as it contrasts the opposite side of the moral spectrum. You can find it in my post history or search in the sidebar.

I've been wanting to make post on business for a while now but find it hard to separate and distance myself without revealing too much personal information. I grew up in a family business since i was a kid and I've read some post on askTRP that sparked me to write from my experiences. I usually write based off of a comment or question i come across so if you have any questions or topics you'd be interested in me covering, feel free to ask away. I think the next post will be on navigating the business world as a kid coming into a family business. There is a lot of do's and don't, how to manage co workers, conflict resolution, workplace efficiency, the shift you have from going to employee to management level, etc.

Edit:

It's came to light in the comment section that there are many other pitfalls that could have been avoided by Kevin if he took more preventative measures. While I am aware of them, I felt adding them would detract from the main point of the topic. I solely wanted to revolve the article around diversification and horizontal growth. I strong recommend you read the entirety of the comment section as there is a tremendous amount of advice in it, If not more, than the main article.

1,421
UPVOTES

Dirty Sheets

RedPope · 24 June 2015 · Archived copy · Reddit

TL;DR: Some people can never get enough.

I spent a wonderful three day weekend with my girlfriend of five months. We've been monogamous since March. I'm in my early 40s, divorced dad. She is a 33 year old career girl, no kids, never married. We're both attractive, physically fit, and have very high sex drives.

We spent most the weekend at my place. We had sex three times on Friday, four on Saturday, and twice more on Sunday. She orgasms quickly and repeatedly. She comes so often that one orgasm will blur into the next. Impossible to count how many times I got her off.

The weather was perfect. In between lovemaking, we ate great meals, watched some Netflix, spent our afternoons laying by the pool, and nights soaking in the hot tub. It was an amazingly relaxing weekend that we both needed. She had a great time. Sunday evening, she snuggled up close. "This weekend has been so perfect, I don't want it to end!" But we both had to work in the morning, so eventually she had to head home.

All day Monday, she sent me text after text. Sweet and sexual. Very flirtatious. "When will I see you again?" I replied that I had to get caught up on stuff, but I might be able to stop by for a short visit tomorrow after work. "Perfect! I need more of you!"

I spent Monday night doing housework and other chores. I had an empty fridge, dirty dishes and laundry from the weekend. She texted me steadily throughout the night. Same all day Tuesday. "I can't wait to see you!"

I left the office and arrived at her house right as she was pulling in the drive. She walked over and greeted me with a passionate kiss on the sidewalk. We went inside.

We talked for a few minutes and I fixed us a couple drinks. She excused herself to use the restroom. I needed to pee too. Rather than wait for her, I chose to use the toilet in the master bath upstairs. I carried the drinks to her bedroom. I had limited time, and we'd be heading there soon anyway. I walk by her bed and immediately notice a dried cum stain in the center of the sheets.

What the fuck?

I haven't been here in a week.

Holy shit.

I go take a piss. Thoughts are racing through my head. What should I do? Should I call her out? Demand an explanation? Or just quietly leave? One thing is certain: I'm done with her. She cheated. It is over.

When I come out, she's pulling the sheets off the bed. Very nonchalantly, she says, "The cat was on the bed, let me change the sheets. She's shedding like crazy."

Equally emotionless, I comment that with the warmer weather, she needs to brush the cat more often. I help her put on the new sheets, and we immediately start having sex. Afterwards she snuggles up to me.

She purrs in my ear. "You've been fucking me so much, I've been raw for days." She claims she has been unable to focus at work, thinking of me so often.

I give her a squeeze, then remind her I need to take off. We dress and she walks me out. One last kiss in the door and I drive away.

She texts me later that night. I do not reply.

The next day, she texts me: "Good morning, sexy!" A few more texts follow, roughly one per hour. I don't answer any of them. Around lunchtime she asks, "Is everything OK?" I tell her we'll talk after work.

I call her up. She asks if I'm upset. I calmly respond, "Of course. You slept with some other guy." She denies it. I tell her I saw the sheet. She goes quiet, then tries to claim it was me, from the previous week. I tell her to stop lying.

I maintained an emotionless and calm tone throughout the entire conversation. I'll spare you the drawn out trickle truth. It took 10 minutes to get the full story. There wasn't much to it:

After our long weekend of sex, while texting me all day and night Monday, she had also messaged a friend to buy \$20 worth of weed. They smoked a bowl and had sex. The end.

I've met this guy. Hell, I've bought weed from him too. He's the stereotypical loser pothead. Nice enough guy, but he's pudgy, and has no ambition. An out of shape nobody with a dead-end job. But she was horny and he was there. Her pussy was raw and swollen. She wanted dick. He had dick.

"I don't even like him!" she protested. "It didn't mean anything. I wanted you, but you weren't there!"

I told her we were done. She was a free woman and could do what she liked, but I wasn't going to see her again. She cried and begged forgiveness. I calmly said good night and hung up.

She called me back, I didn't answer. She texted me, begging to talk. I blocked her number. Removed her from Facebook. Deleted her from my phone. Two days later, a mutual friend (more hers than mine) asked what happened. I simply told her we parted amicably. We had moved on.

It's been two weeks now with no further contact. There's very little overlap in our social circles. We're both career-minded professionals. I don't expect any stupidity.

Some of you may be wondering why I chose to fuck her that final time. Mere minutes after removing the cum stained sheet from a bed where she had fucked some other guy maybe 20 hours prior. Why didn't I lose my shit and call her a whore? Don't I have any masculine pride? Sure. But I just didn't care. In the time it took me to take a piss, I had already written her off. This was one final bang with an ex. She just didn't know she was my "ex" yet.

Lessons learned: Nothing I didn't already know. Pure TRP fundamentals.

Good sex is not enough to make a woman faithful. They have free and unlimited access to dick. If she wants it, she can get it. She was horny for me, but I wasn't there.

I gave her commitment and emotional validation as well. It still wasn't enough. She's an older woman (33) with many past sexual partners. While she may have loved the way I made her feel, sexually and emotionally, both have far less value with experienced woman. The more partners a woman has had, the weaker the pair bonding. Even my best was not enough to maintain her loyalty.

Did you notice the unspoken implication? It was my fault she cheated. She wanted me, but I wasn't there. Clearly, I screwed up by not being available to bang her a fourth day in a row... ;) It is never their fault.

When you break up with a girl, do it calmly and without emotion. Don't make a scene. Don't give her drama as a parting gift. They crave that emotional climax. A big finale. Don't sacrifice your frame/dignity just so she can have her closure.

Know what you want. I was not in love. I was never looking for a LTR. I don't have time to spin plates, so I prefer short-term relationships. All I ever wanted was 6 months of companionship and good sex. I'm not going to cry because I only got 5. She was my spring fling, nothing more. Spring is over and she is gone. Time to find her replacement.

Some women hit the Wall softly. Even at 33, she's still fit and attractive. She'll find another guy. Probably quicker than I'll find the next girl. Doesn't matter, it isn't a competition. Maybe she'll land a BB husband. Or maybe she'll end up alone with her cat. I don't care either way. This is the way of the world. No point getting upset. It is what it is.

1,418
UPVOTES

When you're a homeless man no one gives a FUCK about you

studentsensei · 9 January 2020 · Archived copy · Reddit

Military vet that went through some shit. For the past 6 months I was on the street and going from shelter to shelter.

You know how many shelters there were for battered women? Or women in general? Dozens upon dozens. I couldn't believe it. I've been denied entry, turned away, and kicked out for stupid shit.

I was at a men's shelter and went to the other side of town for a couple of job interviews. The buses ran late but I told the shelter manager that I wouldn't be able to make curfew.

He acted as if he understood but as soon as I came back this fucker gave me a "warning". After three warnings you're kicked out for 90 days.

I was like fuck this shit. They also had a policy of making those with income (I get VA disability compensation) to set 50% aside for savings. Sounds reasonable until you realize that you need their permission to access your own money and fuck waiting 2 years in a shelter to give you section 8 housing. Like who can live like that?

I was kicked out after I withdrew all of my savings without their permission twice.

Call me a narcissist or a slave to my ego, but I felt relieved to be from under their thumb. As if I had to be grateful to them for letting me sleep in a bunk bed with other Vietnam war vets who are coughing up a lung and spreading the flu around.

At the end of the day, the only person I need to depend on is myself and MY own resources.

So I was back on the streets. I had a plate that lived 7 miles away. At the time her car was fucked and I needed a place to lay low so I said "fuck it" and walked. I've done 20 mile hikes with the Marines in full gear and a medpack, so I remind myself that 7 miles in the cold with a backpack and street clothes was nothing.

Once I made it there and slept for the night I managed to get ahold of a case worker that helped me look for a spot. Living off of hotel rooms were killing me and I couldn't stay at my plate's place long term because a man needs his own castle and you can't let someone else have the power to kick you out and control your destiny. Been there, done that.

My job interviews fell through so I went from place to place in search of work. One time I stupidly was stuck in the cold with a dead phone and needed a place to charge it.

Damn near EVERY establishment denied me entry.

It was like I was the scum of the Earth. Security guards confronting me as if I was a wanted criminal just because I asked to borrow an outlet to charge my phone.

Finally after what seemed like hours of walking, I stumbled upon a boogie Marriot hotel. I thought that there was no way they'd let me sit down and charge my phone.

Lo' and behold they were more than happy enough to let me sit down and charge my phone. In fact the receptionist said "Take all the time that you need." Almost brought a tear to my eyes.

After a week of wandering and sleeping on park benches, I managed to stumble on a motel that was hiring. I negotiated my pay along with a permanent room in the motel for work.

As I sit here in my room and reflect on my journey I realize that I lost everything I had built from a couple years ago. I had to crawl through the mud, sleep in the rain, and ask for favors that NO ONE was willing to help me with.

There is a point where you become so angry that you become laser focused. It's like tunnel vision.

I was so OVER everything. I was over with being broke, over with everyone shitting on me, over with being kicked out of local establishments, and over having less than a THIRD of the resources that women get, that I obsessively

searched for a solution.

Suddenly, what I lost didn't matter. Reaching new heights did.

And it starts now.

If you've ever been in my shoes then you know exactly what I'm talking about. No one cares about your struggles, and no one cares about YOU. If you can't provide anything then you might as well die.

I looked back at the lessons from those who lost everything and the mindset they had to bounce back. Steve Jobs being removed from Apple, Napoleon escaping exile and returning to France, Abraham Lincoln failing practically every business venture he's ever had, etc.

They used their failures as a foundation to build their power because the harsh truth is that only YOU can see it through and bend the world to YOUR will. Don't bend your will to appease world.

There is comfort in knowing that no one truly gives a flying FUCK about you because it sets you free. I demanded that the motel manager let me stay and work because why not? What did I have to lose by trying?

Even my social worker was surprised, but my ambitions have not been sated. I need to save as much as I can and get my own condo or apartment. Hell I had a dream about a penthouse overlooking the city. It's time to get to work.

Happy Fucking New Year.

1,417
UPVOTES

Hamster pushed for divorce, then became jealous when ex-husband got in shape and found a younger, prettier SO

boobylee · 22 April 2018 · Archived copy · Reddit

Reading relationships subreddit can bring some good TRP examples IRL.

[Here's the thread.](#)

Characters in the story: the hamster (32F), her ex-husband (33M) and his new girlfriend (26F).

Husband focused on career, while wife stayed at home caring for his son. She had no hobbies nor friends, was overweight and became less attractive as she hit the wall, and being home alone, she was feeling lonely (probably cheated on her husband occasionally) while husband was working his ass off to provide for family.

The husband stayed faithful, yet to her that wasn't perfect, she wanted him to leave his job(?) to spend more time with her, yet had the husband did so, she'd have left him after a while because he'd no longer be providing her and their kid with quality life, and would have turned into a loser just like she is.

Instead of appreciating the quality life and supporting husband in his career, she gave him drama and **initiated** the divorce.

Hooked the husband on child support (she wouldn't mention facts like this, because that's not good for her self-image) was banging random dudes she'd have found online (very easy for a woman to get laid and get that instant gratification from attention/sex), then after realizing she lost a man with very high SMV, and there are slim chances of getting another one now, she regretted her decision and wants him back.

But unfortunately for her, the husband moved on, found himself a pretty, fit 26 y/o girl with a positive attitude.

Had the husband became miserable and turned into a loser alcoholic, she wouldn't have wanted him back, and rationalized her decision to divorce him as "right".

Remember, women will rationalize whatever they want so long as it benefits them.

In this case, she became the victim of her own stupidity. If you're at a point in life, when your SO gives you shit/or your wife divorces you, with little care to your "feelings". Just remember, that the best revenge is to get more successful than you currently are, get higher SMV, nothing grinds hamster wheels harder than seeing the man they dumped becoming a better person in the future.

1,414
UPVOTES

Efforts to ban TRP have surfaced once again

GoCleanYourRoom · 12 September 2018 · Archived copy · Reddit

(Mods please remove if you feel this is unsuitable for here)

TRP and RedPillWomen have both made it onto the list of TheBanOut2018.

A bunch of SJW reddit mods have compiled list of subs they want banned and all the users of those subs also banned.

It serves as a good reminder of a few things;

-if you dont use a throwaway, i would consider it. These lunatics are the kind of people who will doxx you.

-don't talk about TRP outside of TRP. Regular people are not going to respond well to words such as "hypergamy" and "alphas". Nobody these days has any critical thinking skills. Everyone is emotionally incontinent and is likely to just call you a misogynist rather than listen to what you have to say.

-almost every other sub will give you flak for even mentioning TRP.

-if you want to talk about TRP concepts to a buddy then make sure he can be trusted. Don't talk about TRP to blue pillled betas.

-if you are still on the side bar material, DO NOT mention that you go on TRP to anyone, nor go spouting off about how you understand women.

-censorship becomes more and more likely each day. Speak the truth and stand up for it. In the UK this week, we had some head police officer (in a region badly affected by child rape gangs) say on radio and Twitter that police resources are being used to follow up NON CRIMINAL incidences of "offensive" speech. If you are in the USA, i envy your constitutional right to free speech. Don't lose it.

1,412
UPVOTES

Fat girls to men is equivalent to what Beta males are to females.

swimminginblue · 25 March 2018 · Archived copy · Reddit

It's Saturday night, we're celebrating a friends birthday party, I'm with my boys, older brother and his friends having a great time by the bar, holding court and trading war stories.

Then:

" Fuck!! these fat bitches! The nerve! Why is she looking at me."...

" Is she really trying to get with me? who does she think I am?"

Proclaimed one of my brothers friends, A red pill man by many standards, 28YO in shape, working in finance with a six figure salary and a small real estate portfolio on the side.

As we looked over to the source of his contempt, we observed a scene primarily reserved for the National Geographic. A herd of what couldn't only be described as post wall or on the verge of it, very slutty dressed hippopotamuses.

After a few minutes of furious laughter at his frustration and her attempts to open my friend. it settled in on me. This expression, as comedic as it was, actually had a lot of symbolism to it - other than the fact that fat women are not attracted to fat men - ironically

If as a human being, I cannot even do the bare minimum to take care of my body, why should anyone be attracted to me ? what have I done to attract that beautiful girl who works out everyday and plans her meals ?

See, he was frustrated because he has worked hard to improve himself, to shape himself into the masculine man and being approached by a woman who could not even control what she put into her mouth, thinking that she was worthy of him, was taken as an insult.

As women are insulted by the advances of beta males, so are men (* who know what they deserve) by fat women

Society has taught us to " accept people as they are" and to be " just be yourself ". This as I have come to learn from this community, is self destructive at best.

Lesson: Work hard and know what you deserve, and if anyone offers you less, don't be afraid to tell them to fuck off

1,409
UPVOTES

If you weren't sure there's a war on men, check it out: "Hey, white guys: New Year's Resolutions" -MTV

redpillschool · 20 December 2016 · Archived copy · Reddit

<https://twitter.com/MTVNews/status/810960588973035520/video/1>

1,398
UPVOTES

The 13 Dont's of Gaming

420KUSHBUSH · 7 April 2018 · Archived copy · Reddit

Edit: Added a few more details under each relevant point so it's as beginner friendly and coherent as possible. Essentially in any interaction concerning sexual intimacy, you should aim for a "it just happened" sort of thing, this works best by far

This is my first ever post as a way of giving back to the community and reporting what I've learned and found what works best. You can check your strengths and weaknesses and know what to improve/how to cater your game, an example is I need to be less of a douchebag and not fail every comfort test that goes my way. This is my first and potentially only post on the sub so hopefully it provides valuable insight despite it being obvious and whatnot

- **Never Shit Where You Eat**

Definition: Never sleep with a coworker/someone closely associated with your work. I believe girls in the same apartment are fine so long as you watch your back and stay safe, someone in one of your university classes too so long as you approach cautiously. Fellow gym members is a risk, only ever approach the ones that give you strong and plenty IOIs, don't approach the girls that don't. Ever. Basically don't sleep with someone you work often with/around or gym girls that focus on their own thing and don't want to be bothered

This one should be engraved into your mind. It's never worth it, don't fucking do it. It's strongly advised against for good reason. Mixing pleasure and business is not a good idea since she may cause drama or try and fuck you over on your job. Too many risks for the payoff to ever be worth it

- **Never Try Hard**

Definition of trying hard: Sexually escalating and trying it by moving too fast, attempting in short intervals and giving attention regularly. It's cool and all to be direct although if you just make it sex-based she won't cave. Trying hard at first is well paired up with getting yourself into a true "don't give a fuck" mood later on, they find that so so sexy, though it's very hard to get put into that mood. Only ever happened to me three times and no clue what caused it

From a post I read before and from what I've seen, girls love it when you look like you live your life with or without them and you can live with them not putting out for you. I've been on both ends with the same girl, where she told me she started losing interest since I was "trying too hard" to me then just genuinely not giving a fuck and it worked out perfectly for me. "Flow like water", don't let a woman be a dam you go out of your way to find and push over

- **Never Ever Be Needy**

Anyone who's spent a minute on this sub knows this is one of the cornerstones of the sexual strategy aspect of RP. It's not fun for anyone and a complete turn off. Women desire a man who does his own thing and who countless other women desire and talk about. If you do get needy occupy yourself, you're a grown ass man you got shit to do instead of gazing at the stars wondering "What could have been" or picking flowers while muttering "She loves me, she loves me not". If any of you kill yourselves over a girl I will personally travel to the afterlife, pull your ass back into the realm of the living and knock some fucking sense into you. Oneitis is a debilitating condition that throws anyone off their game. You need to *shut that shit down*, even if it's a slight "she's not like other girls". This also has to do with my point on never settling. More on that later

- **Never Get Jealous**

Girls always try and rattle up suspicion or jealousy/envy in a man to keep them on their dog leash. It's one of their stupid covert games, don't fall for it. You shouldn't ever care. In a high school class my (BP) friend told me "Man I just heard the girls talking about how they send pics of guys in our class to guys in their contacts list to make them

jealous". I just laughed at him while they were around us and said "You have so much to learn". Ended up getting spammed by texts from a girl trying to get my attention which they noticed and started eyefucking me ever since. Poetic

- **Never Lose Your Cool**

Frame. Frame frame frame. Breathe frame, be frame, live frame. This is perhaps the most potent and powerful tool in your arsenal. If a guy wants to get into a fight, as Sun Tzu said, "The supreme art of war is to subdue the enemy without fighting.". Don't ever get mad at a girl or anyone, you look like a childish idiot and she dries up like the Sahara desert. Fun fact, every girl I know who's boyfriend did something along the lines of "She has a man now" broke up after a week max. It shows insecurity and women can gauge insecurity like sharks can smell blood in the water

- **Never Be Too Much of A Dick**

I really wish I listened and reflected more when I read about comfort tests on here. You need to be able to identify and relate a girl's emotions to game her at your maximum potential. Sure some are going to go for you since you're a complete douchebag though those girls are the less sought after. Charm is the right amount of comedy, mystery, interest and teasing. Do too much of a god thing and it creates an imbalance, in this case teasing. You need to give her an emotional roller coaster of ups and downs, but do too many downs and the ride shuts down

- **Never Be An Emotional Tampon**

Girls always have options no matter what for "nice" listeners. You can hear her out from time to time although set boundaries to know what you're about. If any of you have a hard time remaining distant think of it this way: if you won't be her emotional tampon someone else will. And she sure as fuck won't be banging the emotional tampon

- **Never Take Things Personally**

Girls are more scared of rejection than guys, it's why they rarely approach and none can game. It's one small meaningless interaction that could result in you knocking boots or a confidence boost exercise. If she bails, just understand what her nature is and it's not you, it's her. This is including and not limited to; flaking, playing games, shit testing. Not taking things personally also helps with the abundance mentality and DGAF attitude

- **Never Be Afraid of Taking Risks**

Also great life advice for success. Similar to previous point however I know damn well I don't want to live with any regrets in life so I'll take the harmless risk of approaching and seeing how it goes. Best case scenario: Plate or whatever you're looking for Worse case scenario: Rejection. Despite this you still get out of your comfort zone, ergo improving nonetheless

- **Never Be Interrogative**

What I mean by this is you don't want to ask questions such as "Want to meet up at this park at a time?" or "What's your favourite 11th century artpiece". Questions are fine and such but don't overdo it. However, **you should never ever ask, you must always command (this does not include sex). Setting logistics especially.** Standard of her "where are we eating" or "I'm free Friday" is you replying with "I know this great Chinese place. I'll pick you up at 8" or "Let's do a park walk at 6PM Friday" respectively. I found that using my ending cold approach line to "Let's exchange numbers, I'll take yours" works perfectly as it's friendly, a suggestion into a leading command and makes you look like you know what you're doing. I highly suggest implementing it if you have not already

- **Never Betray Your Senses**

If you're seeing red flags galore or feel like you're in the house from Poltergeist, abandon ship. If you sense somethings off or you shouldn't push then don't. Trust your gut. You'll know the difference between butterflies in

your stomach to "some kind of fuckery is going on here". This point also includes the voice inside your head like "Don't text her again man, it's only been a day". Last point is a good example of betraying your senses

- **Never Settle**

"When you settle you get what you settled for" -A guy who's name I forgot. You need to keep up your standards since mentality makes all the difference and once you start caving in to the occasional Miss McDonalds or Mrs. Human Potato Head since you've been having a "dry spell" then numerous problems will arise. Don't do it, only fuck who you believe you should be fucking (while also having major self confidence to uphold high standards). It's principles, it's self discipline and self control. It's right

- **Never Game, Let Alone Fuck a Bipolar Girl**

If you want to open Pandora's box on your dick, be my guest. Just remember the phrase "Abandon all hope, ye who enter" when she's starting to flip shit and is a hair strand away from accusing you of abusing her

Symptoms to spot one are listed and not limited to; mood swings, threatening to chop your dick off, screaming and shouting, having the crazy eyes, maniacal laughter

With all that being said, the world is your oyster. Go get 'em Tiger. Good luck and enjoy

1,390
UPVOTES

Stoicism 101: A Primer on How to Be

RPAIternate42 · 16 June 2015 · Archived copy · Reddit

Summary

Stoicism

Stoicism is an ancient Greek school of philosophy founded at Athens by Zeno of Citium. The school taught that virtue, the highest good, is based on knowledge, and that the wise live in harmony with the divine Reason (also identified with Fate and Providence) that governs nature, and are indifferent to the vicissitudes of fortune and to pleasure and pain.

That's the textbook definition. But it's more functional to get to the *how*.

Doing is the best way to learn.

Stoicism keeps the following beliefs:™

- If you are unhappy, it is your fault.
- Everything is temporary
- We are social beings with a social duty
- Hedonism is not the path to happiness
- Fame & Fortune are overrated
- A philosophy of life must be lived
- Do not long for an ideal situation
- Maximize positive emotions and minimize negative emotions

Strategies

- Rephrase goals so that they are entirely within your control
- Have nothing you are not prepared to lose
- Live simply
- Negative visualization
- Exercise self-denial
- Resist materialism
- Accept what cannot be changed
- Refuse to consider yourself the victim
- Practice misfortune
- Live in accordance with human nature

Stoicism 101

If you are unhappy, it is your fault

You and only you can make you happy. Other people and other things cannot *make* you happy, but you can find

happiness through their medium. Wood does not make one happy, but cutting, sanding, and assembling wood into a piece of art or furniture can bring happiness *through the actions you take with it*. Your girl may not make you happy, but being a leading force in your life, and by virtue hers, you can find happiness *through the actions you take with her*.

Inversely, you cannot, and should not expect to, make others happy. It is their responsibility to find happiness *through the actions they take with you*.

Everything is temporary

Life, relationships, your car, *your relationships with women*, are all temporary. Entering into the idea that *I have a girlfriend* is an easy way of saying, *I don't have to try to do better because I locked down my girl*. This is laziness and sloth. Nothing is forever, but the longevity of things and relationships, and people can be extended through positive actions and regular maintenance and improvement.

We are social beings with a social duty

You are a social creature, and as such, you crave the interactions with other social creatures. You have friends, a girl or two, maybe children. These people comprise the network of which you have a *social duty*. You also have a social duty to those you work with, and your town, and your state, nation, and the world. Everything you do should be for the betterment of your circles of social duty. Social duty can lead to gaining AMOG status in a group.

Hedonism is not the path to happiness

Hedonism, a defining trait of the *me generation*, is the constant search for self-indulgence. Hedonism thrives on instant gratification and makes one dependent on the false idea that *other things* and *other people* can and should make them happy. Hedonism is being a spoiled child; hedonism is looking to lose weight without the effort; hedonism is wanting girls to fuck you without trying to be someone she *actually wants to fuck*. Hedonism is probably the main counter-point to *Stoicism*.

Fame & Fortune are Overrated

Fame and Fortune tie into hedonism; with these things, the ability, and temptation to have more and get more becomes overwhelming. Fame brings a false happiness because it depends on *other people*. Since only you can make yourself happy, the requirement of other people fame has nulls this ideal. Fortune is the more useful of the two, by itself. If the fortune you've accumulated is the result of fame (considering that everything is temporary, and the poor effects of hedonism) then consider that you haven't a fortune, but instead an amount of wealth that should be used to consider the future, your social duty to your family and community, and as a buffer to the temporary nature of everything.

A Philosophy of Life Must be Lived

Red Pill is not a philosophy; it is a *praxeology*; a science of human actions. Red Pill incorporates many concepts known through evolutionary biology, sociological and psychological studies of macro and micro groups, and some philosophies, mainly *Stoicism*. Stoicism is not something you are able to wade into, as with all philosophies, it must be lived to be understood. You can't know it unless you experience it, you can't learn unless you do it.

Do Not Long For an Ideal Situation

This plays into the old axiom of, "*The grass is greener on the other side*." To be clear, it's the idea of thinking, "*my life sucks, girls won't fuck me*." Wishing and talking about it does not make it so. Doing, makes it so. If your grass is dead and dying, standing outside and talking about how it needs to be watered doesn't actually make the ground wet. Instead, remember that "*The grass is greener where you water it*," and then go out and water the grass. Don't *imagine* a better life... make yourself better to provide a better environment for your relationships to improve.

Maximize Positive Emotions and Minimize Negative Emotions

Negative emotions (anger, hate, resentment, etc.) are contraindicated when trying to make something better. Resenting your girl for whatever reason won't make her change her behavior, and it will kill your mood, and by extension, hers. Instead, know that: *If you are unhappy, it is your fault* and that you *Should not long for an ideal situation*. Be happy with what you have, happy that you know how to improve it, and happy that you know you *can* improve it. Maintaining a positive, optimistic outlook on what is happening allows you to see the possibilities that are hidden by negative thinking. If one is resolved to not getting rescued, he will not find much use in starting a fire.

Now let's examine how we can bring these beliefs to fruition through practice.

Rephrase Goals So That They are Entirely Within Your Control

Let's pretend you want to run a 5K race. You don't know how to run well, and by extension, you don't know how to train. You get out and run, haphazardly, whenever, and however. Race day comes and you turn in a paltry time of 26 minutes. You resolve to be faster so you say, "I will be faster next time."

This is garbage thinking. There is only an immeasurable "faster" and an immeasurable "next time." That's anything over your previous time from 1 second or more for a length of time from no until *whenever*. Use SMART goals:

- Specific
- Measurable
- Achievable
- Realistic
- Time-limited

A SMART goal version of this example: "I will run a sub-25-minute 5K time in 12 weeks at the next scheduled race."

Apply these types of goals to everything, for Red Pillers, the best is to start with the gym: I will lose weight... I will lift x amount of lbs, and turn them into SMART goals. Once you have SMART goals, you have a time frame within you can apply a schedule and plan.

Have Nothing You Are Not Prepared to Lose & Resist Materialism

As Tyler Durden said, "You are not your fuckin' khakis."

Your car, your house, you clothes. These are things, material and simple. They are the product of your time, effort, and ability -the things you *cannot* live without.

If your car, house, and all your belongings burned to the ground tomorrow, you would still have the tools to bring those things back in some form. Your work allowed you the ability to pay for insurance to get new things when everything burns. Your work is the combination of your time, effort, and ability. These three things are the basis for all other material things you own. These are innate to you. Your house is not.

Live Simply

Living simply, or with *austerity*, allows you to appreciate the things you have. This does not mean live *cheaply*... or even *frugally*. One can own quality while living simply. Simple living leads to an uncluttered environment which extends to an uncluttered life. Your living space is a manifestation of your mind and your mind can be influenced by that living space. A simple living space has limited distractions.

Negative Visualization

Imagine a scenario where your house has burned down. Your family has no place to live, sleep, eat, etc. What do you do? Negative Visualization allows you to plan for the unexpected, or at least plan for the knowable problems that may arise. Your house is gone. Can you get a new one? If so, how? This is a good chance to exercise SMART goals. Figure out a problem that hasn't happened, and then plan for that contingency. This will give you a level of control over your life you didn't previously have. For Red Pillers, we do this as part of the process of *swallowing* what would happen if I never had sex again? How would I live? What would I do? How would I apply myself in a productive manner? Negative visualization leads to an *abundance mentality*.

Exercise Self-Denial & Practice Misfortune

Exercising self-denial is the physical manifestation of *negative visualization*. Live, temporarily, in a way that deprives you of something you *think* you depend on. Some Red Pillers, while unplugging do this with sex; we call it "monk mode." We distance ourselves from the thing we thought we needed and from the people we thought we needed it from. In this, we find that we survive just fine and that we now have the energy to devote to *maximizing positive emotions* and working to *make ourselves* happy. One of the classic ways men practice self-denial is through camping; we commune with nature, with very little (the bare basics in most cases,) and if you do it backpack-style, you limit yourself even further by way of what you carry and that you make yourself distant from society's technological boon, *the car*.

Accept What Cannot be Changed

You cannot change the way others are any more than you can change the rotation of the Earth or the expansion of the universe. In remembering that *your happiness is made only by you* you recognize quickly that attempting to change others is an exercise in futility. Instead, change yourself, as that is *all* that can be changed.

Refuse to Consider Yourself the Victim

You are not the victim. Inasmuch as you cannot change others to your whim, you need to accept that they cannot change you. If you feel the part of the victim, it is because you *allowed* that person, or situation, to keep you in a state of negativity. People do not *victimize* you, you allow yourself to be a target. Instead, stand up, defy the status quo as you have allowed it to form, and shake the foundations of what was formerly expected of you. Claiming victim-hood is founded in laziness and a *lack of personal accountability*.

Live in Accordance With Human Nature

As you should accept what cannot be changed *directly*, you should recognize that which can be changed *indirectly*. Humans are not special and different. While there are sociopathic and psychopathic exceptions, people tend to behave in very predictable ways. By working ourselves into that system, we can effect the changes we want to see in others simply by changing ourselves. With women, by simply being a better man, we find that our sexual outlook improves because the women around us adjust, and re-set themselves in a very predictable manner, to the new dynamic we have created. Trying to live as we were, pre-Red Pill leads to similar predictable behavior, just manifested in a different way.

Lessons Learned

As you unplug, lift, read, and better yourself, examine which of these basic tents you have been following and continue to apply them, and in bettering yourself, figure out which Stoic fundamentals you are missing and add them. We are working to better ourselves for the sake of ourselves and ultimately our marriages:

- Are you unhappy? Whose fault is that? Stop considering yourself the victim.
- Is your unhappiness permanent? It is not; Set SMART goals, Accept that you can't change others, and improve yourself.

- You have a social duty to your family and friends. Have you been living up to that job? Start applying yourself to be better so that others can follow you.
- Are you avoiding your problems in order to find happiness through self-indulgence? Seek happiness through self-improvement, not self-indulgence.
- Do you wish things were better? That will not work; *make* things better. Improve yourself, be better at what you do, set the goals to bring the improvements to fruition.
- Are you focusing on the negative aspects of your life? A negative thinker sees only the *nots*, a positive thinker sees the *what ifs*.
- Are you depending on other people and things to make your life better? Step back, imagine a life without, practice that life without, and make a plan for when it happens.

Get a hobby, build something, and lift!

* I have altered the language from the original post to fit this sub's strategic language. I have made punctuation, grammar, and spelling fixes.

** I left out *fatalism* from the list as I don't believe that the idea of predetermination is unhealthy for our purposes. I think fatalism is an ideal from a time when men literally thought gods planned out our existence on a thread. Red Pill requires existentialism in order to be effective, otherwise we are looking to others to make our lives complete, gods withstanding.

1,382
UPVOTES

Woman thinks her guy friend is being an 'asshole' because he's no longer doing nice things for her after she rejected him.

cassandrita · 11 August 2015 · Archived copy · Reddit

Link: <https://archive.is/DIpeh>

I think it's partly this guy's fault for being a doormat. A list of all the things he did for her:

He would always offer a helping hand, or would listen. We'd have conversations on skype, and he'd always be supportive and offer friendly advice. At work, he was really flexible with his shifts and would always rearrange to cover mine. For example, if I couldn't make a shift on a certain day, and would prefer another day, he would always gladly swap with me. He was always friendly about it. When I was moving apartments a couple months ago, he helped me move my stuff. When I didn't have my car for about two weeks, he drove me to work and home every day. He was an incredibly good friend and I was really thankful to have someone like him around.

And he was also incredibly emotionally supportive, whenever I'd talk about my issues with friends or family, he'd listen. I've had depression and anxiety in the past, I take meds for it, and it comes back every now and again. I have a lot of personal worries, fears and issues, and he's always ready to listen and be supportive.

He asks her out and of course she says no. Surprisingly he doesn't just become an orbiter and keep doing nice things for her, instead he moves on which annoys her:

Then over the next few days I noticed things were a bit different. He would still talk to me, chit chat occasionally, smile, say Hi. But he wasn't as receptive to conversations with me any more. On skype when we'd talk, he'd take longer to respond, and seems always uninterested and giving one word responses. With work, he's no longer swapping any shifts with me. He says he can't manage the time, and he's also on a busy work and life schedule that he can't always move things around.

I'm moving apartments again in a months time, and I asked if he'd be ready to help me move again like last time, he said probably not and that he's too busy.

He's not giving her undivided attention and doing her favors all the time so what's her reaction?

Now suddenly, its almost like he's an asshole.

Did I make friends with a "nice guy"? Was he really just an asshole all along only pretending to be nice to get in my pants?

Lesson: So if a guy doesn't give you undivided attention and time, he's an asshole.

Best comment:

Yeah, you knew him for 8 months OP. He was never really your "friend" as he viewed you as a potential love interest. You shut him now, now he's protecting himself by creating distance and finding other girls to prioritize for dating.

You are not entitled to preferential treatment. You are not dating him. You are not sleeping with him. He's just a dude and now he has other priorities. You don't get the benefit of boyfriend-like behavior from someone you will only accept platonic friendship with.

So, no he isn't an asshole. He's just a dude with healthy boundaries.

1,379
UPVOTES

Domineering, Manipulative Female Coworker was Trying to Edge me Out by Flirting and Ingratiating with Boss. I Capitalized on Boss's Horniness to Get Rid of Her

halfback910 · 4 February 2018 · Archived copy · Reddit

The sub-department I now oversee and my department as a whole are sausage fests. One of my direct reports has been taking advantage of this (even before I came into this role) to basically create a Smurfette effect. She was the second draft pick for the position I got moved into and only lost by a hair. Keep in mind that this is after I saved the company from a coworker's substantial fuckup and demonstrated competence. Meanwhile she's mediocre at her job at best. Crazy to see how far titties can get you. We'll call this woman Susan.

Needless to say she resents the fuck out of me. Thinks my job should be hers and even mentioned such to a former coworker and close friend of mine. Loose lips sink ships, right? She turned up her flirtatiousness ever since, specifically targeting my superior (who is on the executive management team). He's been falling for it hook, line, and sinker. He regards flirting with attractive females as a privilege of rank from what I can tell and, at one point, even had a "talking to" with me (doubtless prompted by this bitch) about her feelings and to be nice and blah blah blah.

Naturally, I decided about ten seconds into this conversation that her name should be taken off my phone directory and put onto an unemployment check.

I fabricated a line of analytical reasoning as to why a problem that had existed in the inventory systems of a foreign office (we'll say the German office) had to be addressed now. Someone would have to go to "Germany" for about three months (give or take) to fix it. My presence was required here to finish rolling out something that was mid-implementation. So Susan was the only option. Boss man was visibly upset. This was his spank tank material after all. Susan was thrilled. She "Always loves to travel!"

Unfortunately for Susan, the work waiting for her in "Germany" was some of the shittiest, most grueling work in existence. And there was no way to avoid it without it being obvious that she had shirked. So she had to do it. That's irrelevant, but it helped me get through those months knowing that she was miserable.

As soon as she left, I set about finding "temporary" help as a replacement. This had been discussed as part of the plan. I quickly found a more than suitable candidate. She was perfect. She was younger than Susan. She was meek and compliant whereas Susan had been boisterous and dominant. She was humble. Most importantly, she was Asian. We will call her Hijun. I told her that the job was temp-to-perm. In a way this was dishonest. But, ultimately, it *was* truthful!

My boss, I knew for a fact, had a thing for Asians. He took to Hijun immediately. Like cancer takes to a prostate. And it just so happened that she was a very, *very* diligent employee as well. Her metrics were far better than Susan's ever were. I took note to mention her success publicly and praise her multiple times.

Fast forward three months and I call Hijun over after making sure Bossman is in his office (which is well within earshot). I tell her, quietly, that the three month period of her employment is ending because the person she replaced is due to come back from "Germany" in a week or two (Susan's project ran late because obviously it did). She doesn't understand. I said temp-to-perm, didn't I? Fortunately, I've nailed the "earnest and surprised" look. She begins to cry and I offer her a tissue.

On cue, bossman comes over and asks what's going on.

"Well, as you know, Susan is coming back and will be able to resume her duties... So..."

"Oh, right." I can tell now that Susan had honestly slipped his mind after three months. He seems genuinely torn.

"Unfortunately, it seems there may have been some sort of... language barrier or miscommunication? Hijun was under the impression this would be permanent."

"Oh, Jeese. That stinks." Hamster spinning. "But didn't you say that her numbers have been really good?"

I nod. Hijun is not crying but is still clearly distraught and sniffing. "That's true. All of her metrics have been stellar. But unfortunately there's not enough work here for two positions."

"Yeah... there must be something we can do, though."

He wants an excuse at this point. I have one.

"Well, aren't they still looking to fill that position in accounts payable? Susan had a minor in accounting."

This position has been filled and vacant on and off for years. Because the manager is an idiot who doesn't know what she wants. This position is a metaphorical toilet with the flushing power of Niagara falls that can dispose of even the largest pieces of human refuse. Namely, Susan. What's more, it is in an entirely different department. But big dick bossman can get her placed there if he wants.

"Hey! That's right!" Ignores me, immediately turns to Hijun and begins to comfort her. "Don't worry, Hijun. We've got it. You'll stay on and become permanent in this role and Susan will take a *different* role in the company. Okay?"

She's obviously still broken up a bit, but hopeful. She nods. His white knightting over, he turns back to me to deal with the reality of the decision he's just made. "Is she still up, you think?"

"Well, it should be 3:40 in 'Germany' now. Do you want me to ask her if this is okay?"

"I'll tell her." Bossman exits stage left. I let Hijun regain her composure, apologized for the confusion, and made sure to have her made permanent before Susan was back on the same continent. Susan is currently battling the atomic water pressure of the Accounts Payable toilet, Hijun is performing better than ever (she still thanks me sometimes), and bossman can jack off to this nice girl who is not qualified for and has no interest in my position.

1,377
UPVOTES

Beta for 10 years --> awakens --> breaks habit and wrecks GF's (+ her daughter's) plans to continue using him

Blake55 · 19 January 2014 · Archived copy · Reddit

This is not my story - but I found it relevant to this sub. (I re-edited for decent paragraphs)

"My step-daughter wants her "Real Dad" to give her away"

My step-daughter will be getting married on August 3rd. The wedding planning has consumed most of her and her mother's life (I say her mother because we aren't married, though we've lived together for 10 years) for the past six months.

My step-daughter graduated last December from University. I paid for her to go to college, though it was a state school, it still ran \$40K. She does not have a job and has been living with us for the duration of her college career and since her graduation. I also bought her a car to get back and forth from school when she finished high school.

From time to time her deadbeat father would pop into her life and she would fawn all over him. Although he has not contributed a cent to her education or paid any child support, though that is my girlfriend's fault as c.s. was not part of the settlement, she still loves him and wants him in her life. He stays long enough to break her heart by skipping town and breaking some promise that he made her.

The wedding venue holds 250 people max. I gave them a list of 20 people that I wanted invited, you know, since I was paying for everything. They told me that was no problem and they'd take care of it. So I let these people know they'd be getting an invite and they should save the date. Saturday, I saw one of my friends on this list at the golf course and asked if he was coming. He told me that he wasn't invited. He told me that he got an announcement, but not an invitation. He had it in his back seat (along with probably six months of mail) and showed it to me. Sure enough, it was just an announcement, and my name was nowhere on it. It had her dad's name and her mom's name and not mine.

This led to a pretty big fight with my GF, as I found out that NONE of my list of twenty "made the cut" for the final guest list because "250 people is very tight." I was pissed, but not a hell of a lot I could do because the important people in my life had already been offended. My GF said "if some people didn't RSVP yes, I might be able to get a couple people in." But that is an ultimate slap in the face in my opinion. So, I was boiling on Saturday.

Yesterday, we had a Sunday dinner with the future in-law's family and us and a surprise guest, the "Real Dad." At this little dinner my step-daughter announced that her "Real Dad" was going to be able to make it to her wedding and that now he'd be able to give her away. This was greeted with a chorus of "Oh how great" and "How wonderful's."

I don't think I have ever felt so angry and so disrespected. I was shaking. I took a few seconds to gather my composure, because I honestly wasn't sure if I would cry or start throwing punches or both. Once I was sure I'd be able to speak I got up from my chair and said I'd like to make a toast. I can't remember exactly what I said but the gist of it was this:

"I'd like to make a toast." The sound of spoons against glasses ring in my ears. "It has been my great pleasure to be a part of this family for the past ten years." Awe, how sweet. "At this point in my life I feel I owe a debt of gratitude to bride and groom, because they have opened my eyes to something very important." Confident smiles exchanged. "They have showed me that my position in this family is not what I once thought it was." And now a glimmer of confusion and shock begins to spread on the faces in the room. "Though I once thought of myself as the patriarch or godfather of the family, commanding great respect and sought out for help in times of need, it seems instead that I hold the position of an ATM, good for a stream of money, but not much else. As I have been replaced as host, both on the invitations and in the ceremony, I am resigning my financial duties as host to my successor,

Real Dad. So cheers to the happy couple and the path they have chosen." I finished my drink. "You all can let yourselves out."

Is this selfish? I'm supposed to shell out 40 - 50 grand for a wedding that I can't invite anyone to? That I am not a part of? I'm so done with this crap. I'm done with my step-daughter, I'm done with my GF. I transferred the money out of our joint account last night. (she has not had a job since she moved in with me) This morning I called all the vendors I had written checks to for deposits to refund my money. At present it looks like I'll lose around 1500, for the venue, but the other vendors have been great about refunding.

TLDR: You want your "REAL DAD" to be on the invitation, to give you away and to sit at the head table, fine, your "REAL DAD" can pay for everything too.

EDIT: The immediate aftermath was tantrum and people sitting there mumbling while not actually saying anything to me, but to each other. After much yelling with the GF about me being selfish, I spent the night in my home office and no one knocked on my door, not once. Today's aftermath is kind of depressing for me. GF brought me Bride's wedding planner to show me how much work I was ruining. I thumbed through it, found a page in the music section for Father / Daughter dances. All of the songs were catered to Real Dad's taste. So I thought they were just being disrespectful, but now I'm feeling like they never really gave a crap at all, especially since the menu included two ingredients I'm allergic to, that actually made me laugh. Either way, I'm glad to be done, returned the planner and asked her when she and bride could move out. Also, I never promised to pay for the wedding. I offered them the use of my home when they were sure it was going to be small, but other than that, all I've heard is how it's the Bride's family that should pay, so, let it be the bride's family then, aka, not me.

EDIT: June 9th 1:15 am. Girlfriend and Bride are now moved out. They are moving in with the groom. It was very hard not to be petty with some of the "belongings" they took with them, but it's done and I switched out the locks and now it's time for a brew. I can't believe how popular this story got, but I feel good to be given support by so many. If I find out what happens with the wedding, I will let you know, but I can't guarantee that I will put in the effort to find out. From what I've heard they are trying to "scale things back" and get his parents to help out. GF burned bridges when I found out she tried to write herself a check on our joint account the day after the unpleasantness. By then I had already moved money, so I guess I'm a bigger ass than her, but I could feel it coming. That's all. Thanks.

1,376
UPVOTES

I'm in fucking tears right now. A woman used the justice system to ruin my life.

Oftowerbroleaning · 4 November 2015 · Archived copy · Reddit

Forgive me if this incoherent, I am weeping as I write this. I am a 24 year old man. I fell into dating an older single mother earlier this year. She cheated on me and when I tried to break up with her she called the cops and said I abused her. The cops arrested me without even asking me if it was true. I was bailed out and given a 60 day protective order to stay away from her. I ignored her countless text, emails, voicemails, handwritten letters left on my trucks windshield for 2 weeks. She told me if I met her she would tell the cops the truth that she made it up. I came over and she gave me to falsely dated letters of confession. We were driving down the road later that night almost to her house in a suburban neighborhood when she, out of nowhere, threw my dog out of my vehicle, jumped out and ran to a random house screaming as if I was trying to rape her. This was right in the middle of a civil discussion, completely by surprise. The cops arrested me again for violating the protective order. Jail again. My state appointed attorney told me to accept the plea deal. 8 years probation, 250 hours of community service etc, and that I'd have 30 days to change my mind and think about it. He lied. I had 30 days to appeal and the judge has to decide if I can get my day in court. Hired good attorney for 7500 dollars to appeal. Judge takes it under consideration for 2 weeks and I get a call not 2 hours ago saying the motion is denied. I have a mountain of evidence showing I'm innocent. I am an army veteran with no prior criminal record from a good relatively wealthy family. I had a good future in front of me. I don't know where I am going with this. I just had to get this off of my heart. I have a felony on my record now and my future is ruined without ever even having a day in court. I don't know what to do.

1,372
UPVOTES

To the man shooting 3's in the gym today

lietruth · 17 August 2017 · Archived copy · Reddit

I play basketball a few times a week at a local indoor court near my apartment.

Often I see this guy there, we'll call him Brad. Brad's about 5'9, 28 years old, he's handsome— but only because he takes care of himself. He lifts, gets haircuts, he's in decent shape, lean. He has male friends, he does things, can hold a conversation and takes care of himself. Not a Chad by any stretch... but he's working on himself continuously.

Whenever we're playing basketball in the gym, I often witness Brad approach women charismatically and effortlessly. I've seen him cold approach 8's and 9's, convince them to watch him play basketball for 30 mins, then walk out of the gym with them after the game.

Today was different. I see Brad doing his thing as usual, shooting hoops and approaching women when the game dies down.

Brad sees this blonde HB9 and immediately B-lines to the locker (10 feet away from the court). Walks up to her and starts chatting with her. 2 mins pass, She's not feeling it, resting bitch face and giving him some dirty looks. He keeps at it... invites her to play basketball. She's still not feeling it.

Then about 15 seconds later, she turns her back to him without saying anything at all and gives him the most cold and unexpected *"slam the locker in your face"* rejections I've ever seen. It could have been out of high school musical.

I'll never forget what he said to her.

Just so she could hear him, he calmly — without chagrin, says **"your loss"**, as she walks away.

He picks up his ball, turns around, takes 2 steps and sinks a 3 from way downtown. Continues to play ball for the rest of the night, unfazed.

I commend Brad to get up after rejection like this. There was at least 15 men and women around him that saw exactly what happened. Most men would have social shame or at the very least some humiliation or discomfort. He didn't even flinch. Just turned around, says the truth, then shoots a 3.

We often talk back and forth about abundance mentality on TRP, but only in theory. Maybe some of us are like Brad, but surely not all of us are. How many of us are practicing in real life situations like Brad? Who here would have even have approached an HB9 after her workout? I've never seen abundance mentality first hand like this in my life. This man didn't attach any of his value or worth to talking to this woman. He was simply a man who saw a woman he found attractive and approached her to see if she was also interested.

I know Brad personally, he's a great guy, and the words *"your loss"* is exactly the way to describe the how this woman should feel tonight.

Post some FR's in the comments that you experienced rejection and how you could have handled it differently.

1,371
UPVOTES

3 Words That Will Change Your Life

JaspersChest · 10 December 2017 · Archived copy · Reddit

The words that I'm about to write are a core foundation of masculinity, they are a part of the line that separates men from women. This is an art that must be practiced, and in do time you will reap it's benefits.

Let me tell you, a lot of men these days are straight up gay, really. They suck this world's dick & swallow, when it should be the other way around. You're a slave to the situation and have the emotional strength/stability of a bitch on her cycle. Here's a key ability that a lot of us are missing today.

- Suffer In Silence

I know I always got pissed off when my father told me this. I'd fall out of a tree and get the wind knocked out of me, "suffer in silence" is what I got. My girlfriend cheats on me and goes with another man "suffer in silence". I have to a lot of chores to do that will take all fucking day, "suffer in silence". I'm about to get my ass whipped for setting stuff on fire when I was told not to, "Turn around and suffer in silence". I didn't know until now that I was being groomed into an emotional stronghouse.

The very act of complaining or telling someone your problems is weakness, for the mere fact that you're trying to let someone else hold the emotional burden you have. That's all complaining is, a cry for help or relief from an outside source other than yourself.

Suffering in Silence goes hand in hand with being tough. It's being strong for others in the midst of soul crippling pain. It's carrying your own weight and getting the job done.

Men are productive & logical (At least a few of you still are) and we shouldn't have time for things that are counterproductive like complaining/crying. It gets nothing done, it solves no problem. Complaining is what women do, because most the time they don't have the physical capability to get shit done themselves.

To sum this up, here's one of the greatest quotes from TWD for yall to keep in mind.

"If you have to eat shit, best not to nibble. 'Bite, chew, swallow, repeat. goes quicker."

1,369
UPVOTES

Once you realize what interested women will do for you with little effort on your part, you'll realize what a waste of energy it is to even talk to women who don't show immediate and enthusiastic interest.

[deleted] · 1 July 2016 · Archived copy · Reddit

Ever go up to a woman on an approach and say, "Hey, I saw you and I just want to talk"?

Here's some truth to brand into your flesh:

Women don't want to just talk to men.

They want to fuck, go on an adventure, be told what to do, get into a dangerous situation, start some shit, fuck up someone's day, save the world, ride on a motorcycle, see a movie, dance, sell shit on Etsy, cheat, stab you, eat mayonnaise, and run from a dinosaur.

But never be fooled into ever think a woman ever wants to *just talk*, ever.

She has an agenda. You have an agenda.

Either you're working toward hers or you're working toward your own. There is no middle ground.

So when a woman shows middling or low interest, you've picked a mountain to climb. You'll climb it her way in her time with small reward and with no respect from her. You'll sacrifice time, energy, and focus, as well as inflating the value of what little payment you'll receive for the trouble - so that at the end, you must also deal with the effects of having catered to self-delusion. This means emotional fallout, time for getting your shit back together, retooling, and rebuilding. You've fucked yourself.

When a woman shows intense and vested interest, you've already won. You can have whatever you want. You can have it now. She will eagerly give you as much as you can handle and more. You've claimed a gift that was yours since birth. By acknowledging and fulfilling her desire to fulfill your desires - without hesitation, without pussyfooting around, with confidence and a smile on your face - you've not done anything amazing. You've simply had a normal sexual interaction between a masculine male and a feminine female. It is an interaction that not many people understand anymore but that everyone craves.

To achieve this end, value quantity of women over quality. This is old hat to many of you, but newbies take note. There's an epiphany waiting for you, that moment when you realize a woman you've known for 30 seconds is willing to do more for you than that girl you chased for 6 years.

Corollary: Any woman you interact with for a long amount of time in a non-sexual manner (who isn't already head over heels for you), is not a woman you will ever sleep with.

Here's the math:

You're more likely to get open eager honest sexuality from a woman within minutes of meeting you than you are in 3 years of dancing around the subject. Be up front, be honest, and in a quick few seconds she'll tell you with words or body language all that you need to know about who is likely to get what, when, and how (the politics of getting your dick wet). That's minutes invested rather than years wasted.

To do that, stop masturbating and do something extremely intense daily. I know we say "lifting." It's a wonderful go-to and will open all new dimensions in your life but to be honest, anything shamelessly and no-fucks intense will work. A sport. A competition. A gig. Anything that becomes something more than the sum of its parts and that requires focused balls-on-fire intensity - do that thing every day.

When you're raging and intense and focused, you become a black hole of Fuck that women fall into naturally. You

want them. You can't stop yourself, and women are walking sex toys to a man who can't stop himself.

If you've been jacking off a lot and dispersed your energy and muddled your life by avoiding intensity, extreme action, and excitement, you will be static and background noise to anyone you meet.

So if you've been going out after 3 wanks to try to psych yourself up to talk to that girl who maybe kind of likes you, you've fucked yourself. She'll smell your "kind of" interest, return a "kind of" interest with just enough hope to keep you on the leash. You will use the leash later to hang yourself.

If you go out after a week of not cumming, women will look at you from across the room with hopeful and begging eyes. They will say things to you and not know why. They will agree to do the kinkiest most fucked up shit because they can see in your eyes that you *want it so goddamn badly*. They will feel your leadership and use all your commands as refreshing and simplifying direction in their too-many-choices what-am-I-doing pointless lives.

And they absolutely, certainly, posi-fucking-tively won't just want to talk.

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UPVOTES

No, Plastics Are Not Lowering Your Testosterone Levels - Real Science Explained Inside

InvoluntarySickCunt · 8 September 2017 · Archived copy · Reddit

This post is in response to another community member's post that essentially amounts to fear mongering over the use of plastics. The fact that almost no one in the comments, including multiple ECs, questioned the validity of the linked literature is worrying, and illustrates the need for a quick run-down of scientific skepticism.

First off, let me say that bringing up topics like estrogen-mimicking plasticizers is completely valid and important. However, stating that "plastics are the tobacco of the 21st century" without a wealth of credible primary literature is absurd and akin to stating that "water is a chemical in weed-killer so it must be bad for you".

Why you should trust my judgement: I am a molecular biologist and immunologist who is active in the academic sphere and have expertise in *in vitro* cellular assays. This is a fancy way of saying that I grow lots of cells in plastic dishes and then look at them in different ways, and it's how most of these studies are conducted. Also, it's my job to evaluate academic literature.

Ok let's do this I'll try to make it as entertaining as possible.

Polymer Chemistry - also known as REEEEEEEEEEEEEEE

As mentioned in the original article, some specific types of plastic polymer are embedded with *plasticizers* - essentially molecules added to the polymer matrix to change the physical properties of the material. Now most plastics are really just long carbon chains arranged horizontally with some interlinking vertical bonds, kind of like a the lines on a sheet of paper. Plasticizers insert themselves in the spaces between the lines and push them apart, making the material more flexible.

Knowing that there are many types of plastic and many ways of making each type you might ask - "well what kind of plastics should I watch out for? Am I really being dosed by 'big tampon' with endocrine disruptors until I get a period so they can make even more money?" Well big tampon may be trying, but substances recognized as harmful by the primary literature are really only commonly found in the following materials:

1. Polyvinyl chloride (PVC)
2. Nitrile (like the rubber gloves your doctor wears for your weekly prostate exam)
3. Polyesters (this is more of a class of plastics)

Now keep in mind that polymer chemistry is really a black magic in itself and nothing is as simple as, "yes this water bottle will give you bitch tits" or "no this prostate stimulator will not - unless you stick it in your mouth". So instead of going through a list of plastics, of which there are many, and their production methods let's just get to refuting the literature linked in the OP. If you're *dying* to talk physical chem you can contact me and we can both pretend like we know what's going on after reading wikipedia.

Das Swedish Study

The first claim the article makes is that a Swedish study (n=200) found a correlation between maternal phthalate levels and "anogenital distance" - that's the distance from the anus to the genitals (commonly referred to as the scrote or undercarriage) after 20 months of life.

First of all, you have to go on a wild goose chase to even understand why anogenital distance was used. It's actually

a method of measuring reproductive toxicity as the trait is under androgen-receptor control. *However*, this method is really only used in animal studies and is not commonly applied to humans. Secondly, looking at Table 5 as presented in the study, the researchers present a model of confidence intervals that are not even close to significant. Not only that, but the article provides no evidence that (1) the phthalates in the maternal urine samples measured were from incidental ingestion of plasticizers or that (2) the correlation between maternal phthalate levels and scroto length has anything to do with the correlation between you drinking water out of a microwaved bottle and your dick shrinking up into an infinitesimally dense and small point, birthing a black hole.

This study is completely irrelevant to the original posters point.

Study #2: The Mysterious Case of Shitty Workers' Rights in China

Luckily I didn't even have to waste my time reading deciphering jargon and ugly figures this time around because this isn't even a research paper. It's a huffington post article **that literally says half way down the page, "This data should not raise alarm bells for men who don't work in chemical factories"**.

The study the article sites was looking at levels of free testosterone in men who worked in a plastic factory in China- now this may be news to some of you guys but working in a Chinese plastic factory with no OSHA to save you is quite a bit different than drinking from a water bottle. And don't worry, we will get to the water bottle data soon enough.

Study #3: Estrogen-dependent proliferation of MCF7 Cells, or, 18 bottles of bitch tits on the wall

This study is the closest thing linked to actually being somewhat valid. In this study an assay is carried out where MCF7 cells are essentially treated with tap water where the solids in it have been concentrated way down from 1.5L to a few mL. For those who don't like commie units that means whatever is in that water is 1500x more concentrated than in your tap water.

Anyway, so to 1500 MCF7 cells is added all the different water "extracts" (this is a highly simplified explanation) and a week or so later they look at the proliferation of the cells. What the hell, you may be asking? Why would you even measure the proliferation of these cells in response to water? Well, as it turns out, MCF7 is an immortal breast cancer cell line that expresses high levels of estrogen receptors and proliferates in response to activation of those receptors. Now if you scroll down to the results you can see that **WOAH**, the relative proliferation increased almost 80% when the evil dire-aids bottled water was used (but only sometimes when DMSO or dimethylsulfoxide is used as a solvent, which could very well be significant because DMSO makes anything dissolved in it pass through cellular membranes)! Big tampon strikes again boys. **But wait... Lets think about this for a second.**

This is an assay carried out in a cell culture dish on a cancerous immortal cell line. Now I have a lot of experience with cancerous cell lines, I work with them every day, and I can tell you that these aren't normal cells. Cancerous cell lines are the kind of thing that you can look at the wrong way and they start dividing- it's literally cancer my dudes. Not only that, but the estrogenic activity is only even significant when DMSO is included (although highly diluted), and the water is "concentrated" (look up solid phase extraction if you want in-detail info on this process it's actually fascinating) in a specific way!

Even if we put all of these potential flaws of methodology aside we can see in the results section that the relative estrogenic activity is equal to that of 1-12 **picrograms (pg) per liter**. For reference, a picogram is 1×10^{-12} grams. Putting this in perspective, a liter of water from Tampon-Corp has a truly devastating mass of 0.0000000018% the mass of a single grain of fucking sand. Guys. Oh, and that relative increase in proliferation was all that with just 1500 cells (avg. human has upwards of 15 trillion, or 15×10^{12} cells or 10 factors of 10 more).

Conclusions

Now, my dudes. I understand that not everybody can be or wants to be a scientist. If you don't have first-hand experience working with cells and these kinds of methodologies, there would be no possible way to even read through some of these articles (the first one in particular is grueling as hell). **However**, we all have a responsibility to think critically about what we're reading instead of jumping to the conclusion that the government wants to cuck you. Think about it, if plastics were a government conspiracy like some of you apparently think, why would they use them on their own fucking armed forces?!

Next time you read something that tells you you're going to get dire-vagina-period-out-your-dickhole, use the following process to assess the evidence:

1. Look at the model organism in the study. How close is it to human? In scale? Genetically? Is it cancerous? In these cases, rodent models would have been far superior to established cancer cell lines in my opinion.
2. Read the results section first, the introduction second, and the methods last. Look at the figures, do they look right? Are they clear?
3. Where is this info coming from? HuffPo? Or is it a legitimate scientific journal. Is it in all Chinese?
4. Make sure that anyone who disagrees with your uninformed opinions is called a shill, as this argument has been passed down through the ages.

Anyways, my dudes, you're not going to grow bitch tits because you drink out of a water bottle. Is it possible there could be picogram levels of estrogen-mimicking molecules in your water? Yup. But guess what, there's probably about 100x more cockroach jizz in everything you eat, because a picogram is literally such a small amount that I can't even describe it without scientific notation. So sack up and read the primary literature so you don't look like a dumb ass.

Thanks for reading. Mistakes in this article are a result of late-night writing. -ISC

UPDATE: Many community members have been asking me to provide scientific context to related issues such as steroid use and aluminum in deodorant.

I'm happy to see this kind of curiosity but can't address all of the questions. I've decided to make a series of posts where I will review the literature on a specific topic from both sides in plain speak, as well as demonstrate how to assess the literature without having to have 3 degrees. A huge problem with academia is the jargon that locks the public out of the discussion, and the shoddy quality science "reporting" that makes it to the public. Let's do something about that.

You can vote for the first topic we will address together, or select other and send me a private message with your suggestion.

www.strawpoll.me/13888594

Thank you all and I look forward to continued learning within this unique community.

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UPVOTES

The Sixteen Commandments Of Poon

NoMoreMrNiceGuy95 · 1 July 2018 · Archived copy · Reddit

I. Never say 'I Love You' first

Women want to feel like they have to overcome obstacles to win a man's heart. They crave the challenge of capturing the interest of a man who has other women competing for his attention, and eventually prevailing over his grudging reluctance to award his committed exclusivity. The man who gives his emotional world away too easily robs women of the satisfaction of earning his love. Though you may be in love with her, don't say it before she has said it. Show compassionate restraint for her need to struggle toward yin fulfillment. Inspire her to take the leap for you, and she'll return the favor a thousandfold.

II. Make her jealous

Flirt with other women in front of her. Do not dissuade other women from flirting with you. Women will never admit this but jealousy excites them. The thought of you turning on another woman will arouse her sexually. No girl wants a man that no other woman wants. The partner who harnesses the gale storm of jealousy controls the direction of the relationship.

III. You shall make your mission, not your woman, your priority

Forget all those romantic cliches of the leading man proclaiming his undying love for the woman who completes him. Despite whatever protestations to the contrary, women do not want to be "The One" or the center of a man's existence. They in fact want to subordinate themselves to a worthy man's life purpose, to help him achieve that purpose with their feminine support, and to follow the path he lays out. You must respect a woman's integrity and not lie to her that she is "your everything". She is not your everything, and if she is, she will soon not be anymore.

IV. Don't play by her rules

If you allow a woman to make the rules she will resent you with a seething contempt even a rapist cannot inspire. The strongest woman and the most strident feminist wants to be led by, and to submit to, a more powerful man. Polarity is the core of a healthy loving relationship. She does not want the prerogative to walk all over you with her capricious demands and mercurial moods. Her emotions are a hurricane, her soul a saboteur. Think of yourself as a bulwark against her tempest. When she grasps for a pillar to steady herself against the whipping winds or yearns for an authority figure to foil her worst instincts, it is you who has to be there... strong, solid, unshakeable and immovable.

V. Adhere to the golden ratio

Give your woman 2/3 of everything she gives you. For every three calls or texts, give her two back. Three declarations of love earn two in return. Three gifts; two nights out. Give her two displays of affection and stop until she has answered with three more. When she speaks, you reply with fewer words. When she emotes, you emote less. The idea behind the golden ratio is twofold — it establishes your greater value by making her chase you, and it demonstrates that you have the self-restraint to avoid getting swept up in her personal dramas. Refraining from reciprocating everything she does for you in equal measure instills in her the proper attitude of belief in your higher status. In her deepest loins it is what she truly wants.

VI. Keep her guessing

True to their inscrutable natures, women ask questions they don't really want direct answers to. Woe be the man who plays it straight — his fate is the suffering of the beta. Evade, tease, obfuscate. She thrives when she has to imagine what you're thinking about her, and withers when she knows exactly how you feel. A woman may want financial and family security, but she does not want passion security. In the same manner, when she has displeased you, punish swiftly, but when she has done you right, reward slowly. Reward her good behavior intermittently and unpredictably and she will never tire of working hard to please you.

VII. Always keep two in the kitty

Never allow yourself to be a “kept man”. A man with options is a man without need. It builds confidence and encourages boldness with women if there is another woman, a safety net, to catch you in case you slip and risk a breakup, divorce, or a lost prospect, leading to loneliness and a grinding dry spell. A woman knows once she has slept with a man she has abdicated a measure of her power; when she has fallen in love with him she has surrendered nearly all of it. But love is ephemeral and with time she may rediscover her power and threaten to leave you. It is her final trump card. Withdrawing all her love and all her body in an instant will rend your soul if you are faced with contemplating the empty abyss alone. Knowing there is another you can turn to for affection will fortify your will and satisfy your manhood.

VIII. Say you’re sorry only when absolutely necessary

Do not say you’re sorry for every wrong thing you do. It is a posture of submission that no man should reflexively adopt, no matter how alpha he is. Apologizing increases the demand for more apologies. She will come to expect your contrition, like a cat expects its meal at a set time each day. And then your value will lower in her eyes. Instead, if you have done something wrong, you should acknowledge your guilt in a glancing way without resorting to the actual words “I’m sorry.” Pull the Bill Clinton maneuver and say “Mistakes were made” or tell her you “feel bad” about what you did. You are granted two freebie “I’m sorry”s for the life of your relationship; use them wisely.

IX. Connect with her emotions

Set yourself apart from other men and connect with a woman’s emotional landscape. Her mind is an alien world that requires deft navigation to reach your rendezvous. Frolic in the surf of emotions rather than the arid desert of logic. Be playful. Employ all your senses. Describe in lush detail scenarios to set her heart afire. Give your feelings freedom to roam. ROAM. Yes, that is a good word. You’re not on a linear path with her. You are ROAMING all over, taking her on an adventure. In this world, there is no need to finish thoughts or draw conclusions. There is only need to EXPERIENCE. You’re grabbing her hand and running with her down an infinite, labyrinthine alleyway with no end, laughing and letting your fingers glide on the cobblestone walls along the way.

X. Ignore her beauty

The man who trains his mind to subdue the reward centers of his brain when reflecting upon a beautiful female face will magically transform his interactions with women. His apprehension and self-consciousness will melt away, paving the path for more honest and self-possessed interactions with the objects of his desire. This is one reason why the greatest lotharios drown in more love than they can handle — through positive experiences with so many beautiful women they lose their awe of beauty and, in turn, their powerlessness under its spell. It will help you acquire the right frame of mind to stop using the words hot, cute, gorgeous, or beautiful to describe girls who turn you on. Instead, say to yourself “she’s interesting” or “she might be worth getting to know”. Never compliment a girl on her looks, especially not a girl you aren’t fucking. Turn off that part of your brain that wants to put them on pedestals. Further advanced training to reach this state of unawed Zen transcendence is to sleep with many MANY attractive women (try to avoid sleeping with a lot of ugly women if you don’t want to regress). Soon, a Jedi lover you will be.

XI. Be irrationally self-confident

No matter what your station in life, stride through the world without apology or excuse. It does not matter if objectively you are not the best man a woman can get; what matters is that you think and act like you are. Women have a dog’s instinct for uncovering weakness in men; don’t make it easy for them. Self-confidence, warranted or not, triggers submissive emotional responses in women. Irrational self-confidence will get you more pussy than rational defeatism.

XII. Maximize your strengths, minimize your weaknesses

In the betterment of ourselves as men we attract women into our orbit. To accomplish this gravitational pull as

painlessly and efficiently as possible, you must identify your natural talents and shortcomings and parcel your efforts accordingly. If you are a gifted jokester, don't waste time and energy trying to raise your status in philosophical debate. If you write well but dance poorly, don't kill yourself trying to expand your manly influence on the dancefloor. Your goal should be to attract women effortlessly, so play to your strengths no matter what they are; there is a groupie for every male endeavor. Except World of Warcraft.

XIII. Err on the side of too much boldness, rather than too little

Touching a woman inappropriately on the first date will get you further with her than not touching her at all. Don't let a woman's faux indignation at your boldness sway you; they secretly love it when a man aggressively pursues what he wants and makes his sexual intentions known. You don't have to be an asshole, but if you have no choice, being an inconsiderate asshole beats being a polite beta, every time.

XIV. Fuck her good

Fuck her like it's your last fuck. And hers. Fuck her so good, so hard, so wantonly, so profligately that she is left a quivering, sparking mass of shaking flesh and sex fluids. Drain her of everything, then drain her some more. Kiss her all over, make love to her all night, and hold her close in the morning. Own her body, own her gratitude, own her love. If you don't know how, learn to give her squirting orgasms.

XV. Maintain your state control

You are an oak tree. You will not be manipulated by crying, yelling, lying, head games, sexual withdrawal, jealousy ploys, pity plays, shit tests, hot/cold/hot/cold, disappearing acts, or guilt trips. She will rain and thunder all around you and you will shelter her until her storm passes. She will not drag you into her chaos or uproot you. When you have mastery over yourself, you will have mastery over her.

XVI. Never be afraid to lose her

You must not fear. Fear is the love-killer. Fear is the ego-triumph that brings abject loneliness. You will face your fear. You will permit it to pass over and through you. And when your ego-fear is gone you will turn and face your lover, and only your heart will remain. You will walk away from her when she has violated your integrity, and you will let her walk when her heart is closed to you. She who can destroy you, controls you. Don't give her that power over yourself. Love yourself before you love her.

The closer you follow the letter of these commandments, the easier you will find and keep real, true unconditional love and happiness in your life.

<https://heartiste.wordpress.com/the-sixteen-commandments-of-poon/>

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UPVOTES

The Psychology of Approaching Groups Of Very Hot Women In Bars.

virusofthemind · 29 September 2016 · Archived copy · Reddit

In club/bar environments it's often thought the most difficult approach of all is directly approaching a group of uber hot women and successful endgame of taking one home. This post demonstrates a number of methods to give these girls the good seeing too they all crave and make everyone happy in the process. The methods outlined can be deconstructed and used in isolation in various other situations, but in this case they're usually all needed due to our quarry being in a group and all hot. Social engineering methods will run alongside psychological ones for maximum impact. The group should be of a minimum of four women and a maximum of ten, and preferably receiving a lot of passive attention from other males.

Please note: This is a meta strategy to achieve an end goal. If at any point your target shows genuine interest you can skip steps, as you're already where you want to be (but watch for compliance tests).

Step 1: Identifying Your Targets The first step is deciding which girls you're going to use as your gateway strategy. I say, "girls" because as well as selecting a target (your end game girl) you will also need to identify one of the other girls as a leverage point for the social dynamic aspect of the method.

[In this case it doesn't have to be mother hen as the status of the girls in the group is pretty similar so there's little difference in "*ranking*" due to them all being 9's or 10's.]

The girl to use as leverage will be the girl most interested in being approached and thus most likely ascribed by the other girls unconsciously as their biggest sexual rival. To identify her, study the group carefully. Your selection will seem less interested in the inane female chit chat taking place and will tend to scan the environment, looking around to check who is in the venue (which Chads) more so than the other girls.

She's looking to see which guys are there as it's her intention to get laid that night. She will most likely be wearing the most revealing outfit in the group and peaking in her ovulation cycle. Possibly wearing something red or maybe just red lipstick or nails as women seem to have a predilection for the colour -combined with skimpy outfits- when they're at their most fertile, and thus at their horniest.

[Not wearing red isn't a deal breaker, but if you're 50/50 over two girls in the group, then use the red wearing one as your default selection. A number of scientific studies have correlated the colour to women at their most fertile/horny. As the saying goes "*Red shoes, no knickers*".

Women are always checking out other girls in public venues to monitor their status in the ongoing attraction hierarchy - but if you watch - you will see that girls with red clothing or nails/lipstick receive particular attention when they're first spotted. The other girls know full well the significance of what's going on, even if it's just on an unconscious level.

The other girls in the group will know this too unconsciously and attempt to engineer spoiling strategies to counter their rival. You may notice they will look at her more to check what's she's up to and rubberneck during conversations they're having with the others to keep tabs on her: Watch for this.

The final sign is a body language indicator much beloved by used car salesmen and one (now that you've read this) you're going to see, all the time and even notice yourself doing it to the point you say "WTF!" when you see the hidden matrix of attraction cues going on around you.

Have you ever seen two people who know each other, meet and stop in the street for a chit chat, but one needs to get away because they're busy? Have you noticed what happens to the angle of one of their feet? It POINTS towards the direction they want to go: the direction they were originally heading, it's unconscious body language leakage indicating an ongoing desire that's found even in higher primates.

Good car salesmen know this too, when they're chatting to a prospect on the lot they're keeping a close eye on

where your foot is pointing as THAT'S the car you like. Your foot points towards things you like, and away from things you don't. We all do it, I do it, you do it and hot bitches in bars do it.

Of all the body language clues the most accurate (and only ones which can be used in isolation) are eye contact and foot pointing. When you're stood in a bar or chatting to your buddies, the default position for your feet are the 5 minutes to 1 position. Look for girls who have a foot deviating from this stance unless there's a good reason, then look to see where it's pointing.

[In fact; next time you're in a bar or club with your buddies, look towards where one of your **own** feet are pointing. If one of them is pointed away from its default position then it's very likely pointing towards some hottie you have your eye on]

In Summary: The girl you are going to use as leverage to assist your entry will be exhibiting what's known as an "*R cluster*".

- Reconnaissance: She's scanning the bar looking for which guys (Chads) are in the venue as potential partners.
- Revealing: She will most likely be the most sexily dressed of the group.
- Red: She will most likely be wearing the colour red.
- Real Interest: One of her feet will be pointing away from the group and towards where her real interest lays, usually a man or group of men.

[Disclaimer: allow for pointing which may be towards the bar (she wants a drink), the toilets (she needs to pee), the dancefloor (she wants to dance) or the exit (she wants to leave) although you will only see these indicators when she's in conversation with someone else. If she's not engaged in something she'll just act on what she wants without pointing]

Under any other circumstances this is the girl whom you should target in an approach strategy; whether it be a mother hen gateway -then move to your interest- or a direct approach to your interest from off the bat. Either way this is the girl most DTF that night.

In this case however, with the group all being uber hotties this is the girl you will use as your leverage point for entry - without activating any alarm bells or bitch shields [sure you can game this girl after, once you're established yourself] but the purpose of this strategy is gaining access first, disqualifying yourself from your approach girl (albeit temporarily) and then use your game skills to move things on.

Your actual target girl is the next one down on the "*R cluster*" scale. She will be exhibiting some or all of the "*R cluster*" traits (though not to the extent of your leverage girl) but also target girl will be rubber necking your leverage girl as her prime sexual rival that night. Women pick up on other girls who are ovulating on an unconscious level and adjust their behaviours sub consciously by mate guarding their partner more if they have one, and cockblocking their female friends if they're both single. You're going to use this unconscious behavioural drive for your own ends.

Step 2: The approach. In this situation you have two types of frame. 1/ The extant frame: Group of super hotties too good for anyone in the bar and "*girl power*" blowing off men and acting like a pack of bitches.

2/ The intrinsic frame: The real frame, a group of sexual rivals jockeying for status, utilising devious feminine psychological methods on each other, but pretending to be best girly friends while they do it.

The problem is: An extant frame can be pretty solid due to what's known as embodied cognition and the girls actually start acting as if this **is** the reality they're in, they start feeding their emotional states off each other in a feedback loop known as "*Limbic resonance*" and post hoc rationalising their own behaviour (known as "*Hamstering*"....) to avoid cognitive dissonance.

In broscience this is called "*Believing your own shit*". A radical deframe is required. Gentlemen, such a deframing exists.

"The Queens Of Sheba Opener."

Internalise your RP mindset as the **selector** and approach your target girl direct (ensure she has a full drink as you don't want any distractions or default "drink tooling" programs firing up). Make sure she sees you are approaching so you don't trigger an auto pilot response by surprising her, then stop in front of her as if weighing her up for a few seconds, then ask the question.

"Who's your friend?"

She'll be expecting a chat up line or random beta validation, but gets surprise instead (the type we DO need) which derails normal shit testing programming (we're also generating an emotional response here, which is good) but curiosity will make her ask...

"Which one?" [that's why we need a minimum of 4 girls in the group].

With a nod of your head towards your leverage girl reply...

"The one all the guys are interested in"

This is a **huge** deframe. There she is enjoying all this attention and validation, then all of a sudden the rug is pulled from under her: The attention and validation may not actually be for her!

Hamster central rapidly boots up to protect her self-image.

"The guys are looking at all of us....?"

"Is nobody actually interested in me and it's actually my friend that's creating all this interest from guys...?"

"I'm beautiful, but is she so much more attractive than me that all these guys don't care?"

"Am I the least attractive of my friends...?"

"What the fuck is my status in the group...?"

All these thoughts go through her head in a split second as you've just triggered an *"imposter syndrome"* program to run in her mind. Not only that, but the source of it is her prime sexual rival who she unconsciously ascribes as a threat.

Oh fucking dear...

Her status is now in limbo and needs a reference point to stabilise itself so her limbic brain creates a sense of dread causing her to reframe from the bottom up to achieve some stability to build from. The dread is hard-wired into her brain: In the ancestral environment a rapid change in circumstances could mean imminent danger or a big survival opportunity. The limbic brain doesn't trust your pre-frontal cortex (the conscious) to deal with it so pulls rank and drops into *heuristic* mode.

Heuristics are nothing more than pre-wired emotional responses on how to deal with something quickly. They come from the emotional brain and are combinations of responses based on previous similar experiences (the social emotions like, shame, guilt, jealousy etc) with some actually hard-wired into the brain's source code (like fear, anger, lust etc). When these heuristics are running then you're also susceptible to influence, as you're locking onto someone else's frame as a scaffolding to bring you back to normality/stasis and the "emotional traffic highway" is now open for emotions coming in the opposite direction (from the other person).

Your frame as selector and alpha is incorporated into her own.

[To the vast majority of girls *"status"* within their peer group (which used to be the tribe) is of considerable importance as it had to be kept a close eye on in the ancestral environment to maximise the potential of mating with the highest alpha male they could get. It had to be monitored at all times and like I said action taken to avoid any potential loss and seize on the opportunity for any potential improvement.]

With very hot girls status is even more important as being *"top girl"* was the genetic jackpot for their genes. These girls now pretty much have everything, the looks, the orbiters, the protectors, and all the other benefits which come from being an uber hottie. The one thing they have to work for is their status/value with other uber hotties in their group/tribe.

Lost at sea she now starts to do something she very rarely does: She starts qualifying herself to you and sabotaging her rival.

Step 3: The Lock In

Important If you start validating her now, then any potential attraction will disappear very quickly. Remember this as you will have an urge to do so.

The behaviour you drop into now is that of *"amused mastery"* with a heavy emphasis of skepticism. Cross your arms when she's validating herself, but listen to the criteria she's basing herself judged worth upon. See if you can find an adjective she seems keen on which you can use to preface the word *"Confident"*. When you've identified the word then make sure to slightly nod when you hear it (more about this later, but it's to do with what are called *"trancewords"*.) The nod is a way of analogically marking it through body language so that its significance is processed unconsciously, as body language is decoded by the unconscious brain first and the conscious secondly, but only if it appears to be incongruous will the conscious boot up to give it "due process".

Keep a wry amused smile on your face, she will sense that you're not taking the bait and most likely go some light kino on you to punctuate her emotional state and expect you to invest with some validation. Kino her back, but always in a pushing fashion and don't look where you touch (it's creepy). Because of her emotional state your kino won't be processed at a conscious level as the cognitive buffer is filled with other concerns, but unconsciously it's getting through to her attraction centres.

Step 4 The Lock Down The key now is to drop her out of her emotional state temporarily and then spike it back up again using a process known as *"refractionation"*. Basically when someone comes out and then back into the same emotional state, the second time they go into it, it's more powerful. It's a method used by the *"speed seduction"* community to generate high levels of arousal in a woman, but in this case we're just using it for a different emotional model to suit our strategy.

Uncross your arms with a sigh, relax and then change the subject to something mundane going on in the venue as if you're just chatting to one of your buddies. Men do not do this to uber hotties as their usual remit is to try to impress them. She will think you've disqualified her (causing slight confusion) as a potential partner and up your ascribed value in her mind. Carry on the conversation for about a minute and then drop the line. *"Actually you have three big advantages over your friend"* (leverage girl).

[Credit for this goes once again to Mystery and was originally known as the *"Three Things About You Technique"*. Its methodology was to tell a girl two things about herself attraction wise that she didn't know, but not the third. The PUA could then either go sarge other girls or go to the washroom or bar knowing he had inoculated the girl from further approaches by other guys hanging around as she always wanted to find out the third.]

It uses a cognitive bias we all have known as the *"Zeigernic effect"* and is very effective [I can vouch for its impact as I've had girls come to a bar they knew I was going next, wait outside a wash room for me, and even been pulled out of a taxi to find out the elusive third thing.]

The Three Things: This time, however we're going to use the *"things"* as vehicles for some pretty devious and cunning psychological deep mind influence.

When she asks what they are, use the ones below and make sure to preface the first with the words *"The first one is"*. This is to create a language pattern known as an *"Ordinal"*.

An *"Ordinal"* is a presupposition that there will be a number of things. By using the word "first" you're implying that there will be a second, third, etc. The second, third may not even exist, but the listener presupposes that they do as _

you used the word "first".

[The woman already knows there will be three things, but in this case you're using it a reinforcer to prevent cognitive drift]

Then use the word "Because". "Because" is a statement as opposed to a question and various studies have discovered the word as a preface generates more influence from the speaker. This is because the laws of cause and effect are programmed into all higher animal brains, but by using the word at the beginning of our list (use it only for the first thing) and going through the list in this order, we are starting a process called *"State Titration"* so each separate "thing" titrates into the next one, making the process seamless and generating *"cognitive fluency"* to prevent her critical factor booting up.

[Count them off on your fingers as you do so. In this way you're again using a body language cue to anchor them.]

1/ " The first thing is because...." Then a comment on her appearance, but **not** anything physical. It's important that it's something which you genuinely like as the very fact that you have spotted it means it will be something which she wore for that purpose. Something like her dress or shoes making her look *"classy"* or *"sophisticated"* as if these are essential criteria for you in a partner (if you DO have essential criteria then use those instead as it will help your congruence).

She will see this as an advantage she has over her fellow beauty leverage girl and mentally agree.

You have just started what's known as a *"Yes Set"* (getting her mind into the house of yes) to ease the next two things through.

2/ A comment on how she's a friendly girl and not standoffish. The reason for this is you're *"priming"* the *"friendly"* behaviour mindset (by "half cocking" the relevant network of neurons) into her brain, so she will more likely to act friendly and less keen to start shit testing you. Because you've already got her brain into yes mode (the essence of the *"yes set"*) from your first statement and you're titrating emotional state, her critical factor (the pre-frontal cortex) usually lets the idea into her mind without much introspection. (No need to use "because" or "The thing is", from now on as their work is done).

3/ Now we use the most Machiavellian attraction trigger in existence...

The Amygdala Feedback Loop.

But first some background. You may have noticed I'm a big proponent of *"embodied cognition"*. This is for good reason. It's commonly reasoned that when the mind wants the body to do something, it sends a signal to cause the result it requires. This is true, but only half the story. When the body commits the action the mind requests, it sends a signal back to the brain to announce its new state. The brain analyses the return signal and tweaks its instructions in a feedback loop to fine-tune everything and achieve maximum efficiency.

However...if you consciously induce that state in yourself or someone else then the unconscious picks up the return signal and assumes that the signal is the current *"state of play"* of how things are, and synchronises itself to it, feeding back the new mental model to the body in an ever strengthening loop until the new state becomes the new reality.

There's been a lot of research into this and the original model was proven by researchers who asked test volunteers to read jokes with and without a pencil held in their mouth. They discovered that the volunteers found the jokes funnier with the pencils than without them.

Why?

Holding the pencil in the mouth requires the face to use the *"Zygomatic major muscle"* to do so. This muscle is also the one which unconsciously triggers when we smile. The brain senses that the muscle is triggering and infers that activity is happening in the body which correlates to a happy/funny state. Instead of the feedback loop going *"brain to body to brain to body...."* it begins at the state of the *"body"* instead. The mind adopts the state of the body (happy) to avoid dissonance and the new state becomes the norm, but in this case... You find the jokes funnier.

So...we trigger a behaviour in the girl which correlates to her being attracted to someone.

WARNING

Sometimes however, this feedback loop runs out of control and can actually cause a panic attack. Calibrate her state closely at this time as any other emotions ongoing in her psyche can hitch a ride on the loop, and some girls can go really crazy when this happens. We're running a pure attraction loop and nothing else here so be careful what you're doing.

We count off our third finger, look her in the eye, pause, and then say.....

"The third thing is you make lots of very confident eye contact".

Why? Because very attractive girls are very adept at avoiding eye contact with random guys who constantly try to make it with them. If they didn't, then they would have no end of loser types she has no interest in approaching her and wasting her time.

The only guys she **does* make eye contact with, are guys she is interested in or attracted to. You've induced a state of attraction in her as she will now adopt that behaviour with you. The body is saying to the brain *"I'm making a great deal of eye contact with this guy"* so her mind says *"Ok that must mean I am attracted to him, so make more of the same"* and the feedback loop continues.

The reasons she adopts the behaviour are.

1/ She's in validation mode with you as her sexual rival is stealing her thunder; she wants it back and if eye contact is an ace up her sleeve, then so be it.

2/ She's in the final stage of a "yes set".

3/ Do you remember the bit about "trancewords" earlier? Trancewords are words (usually adjectives) based on a person's sense of values. These values are an actual part of someones identity at their most powerful. When she's stating her case for being more attractive/desirable than her rival she's using what she considers her main advantages over her.

They could be: *"I'm more passionate", "classy", "sophisticated", "deep", "seductive"* etc.

So the final push to get this behaviour through to her limbic brain is to utilise a value which has already been "preapproved" by her unconscious as being important to her. This is a technique known as *"tailgating"*. You take a value very close to another person's belief model, link it to the value/behaviour you wish to induce and the very association of the latter to the former stamps the signal **approved for access to limbic brain** to the package as a whole. Into her mind it goes to be unwrapped back into its two separate values once it's arrives.

Machiavellian? Totally. Manipulative? Absolutely.

So....For the final push... with a slight nod (our earlier state anchor) we say...

"You make very confident (insert trance word here) eye contact".

Step 5: Welcome To My Frame

This stage is the stage to drop her totally out of her frame and into yours. You invite her into your territory. One of the remits of an alpha male in the entire animal kingdom is that they have their own territory. In this case, it would either be where you were originally stood if you're on your own, or back to your wingmen/wingman if you're in a group. By doing so you're demonstrating territorial, attraction generating cues at the very deepest parts of her limbic mind. That's the place (amygdala) where the values "Fight, Feed, Fuck" reside.

This is deep core and the place you want to be.

Step 6: How The World Is

If you're on your own, then project the emotional behaviour and frame that's she's a plate that you're very fond of (mentally not verbally) and run with that, with the odd unpredictable intercession (this refractionates but also loads up her cognitive buffer to keep the unconscious highways clear).

If you're with your buddies then brief them before the approach on what to do when you bring the girl over. A good first thing for one of them to say is.

"Are we staying or are we going?"

By doing this you indicate to her that you're the leader of your group (the alpha) but also imply a *"scarcity"* mindset in her so she will infer that you may actually be leaving (after all this chemistry!) and make her invest more.

You of course reply...

"I haven't decided yet"

The mindset your group should now operate on, is as if she's a girlfriend you've been dating a while, but they've just met her. The group frame that this is the reality in question will permeate unconsciously and eliminate any residual frame she has (people drop into the strongest frame they're interacting with 95% of the time).

No doubt the buddies will be looking for a piece of the action too, in which case ask her a female opinion on something then get her to invite one of her friends over to back her up. Now her group is splitting, some of your guys can go over and chat to the remaining ones. Top R cluster girl is your best bet here for ease of entry.

After that is up to you, but the goal you want is to separate and isolate all the girls into groups of two (two girls-two wingmen) then run with it, with the end goal of bouncing in pairs to the next venue, but keep your frame tight at all times.

End Note

The most important thing about this method is YOU. In all human interactions, people send out what could be called *"reality pings"* like a submarine's sonar. These *"pings"* detect the frame of an ongoing interaction and who's going to drop into whose frame. The pings happen on an unconscious level and give an emotional valence to the frame at hand. Most people know about body language communication at a meta level, but below that there are tiny nuances in behaviour and physiology called *"BMIRs"*. *This stands for *Behavioural Manifestations Of Internal Representations"*.

BMIR's are impossible to consciously fake and also very difficult consciously to detect. They just give us a gut feeling about someone (although the American secret service does train its agents using some BMIRs called "Facial Action Cues" [Micro gestures of the face which last only 300 milliseconds] developed by a guy called Paul Ekman so it can be done.

Alas we don't have access to this level of training but there is a fast track method.

Genuinely believing your TRP frame and knowing 100% that the method will work. When you do that your BMIRs are a 100% reflections of your intentions and mental frame. The woman gets the "feelz" about you on an unconscious level. Her "reality pings" are mapping your psyche and getting the thumbs up (it's based on the "limbic resonance" I covered earlier). Hypnotists utilise the concept by what's called "going first". They adopt the emotion they wish their subject to have, the subject picks up the BMIRs of the emotion, their mirror neurons inject it into their own "global-workspace" and they feel the emotion themselves.

Remember though: In field is chaos at the best of times with people coming in and out of set and a great deal of distractions (Mobile phones!) but the greater the integrity of your frame (your force field) the less effect these things will have.

TL;DR Look up the bit about foot pointing. It's the matrix unveiled of attraction intentions.

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UPVOTES

Sunday TRP humor - girl requests open relationship while on vacation, boyfriend starts immediately fucking another girl, girlfriend melts down.

trapper33 · 23 February 2014 · Archived copy · Reddit

Saw this in r/relationships. Was able to copy the text before it got deleted. I guess she couldn't handle the heat people were giving her hahaha

TLDR - Before my vacation i [F24] asked my boyfriend [M25] to open our relationship temporarily. Now hes regularly having sex with some girl in our apartment and im heartbroken

Im pretty fucking upset rigth now , Im going to do my best to explain everything thats happened.

Ive had an extended holiday (3 months) planned with my best friend (Tory) for years. We have always talked about it and my boyfriend (Daniel) knew we were going to do it. She finally finished college this December and we put our plan into action.

Another friend (Michelle) went on a similar trip years ago. She and her friend both had longterm boyfriends at the time, and they both ended up cheating on the trip. A while later their friendship fell apart, and they both revealed each others infidelity. It got ugly. Michelle and her boyfriend broke up, her (ex)friend stayed with her boyfriend but from the sounds of it their relationship was severely damaged.

At first i thought they were absolutely horrible for doing it, but after talking to her i could see their side of things - months of no sexual contact/release, being in a party atmosphere, of course there would be temptation. She's young, attractive and gets lots of male attention. The encounter was purely sexual, she was drunk, and they used protection. The next day the boy was out of her life completely and that was it. I vehemently disagreed with doing all this behind her boyfriends back though.

Talking with Michelle about a month ago, she asked what im going to do about Daniel. I honestly hadnt thought about it like that, i felt like i could easily go 3 months without having sex. And id never want to betray Daniel's trust. But Michelle made a good case for 'opening' our relationship while i was away - she said (paraphrasing): "Of course you love Daniel. But traveling is about experiencing new things, and that includes sex. Youll say it wont happen now, but you just have to trust me that once youre there youll feel different. Daniel is going to wonder either way if youre fucking other guys on your trip. Just be upfront with him and see what he says."

And so that night i talked to him about it. I explained that i wasnt going to be looking to fuck every guy i see that im attracted to, and that my love for him was as strong as ever, but i also wanted to be able act freely and party like other girls my age. It was more contingency if anything - i dont plan on fucking other guys, but if it happens it happens. A night of partying half the world away with people ill never see again shouldnt ruin what we had here. Id insist on using protection. And of course he would have the same opportunity as me, he would be able to freely see girls if he chose to. He wasnt happy, but said he understood. He said "Youve tied my hands. If i tell you i forbid it, ill still be worried if youre being true to your word. By expressing that this is what you want, theres nothing i can do to stop you".

Daniels a bit of a homebody - he goes out with his friends on occassion, but most nights he spends in our apartment playing video games or watching netflix. Given his lifestyle i wasnt overly worried hed be hooking up with all these random girls.

Me and Tory left on February 17. Its been eye-opening and a ton of fun. But its also been stressful. We havent done any partying, we talked to some guys one night but nothing came of it. Tonight i checked my email at an internet cafe and there was a message from Kay, a sweet old lady who lives above us in our apartment complex.

"I have debated for days whether to send this to you and potentially ruin your vacation. But you deserve to know the truth. Daniel has been seeing another woman since you left. There is no doubt that he is seeing her, she has come over most nights and I have heard them being intimate. You deserve so much better. I'm so sorry."

I thought i could handle this open relationship arrangement. I cant. This message shattered my heart into a million pieces. This isnt what i intended at all, i wanted the freedom to act in the moment. He is taking this as a free pass to regularly fuck some girl. And i have a feeling i know exactly who it is, a girl from his work who was always overly flirty with him.

I regret ever taking Michelles advice and opening my stupid mouth. I dont want him to fuck other girls, i dont want to fuck other guys. I want this slut out of my apartment NOW!!! I am a fucking wreck and need other womens opinions. Tory has been so unhelpful, basically telling me to grow up and that i got what i asked for. No shit?! People arent allowed to change their minds or regret their decisions?!

How do I go about contacting him and expressing that this needs to stop NOW without coming across like a crazy hypocritical bitch? And let him know that i will be 100% faithful on my trip? I dont even know how i am going to look at him when i get home. I am beyond hurt, this feels so wrong and so sick.

I am going to bed now to try and get some sleep, i will check and respond to all comments tomorrow morning. Thank you :(

EDIT: guys, seriously stop it. I know i fucked up, i brought it all on myself. Kicking me while im down isnt helping. Im not asking for your opinion on my stupid selfish decision, im asking the best way to approach this and fix it.

Tory says i should email him saying "what i said before about opening our relationship was a mistake. I havent slept with anyone here and i dont want to. Youre my parter and i dont want to compromise what we have. Please be faithful as I will be to you. I love you." Simply dont tell him about Kay's email or that i know there's another woman. Thoughts?

1,357
UPVOTES

Letter at 50 to a younger self

pbgswd · 20 June 2017 · Archived copy · Reddit

Letter to a younger self.

Here are some things that are going to happen to you. Take heed and avoid the bad things, make the good things happen, and while there will still be a struggle, it may be a better journey than where your life has led you to be at 50.

So many people act as something that they are not. Most people don't have the integrity they claim they do. Most people won't say what it is they really want, and may conceal their real intentions. Even the best among us. Beware of the hidden lies and cons after going in a given direction.

Resist what does not seem right. Move on, continue your search, keep open to new people and opportunities and shut down all those that will suck you soul out of you with drama, diversions, and decadence.

What you see to lure you in will never be what you get. Power is in manipulating others with what they want. Power is the lie that says you are worth nothing when in truth you have every right. Power is the lie that isolates you when the truth is you belong in the world.

Technology, especially in reference to the Internet, actively isolates everyone more than it brings people together. Piece by piece technology interferes with every human interaction and replaces it with a simulation. The wealthiest people in the world, whatever your measure of wealth is, are those who are the most social. Consider how many people a spiritual or political leader has met in his life, and consider how much of a rich life that can represent. Isolation, by whatever cause, is poverty.

Most of your aspirations will never come to pass. Often, your aspirations will be used against you and for profit. Still if you want something, you must do much more research and learning about what is really needed to require it, you should do much more work to learn what that is than you expect you must do. As for your deepest desires that align with who you are, find a way to live them. Regret can drive you mad.

In this modern age, there are endless lures to distract you from even beginning to think about what you truly need to do to improve your plight. A massive amount of things pushed in front of you is a lie. Consider the massive industry of unhealthy carbohydrates, pornography, political propaganda, overpriced products of every description, so much of it a contrived need.

Other people don't have your interest in mind. Not even the people closest to you. However, if you can find or creating a small group of like minded people who share knowledge and resources among each other, it can be the most valuable method to improving your own life.

Don't remain working at home forever. Turn it into something else eventually or move on. It is always in somebody else's interest to keep you isolated. Do this if you must, but it is isolating, and you belong in the world. It is in somebody else's interest to keep you at home. There are no assurances that you will be sufficiently supported to cover all your costs, with the depreciation of your equipment, inflation, and the imperative to continue to invest in your life savings.

Get work in the greater community, where the real opportunities are. The commute may be costly and frustrating, people toxic, but obviously the ones who flourish and prosper are those exposed to each other in a work place, out in the world, not shut up at home consulting.

The world is being destroyed with lies, especially when profit is possible. Every possible angle is tried in the desperate struggle for anything, and in the belief that this way is the only way that matters, because everyone else practices it. Still it is not too much to strive for a little peaceful square of it for yourself. It is also possible to end up with nothing despite the best of intentions.

Nobody wants you to know any of the above. It is in the interest of someone else that keeps you isolated, divided, and unaware of it. You must come up with the solutions to these problems yourself.

Edit: Thank you for the comments and great feedback. I wrote this late last night and could refine it I am sure, but there you go. Perfection shouldn't be the enemy of progress now, should it? Perhaps you all should take a turn at writing a letter to your former self every so often, as an exercise in understanding the route your life is taking.

WTF Reddit Gold? Aww thank you!!!

1,356
UPVOTES

You aren't a clown. Stop trying to entertain every fucking female

Nikelu · 15 March 2020 · Archived copy · Reddit

Hey guys. I just want to give back to this community a bit. Pretty much everything is already said, read the sidebar, lift , do what you want in life and don't be a little bitch and when things don't go your way, work harder or change approach. And hey this sub has gone to utter shit because the "alpha" guys realised it's not all about the girls and how to do cold approach. You guys are too sex depraved to realise there are more important things in life than getting a smelly pussy.

Anyways quick post . Stop trying to entertain every girl you meet. Stop trying to find the next line in your chat, stop trying to pick up the conversation after a dead silence or pause. Why do YOU have to be the entertainer and the one to keep the pace up. Let the girl do the work for once. These b are getting too adhd by the constant likes and approval of instagram and they can't even form half a sentence nowadays.

It's not your job to do that. An interesting girl will keep the convo up. An interesting girl will ask you questions too because she genuinely cares or is just a decent human being. If you go out with a b and you feel like you are doing an interview, that's because that's what's happening. It's not supposed to be like this. I get it you may not have many common points but there are so many things to talk about if you know how to converse.

I'm not going out lately a lot, I used to do that when I was younger. Now my lifestyle has almost taken care of that lol. Girls see me doing interesting shit and they hit me up and say it'd be nice to meet you. Why? Because most people are doing nothing with their lives. I see my family all glued up to a phone. Retards. Don't be like this. And if your friends are like this, change them. Go fucking monk mode until you meet new people.

This also applies to chatting. I know many of you like this way of communication and I get it. It's instant , it's fast . But it only hurts you and your perception. Be busy. Keep texting only for logistics. Don't waste all your subjects in chatting. Tell that to her in person. And you are not supposed to be a fucking shoe carpet for m'ladies. If they are boring, if they respond with an emoji or a thumbs up, don't even bother don't even tell them to fuck off . Don't even try to think of the next interesting line. Just skip this b and live your life. Let them do the work once. Don't answer. or answer with just a thumbs up or emoji. Freak her out a bit. Don't be the average fedora tipper. Have some fucking pride and respect for yourself.

And hey, I hope it's not too late when you realise that pussy doesn't even matter. Like at all. I know, you are insecure now, and some may not have sex at all but ..whatever, experience can't be transferred. I'll try to answer to any questions tomorrow. But be your best self guys . Things are very simple and we are too retarded to understand this. Do some sports, have an interesting passion and chase it, be creative and productive and you will be happy. Having a nice company and a chick that gets you is also nice. Anyways. Gl with the covid shit

1,346
UPVOTES

Taking care of your body is easy, you keep away from shitty foods and smash some deadlifts. How about your mind though? Here is a list of 8 things that you can start doing if you want to get smarter. It's about time you started taking care of your brain.

Joeycrackem · 7 February 2018 · Archived copy · Reddit

Becoming a mental juggernaut

TL;DR: Animated Video Post

It's easy to understand why people exercise their bodies. Your physical appearance is observed every day when you look in the mirror. Failure to take care of the body has obvious repercussions. The mind is different. Unlike the body, maintenance failure is not as obvious. So why would one wish to expand their mind in the first place?

Expanding your mind allows you to have a more comprehensive understanding of reality, which in turn better equips you with the resources you will need to achieve your goals and live a happier life. Knowledge is potential power, and potential power is better than having no power at all. Simply put, you will have more tools and be more informed which will allow you to make better decisions.

1. Hang out with insightful people

The easiest way to become more insightful is to hang around insightful people. You become like the people with whom you surround yourself. You might have noticed that overweight parents tend to have overweight kids, or that athletic parents tend to have athletic kids. In many cases, the people with whom we often associate with are responsible for many of the beliefs and values that we uphold.

If the most insightful things your friends have to say have to do with 'Game of Thrones' fan theories, perhaps it's time you start associating yourself with new people. You need to hang out with people that will give you new perspectives and make you contemplate higher quality thoughts. You don't have to get rid of your old friends, just find some new ones.

There has never been an easier time to find insightful people. Through the powers of the internet, you can find your clan with a simple Google search. These people tend to hang out in niche forums or in dedicated Facebook groups. If you really want to find them, you will!

2. Meditate

Meditation has been practiced in the East for thousands of years. The exercise is starting to gain more popularity in the West due to scientific backing and general open-mindedness.

There are many benefits that stem from meditation; some are more obvious than others. However, these benefits only become evident after you have made meditation a daily practice in your life. Just like in the gym you cannot expect to see a huge transformation in one week.

Some benefits include:

- Increased ability to focus
- Increased emotional stability
- Reduced stress
- Increased Gray Matter in the Brain [1]

Meditation allows you to observe your thoughts and choose which ones to follow. You will no longer be run by

impulse. Consequently, you will become better at decision making. Meditation leads to the development of 'meta-awareness', which means being aware of your own awareness. Enhanced meta-awareness allows you to step outside yourself and to judge your actions as if you were an observer. This ability is critical for those who wish to expand their minds. In the pursuit of knowledge, one will be forced with the task of challenging their presumed beliefs and thought patterns. That is why meditation is essential.

Tools for meditation:

- Headspace app
- Guided Mediation videos on YouTube

3. Listen to Audiobooks and Podcasts

If you are serious about expanding your mind, you will be an adherent of the 'Kaizen' philosophy. It's Japanese for 'continuous improvement'. We all have the same twenty-four hours in a day, but what separates us is how we spend that time.

You can learn almost anything with audiobooks and podcasts. You can download new information to your brain whilst doing everyday activities. I, personally, can get through an audiobook easily within 2-3 days. If I am consistent, that's 2 books a week and over 100 books a year. Can you imagine how different your mind will be if you went through 100 books a year? You don't even need to read that many books for your mind and perspectives to shift. Even 30 books is more than 90% of people would complete. Here are some activities you can do whilst listening to audiobooks:

- Commuting to work
- Vacuuming the house
- Cleaning your car
- Cleaning your dishes
- Walking the dog

There are plenty of opportunities throughout the day that will arise in which you can slip in an audiobook.

Podcasts are also good and have gained huge popularity over the past few years. The advantage of listening to a podcast is that they can cover specific topics that are normally difficult to research. Podcasts are a goldmine, and just like audiobooks can have the same influence on your mind.

Tools for Audio:

- Audible
- iTunes Podcasts (contains over 250,000 different stations)
- Soundcloud (contains amateur podcasts)
- YouTube

4. Read Biographies

Imagine if you could sit down with some of the most influential people in history, and hear them tell you their life stories. Imagine if you could learn the lessons they have learned, or discover certain insights that they had. Well, this is possible with the aid of biographies, and more specifically autobiographies. You might never get a chance to talk to these people, but you can absorb their words. Biographies are incredibly useful in regards to expanding your mind because they allow you to consider different contexts.

The best thing about biographies is that they distill many of the lessons that would have been learned over a lifetime. You will not receive the same amount of insight as the person who experienced the events, but you will

gain knowledge.

You might never become a boxing legend, or blow hundreds of millions of dollars, but you can learn the lessons from Mike Tyson's biography. You might not be a president who spent twenty-seven years in prison, but Nelson Mandela's biography might have something to say about it. You didn't win the Mr. Olympia, and you weren't the terminator or governor. But Arnold Schwarzenegger was, and he wrote all about it.

You get the picture; there are many life lessons to be learned through reading biographies! So what are you waiting for?

Tools for Biographies

- Goodreads (Find ratings and top lists)
- Total Recall (Arnold Schwarzenegger's biography, a personal favourite)
- Long Walk To Freedom (Nelson Mandela's biography, another favourite)

5. Watch Documentaries

I remember when I was a young man. I used to spend many hours a day watching documentaries. My favourite documentaries were ones that dealt with: Astronomy, Quantum Physics, classical physics, war history, wildlife, and crime investigation. I stopped the habit after the age of sixteen. Last year during my Mechanical Engineering course I was tasked with choosing an elective subject. I decided to choose Astronomy because of my prior interest in the subject. To my surprise, much of the content discussed in the lectures, I had already learned as a teenager through documentaries! Topics such as: gravitational waves, black hole event horizons, the moons of Jupiter, supernova, and nebula formation, as well as the expanding universe seemed like common knowledge to me. Long story short, I ended up getting a high distinction for the class. I didn't get the mark because of natural intelligence; instead I got it through the documentaries that I had enjoyed as a teenager.

Documentaries are a fun means to expand your mind, especially during your downtime! The good thing about them is that they don't seem like work. Many people can't stand reading because to them it seems like work, it reminds them of school. Documentaries offer an alternative to the usual means of education, and you can find some good quality information in them as well. You can watch a range of documentaries on YouTube as well as a number of online websites for free. Do not ignore this medium; I try to watch one every couple of days.

Tools for documentaries

- topdocumentaryfilms.com (watch documentaries for free)
- YouTube Playlists (many free documentaries)
- IMBb Highest rated documentaries (a useful list)

6. Read Philosophy

Reading philosophy is easily one of the best ways to expand your mind. Philosophy is derived from Greek and means 'love of wisdom'. If you love wisdom you will not ignore philosophy. Philosophy challenges you to question many things in your life through the use of reason. The capacity to reason is one of the special human endowments that distinguishes us from animals. If you wish to expand your mind, you must learn to reason and use critical thinking to gain clarity. Philosophical inquiry can lead you to entertain deeper thoughts than you have ever imagined. You might find yourself asking questions such as:

1. Is it worse to fail at something or never attempt it in the first place?
2. If I could change one thing about the world, what would it be?
3. To what extent do we shape our own destinies, and how much is down to fate?
4. Does nature shape our personalities more than nurture?

5. Should people care more about doing the right thing, or doing things right?
6. What single piece of advice should we offer to a newborn infant?
7. Where is the line between insanity and creativity?
8. What is true happiness?

Luckily for us, we can also read the ideas and conclusions made by some of the greatest thinkers who have ever lived. We can read philosophy from both the East and the West in order to form our own personal world view. I highly recommend you read philosophy if you are serious about expanding your mind.

Tools for philosophy:

- Philosophy in minutes (introductory book that summarises key concepts)
- The pig that wants to be eaten (fun philosophical conundrums)
- The Republic (classic text by Plato)
- Meditations (classic text by Marcus Aurelius)
- School of life Philosophy (a YouTube crash course in philosophy)

7. Learn a new language

Learning a new language is an extreme workout for the brain, it's like running a couple of marathons and competing in a strongman competition straight after. Language is complex, and in often shapes how we see the world. Learning a new language forces you to learn new syntax structures, and a completely new vocabulary and way of describing the world. Research has shown people who are multilingual often:

- have higher general intelligence
- are better at planning, prioritizing, and decision-making
- have better focus, concentration and attention
- have better memory and memorization skills, including better working memory
- exhibit mental flexibility

There are just so many benefits to learning a new language, and as society becomes more globalised you might be forced to learn a new one.

Tools for language learning:

openculture.com (free language lessons) busuu.com (language lessons)

8. Learn programming

Programming, much like learning a new language, can be incredibly taxing on the brain. Steve Jobs famously said,

“Everybody in this country should learn how to program a computer... because it teaches you how to think.”

Programming requires a structured and logical way to thinking, much like mathematics. Programming is advanced problem solving that requires you to break down complicated problems into smaller manageable pieces that can be tackled. This structured way of thinking can then be applied to real-world scenarios. Good programmers are good problem solvers, and as the world becomes more technologically advanced, individuals with these skills will be rewarded greatly. Programming also requires incredible persistence as well as creativity. This is because small errors in a line of code can ruin the functionality of the end product. Programming develops grit due to the persistence needed for it. It has been said that a young Bill Gates (Before his billionaire days) would often code for twelve hours straight. Gates would often fall asleep on the keyboard, wake up and continue his coding.

Programming has never been easier to learn as there are many of online resources and communities that can help

you. I personally like to use codecademy.com as you can learn a range of languages from HTML to C++. Go and give coding a try!

Tools for programming:

- Codecademy.com (learn to code online for free)
- MIT 'Introduction to Computer Science and Programming' (free online course)
- Codeschool.com (paid courses)
- Khan Academy 'Computer Programming' (free online course)

The Bottom Line

Expanding your mind is not rocket science. There is one common denominator between everything that I have listed. Everything challenges your mind in some way. Anything can be used as a tool to expand your mind, as long as it involves you learning something new. This list is by no means exhaustive; there are many things that I have omitted for example:

playing chess or any other strategy game learning a new musical instrument learning cognitive biases and heuristics building up your memory It's up to you to figure out which tools you will use. I hope this article has been of value to you. Go out there and expand your mind!

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UPVOTES

One of those days.

Heathcliff-- · 8 June 2018 · Archived copy · Reddit

I met this girl in the library. English, brunette, small and very cute. Pretty face. It's exam time and everyone's been pulling all nighters or staying up late. We were in a computer room that was pretty empty, and she kept glancing over. I saw that we were studying the same thing.

We 'studied' like that for a while but actually I was just on reddit and she was playing some kind of RPG on her mobile. It was hot.

So I walked over because she was cute as hell and approach anxiety doesn't even register anymore and as soon as she saw me her eyes lit up and then she knocked her coffee over her computer keyboard. Lol.

We studied together for a while, (we had taken the same module,) answered some exam questions, flirted quite heavily and then decided to head off because it was late. She was very cute and smiley and seemed to be enjoying herself a lot.

It was like 2am or something, she lived in the halls close by, I lived far away. I decided to walk her back to her halls, because, you know, it was 2am. She was happy about it.

We walk in the night and she brags to me about how her IQ is 170 and she's in mensa and I'm like "whowh this girl is into me huh."

I see her off at the front gates and then go to head home, but not wanting to pass up a sure thing, I say to her "we should study together again, that was fun".

She gives me her number eagerly.

Skip to a few days later.

I wake around 1pm to a headache, ass taste and a dry throat. Pulled an all nighter for an exam the day before and my recovery sleep seemed to have run over deep into the next day. Oops. Gotta make up for that sleep debt I guess.

The first thing I do is drink some water, take a piss, brush my damn teeth and then check my phone and see the message;

"Omw"

Oh it's the girl.

She's on her way.

On her way where?

Shit, yeah. We were 'hanging out' today. Supposed to meet at 1.30.

I check the time. Shit.

I am not ready. And I will be late.

How long can I make her wait?... Well this is directly correlated to the attractiveness of the girl.

In this case, not very long.

I get a move on.

The house is a tip, and I anticipate maybe possibly potentially hopefully fucking this girl after, so I can't bring her back to a shithole can I?

I begin cleaning the house: airing out the smoke, beer cans, food wrappers, trading cards. Soon I have a substantial rubbish bag and am not gonna let it stink up the flat. I put on my trusty slippers, put the door on latch and head downstairs.

I head out the main downstairs door and deposit the rubbish bag in the bin and attempt to re-enter through the front door.

But I've only gone and done it haven't I.

I've locked myself out.

The first thing I did was buzz the neighbours. No need to panic yet. It's the downstairs front door that's locked, the door to my flat is on latch. They only need to buzz me in and I have access.

But no one was answering. I only have 2 neighbours, the cute Asian girl that lives across from me, and a European couple above. Whenever I bring over screamers they try to match us. It's pretty fun actually.

Poor asian girl though...

Anyway she wasn't answering. And neither was the couple. Well fuck they were probably at work. Of course. Real adults have real jobs and don't sleep in until 1pm to 'study'.

I weigh up my options and variables.

I should be at the library with this girl in 20 mins.

I am, quite literally, in the clothes I slept in. Luckily for me, that entails a thick hoodie and sweats, because I save money on heating and pyjamas are for fags.

Oh and my slippers of course. However, no phone, no keys, no wallet. No current way to enter the house.

I consider scaling the building, I'm a climber... but no parkour maniac. And I don't think I was stupid enough to leave any windows open.

Fuck. I realise that this date isn't gonna happen. I'm stuck outside, completely technologically naked, with no way to contact anyone.

Missing phone anxiety begins to creep in.

Gonna have to flake on the girl, cos I'm a damn idiot and locked myself out of the flat. A silent flake too... harsh.

Oh well. She'll probably like me more after anyway.

So I decide the smartest thing to do is wait for my neighbours to get back.

Which will probably be like 6 or 7 right? That's when normal people finish their normal jobs right?

Well until then I guess I just gotta kill time.

A few years ago, I woulda stressed about a situation like this, really just got stupidly anxious. But I've read Solzhenitsyn... this... this is no big deal at all. Pretty funny actually.

Lets make the most of it.

So I wonder down the high street in my slippers, and get looks from the people on the street. I probably look like a mess, unshowered and unshaven and in my sweats; but then I see my reflection in a shop window and I've got that whole just woke up bed-head grizzled college boy stoner look going on and I marvel for the 1000th time at how attractive I am. Thank god for lifting.

The slippers flop on the pavement, they probably will not last the day if I'm gonna be walking around. But oh well. I remember buying these slippers. Only a few weeks ago. I was in a store and I spotted them and immediately felt this ethereal feeling like they were important somehow and I needed them. The slippers damn called to me. So I bought em.

Interesting. Now I know why. Morphic Resonance after all. Or maybe just very good slipper marketing.

I sit on a bench by the river and watch the water. It's a cold day. I feel naked and unplugged, and for the first time, actually feel good about it. I had no phone or money, no internet connection, no dopamine inducing distractions, and I was alone with my thoughts and the cold air. A sudden weight lifted from the top of my head. It felt like I'd just taken a small dose of... something....

It was freeing. I realised it was going to be one of those days. I haven't had one of these in a while, and I cherish them.

It now has to be past the time when I was supposed to meet the girl but I have no real way to tell. I meditate for a while cos the air feels good on my face and then people-watch in the park and pet a dog. I begin listing off places to visit and planning out how I'll spend the next 5 or so hours until my neighbours get back.

It's as I am walking up the highstreet that I find what I thought was an extinct species of store.

An internet cafe.

An oasis.

Shit. Pass the tourniquet I have access again.

The Pakistani guy at the desks sees me in my slippers.

"I've locked myself out. I have no money. Can I use your computer please?"

He looks at me. "Ok. Number 5".

Thanks bro.

I get on facebook and its 2:05 and i notice she hasnt messaged me yet. Playing it cool. Nice.

I scroll reddit and memes for a while.

Then I have an idea.

I google the number of my estate agent. They should have a spare set of keys right? Paki bro let me use his phone to call them.

The lady on the other side didn't seem happy with my shit. They couldn't help me.

Plan foiled. Waiting for the neighbours it is then.

I scroll through trp for a while. The old hambeast next to me is watching some african music video and breathing very loudly through her mouth, and she's scrolling back and watching the same 10 seconds over and over. Has been doing it the whole time.

I finally get a "?" From the girl.

Nice. Still playing it cool.

I make her wait for 5 mins then hit her with the:

"cant come sorry"

She says "why"

I start to think about what I should do. But I know immediately what I'm going to do. It's one of those days after all, and I want her along for the ride.

"you could come here though"

She waits a long time before saying "where"

I message her the name of the nearest train station. She says "why though?" I tell her "lol its a surprise ".

This was obviously too much for her to bear and she texted "ok lol coming"

Wow that worked. Maybe I have her hooked already, or maybe she's just an adventurous one. Both options are great.

I didn't really have a plan for what happens next though. But who cares, I'll make it up as I go along.

Without my phone, or my wallet, I was entirely free to just drift with no responsibilities. It felt amazing.

Frankly, it felt like I was a kid again. Playing outside during summer.

I was suddenly very excited to see her.

When she arrived at the station and saw me in my slippers she gave me the goofiest smile. I could see in her eyes that she knew immediately that it will be one of those days.

"I locked myself out" I said.

"How?!?" She's laughing.

So I tell her the story, as we walk around town. I'm very self conscious that my breath might be bad due to the fact I actually haven't eaten anything yet, but am also thankful I am OCD about brushing my teeth as soon as I wake up.

I didn't really think about gaming her at all, I didn't analyse anything or hyperfocus on my actions. I just kinda went with it. It was fun, I was completely in the moment and just ran around the town and played with her, like a boy dog with a girl dog following him around. It helps that she wasn't shit testing me or anything bitchy like that, made it so easy and she happily bounced along like a lil' sidekick.

Well we try my flat again but my neighbours still aren't in, obviously, so we sit on the doorstep. I ask her if she wants to study. So we study on the doorstep for a while.

"Wait when do you have to be home?" I ask her.

"Uh, anytime." She smiles back.

"Cos I have no idea how long it will be till my neighbours get back. You don't have to wait with me the whole time you know"

"No I like it this is fun"

Wow. What a great feeling. When a pretty girl genuinely wants your company.

We chat for a while and quiz each other on metabolic pathways and then decide to wander again.

I climb a tree and then we talk about our families. I feel like a kid hanging out with his middle school girlfriend after school.

Eventually we spot a McDonalds.

So we go in. I haven't had breakfast, or eaten in hours. Fuck if I'm losing gains.

"So you know I don't have my wallet right?"

So she gets us a chicken nugget sharebox and sprites and we blow the straw packets at each other. Then we have ice cream.

We wonder by the park for a bit and it's getting colder so we head to a sports department store and check out all the cool bikes and skiing and climbing gear and I tell her I'll take her bouldering some time and she's down.

We leave and I reveal I've stolen a tennis ball and she gets mad at me because stealing is bad and scolds me so I keep bouncing the ball at her until she backs off and laughs and we play catch and she can't throw for shit and it's cute.

The whole time, everything felt right. Like we'd been friends for ages, and we were on an adventure together.

We hit up a supermarket because I'm getting hungry again and we buy ham and dark chocolate and tangerines, and a jar of pickles. I wanted to get salted pistachios and mentioned it but the pistachios were very expensive and she was paying so... This time though we had a security guard following us around. For good reason too, I was still traipsing around in my slippers, which were muddy and beginning to fall apart. Probably looked like we were on drugs.

She pays again and I mentally add the tab up in my head with the nuggets. As we leave the guard says to us "scuse me did ya pay for those" and I say "why would we steal pickles mate" and she waves the receipt at him and gives him that Stacey disgust sneer that we've all sadly been on the receiving end of. It was astounding watching the pretty girl face morph into ultimate bitch putdown mode. There are probably betas in her life who only ever know her as this.

But hey I get to experience the cute, dorky side of her, and I'm loving it.

We leave the supermarket and she reveals that she actually stole the pistachios and hid them in her purse and I hug her cos I'm proud and squeeze her ass and then we eat our meal in the park.

After the meal we lay together on the grass for a while and I give the tennis ball to a dog that tried to steal our food and then we attempt the neighbours again but still nothing and it's like 6pm and I'm starting to get a bit irked.

It's beginning to get cold now and I'm afraid the girl is getting bored of me and also that my neighbours might just have gone away for ever and I don't wanna have to call a locksmith but soon it will be late. I decide to take her to the one place in town I haven't taken her to yet.

Paki bro is cool again with us using the computers, and so we browse memes together for a while, and the hambeast is still there literally doing the same thing as before. She tells me about Rick and Morty but I don't really like Rick and Morty but I pretend it's cool anyway cos why not and then I show her reddit and she doesn't really get it and then I tell her 9/11 was an inside job and we spend the next 2 hours arguing over conspiracy theories.

I make 4 journeys to check on the neighbours in the meantime and my slippers are broken and flapping at this point and it's fucking almost 9pm and no one is home yet. I really don't want to have to do the lame and expensive option of getting a locksmith but it's getting increasingly likely. What if my neighbours were just away? I hadn't heard them banging in a while tbh...

Everytime I get back to the cafe she is slouched there scrolling instagram and she hasn't left yet and it's dark now and the cafe has got that dingy yellow light grimeyness to it and with the pretty bored girl sitting there and the ambience it looked like a damn Hopper painting and that snapshot remains imprinted in my mind. Really nice.

I tell her no one is stopping her from going home as it's getting late.

She says she feels bad for me and wants to see me get tucked in bed nice and warm.

Sweet

At 9 pm I break and realise my neighbours probably aren't coming back tonight and it was just my luck (or providence) that I got locked out today. I decide to go for the last resort and call up a locksmith using the girls phone. I'm bit grumpy about it but also got shit to do tomorrow.

"I only have 1 door I'm locked out of how much and how long?"

The lady on the other side said £70. Reasonable. 40mins.... Sure.

But first I have to run it by the girl.

"You're not broke are you?"

"Why"

"I need 70 for the locksmith"

"Sure" she says

"Okay please come immediately" I tell the lady.

We leave and I attempt to give the internet cafe guy £10 of her money as a gesture of thanks but he's not having it and seems more invested in the asian tv show he's watching anyway.

So we go to the ATM so she can withdraw the cash and then return to the doorstep to wait for the locksmith.

It seems locksmiths and drug dealers have a lot in common. They always seem to be '20 more minutes'.

After 80 mins the girl starts yawning and I begin to shiver cos it's cold and she cuddles up to me. I call again and basically shout at the lady on the phone to hurry up and also to give me a discount. She says 10%. I say that's not enough and I wanted 20. She said 'ok ok'.

I can feel myself getting hot angry at the whole situation now but I catch myself cos I know its stupid and I don't wanna break frame in front of the girl.

So finally, after 90 mins the guy arrives and I think its gonna be a simple affair but nope, life ain't that easy.

Final Boss

So this guy shows up and he's eyeing me up oddly and eyefucking the pretty girl. He asks what needs opening.

I show him the front door and the top latch lock that just needs to be picked or whatever, I actually have no idea how locksmiths operate but I'm sure he's had this a million times before.

He gives me a 'hmmm' and a 'haaa' and says "well it looks like I'm gonna have to drill it"

That sounds expensive.

"Drill it? Is there nothing else you can do?"

"No I'm gonna have to remove the lock and install a new one"

"Does that mean new keys and shit?"

"Yeah I'm afraid so"

"Hey man I don't wanna bother my neighbours just cos I'm an idiot, you sure there's no other way you can try?"

"No this happens all the time only way is to drill it out" he seems pretty sure of himself.

"Nah dude I'm not gonna pay for that".

It's got a bit tense because we both realise neither of us is willing to back down yet. The girl can feel the animosity between us but she seems to know her place and doesn't say anything.

The frame battle continues.

I weigh up my options. I need to get in. This guy wants to rob me. I could get a new locksmith, that means another 90 mins probably, and maybe another scumbag. Fuck that I want to get inside now.

Then I think back to one of the first lessons I learned when i stumbled across this subreddit.

"Your greatest power as a man is your ability to walk away".

I smile.

"Okay dude cool I'm not gonna inconvenience my neighbours, will figure out how to get in tomorrow"

I ask the girl "hey, can we go back to your place tonight?"

She's surprised but says "sure of course".

"Cool that's sorted then, sorry dude I'm just a broke student you know haha"

I see the panic of a lost sale in his eyes, he realises that I'm not bluffing.

But I give him an opening. In truth, I actually want this damn door open. You must always give them an opening to backtrack, it helps them save face.

"Could you just give it one last look though just to make sure?"

"You know what mate, let me try something" he says, as he rummages in his van.

Of fucking course. You go for it *mate*. You try something *mate*.

Bastard.

So he grabs this long hook claw thingy and feeds it through the letter box and opens the door in 4 seconds flat and I wanna bash his fucking head in but mostly I'm just glad that we're finally inside and it's warm and also victory tastes sweet cos absolutely fuck this guy. Don't blame him that much tbh, most people are weak and agreeable and probably fall for this one all the fucking time, but that's still such an asshole way to do business.

So she hands me the cash but I give her 20 back and she has a £5 note and so I give him the £55 (for 5 mins worth of work not bad bro) and he says

"Its 70 mate"

I get a hot flash of anger. Wow. Round 2 it is.

"Your boss gave me 20% off for being late"

"I wasn't told anything about that" he says.

"Well she did"

He pauses for a moment. Still holding the money. I can feel the girl get more anxious. We're inside now and the silence makes the tension worse.

I'm pissed. "Whether she told you or not you still owe me a discount you were very late"

He smiles. It's a good shit eating smirk, ladies must like it.

"Okay but its 56."

Thus guy must be joking.

The hot anger cools into a shrewd sharp chill as I realise.

Fuck this guy. I know exactly what he's doing. If he's not gonna get his cash, he'll at least try and make me sperg out and break frame in front of the girl. Petty but effective, cant allow me to win too hard can he?

I give them both a smile. "Do you have a pound babe?" I ask her. She doesn't. So I go upstairs and grab a pound from my loose change. It feels great to be back in my home again. I also clean up a bit more and fabreeze. Lol.

Probably should not have left her downstairs alone with the asshole, but I get back down and he hasn't cucked me so I put the coin straight into his palm.

"Okay we're done you can go now"

He seems pleased with himself and leaves.

We get upstairs and I put the radiators on, down a glass of water and stare at myself in the bathroom mirror for a while to try to dissipate the anger. Such a great day and one guy's gotta be an asshole and ruin it.

Then I realise that I don't have to think about it that way and actually I just smashed through a significant confrontation that I would have failed miserably years ago. This is the kind of shit Dads train you for and I never had a Dad but shit, I managed to do it. They say TRP is just for picking up women but honestly it's so much more; this place taught me how to hold frame and power-talk and navigate confrontations like this. Beforehand I would have been an agreeable pussy and bent over for the guy.

And the day had been fucking great too. A day disconnected from responsibilities and exams and social media. A day free of anxiety, where I could just flow in the moment and mess around with a cute girl like I did when I was a kid... And had I never even spoke to the girl, had I pussied out in that one pivotal moment in the library, this day would never have happened.

Always approach guys, you never know where the story with that girl will go, and pussying out kills the story before it even gets to start. Regret is always worse than rejection.

As I think about this I give myself shivers and am proud, and then smile in the mirror like a fucking psycho and scare myself.... but then realise its not that bad and I can smile when I'm proud if I want it's no big deal.

I enter the living room and she's taken off her coat and shoes and looks at me warmly and says "you have a nice place" and I say 'thanks' and then she immediately and very eagerly begins removing my clothes.

Epilogue

The next morning we cook breakfast and I'm head chef and she's like my nurse handing me scalpels and shit and its fun to boss her around and she follows my instructions. Afterwards I walk her to the high street to see her off. At the ATM I withdraw all the money from the tab I racked up yesterday and pay it all back immediately. Then I kiss her off at the station.

I feel pretty darn great about myself and basically skip home and jump into bed and just take some time to process things now that I'm finally alone.

The whole of yesterday was amazing, and I learnt so much about myself. All it took was some damn disconnection from life for a while.

I consider trashing my phone and getting a brick. Could I make the leap? Probably a good fucking idea. We know now that Zuck is listening to everything we say, and I'm trying to avoid getting on more lists than the many I'm already on.

Then I think about the girl, and just how lovely and sweet she was to be around. It was like she energised and supported me, gave me the life and exuberance I was missing. I suddenly really wanted to see her again, and felt the first few hints of one-itis settle in... She was so nice and feminine and smart and loyal and had the whole girl next door "would never cheat on u" vibe going. Hey, if we were a couple this would be a great origin story to tell people... I wonder what our kids would look like...

I settle for going on facebook to look at her pictures and miss how pretty she is.

I click on her profile pic which is very demure and innocent and makes her look smart and then I see it instantly.

"In a relationship with"

Lol. Why did I get my hopes up. What was I expecting.

AWALT after all.

1,334
UPVOTES

Wake Up and Take Massive Action!

1dondraper · 25 April 2018 · Archived copy · Reddit

Original post was taken down due to harsh title. Significantly edited and updated.

Preface

Many of you need a wake-up-call. A slap in the face. A bucket of cold water. To snap out of this fucking phase of laziness and procrastination. To light a fucking fire under your asses.

TRP and the Internet offers *all* the advice you could ever need on how to get your life together. You have the sidebar, you have books, you have the advice of other people, and you even know *yourself* what the fuck you have to do. But *you don't know how the fuck to take action*. You know how to swim, but you're too fucking scared to dive in the deep end.

So here I am to explain to you clearly *why the fuck you aren't taking action towards your goals*. And how to fix it.

Introduction

You always know what you need to do. If you could only follow it, you'd start seeing results. There's no debate there. If you take action and systematically work towards your goals, you're going to see progress. That's just how life works.

Succeeding in most areas of life isn't actually that difficult. 90% of success is showing up. If you can maintain a clear head and do what you need to do, work consistently towards your goals, and make steady progress, success isn't that hard to come by.

But people just aren't willing to put in the work. Why? We're too ugly. We're too tired. We're too lazy. We fear failure. We'd rather sit back and click through Netflix to watch a show we don't even enjoy. We'd rather play another game of Fortnite and waste away our precious time here on a meaningless game. We'd rather sleep another two hours. We'd rather watch that hot pornstar get fucked by a BBC and then jack off.

Don't lie. It's what you do. But in reality, it's what all of society does.

But just because everyone else does it doesn't mean that *you* should. Stop living like the rest of the sheep out there and reclaim your independence. Start respecting yourself. Take responsibility for your own life. And don't live your life like one of the many mindless drones out there indoctrinated into society, pawns to corporations and business, wasting your finite existence on a hodgepodge of meaningless and unfulfilling technological stimulation.

The Vice of Self-Improvement

Most guys here live in a perpetual state of over-analysis. You read a hundred posts on Reddit, you read a couple more articles with click-bait titles, you read a couple self-help books, you watch Youtube videos, and you keep

pretending like you're taking massive action. Every once in a while, you feel like you have a fucking epiphany, and this makes you feel as if you're learning and moving forward. When in reality, you're stagnating and making zero progress.

“Self-improvement is masturbation.” You can thank our lord and savior Tyler Durden for this underrated piece of gold. You're pretending to yourself that you're making progress without actually changing anything. Instead of being a pathetic, miserable fuck who does nothing, you're just a pathetic, miserable fuck who reads feel-good self-help bullshit, goes to the gym, and repeats affirmations to himself in the mirror.

In other words, stop covering yourself in layer after layer of fake pretenses, motives, and qualities. Stop searching endlessly for that next epiphany, and for that next piece of meaningless, external motivation.

Look within. Ask yourself what you truly want, what you truly desire out of life, and how the fuck you are truly going to change.

Don't “improve” your *current* self. **Change who you are.**

The Plague of Inaction

I'll take a wild guess and throw this out there—if you could list 10 things you could do *right now* to move towards your goals, you could easily rattle them off.

You all know what the fuck you should be doing. You all know you should ask that girl out, study fucking harder, hit the gym, open that business... you know you need to fucking do it. You know you it'd be good for you and you know it's the right thing—but **you don't fucking do it!**

You just sit around in a haze of useless procrastination and perpetual laziness, telling yourself you're going to do that fucking thing tomorrow. And then tomorrow comes. You've woke up late, you're feeling like shit, and something else came up. And so you put it off until tomorrow. And so on.

A few weeks or months later you look back and you realize that all that valuable fucking time has passed and is never coming back. And you're no closer to your goals.

And the more this happens, the more you rationalize to yourself that nothing good will ever come of actually taking action, the more you decide to devolve into escapism, the more you condition yourself to accept defeat, and the more you fall deeper and deeper into a bottomless pit of defeatism.

You tell yourself that there's no point in trying anyway. You never feel like doing *anything*. All you want to do is saturate your empty mind with a bunch of stimulating, pixelated nonsense and try to distract yourself away from your valueless existence through video games, porn, TV, and the endless stream of distractions at your fingertips.

We have a psychological term for that—**“learned helplessness.”** In a famous experiment, scientists gave electrical shocks to two groups of dogs—one that could stop the shocks by pressing a lever and one that couldn't. Later, when given the chance to escape by jumping over a small barrier, the ones who had been able to press the lever immediately escaped. The group of dogs who had no lever just lay down on the floor and whined as they were being shocked.

The same effect is one of the major causes of depression. You repeatedly fail, learn that you'll always be a failure, and struggle without escape. And when you're actually presented with the chance to take action and change your life, you'd rather just stay defeated and mire in your own misery.

You're probably realizing right now that everything I'm saying applies to you. And I'm going to tell you how to

break free from this self-imposed prison.

Fear of Failure

If you were 100% guaranteed to succeed if you asked that girl out, started your business, and started lifting regularly, would you hesitate to go ahead with your goals? Absolutely not. You'd immediately do it.

You're afraid to commit. You don't want to tell yourself you're going to quit porn and video games. You don't want to commit to starting a new life. You don't want to commit to breaking free from your endless cycle of procrastination. You don't want to commit to anything.

Why? Because you're afraid of failure. You don't want to try and fail. What's the point of trying anyway if you're probably going to fail? Right?

Let me tell you something. You're going to fucking die. You've only got one life. Every second you waste living below your potential is never coming back. Ever. You're the youngest you ever will be right now. Think about that for a second.

If you keep allowing this pathetic fear of failure to control you, you're going to live out a sad, depressing, miserable existence for the rest of your days. And you'll be buried six feet under and everybody will be glad you're finally fucking gone.

So, what do you do?

Make a goddamn fucking decision. Silence the voices of self-doubt and avoidance rationalization, and **just do it**. Commit to the decision. Write it in a journal. Tell a friend for accountability. Change your fucking environment.

Stop rationalizing, stop watching motivational Youtube videos, stop reading Reddit posts, and stop passively wasting your time waiting for *that time* to come when everything suddenly changes and you realize it's time to start taking action. That time will never come. Ever.

Tell all those inner voices to **shut the fuck up** and just make the FUCKING DECISION!

Start small and spiral upwards. Turn the shower cold for 30 seconds. And then a minute. And then go full fucking Bond and don't turn it warm. Talk to one stranger a day. And then two. And so on. Go in small incremental steps that will exponentially push you further forwards.

The more you push yourself and actually see yourself making progress, the more you will want to continue. It's a positive feedback loop, but this time it's in the right direction!

If you don't take action, you're already a failure. Let your fear of failure propel you forward. Recognize it and accept it. And proceed the fuck on regardless.

Comfort Zone/Fearing Discomfort

Yeah, it's fucking easy to wake up at noon each day, throw a pack of instant noodles on the stove, and sit back and binge ten episodes of Breaking Bad every day. Yeah, it's fucking easy to just sit home, play Call of Duty, and avoid the gym.

It's all you've ever done. And will do, if you keep living this way.

Your brain literally rewires itself to continue your habits, ways of life, and normal routines if you repeat them over long periods of time.

What you do, you become. And what you are, you do. It's a **positive feedback loop** that spirals in whichever direction you choose. If you continue to act like a fucking buffoon, you will become one. Just like we say here that you shouldn't look at what girls say, but at what they do—you *are what you do, not what you say*.

You tell yourself you're going to start a Fortune 500 company, but you can't even get out of the bed in the morning. You tell yourself you're going to be fucking Casanova but you can't approach that pretty girl at Starbucks drinking her fucking vanilla Frappuccino. Stop deluding yourself and face reality.

So, what do you do?

Train yourself to appreciate discomfort. "Get comfortable being uncomfortable."

You'll never get anywhere in life if you do whatever you feel like doing. Love the discomfort and embrace the thrill. The pain of regret is worse than the pain of discipline. And ironically, putting yourself through discomfort will make your life miles better than you could ever imagined it to be.

How can you train yourself? Take cold showers every morning. Sleep on the floor with nothing but a blanket and a pillow. Dance in public. Intentionally force yourself to take risks.

Facing your fears head-on and pushing through discomfort is the fastest and most effective way to self-mastery.

Rewire your brain to be excited for new challenges. "The beast that bears you fastest to perfection is suffering." - Meister Eckhart

Successful people *love* discomfort. They embrace the challenges. Without it, they would have nothing to live for. It's what keeps them going.

Your "comfort" zone isn't really "comfortable." It's just a place of stagnant procrastination and lack of progress where you just sit around, rotting internally and corrupting your potential. You only choose to stay in it because your fear of the unknown overwhelms your current discomfort.

No progress in life ever comes without pain and suffering. None.

Procrastination

The average person wastes 8-10 hours a day. Video games, Netflix, mindless browsing, cheap dopamine hits, etc. It doesn't really matter. All procrastination comes from the same root cause—thinking that you have more time.

When you have a paper due in an hour, you'll fucking finish it. If the bar is closing in ten minutes, you're going to have ask the girl back to your place. If you have a terminal illness and have just days to live, you're not going to be fucking watching TV or doing any of the other bullshit that we fill our lives up with.

When there is a deadline, you'll get it done. Apply Parkinson's law to dramatically increase productivity in your life:

"Work expands so as to fill the time available for its completion."

In other words, however much time you get to complete a task will be how much time you take to actually finish it. If you are given three weeks to finish a process paper, you'll likely procrastinate the first two and half weeks and finish it on the last few days. If you are given two hours, you'll fucking crank it out. It's just how we work.

You think you have tomorrow. You always do. And how often do you actually do what you told yourself you were going to do when the day comes?

“The greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today. You are arranging what is in Fortune's control and abandoning what lies in yours.” - Seneca, the great Stoic philosopher

You don't have the future. So stop expecting to do things in the future and stop looking forward. You only have today. Don't fall into the trap of telling yourself that you'll have time later. When that time actually comes, you've likely forgotten all about that goal and you're even busier.

So what do you do?

Write down your fucking goals. I can't overemphasize this. Writing your goals down has been scientifically proven to dramatically increase the chances that you meet them. Articulate them, describe them in fine detail, and journal about them frequently. Every morning.

Create positive feedback and accountability. Write out a checklist. Nothing will feel better than taking your pen and drawing a line crossing out the goal you've just accomplished. Nothing will feel better than having a checklist completely crossed off at the end of the day. And then taking the paper, crumpling it into a ball, and tossing it in the trashcan like Kobe in his prime.

Set a time limit. You don't have infinite time available to you. How you allocate the finite expanse allocated to you is significant beyond measure. Force yourself to meet the goal by a deadline. Set a date. Whether it's a few days, weeks, or months from now, set a date. A specific date. Don't make it unrealistic. But don't be lenient on yourself either. If you're not serious about meeting your goals, you never will.

Wake Up to Reality

Consider this scenario for a second: “Imagine for a second that you have a senior thesis paper due at midnight tonight. It's five o'clock in the afternoon, and you have thirty more pages to write. You're sitting at your desk, exhausted, tired, and absolutely spent. You're coming off an all-nighter and all you want to do is hop in bed. Bags of Doritos and chips are strewn across the floor around you. Seven more hours, you think! How the hell am I going to fucking get through this?

But you do. Even though you're feeling like absolute shit, you push forward. You only get one chance to finish this thesis paper, and if you don't, you're fucked, you're going to fail, and your life will turn to shit. You won't graduate college and everything will head downhill. So you finish it.

For the next six months after you graduate, you have your own personal goals to wake up at five every morning, lift four times a week, start your own business, and lose thirty pounds.

But of course, what the fuck happens? You fear failure. You fall back into your routines. You fall back into your comfort zone. Your behavioral addictions begin to control you. Six months pass, and instead of being closer to goals, you're even farther away from achieving them than you were before.

As a result of your failures, you're set forth on a downward spiral in which you get a shitty career, marry someone you hate, stay overweight, have a financial crisis, become mired in existential anxiety, and fall into depression. Your life has turned upside down, and you consider suicide. Everything falls down around you, all your friends and family leave you, and you try to drug yourself senseless to numb yourself to the pain. Eventually, you die of an overdose.”

Failure was not an option with the fucking thesis paper, was it? Failure is never an option when you have a job, is

it? If your boss tells you to whip up a two-page report on the company's financial status by tomorrow, you're going to do it. If you have an opportunity to get a promotion, are you going to waste it?

So why the hell is failure an option with regards to your own goals? Why are the goals society imposes upon you more important than your own?!

Why does getting to class on time matter more to you than heading to the gym? Why does sitting in your little office cubicle in your 9-to-5 job matter more than getting your fucking life together? Why is an essay due date more important to you than living up to your own life potential?

So get off your ass and start moving!

The Final Frontier

This is how many weeks you get in your life. And that's if you're lucky enough to live to the ripe old age of one hundred.

Not many dots, is it? You might be an eight, a fourth, a third, or maybe even half of the way through that. But it doesn't matter. This is all you get.

You don't get to live another life. All you will ever see and think in this world is happening right before your eyes. And you're just wasting it away.

Billions of years of random atomic collisions and lucky mutations have led to your very fucking existence, and you're wasting it on critically-acclaimed TV shows and video games. It doesn't matter if you believe in an afterlife or not—you know that this is all you will ever get, here.

“A man who dares to waste one hour of time has not discovered the value of life.” - Charles Darwin

You'll never be twenty years, five months, and three days, six hours, and two minutes old ever again. Every moment in our lifetimes is a once-in-a-lifetime moment. We're the only organisms capable of understanding our own mortality and the value of our existence, and we do nothing about it.

None of you truly understand how fucking short your life is. How this is the only chance you'll ever get to exist here. You only have one childhood. You only have one youth. You only have one chance to live your twenties. And your thirties. And so on. You only get to choose a career once. There are no second chances, no rewinds, and no redos.

You're on a train hurtling in only one direction—towards the end of your life.

You think you “understand” that we're all going to die, that you only get one life, and blah blah so on. Right? Fuck no. You don't understand it one bit.

If you truly understood the fucking value of your own existence, the shortness of life, and have internalized and accepted your own mortality, you'd be living a completely different life than you are now.

Let your fear of death and your understanding of your ephemeral, finite existence here push you to greater heights than you could have ever fathomed. After all, it is the only chance you will get.

What do you have to lose?

Closing Thoughts

Hopefully I sparked a fucking fire within your minds. That's what you need. You need to absolutely *obsessed* with success. Or you will get *nowhere*.

If you think motivation doesn't last, is bullshit, and doesn't work, you're not motivating yourself properly. Stop buying into other people's opinions and think for yourself. Of course you're not going to feel like working all the time. But that's what motivation is for.

People understand motivation wrong.

Motivation isn't always something that makes energy and vitality course through your veins. Motivation doesn't mean waking up in the morning, feeling on top of the world, and ready to crush anything in your path. Motivation doesn't always make you want to fucking fight gorillas. It doesn't make you want to climb fucking skyscrapers. In fact, it doesn't even mean that you feel great.

Motivation is *knowing* that you have to do something no matter what the fucking cost, and then going ahead and doing it. Even if you're tired, cold, and depressed, you'll do it. Nothing *ever* happens without motivation.

"Discipline" is just motivation when you're feeling like shit. Motivation isn't just a fickle emotion. It's the knowledge, and drive, with the full force and strength of your being, that regardless of consequences, you *must* achieve something.

And life's fucking hard. Nobody is disagreeing with you. But it's time for you to stop letting life passively control you, and for you to become the master of yourself and fucking destroy life once-and-for-all.

You can complain all you want, play victim, and cry about how unlucky you are. About how shit the cards you were given in life are. Go ahead. But nothing will change, and you'll go on living a pathetic life you are.

Man the fuck up, I say.

It's all on you. Nobody will change your life except you. No book, no Internet article, no quote, no video, and no philosophy will help you change your life, unless you *choose* to.

You're dying right now. Stop sleepwalking through life and wake the fuck up.

How long are you going to wait before you start living the life you've dreamt of?

1,334
UPVOTES

"Why Do Girls Dump Their Boyfriends?" An introduction to Generation-Z and whats to come

KeffirLime · 4 September 2018 · Archived copy · Reddit

I recently went to a family gathering where my 17 year old cousin gave me a crash course in Gen Z. (the jury is still out on the name). This is the post millennial generation. I don't generally like to package things into neat little boxes but for the sake of the post let's go with it.

She was showing me some "huge" boxing match between two YouTube "celebrities". Apparently YouTube and Instagram personalities are replacing film and music stars as the the big draw cards, welcome to the virtual takeover.

While she was showing me this whole boxing match saga we stumbled on to this video:

<https://www.youtube.com/watch?v=2mmIEZKWi3A> "Why Do Girls Dump Their Boyfriends?"

The video shows some young fella interviewing Gen Z girls on a popular nightlife street in the US. Being a millennial myself and having endured a large part of my generation driving feminism to the heights we see today, I was still somewhat surprised by the state of affairs. It's a jungle out there to say the least and I pity the horde of programmed Soyboys coming off societies production line, that have to co-exist with these Vag-Lords. I can only hope that one day they may stumble upon a Sub such as this to (reluctantly) liberate themselves from the tyranny of a gynocentric haven.

The video starts out with the Interviewer asking young "Living my best life" thots why girls dump their boyfriends. I think their inebriated state assists in the truth they spit when answering the question, but their answers point to a much larger, gloomier problem for young men growing up today.

The glaringly obvious thread that ran through most of the answers was how men have become needy bitches, and woman just can't stand it. Ultimately the feminization of men as a whole.

In the intro one of the girls proudly boasts:

Her: Every guy I've broken up with has threatened to kill himself

As if it's just another feather in her cap. This is a far cry from the prehistoric days where a woman losing a man was a tragedy, like she had just lost her meal ticket(because she had). Or the stereotype of a woman sobbing at the loss of her beau, but here we have poor Billyboy's employing the dramatic(typically feminine traits) in an obscene display of oneities. Threatening to trade his own life for a c-grade clam in an attempt to negotiate attraction. She looks truly moved.

The same girl later on goes on to complain that:

*Her: I make em comfortable and they cheat on me \and then shakes her ass at the camera***

It's truly a riddle as to why they struggle to settle with such a wholesome princess.

The next girl tells a tale of how she's dumped every boyfriend she's ever had with a snide look of accomplishment. She goes on to say the reason she dumped them:

Her: They were all way more obsessed with me than I was with them, It was gross.

Interviewer: They probably wanna share their feelings with you?

Her: Yeah, it's like stop, I don't wanna hear that

It seems our dames are more in tune with their sexual nature than ever, and why wouldn't they be, feminism has given them the platform to express it as freely as possible. Note the disgust a woman has for a low value man who hands himself over to a woman, she simply cannot harbor feelings for such a needy scrap of filth.

The BP notion of share your feelings and showing how much you care quite literally repels women. She goes on to say...

Her: I don't wanna see you all the time, maybe twice a week, don't be obsessed with me, thats disgusting. Let me go out, let me wear whatever the fuck I want.

Interviewer: And If I happen to make out with someone..

Her: Who cares, it was a slip up, shit happens.

Translation, be my little bitch, get comfy in my frame, I'm gonna go shop at the meat market as much as I want and If a sausage happens to land in my mouth, well then oh well shit happens.

More concerning is the mentality of these women. Our gynocentric oasis of a civilization has literally drilled into these princesses the entitlement that men exist to serve women. Funny, I've heard that one somewhere?....oh yeah, feminism used to say that about men. The script has well and truly flipped.

Lastly she goes on to say:

Interviewer: Men should focus on building themselves?

Her: Yeah, you gotta be 100% good with yourself, you confident with yourself before you get a girl.

It's gotten to the point that women are literally starting to tell men how to be men. Just be yourself, women will love you for who you are is the most cancerous statement for a young man to hear.

The next girl drops ancient wisdom:

Interviewer: Do you have a friend you keep in the friend zone to buy you dinner, but then you hit up another dude when you wanna get real?

Her: Yeah, thats exactly how it goes

The joke is, you don't even need the Red Pill to tell you this anymore, men have become such worthless rags that woman will boast about using them an interview. This is normal Gen Z behavior, it serves women, so why would we expect anything else? Woman are so aware of blue pill nature, and will milk it for everything it's worth. Don't be the butt of this joke.

Then an HB6 goddess adds:

Her: He was telling me he loves me, and I didn't like him, so I had to cut it off

The same guy who comes on here: "But you guys over at the Red Pill are such mean woman haters, you don't know what love is all about", while he drowns his sorrows in a masturbation binge.

The hypergamy bunny chimes in:

Interviewer: Do you think the grass is always greener?

Her: Yeah, always

While society shouts from the sidelines: "You go girl, you can do better, that man don't deserve a princess like you"
Then our self aware hood rat brings some sense to all this:

Her: It stresses me out because WTF, this guy is giving me attention, why can't I love him?

Interviewer: But then theres that guy who like spit on you at the bar...

Her: Yeah and then it's like hit me up

It's called AF/BB sweetheart. You get the tingles for the alpha, and the beta's dry your cooch faster than a Sub-Saharan summer. They're quite aware aware of this dynamic, do they care? No.

Last one is my favorite, this little meatball barks into the camera with a cigarette dangling out her hand that men need to:

Her: Workout, go swimming, take her for a walk, take her for dinner, have sex, I don't know just stop playing video games

Telling of her desires for an alpha man, every word dripping with entitlement as her stomach hangs out, and lungs fill up with tar. She does however do a great job of telling men how to be men again I'll give her that.

Now these woman will almost certainly ride the carousel with vigor for the next decade or so and then splat against the wall with ravaged lady bits. I pity the poor blue pill save a ho that offers them a ladder to climb it, but I have no doubt that this generation of white knights will be lining up for the opportunity.

They'll do that because these women are not the exceptions, they are a representation of the attitude of the median woman coming off the Gen Z production line, and the median man coming off it is the most feminized schmuck in history. Every one of these responses drip with feminine superiority, repulsed by the needy, clingy devoid of Alpha trait males. With masculine traits labelled as "toxic" it's no wonder these men they speak of are so lost. A portion of the millennial's held this notion but the vast majority of Gen Z is more widely infected with it than ever before.

The Nett result: A generation of men behaving more feminine than ever, society filtering the presence of (toxic)masculinity. With men adopting a feminine approach we get females behaving more masculine than ever to fill the man void.

Why is operating society on feminine empowerment values a problem?

Well as packaged so nicely in a CH post. Men compete, then cooperate. Women compete, then cast out.

Vertical male hierarchy ensures a place for everyone. Order is kept via rules-based discipline and the threat of demotion. Allows for graceful losing and peaceful surrender. Stable.

Horizontal female hierarchy causes massive churn, clique formation, uncertain and shifting status and frequent change of allegiance. Zero sum. Highly unstable.

Try and Imagine an interview like the one above being conducted 80 years ago, under a male dominated society, women would quiver to address men in such a manner on a public platform.

So lets just go back?

Well for starters those banking on a return of the TradCon Values should jump ship now or alternatively learn how to navigate the current climate. No amount of Jordan Peterson videos is going to change the course of modern culture back to their TradCon paradise. Society is galloping away from TradCon values and not looking back(well

besides the hopeful BP idealists doing the ostrich).

Why wont a reversal work?

This is a really complex multifaceted issue that would take a lot longer than this post is intended to be to really get stuck into, but as a brief introduction, conservative values wont work today because of the same reason they did work. Faith. The breakdown of a faith driven community(or even nationalism) tribalism approach to a more secular diverse globalism approach.

Faith was the glue that held conservative values together. There was a man in the sky watching over every woman's behavior. If she wanted to be in prime alpha selecting position she had to be a good, faith holding woman. Behavior swaying too far from the doctrine was condemned and shamed by society, no man would tolerate it.

Advancements in Science coupled with liberal dogma has left the institutions of marriage and religion more worthless than ever before. Many still hold onto faith for comfort but very few are internalizing that there is truly a deity watching over us and judging our behavior. I can count a total of zero people I know who live by the prescribed doctrine, it's simply not compatible with modern society. The closest I've met is a married pair of Jehovah's Witnesses, they live a very TradCon life but only interact with Jehovah's Witnesses so as to not interfere with their faith.

This is why the most religious(or strong cultural influence) countries, still hold the most TradCon values. E.G Saudi Arabia, North Korea etc

So where does that leave us now?

Without gods to judge us and direct our lives, humans become the gods of their own lives. What do gods do? Well, whatever they want. Add in a few wars, women entering the workplace, contraceptive pills, feminine law protection, globalization, the internet, cellphones, welfare and we have a society where woman are as free as they've ever been. And what does a free woman do? Well sample every Alpha penis that lands in her snatch of course.

Gen Z cheers and pats them on the back: "YOLO, strong independent woman!" while the saddest and unhappiest generation of men and women unfold in our recorded history. Woman not satisfied with their newfound empowerment because It just so happens that woman don't really like behaving like men. Like every cohesive, natural selection driven species they still need and want men, and not men behaving like woman type of men, biologically alpha men, so that natural selection/biology can take place effectively.

Societal pressures have pushed both men and women to stray further and further from their biological nature. Men adopting more feminine traits, with woman becoming more career driven, providing for themselves, providing their own(or potential to) food and shelter, not settling down, not having kids. Compound this with women not having the consequence of having a baby after spreading her legs and it's opened up sexual promiscuity instead of strict selectiveness. The Alpha traits they would have selected for are labelled as toxic so they become more dormant in society than ever before. The less we are aligned socially with our biological nature the less happy we become.

I learnt from my cousin that she can't help but attract fuckboys. It appears that they are some of the last bastions of masculinity, now given a derogatory label in an attempt to shame Alpha behaviors. Her description of a fuckboy: *Gym guys who fuck, but don't ever commit.* It's truly one of lifes greatest riddles why they won't commit and settle with one vag in the greatest vag buffet in history. They're called fuckboys because well, they fuck. And then all the "nice guys" of Gen Z offering commitment are the guys you heard about in our lovely short film.

So what to do?

No matter what direction we go in it will simply be another society, one we will need to learn to navigate all the same, so I'll open that discussion to the floor.

My last thought, TRP is going to be more relevant than ever with Gen Z. With a free and unregulated sexual market, it's the Alpha that is once again king. No more supposed one for one marriage, in a free market AF/BB is

the order of the day. The Top 20% will be drowning in it while the remaining 80% go hungry, at least until they're established and even then they'll be picking from the post wall pool. It's like we've gone back to the principles that governed early man.

In the absence of stable women, plating is more relevant than ever. With the pussy buffet pumping, vetting is of paramount importance. With unregulated hypergamy a man needs to be outcome independent and willing to drop his treasured unicorn more than ever.

The market can still work for the individual, as long as he doesn't expect what's not being delivered and knows how to navigate the murky waters of the SMP that lies ahead.

1,328
UPVOTES

How I accepted that I was using weed everyday as an escape from my own inner problems for 2 years now. And how I tackled my anxiety with meditation, exercise, and mindfulness.

yunhaila · 2 April 2017 · Archived copy · Reddit

I pretty much a daily smoker for the past 2 years. For most of this duration, I told myself I smoke to feel good. I also believed I smoked to get creative, be musical, and sometimes even social. No matter how bad it got, I saw that weed was a good influence on my life.

But the fantasy came crashing down 2 weeks ago. I had begun to notice for the first time how my thoughts haunted me. It began when I noticed my thoughts actually snowball as my day goes on, growing more and more powerful, thinking of this and that, constantly fretting about the past or future. I didn't think much of it at first, having lived with this sort of mind for a long time now. But that day, I read a quote on Reddit that triggered a different response.

"Living in the past causes depression. Living in the future causes anxiety."

At that moment, I understood the reason behind my addiction to weed. I was using weed to stop thinking about the past and future and live in the moment. For when I smoke weed, I relax because nothing else matters but the *now*.

From there, I knew what I had to do. I had to tackle my issue from the root cause. My thoughts were out of control, pushing me to anxiety and depression. So I searched for information and found the concept of **immersion**. Immersion is when you are completely into an experience that you think of nothing else as you experience it. For instance, video games with high immersion levels captivate you for hours on end. I found relaxation in video games because of my immersion.

So I thought if I were to be immersed in what I am doing, regardless of what activity it is, I can be relaxed at all times! I can be the most comfortable person at any place in the world if I was truly immersed in the environment and people I interact with!

I found that millions of people were already practicing immersion in everyday life by meditating. So I sat down in my candlelit room and I said out loud, "there is no past, no history, no future, only now. I am. I am." as I began my session. I didn't time my session. I would stop meditating when my mind is clear from thoughts about the past and future. At first, I would catch myself throughout the day as my thoughts would spin out of control and just meditate. It didn't matter if I was outside or hanging with friends, I would close my eyes and repeat that line. Calmness would pass through my body, relaxing my face and body. Then I would carry on with whatever I was doing.

On top of that, I found that exercise helped tremendously with calming my mind. Exercise in itself is an immersive experience. You're there, with your body, pushing it and pushing it like nothing in the world matters. And when you come out, your brain chemistry is pushing you towards positivity. I see the gym as another meditation room.

After all this, I've completely stopped relying on weed for relaxation. If I wasn't relaxed, I'd go to the gym or meditate. I became the most relaxed person at every venue I went to. It was to the point where I could sense who was anxious and who was calm.

Smoking itself feels different for me. I no longer think I am happier or more relaxed with weed. After all, I was already as relaxed as I can be. Merely, I would describe it as a different state of mind.

I leave you with another quote:

"A man cannot control others if he cannot control himself"

****TL;DR:** OP stopped denying that he had an anxiety problem. OP accepted that his thoughts were controlling him. So OP practiced meditation and exercised daily to tackle the problem instead of smoking to delay it. Now OP does not smoke alone to escape anymore.

1,327
UPVOTES

Our Appeal of the Quarantine to the Reddit Admin

redpillschool · 4 October 2018 · Archived copy · Reddit

As I mentioned, we are making the appeal process completely open because we believe there wouldn't be fair play if it was behind closed doors. Below is our appeal to the admin:

First, I would like to tell you that we've posted this entire appeal publicly and plan to post your replies as well. We strongly believe this system you have set up to be a kangaroo court and have evidence to support this notion. If you want to prove to us that you are going to treat this appeals process fairly then we welcome your responses to the contrary.

In your message to us regarding our quarantine, you offer an appeals process:

In this case the quarantine was applied for the high degree of misogyny present in this subreddit. To be removed from quarantine, you may present an appeal here. The appeal should include a detailed accounting of changes to community moderation practices. (Appropriate changes may vary from community to community and could include techniques such as adding more moderators, replacing certain moderators, creating new rules, employing more aggressive auto-moderation tools, adjusting community styling, etc.) The appeal should also offer evidence of sustained, consistent enforcement of these changes over a period of at least one month, demonstrating meaningful community transformation.

You've presented us with no evidence for your accusation, simply an assertion of misogyny. And yet your prescription is to change and modify this undocumented problem, a very thinly veiled setup for failure. You know full well we cannot address concerns that have not been raised - Which makes this a kangaroo court by definition.

Your appeals process does not offer an opportunity to claim innocence, instead placing guilt into the default terms of appeal.

But we reject your charges.

Our moderation team has gone to great length to ensure our members follow reddit's terms of service. We see no terms in the **content policy** that we have violated. And yet you allege we have broken this unwritten policy. How is it that you expect moderators and community to follow such rules is beyond me. Perhaps it is because you prefer to keep all communities in the dark about the unwritten rules. Keep everybody guilty of some crime, and selectively enforce it upon those you disagree with.

"Show me the man, I'll show you the crime." — Lavrenti Beria, secret police chief under Stalin

To me, this seems like an immeasurably bad way to run a social media site which depends on its users for long-term survival. Perhaps it's not in your interest to ensure Reddit stays around. Maybe you're using censorship and quarantines as a means to redirect discussion into the direction you prefer. Maybe you're trying to sway an election? I don't know, that's above my pay grade.

Misogyny is a very nebulous term, one that I disagree with heartily. Many use it in places where somebody has been critical of women, but does that meet the criteria of hate? I think that's a very high bar to meet. One way we can test your definition of misogyny is simply to see how you've applied these standards site-wide.

Let's say I started a subreddit with a mission statement:

R/UpsetFemales is a subreddit for mocking reddit's large, vocal, and hypocritical female population.

Women have a right to dignity and to exist, but they don't have a right to be upset and uncomfortable whenever

they're confronted with sexism issues.

Would this meet your definition of misogyny?

Well, substitute the words “female” and “women” with white people and you’ve got yourself the sub [/r/fragilewhiteredditor](#). And for some reason they’re not quarantined.

Now I’m sure you guys understand the implications of picking and choosing what completely legal ideas and topics are okay to discuss on reddit. When you choose to block off [/r/theredpill](#) and post an endorsement to your point of view (Michel Kimmel), you’re tacitly endorsing the points of view you’ve chosen not to censor – especially the ones that align with Michael Kimmel.

Hatred (by your definition) is okay as long as the target is against white people.

What about towards men? Here are some lovely sentiments floating around reddit that the reddit admin tacitly endorses by not censoring or quarantining:

“Sorry you're going through this. It's the patriarchy: men think they own women. That is a flat out fact.”

“sorry boys but its true and yall need to be taught not to rape. You are a cancer on society.”

“I still see so many people say that "All men are rapists" This is a factually accurate statement expressing that men are socialized as both heterosexual and weapons against women and so typically have sex relationships that are not consensual in a fully self-actualized sense.”

“I’m a misandrist, but I don’t want to be”

So it is clear, you tacitly endorse these positions if they are not quarantined as well.

To make matters worse, when you quarantined us, you put up a message directing our users to Stony Brook University Center for the Study of Men and Masculinities whose executive director is Michael Kimmel. The same Michael Kimmel who [denies male abuse victims](#). I see since then you’ve had the presence of mind to remove it- but without so much as an apology to our community of men who had to witness this. I would absolutely hate to know that the well being of abuse victims on [/r/theredpill](#) have been affected, or worse- hurt, by this event.

What would happen if the admin posted a message at the top of TWOX claiming that women’s abuse isn’t nearly as high as reported and that men’s abuse was much worse? Well, I’m pretty sure you’d call that misogyny.

So what’s it called when you do it to men? (It’s called misandry.)

We know the quarantine process isn’t simply about keeping the front page clear of controversial topics. There’s literal [shit porn](#), [women getting pissed on](#), and [detailed rape fantasies](#) which have gotten the pass from your administration. Looks like you guys just love shit, piss, and rape.

Meanwhile the content on TRP has helped thousands (if not more) of men find an identity and the strength needed to get back on the horse after terrible events like breakups, divorces, or false rape accusations. For some, they believe TRP literally [saved their lives](#). Some of whom could easily have ended up [dead](#).

Look, you could have asked us to remove ourselves from [/r/all](#), and we would have complied. But the quarantine makes things much worse. Mobile users see a message that we’ve gone private, causing our modmail to get literally hundreds of messages asking for access, completely halting actual mod functions. Members who have already subscribed are having a hard time finding us. It is clear that your goal with quarantine was to put as much into place as possible to make us fail, all while not actually pulling the trigger on an outright ban, because you know full well we keep the user base in check and do not allow rule breaking.

But I’m willing to give you guys the benefit of the doubt. Let’s say all of my well documented and evidenced accusations are simply wrong. Let’s say you really are just trying to make reddit a nice beige happy-land for new users and advertisers, and your goal was not to tacitly endorse all the hatred on the internet that you have chosen not

to censor. I am willing to propose a compromise.

Remove the quarantine, and we will select the option to prevent being seen from [/r/all](#). This has a lot of benefits. First of all, you won't be tacitly endorsing every bit of hate on reddit because you're no longer picking sides. But most importantly, your users will see the admin team actually applies rules in a balanced and fair manner, gaining you a level of respect that, let's face it, Ellen Pao did a good job eroding.

We would be happy to comply with reasonable requests that help you with your advertisers and future IPO. We aren't your enemy. The way you've gone about this was a big mistake and I think we can both agree on that. Let's work together to move past this event and get the admin and users back on the same side for the benefit of reddit.

1,325
UPVOTES

James Damore sues Google, alleging intolerance of white male conservatives

redpillschool · 9 January 2018 · Archived copy · Reddit

1,324
UPVOTES

No, you don't have to be an asshole+You need to Get over the past

Randomshortdude · 19 February 2017 · Archived copy · Reddit

Hey, all.

You found out how women, men, and the world at large really works and it sucks at first. You might be angry or you've finally pieced together some events that occurred between you and girls you dealt with in the past and realized the harsh reality of what really happened.

It's tempting to let bitterness set in. Reality doesn't seem fair and indeed it's not. However, you have to flip your perception of what's fair and what isn't.

You might be hurt because you were indoctrinated with the belief that if you love women with all your heart and you're a pure, good guy that an equally honest woman would eventually see your character and fall madly in love with you without question.

When you found out this was false, your instant reaction may have been "I gotta be an asshole now!"

I think this is the main mistake many guys make once they find out the truth.

What YOU define as an asshole and what women define as an asshole are two totally different things.

That's where the problem really lies. In a nutshell, the "asshole" does get girls. Just not the kind of asshole you envisioned.

Women love the "inadvertent" asshole. He's the guy who's just an asshole by default. He isn't really trying to be one and he isn't necessarily mean, but he certainly doesn't bend over backwards for people.

See, in a world where women are used to guys doing virtually everyfuckingthing imaginable for them short of wiping their own asses, any guy who actually doesn't do these things is an "asshole".

Asking her to buy you a drink might make you an "asshole" to her. Not holding the door might make you an "asshole". Saying you actually don't like that dress on her when she asks might make you an "asshole".

An asshole in a woman's world is defined as that guy who doesn't kiss ass for pussy, validation, or acceptance. These guys win.

YOUR version of the asshole is the guy who's just mean spirited. This actually turns women off because you trigger their "He might be a fucking psychopath" alarm detectors. That's NOT good.

Sometimes you become this guy due to pure hurt. Understandable. You found out how shallow & fickle women really are, the girl you love is bouncing on someone else's dick while you miserably cry about it, or the girl you envisioned spending your life with just hit the door. You're mad. You've pledged to never treat these whores with respect again and you'll play them all until you die of old age.

Good game plan, but let the hurt and anger go first. Women can see through it and it makes you look way too weak, emotional, and invested.

Bitterness is a FEMALE trait.

Sorry, being real. Imagine your favorite "alpha" make who fucks mad women, lives like a boss abs loves life. You think he's sulking around in monk mode 24/7, eternally pissed off about the cute girl in his dorm that rejected him freshman year of college then fucked his beat friend?

So why are you? LET IT GO.

If you're envisioning turning into "the man" to prove those women wrong in your past who passed up on you, then you're doing it wrong. Let it go. Not for them. For you. Those bitches played you, cheated on you, shitted on you, and denied you already. It's over. You lost that round. Praying that they'll see you on Facebook one day and say "Oh my God I should've married Johnny when I had the chance!" is just remnant blue pill mentality that's stunting your BRIGHT future!

There might be a beautiful dime you've never met before who's just waiting for you to run into her and fuck her brains out except she'll never meet you because you're too busy caught up over Jessica who was really a 7/10 on a good day that left you 3 years ago.

Here's the crazy thing about life When you finally win, nobody gives a fuck about the losses anymore.

Ever notice how we never talk about Michael Jordan's seasons where he didn't win? That's not a coincidence. You think Mike ever sits in his big ass multi-million dollar mansion, staying up all night thinking "Damn, if only I would have beaten the Pistons in '90..."

I'll answer this for you. Hell to the fuck no.

Focus on winning. Fuck your past losses. They're etched in stone already, embrace it. Because when you do fuck that dime that's waiting for you, Jessica will be a long long long distant memory.

Trust me.

1,322
UPVOTES

Elon Musk is Fucked

james-watson · 29 March 2016 · Archived copy · Reddit

<https://ca.news.yahoo.com/elon-musks-divorce-could-cost-154020180.html>

Summary:

He's fucked.

Body:

Elon is the ultimate beta bucks. No matter how much money he made, he just couldn't control his heavily K selected emotions. The man is a Vulcan, he just wants a chick to do her wifely duty while he makes billions. Too bad for him, that is not possible due to the laws of our universe.

Lesson Learned:

Founding a billion dollar internet Startup? *No problem.*

Monopolizing the Rocket industry? *Fuckin joke.*

Building the first luxury electric car, and revolutionizing the auto industry? *Goddamn T-ball.*

Finding a hoe that's loyal? ***IMPOSSIBLE IN THE CURRENT ITERATION OF THE PHYSICAL UNIVERSE***

1,317
UPVOTES

Today was the day that Reddit almost swallowed the pill. On the front page today: Guy finds out soon-to-be fiancée is cheating and sets up an elaborate proposal to dump her.

NiceTryDisaster · 27 November 2015 · Archived copy · Reddit

TL;DR from the top comment itself: Guy discovers his soon-to-be fiancée is cheating. Discovers texts and photos. Sets up elaborate proposal including candles, glitter, and rose petals. Has her read a rhyming poem that ends with him asking who the other guy is. She looks up shocked, he bails without a word, and gets into his car and drives off holding a pink dildo.

Second top comment with 2209 upvotes:

Gotta love living in a culture where a man would deem it necessary to document that he didn't trash her house or beat her before he confronts her for being a cheating whore. Why do you suppose he felt the need to do that?

With a reply of 1154 upvotes.

Because a crying woman is better than actual evidence in western society. Go ahead, just google what happens when a woman gets violent and the cops show up. Edit: I wonder how much downvotes I can lose by mentioning theredpill(Linked here) is about acknowledging this sort of shit for self-preservation.

1k+ upvotes despite the mention of the red pill sub-reddit?! What has the world even come to now! :(

Backstory: Decent guy. Goodlooking, fit, well groomed, smart, not a total beta finds out that his soon to be wife is actually a whore through her facebook account and stuff. She's been pretending to be in love and all the jazz but she's been fucking a guy called Thomas Roo behind his back.

She sends Thomas the same nude pics that she sends to her fiance . Fucks him. But hides it from the guy in the video. This guy even had requested her to just tell him to walk away if she wants to be with someone else. But no, she wants to keep the beta husband as well as the boy toy on the side. Guy feels devastated cuz of the sham she tried to pull off and plans to dump her shamefully and record that he has not done any physical harm to her or her house to protect himself from the police.

A sixteen minute video but well worth the watch and something everyone will be able to relate to on here. This setup is a few weeks after he realizes she's a whore. You will see the feeling of pure freedom and liberty when you see him escape out in the end and play the music in his car as he drives away.

Video in question: <https://www.youtube.com/watch?v=-KGfp2aTnHs> (Needs login)

Summary: Don't get married. Enjoy the watch! Cheers

1,313
UPVOTES

The Guide to Accepting Yourself (even when women don't)

[deleted] · 10 March 2015 · Archived copy · Reddit

Recently someone here posted about how women define "average" in astronomical terms, based on some bullshit a girl said while shit testing him. Most of the responses didn't understand that he was being tested because most of the commenters aren't ok with themselves at all.

Quick Method

Know all those dating apps and sites you use? Know how you like to finely craft introductions designed to make the woman see you in a favorable light?

Don't do that.

Send any one of these messages that say, "I love me and I don't care if you do."

1 - "Boners."

2 - "Super boners."

3 - "I'm going to be playing video games all week but you can come over this weekend and do my laundry."

4 - "Do you ever get those crusties in your asshole and pick them out in the shower?"

5 - "Want to help me practice for my driver's exam? The police said I can finally get my license."

These messages are not meant to get you a woman. The responses you receive (you will get responses) will show you how much better this type of "who really fucking cares right?" attitude matches up against, "Oh god oh god oh god I'd better say the right thing."

And that leads us to today's lesson:

You don't matter that much.

Sorry, but if the fate of the world rested on your shoulders we'd all be fucked. You're reading how-to guides about becoming ok with yourself. So really you don't matter that fucking much.

And that's fine! That's preferable. It takes pressure off your shoulders. You can walk into a bar and tell a girl that you're a martian whose pants will explode at midnight unless an earth girl removes them with her teeth. Guess what? No one will care! Tomorrow CNN will run a headline about ISIS feeding babies to elephants and your pickup line will become just another blip in the endless history of the universe.

- Corollary - Women will try to make you think that you **should matter a whole lot**. They'll tease you and ask you why you're not a buff macho kingpin or why you don't own 10 businesses and a thousand dogs. The important thing to notice here is:

That's what they say, not what they think.

Most women wouldn't give ten shits about your income or dog breeding knowledge if you are ok enough with yourself to show them a good time. Confidence does not come to you by knowing that you're big stuff and that you're a huge valuable part of society. If it did, hardly anyone would be confident because hardly anyone actually matters that much.

Confidence comes with knowing that you don't matter that much and that other people really don't either, women included. So if it's not that big of a deal, what do you have to lose?

Nothing.

Little people often have big pride.

It helps them not feel little. It's a defense mechanism. Being defensive is itself a small and impotent thing to do.

Pride weighs a lot. It's one of the biggest forms of baggage and some of you have been feeling it in your chest for years without realizing it. It comes in the form of thoughts like, "What am I going to be doing a year from now? Two years from now? If all my dreams aren't coming true, I'm a worthless piece of shit."

Or, "I need the perfect body, most money, and biggest adventures or I'll be a drain on humanity, just another turd in the bucket."

Or, "If I don't bang every hot chick and turn into a fuck stud of epic proportions, I'm just another waste of space."

Guess what?

People who don't care if they get ass...get more ass than you.

People with shitty bodies who don't give a fuck...get more ass than you.

People who have zero ambition and are ok with that...get more ass than you.

If it is truly your ambition in life to become something great, then you will follow that ambition no matter what. You won't dither about it. You won't get confused and wonder if you're doing the right thing. You definitely won't beat yourself up about not doing it.

So if you're an ambitionless ham planet and you absolutely love your life, there's no reason to qualify yourself to women ever.

If you're a healthy cut millionaire and you hate your life, well I can't help you with that. .0001% problems.

So make a list of the shit you love about yourself that women would call "immature" or "irresponsible" and then realize that shit is all in your head. Almost anything you do (short of rape and murder) can be awesome and praiseworthy if you love doing it and you're solid about that to the core.

Women will prod at you all day and shit test, saying, "Well a mature real man is like this," or, "I can only be with a man who blah blah blah." If you aren't ok with yourself, you'll cave to this type of bullshit instantly. If you're fully ok with yourself, you'll laugh it off and continue on being you.

Remember this:

There are no rules for life other than eat, sleep, breathe, and survive. The rest is completely made up. Clothes? Optional. Words? Optional. Bathing? Optional. Dating? Made up. Relationship standards? Fiction. Breeding? Unnecessary.

You could wake up tomorrow and pretend you're an African prince who has to drive backwards to work or else the mafia will come and steal your asshole. And that would make only marginally less sense than people driving to the same workplace every day to get money to pay for a piece of the planet they were born on which can be taken away by a group of people in a big building with giant metal rooms full of green paper.

So you don't matter that much and life is ridiculous. You couldn't possibly make life any more ridiculous than it already is. So don't go around acting like every little action matters.

Accept yourself.

1,312
UPVOTES

The Intelligent Alpha -- Male SMV and why "Dread Game" Works

NowBecoming · 8 January 2015 · Archived copy · Reddit

The game disappears once you realize the truth. YOU, the real man, the man's man (even if you are still a boy on your way to manhood), are a fucking SCARCE commodity on the sexual market.

Today's women are utterly deprived because there's absolutely no good husband material out there. All the women in my age group that I know--or women my LTR knows and tells me about--are either single and frustrated, or unsatisfied in their relationship. There are virtually no authentic alpha males out there. Women today are forced to choose between pussy boys and retards.

In today's world it takes next to nothing to "be alpha," because everyone out there is so fucking beta. The only "men," who appear alpha (outside of communities like this) are idiots who don't know any better.

The so-called natural alpha is just an inconsiderate prick who lacks any empathy or ability to conceptualize beyond the edge of his dick. The only thoughts that come to his head are "Me horny! Me go fuck girls now," and then he does it. And then he appears alpha... he appears to be a decisive man. But his problem is that he acts without thinking.

In the end, he frustrates women because they can't form an emotional connection with him. So they have their BB orbiters for that. But these guys, on the other hand, are totally incapable of making decisions, setting boundaries, and so on because they're over analyzing. They overly empathize with others, especially women. Their problem is that they think too much and don't act enough--or decisively enough.

So then comes along a red pill dude in his mid to late twenties who was a nerd in high school and has since been working on himself. This dude is obviously rationally intelligent. He's also developed emotional intelligence, dominance, self-respect, decisiveness, personal integrity and so on. He has a tight body because he works out. He's developed a sense of style. He's very aware about the world and the social game. And if he's not making a shit ton of money already, odds are very good that he will within a decade or less.

This man is you. Whether he's you now or you in a couple of years doesn't really matter. What matters is that he's the holy grail in terms of SMV. When he walks by female heads turn. When he looks and smiles in her direction her panties get wet. When he talks to her she's in awe because...

He's not even gaming her. He's not using any tricks. He just has natural confidence he gained from thinking about the world AND acting in it.

If he gets into a LTR it's because HE wanted to. And if the LTR ends it's because HE wanted that too. Dread game for him isn't even a game. He doesn't even have to do anything because his GF/Wife knows that he can get chicks at the drop of a hat. And so she works her ass off to keep him happy.

On the sexual market place HBs are a dime a dozen. They comprise at least 15-20% of women. There's probably about the same amount of dumb alphas, the so-called naturals. But there's probably less than one half of one percent of guys like you. And there's absolutely zero female counter parts to you. There's no such thing as a self-made woman.

So, once you start putting in the bare minimum amount of effort working on yourself you'll see how quickly attractive women just naturally come into your life. Women start opening you. They start openly asking you for direction. They get shy around you. They don't know what to say. They want to be yours and have absolutely no way of making it so.... unless you choose them.

Fuck game. Just talk to women and choose among them. Let it be known, in your own natural way, that you have options. And you always have options, because you love being by yourself. You love yourself and your alone time more than you love women because that's the time that you're getting shit done. When you're building your

kingdom.

Women are just a place for you to rest when you get tired (which you can do by yourself just as well). And if they want, they can support you in your conquest and creation. But they better be fucking damn good at both things if they want to stick around.

So more than fuck game, FUCK this idea that you're not a natural alpha. You, the intelligent alpha, ARE THE REAL FUCKING THING. The idiot who seems alpha because every intelligent dude got pussy whipped by the system ISN'T. I hear this idea propagated over and over in the comments... that women hate RP because they don't want to accidentally stumble into a false alpha...

WTF kind of mentality is that? Is that really what you're aiming for? You just want to learn a bunch of tricks? You want to be a second rate imitation?

YOU are the real thing. At the very worst, you are the real thing in a larval stage. Just give yourself some time to mature.

Oh yeah, and WORK YOUR ASS OFF. Not for pussy. Not on your "game". Not because you want to "be alpha". Work because you fucken love yourself, you love life, and you're worth something more than what you have now.

Much love brothers. Have fun crushing it.

1,311
UPVOTES

Remember, you're good enough, smart enough, and doggone it, people like you!

redpillschool · 25 September 2017 · Archived copy · Reddit

Just remember, you don't have to prove anything to anybody. Failure is only as bad as you decide it will be. Nobody can tell you how to live life. Only you can decide what is good. *You do you.*

Just because you don't exercise or you're not looking your best, doesn't mean you have to feel bad about yourself. *There's somebody out there for everybody!* You just gotta wait for the right time, and the right person will come along.

Trust me, those girls giving you a pass today, they'll realize they've made a mistake 10 years down the road. Then who's laughing? **You are, you big silly manlet!** You showed them!

There's simply no objective truth to be found. Everybody's different. Everybody has something that works for them, don't change just because some assholes on the internet tell you that's the only way to get respect and women. Stay exactly who you are. **You're good enough just the way you are.** Accepting the status quo isn't shameful.

Women can't be generalized either, remember that. Every woman is completely unique and they all have different tastes and preferences. There's a woman out there looking for someone just like you. Never change who you are for somebody else.

You're good enough, smart enough, and doggone it, people like you!

No, not really. Useless feel-good platitudes are against **the rules**.

Learn them.

1,309
UPVOTES

#MeToo aims to make men criminally liable for all of women's negative post-sex feelings.

DickTerper · 13 May 2018 · Archived copy · Reddit

Have a read at NYT's [latest #MeToo article](#), and realize it isn't about consent anymore. In virtually all accounts cited in the article, the woman fully admits she gave explicit verbal consent prior and during the sex, which was never withdrawn.

Yet these women label their experience as a traumatizing sexual assault, and their partner as a sexual offender.

A summary of these 45 stories would be: woman and man meet, have consensual sex, woman catches negative feelings after the sex, retroactively considers herself raped, can't press charges since our regressive rape-culture laws fail to recognize her as the victim she is.

The goal of this movement is clearly to amend the situation, and allow women to pursue criminal charges despite having consented. The article is explicit that these women are all traumatized victims, and their partners are criminal assailants who got away.

There's no more pretense that men can do much about this. They're simply responsible for their female partner's emotions, period. For example, they should notice that the woman isn't into the sex. In fact, in one case it seems the man's only fault was that the sex was bad, so performing poor sex is also a criminal offense. If you're a man, of course.

Remember the old radical feminist propaganda that all sex is rape of the woman by the man? Well, I have news for you: it's no longer extremist or radical - it's become mainstream. It's at the very core of the #MeToo movement. Arguably the most influential paper in the country posts a front page story that includes a woman's report that "most, if not all" of her sexual encounters were non-consensual.

I wanted to separate out this part of the post, since it's important to recognize that **us men are not in any way responsible for women's post-sex feelings**. We are responsible for our own actions, which in the case of sex include backing off at our partner's request (contrary to the custom in most other countries outside of the rape-culture-west, where she'd just be literally raped and then stoned or burned to death if she tries to press charges.)

So on principle, the woman's post-sex feelings are her own business and responsibility. Nobody asks us how we feel. If a man tried to retroactively annul a consented marriage because he felt bad about it afterwards, he'd get laughed out of any court.

How or why women get these post-sex negative emotions is no concern of ours.

However, I do think it's curious that this article, that dives headlong into the subtlest minutia of women's feelings and thoughts, doesn't consider how in most cases the woman seems to catch these regrets soon after the sex is over. She suddenly "finds her voice", tells the man he assaulted her, kicks him out of her bedroom.

Note how the situation hasn't changed. The couple is still isolated, she is still naked and "vulnerable", etc. The only thing that changed was that the sex has been had.

How can the article, and all these female "reporters", ignore the obvious conclusion that this is just **buyer's remorse**?

The woman was horny, so she had the sex she wanted, gratified her lust, now she's stuck with the cost: being labeled a slut for quickly yielding to her desires with a man who isn't her socially acceptable partner, boyfriend or husband.

This happened in virtually all cases, yet the woman wonders why she only found "her voice" or "power to resist" after the sex is over, "too late". Bitch, you were horny, you wanted to fuck, so you had your sex, then retroactively

disavowed consent because it's **convenient**.

In other cases, it's obvious the woman regrets the sex because the man treated it as was it was - a quick first-meet hookup - rather than provided her with the "happily-ever-after" package she clearly deserves.

Betas and other unattractive men, take special note: you are a high risk group for this happening. In most accounts, the man was displaying beta qualities during or after the sexual encounter. Which makes sense: women who had sex with a beta *should* feel bad, biologically speaking, *especially* when no commitment was granted in exchange. They got possibly impregnated with bad genes, without the compensation of material support or commitment - the worst possible deal for her, evolutionary speaking.

It's no wonder their emotional system spins into a negative cycle strong enough to be remembered as a trauma: they **must** learn, they **must remember**, never to do this again. Their genes' survival depends on learning this lesson.

It's no coincidence that many of these accounts involve a woman's first sexual encounter. She did not know, did not expect, this harsh lesson. But she must learn.

So let this be a warning to you: if you want to participate in the hookup culture - the only mating culture we presently have, really - you **must not be beta**.

However, while betas are at the highest risk from women's post-sex regret, they're not the only ones by any means.

At this point, #MeToo's overarching objective is to grant women absolute power over men, by instituting the legal authority for women to completely destroy the social and material status of any adult man they choose. If you are a man, and you had a sexual encounter with a woman, you must keep her happy - by her own definition - in perpetuity. Or else.

1,308
UPVOTES

Leg day ruined by just one female.

[deleted] · 11 May 2018 · Archived copy · Reddit

It's a long story, but worth a read, lots of wtf moments.

Went to the gym tonight. As I was passing a new couple the woman was staring at me hardcore. After I passed by, I heard her tell her boyfriend "He looks ridiculous.". I ignored it and grabbed a rack.

A little about her: She's overweight with absolutely no curves, egg mode. Probably hasn't washed or brushed her hair in weeks. Legging read "PINK" all over them.

Was warming up on squats, I glance over... she's obviously talking about me to her boyfriend. I finish my set and turn down the volume on my headphones. Listening... I can overhear saying to her boyfriend "you should say something. You need to say something". A little argument ensues between them saying he doesn't want to bother me.

I'm still warming up, approaching about 65% of my 1rm where I'll increase 5% for singles from 60-80%. I focus on tightness and pause them. I'm running 8 sets of 3. Still have my headphones on, can hear her bitching on and on about my hideous form and how I'm going to hurt myself just doing a single squat.

I've been powerlifting for 9 years with no major injuries. I'm running weights that I can absolutely rep for 8-20 reps if I wanted to.

I do my first working set and she comes over, flailing her arms about and rude as shit tells me "you need to take some weight off it's way too much for you". I roll my eyes and tell her "Thank you for your concern, have a good day." And slip my headphones back on. She hesitates, staring at me before storming off mad.

She goes back to her boyfriend yelling "its unbelievable how he just ignored me like that don--- what are you doing? I told you I didn't want to do that exercise Anon." Her boyfriend mutters something I can't make out tail between his legs style. She yells again "Fine, whatever. Lighten the weight you can't lift more than me, I already told you." He complies (what the fuck).

She's over there talking shit the whole time to him, emasculating him word by word, second by second. She says some shit to him like "You should thank me for coming, I would have just been at home eating pizza or something". Jesus christ.

She's been watching me the whole time, I'm resting before set 5. I watch her walk away. I'm racking set 5, when there's her and the front desk guy right walking into the weight room. Front desk guy waves me over, I walk over and say "hello".

Immediately he tells me "You need to control your weights." She's standing there with a shit eating grin. I tell him "I am controlling the weight" he tells me "well I was told you almost lost your balance with it" I start to say something back he cuts me off "take the weight off and collect your things and come talk to me upfront"

I comply and head upfront, he tells me he needs me to sign a form saying why he kicked me from the gym and it's only for tonight, I refuse. I tell him "I've been lifting here for 5 years dude. I explained to him the weight was actually light and I was controlling it. Watch the cameras." He tells me "That wasn't the only issue, you attacked a gym member when she tried to correct you for the safety of yourself and everyone else" (what the fuck?)

I explained to him what happened and how rude and vulgar she has been all night and I said like 5 words to her. He told me she felt threatened and now I'm making up lies about her and I need to leave before he calls the police. I leave without any words.

Going tomorrow morning to talk to the gym owner, I am demanding that the front desk guy be fired for punishing me without investigation and threatening to call the police on polite and calm me. I am demanding that she be kicked from the gym for lying and disturbing other gym members. Plus her vulgar and rude behaviour.

TL;DR Some girl ruins my leg day at the gym for no good reason. Gets me kicked from the gym ultimately. While simultaneously emasculating her boyfriend. There's a price to pay for all of this.

1,306
UPVOTES

Man tries to win his wife's love by giving her Teslas and expensive vacations. She returns the favor by - you guessed it - having an orgy with randos when he's gone.

needsomehelp3211 · 15 May 2018 · Archived copy · Reddit

Summary: You CANNOT win over a woman by giving her expensive shit, even (especially) your SO or wife. Not only is it ineffective, it will decrease her respect for you.

There's been a lot of discussion in the manosphere about value and how to demonstrate it. Many men, unfortunately, mistake what this means and what it entails. "Demonstrate value?" they ask. "Well, I'm an engineer working at Amazon making \$120,000, I have super duper value right??? Now how to demonstrate it... I know, I'll buy my woman lots of things so she knows I have value and I love her."

Stop.

Wrong.

Do not pass go, do not collect \$200 (in fact you'll be losing a lot more than that in child support payments soon). It is true that money does make a woman more likely to sleep with a man, but if you want any respect or actual attraction from her, you have to demonstrate it in ways that shows your value is for YOU. Not her. You.

Think I'm joking around? Read what happens to the guy who didn't learn this lesson. Full thread here.

Fair warning, the original post is pretty long:

Ten years ago I thought I had the perfect life. Upper six-figure job, beautiful wife, clean house, two new cars, and a child on the way. My job made me happy and I was good at it, and the stability was great. My wife loved me for me and ignored my flaws as I tried to perfect them. In return, I adored her and we seemed to be the perfect couple. People would always compliment us, and talk about how envious they were of our relationship and everything.

It kept getting better. I kept getting promotions, the kids (now 3) were born, and we eventually moved from an ordinary house to an incredibly nice one. My wife was doing very well in her career (optometrist), and we took fun vacations every year. Again, I thought I had it made.

I don't know how this would have prompted it, but in early 2015, I bought her a Tesla, for her birthday. She hadn't gotten a new car since 2008, and I kept getting new cars, therefore I surprised her. She loved it, loved me, and I remember spending that entire day just taking rides in it and figuring out how all of the gadgets and icons worked.

It was complete downhill from there. I don't know how that would have triggered anything, but in the months following, she became increasingly distant from not only me, but our children. My oldest (10, F) in particular, felt hurt by this and would often try to ensue conversations with her mother, in order to get her talking. Some days this would work and she would be pleasant, others it would have the opposite effect.

The first time I suspected that I was no longer her man of choice was in July 2016 when I noticed she was no longer going to yoga classes, but telling me she was. We were on the same phone plan, and part of that plan was we could see our locations of our phones. I was routinely browsing the app one day, and noticed she appeared to be at someone's house. Since she had been irrationally angry that day prior to leaving, I didn't question her about it when she got home from "yoga." Instead, I chose to closely observe where she went during her "yoga" times. It would always seem to end up at the same house - a well-off neighborhood (probably a step above ours) a little north of town.

I was getting ready to confront her when I noticed that she had been returning to yoga again. During this period, she became incredibly distant, and hormonal. My entire family had noticed this behavior going on for over a year now, but I had had enough. I sat her down, and asked her what was going on. She gave me the cold shoulder, and when I questioned her about the yoga locations, she accused me of stalking, invading privacy, and being a "grade-A dick."

That's when I asked her: "are you cheating on me?" Of course, the answer was no. What followed in the weeks to come was distrust, hatred, and plain anger towards me. It was clear she knew I had caught on, and was now trying to play the "I-can't-believe-you'd-think-this" victim card. But I knew. I saw through it all.

When she finally admitted she had seen and slept with another man, that's when I made my mistake. I forgave her. She told me she loved me, she loved our family, and in that moment, I believed her. I thought she could change. I was wrong.

We tried marriage therapy. We tried taking adult days. It seemed to work. We were happy, and she was genuinely having fun and it seemed like I had the old her back. I was relieved, this allowed me to pour more time into my kids and my work, and have less stress overall.

My business trip to San Diego (I live on the East Coast, USA) was cut short when my colleague fell ill, and our clients insisted that we reschedule. It was a hassle, but I we caught the next flight out, and returned home.

I'm not sure why I didn't tell her I was coming home, but I just didn't. Maybe I wanted it to be a surprise? The only surprise I received when I pulled into the driveway was seeing a Ford SUV in my garage, and finding not one, but TWO men in my bed. With my wife.

This all happened yesterday. I'm finally putting it into words. My wife started babbling when it happened, desperately trying to explain. I heard none of it. I walked out of my room, went to the basement, and poured myself a drink. I could hear the men upstairs leaving, and when I returned upstairs, it was my wife sitting there, clothed, with a sad smile on her face.

She started talking, but I wouldn't have it. I told her to get out. I told her to get out of my house. I informed her that I'd get her stuff to her by the end of the week. She tried to pull the "what-about-the-kids" bullshit, but I was just done. I'm sad, but not for her. I'm sad for my kids, and I'm sad for whatever poor soul she meets next.

I will fight hard for my kids, but my biggest fear is losing them. I know the court will rule incredibly in favor of mothers. I hope they realize that I've spent the last three years doing my best to mend a broken marriage for my family, and nothing has worked.

Let's dissect this from a RedPill perspective.

- 1) Upper six figure job, which means basically millionaire. Someone may look at this and think that alone means this guy's the ultimate alpha male. Well... turns out that isn't the case. Money means nothing if you're an orbiter and provider at heart. It just makes you a fatter golden goose in the eyes of your woman.
- 2) Bought her a Tesla as a surprise (ie spent >\$100,000 grand). Gentlemen, this kind of gift giving does not have the effect you think it will have. It doesn't bring her closer to you or cement your love, it actually diminishes her attraction. Women are binary. There are men who make their panties tingle, and men who make their purses tingle. You CANNOT be both, even though it's a nice pie-in-the-sky dream to be that perfect man. OP found out the hard way. The Tesla just hammered in his status as a subservient provider.
- 3) "Couples' therapy". Honestly, by the time you even get to the point where someone utters these words, the war is

lost. First of all most therapists are women and will be actively sabotaging the therapy sessions. Secondly therapy is just talking. And if there's one thing that dries up a woman's vagina faster than a gob of spit in the Sahara, it's a man trying to beg and "discuss" his way into her heart. You cannot negotiate attraction.

The way to show value through money is to spend it on yourself. Buy yourself some dope shit show it off. By a Tesla for you. Wear the most expensive brands if you feel like it. But above all else, make sure she gets the point that you're doing it selfishly and that she has to earn every penny you bestow upon her.

TL;DR: Demonstrating value does not mean showering somebody with gifts and attention. It means showering YOURSELF with gifts and attention and showing that you're #1.

1,305
UPVOTES

[FR] Female coworkers around the water cooler

the_breadcrumbs · 23 November 2017 · Archived copy · Reddit

So I'm at work shooting the shit with a few female coworkers. They know I'm single so one of them suggests that I need to get on Tinder, "I met my husband on Tinder!" The conversation moves to online dating now.

One of them starts to regale us with a story of her male friend who matched with a woman on Tinder and they set up a first date. On the way to the date, the woman texts the guy and says something to the effect of.. "I lied about my pictures/identity, they're older photos and I've gained some weight or I used someone else's photos, if you don't want to meet me now I understand." (I can't recall the exact scenario but you get the drift.)

The guy is already at the bar and I guess he says to her OK and decides to meet with the woman anyway . When she shows up, she actually is the attractive woman in the Tinder profile and was shit testing him for his reaction.

My female coworkers start awww'ing that Prince Charming was still willing to meet up with her and passed the test with flying colors in shades of blue.

They then turn to me and ask, OP what would YOU have done??? I tell them I'd wait to see what walked through the door just out of morbid curiosity and immediately reject them no matter who it was, and especially if it was the attractive woman in the Tinder photos. Why would any self respecting man want to start dating a woman under such deceptive conditions before even physically meeting? I stop myself there as I know I'm about to go full red pill.

They just look at me dumbfounded as if I had a dick growing out of my forehead.

Bbb..but OP, you passed the test! You've proven yourself worthy and now you get the opportunity to court this wonderfully beautiful woman!!

Fucking AWALT man.

1,304
UPVOTES

Unless you're a hot girl or a guy from a well off family, your younger years (<25) are supposed to suck.

ralphnlauren · 26 January 2017 · Archived copy · Reddit

My inbox has been flooded, royally flooded by messages from depressed and worried guys in their teens and early 20s. Instead of going one by one to reply to that many messages, I decided to make this post.

I hope that endorsed contributors on here make some posts geared towards younger men as well.

A happy youth: The biggest blue pill lie no one talks about.

Consume any form of media or read most modern works, they'll have you thinking that life from the ages of 16-22 involves a lot of partying, socializing, making a lot of friends, having a lot of sex, and just overall having that carefree fun lifestyle. So many times they tell you these are the years to enjoy life before it becomes filled with work, responsibilities, and "gets serious".

The blue pill lie of a happy youth, one that is aggressively pushed by media as well as society. A phrase they love to say "best 4 years of your life" to describe both high school and college, either one of those, whatever they're both better than what comes after according to society.

The happy youth, for the most part, is reserved for hot girls and for guys from wealthier families.

Wealthier meaning the guys whose parents can afford to send them to college, pay for everything (including the all important Greek Life dues and spring breaks), and the ones who spent their childhood and adolescence in the middle class (at the very least) suburbs or wealthier areas of a place thanks to their family's fortune.

Ever notice how a lot of the movies depicting the stereotypical high school experience with the cliques and popularity contests seem to take place in the same types of high schools? Mostly suburban and white, never really the working class or poor high schools.

All of the "high school experience" and "college experience" narratives apply to guys and girls from that kind of a background. I even noticed it back in my college days as the suburban kids with rich parents partied hard and lived "the college experience" while the kids from working class backgrounds worked through college to pay for it and were never really involved in that scene, for them college was grades and getting a job.

They don't ever mention this, all of the "fun experiences" that they promote in your youth cost a lot of money, in this case your parents' money.

Fancy vacation with your friends? Costs money!

Greek Life? Dues are very expensive!

Spring break? Not cheap!

All of this "high school experience" and "college experience" they pedestalize, it is mostly a rich kid's privilege. Now obviously I'll get the story from guys here of people who grew up poor but managed to have such a great college experience anyways but that is the exception to the norm and generally rare, at least in the USA.

If you are a poor kid or someone not rich and trying to improve your life, you're not going to try and stay in touch with a lot of your friends from the past as most will try to drag you down or envy your success.

That's the worst part of it, feeling left out, knowing that a certain group of kids are having the life you want to have but they won't let you have it.

You're at the mercy of your parents, for the most part.

People will claim that it is not true after high school but for most, it does carry over on to college and can help you. A lot of the brothers in my house had their parents paying for their dues and their spring breaks, this is common in Greek Life, other kids were not so lucky.

If you had cool parents that did their job right, were wealthy, and put you in the best circumstances growing up (good high school, good neighborhood, paid for your college, let you decide your own path when you got there, and let you grow), then your youth should be amazing. If you weren't so fortunate, then you're mostly SOL.

I have known guys who had to deal with overbearing helicopter parents, abusive parents, and parents that purposefully set them up to fail. Some of these guys ended up moving back home after college where they were going through hell before finally breaking free and experiencing life. All of these guys had unhappy youths and spent their teens as well as a good part of their 20s breaking free to where they could become independent.

I know life is unfair but it's okay, there is a blessing in this.

That anger and hunger from missing out, you're one of the many guys feeling it. You will work hard, I am sure you will. Many of you are blessed to have this sub and you will no doubt be aware of the dangers society presents.

Best of all, you will keep on improving and pushing to be great while a good number of the privileged kids get jaded. While a lot of them marry by the age of 25, your life will really begin and you might be with a different woman every weekend. You will remember this pain, this hell, and you will keep on pushing to be great.

I won't promise that you'll rival some guy in a top tier frat at a top 10 party school but it will definitely get better for you as you keep developing yourself and truck through these circumstances.

Many of the spoiled kids will run away from the age of 25, knowing it's all hell from that point on, you will welcome the age of 25 with open arms.

The struggles you faced due to the deck life has handed you, if you truly grow from them, will make you better equip to deal with what comes when you hit the real world.

The spoiled kids who had it all handed to them, they will cry about how terrible life is after college, you will find a way to enjoy it because you're good at dealing with difficult situations since you were born in them (in b4 bane reference).

So keep your head up.

Truck through it, keep working, keep pushing, and know that it is normal for life to suck in your teens and early 20s unless you're a hot girl or from a well off family.

1,304
UPVOTES

Dopamine Decoded: The Five Most Toxic Habits (Part 2)

Mattalec · 22 May 2017 · Archived copy · Reddit

In this installment of the series, I will go through:

- **The 5 most toxic neurothrills we indulge in on a daily basis and what makes them particularly harmful.**
- **Actionable advice to help you get started.**

I will try to keep this post as succinct as possible, while giving you the information you need, in order to critically analyze your daily habits, and see which activities have been promoting disordered functioning of your dopamine receptors.

If you missed Part 1 of the series, be sure to read

it--<http://themillennialmonk.com/dopamine-decoded-the-key-to-discipline-part-1/>, to get a good basis of the theory of dopamine abuse in the modern world and its repercussions.

Without further adieu, let's begin.

1) Porn

When it comes to the most commonly abused source of instant gratification, hardcore pornography takes the cake. Unlike certain foods or drugs, there simply isn't a limit to how much one can consume per day. This, in conjunction with the fact that there are endless possibilities for new, novel stimuli in the form of extreme genres and fetishes, makes internet porn a slippery slope for most people. It's not uncommon for many to progressively degenerate into more extreme forms of porn to elicit a higher dopamine response, just to get the feeling of pleasure that they felt the first time they ever watched it.

Porn also has certain physical repercussions, namely, its contribution to porn induced erectile dysfunction (PIED). Dopamine plays the role of signalling your hypothalamus to send a nerve impulse down the spinal cord towards the genitalia in order to achieve physical arousal. When one's dopamine receptors fail to become sufficiently stimulated in response to normal sexual stimuli, he will have trouble maintaining an erection outside of the extreme forms of porn that he has progressively conditioned his brain to require.

To add to these physiological consequences of porn use, porn, or the act of spending time trying to find the *perfect* video eats up large portions of time that could be better spent on more beneficial activities.

Recommendation: Eliminate all forms of pornography from your everyday life.

There is no benefit to viewing pornography, even in moderation; your biology is wired to crave more extreme forms as time progresses.

2) Social Media

Social media is the king of distractions. Americans aged 18-64 who use social media say they spend about 3.2 hours per day doing so 1. This is an enormous chunk of the day that could, and should be used more productively. The problem with social media is that it trains you to need a small, intermittent dopamine hit multiple times an hour. Today, we are constantly checking our phones, waiting for someone to like our Instagram picture or retweet something we posted on Twitter, just to get that little surge of dopamine of someone validating our post. This obviously leads to some issues. Your ability to focus on tasks, uninterrupted, greatly diminishes due to this constant validation seeking behavior.

Not only is social media a harmful neurothrill that abuses our reward system, it also has a tendency to make you feel inferior. If you decide to keep using social media, it is imperative that you understand what its true purpose is: **personal marketing**. The people you follow will only post the most exciting moments that they experience, making their lives appear more thrilling than they really are. Many of us forget this and get caught up in comparing our own lives to the ones we see on social media. Realize that you are comparing yourself to a story that someone wants you to believe about them. Don't compare your homemade sandwich to a Big Mac in a McDonald's commercial—it may look more delicious, but in reality, it's just a greasy sandwich.

Recommendation: Drastically cut down your use of social media.

Social media will waste your time, cause you to seek validation from others, worsen your ability to delay gratification, and will make you feel inferior if you don't view it as a tool for personal marketing. Eliminate it and watch your confidence and discipline skyrocket.

The only exception for keeping a social media account is to play the game of **personal marketing**. Build yourself an attractive profile, then leave it up as a tool of demonstrating value. (This will be a topic for a future post.)

Alternative: Always be social with strangers in public.

See someone wearing a t-shirt of a band that you like? Make some small talk with them. Focus on meeting people every day and building your real life social network.

3) TV/Video Games

This dynamic duo was the bane of my teenage years—they are extremely effective at wasting your time. Netflix was always a problem for me; once I had started watching a TV show, it was extremely hard for me to stop. Plot twists, explosions, deus ex machina—all novel tactics to keep you entertained and glued to your seat for hours.

Most video games keep you occupied in the same way. What makes video games more insidious than television is the leveling system that many games have. By giving your brain the illusion of working hard towards improving your character to a certain level, it has the tendency of making you come back every day to plug in several hours to further advance your character.

Recommendation: Always be staying busy (ABSB)

If you are willing to give away your TV—more power to you. For most of us, however, that's a pretty drastic measure. The best way to avoid falling into the trap of loafing on your couch all day is to always be keeping busy with other tasks. Cultivate productive everyday habits that leave you too preoccupied to consciously turn on your TV to unwind.

Alternative: Read a book

In the fitness world, they have what's called "the apple test." If you are hungry enough to eat an apple, you are indeed hungry and have passed the test. If you are not hungry enough to eat an apple, you have failed the test—meaning you are not physically hungry, you just have a craving for the taste and comfort of food.

Similarly, I came up with something called, "the book test." If you are looking to unwind, and the idea of reading a few pages of an interesting book doesn't appeal to you, then you know that your mind is seeking a dopamine hit.

4) Sugar

Something that not many people realize is that eating sugar causes very large amounts of dopamine to be released. The fructose found in sugar bypasses our normal satiety mechanisms by promoting resistance to a hormone released by our fat cells called leptin. Leptin works to achieve homeostasis in the amount of fat that our bodies carry. The bigger our fat cells are, the more leptin they secrete, signalling the brain to eat less food. By making the brain temporarily resistant to leptin, fructose encourages fat storage.

Since there weren't many sources of sugar in the pre-agricultural era, it makes sense that our brains evolved to reward us in the case of finding one, as it would increase our chances of survival by increasing our energy stores.

With the advent of refined sugar into our everyday lives, we have seen a growing incidence of obesity and type 2 diabetes. This all stems down to the fact that sugar acts like an addictive substance by releasing large amounts of dopamine when ingested, ultimately leading to desensitization through over-consumption.

Recommendation: Eliminate refined sugar from your diet, eat fruit in moderation.

5) Excessive Theorizing (Mental Masturbation)

Many of us who have a passion for self improvement struggle with this habit. What we don't realize is that reading post after post, book after book, is dopamine seeking behavior. Filling your head with theory—new tricks and insights—without taking the proper action to implement them is mental masturbation in its purest form. It is definitely a hard pill to swallow, but for most people, constantly reading self help material is just a sneaky way for your brain to get a dopamine hit, while the host is left with a false feeling of success and accomplishment.

Doing this wastes time and gets you nowhere fast.

Rather than going out and taking the proper actions to realize his dreams, the mental masturbator sits in isolation, reading about the experiences of others taking action, searching for the *one* tidbit that will bring him a quantum leap to success. It never comes.

Recommendation: Keep a theory to action ratio of 1:5.

Keep track of all the tangible actions you make on a daily basis that bring you closer to achieving your personal goals from now on. Award yourself one theory reading for every five actions you take. This will keep you from falling into the trap of masking your fear of taking action with over-saturation of theory reading.

A Quick Word on Meditation

In order to 'grease the groove' and make the process of avoiding instant gratification activities easier, I recommend a short 10-20 minute meditation session each day.

How to:

- Sit in a comfortable position.
- Observe the breath. Is it cold as you inhale? Warm as you exhale?
- Observe the uncontrollable act that breathing is. Observe the unconscious force which compels you to breath.
- Thoughts will arise, simply realize that you are thinking and return to observing the breath.
- Do not feel anger or frustration if thoughts continue to arise incessantly. Each time you recognize that you are thinking, the frequency of thoughts decreases.

What this does is train you to be aware of when your mind tries to rationalize its desire to indulge in dopamine spiking activities.

It also makes you more aware of when your brain finds other media through which to satiate its craving for dopamine that you might not have been aware of initially.

Start with 10 minutes daily, progressively adding 30 seconds to each session each day until you reach 20 minutes.

Additional Neurothrills (For the Hardcore)

These are by no means necessary, if you refrain from the toxic five, you will be psychologically and emotionally healthier than the majority of people living in the westernized world.

Music: As a musician, I dread the idea of listening to less music, but I can't deny the fact that the longer I abstain from listening to the music on my phone, the more amazing it sounds when I do listen to it. No need to eliminate it, but consider listening to a podcast on your way to work once in a while instead.

Warm showers: While it seems that warm showers mostly release oxytocin, myself and many others have had tremendous success with implementing cold showers.

Day dreaming/fantasizing: Meditation is a great help if you have problems with this.

Alcohol/cigarettes/marijuana: These are simply unnecessary dopaminergic vices.

Conclusion

It takes a strong mind and a boatload of self awareness to realize the vicious cycle of dopamine abuse that exists in our modern world.

The average man seeks to live in comfort, blindly pumping his brain with dopamine daily, from the time he wakes up to the time he goes back to bed.

He is lonely because he is too sexually depraved from pornography abuse to pursue a healthy relationship with a woman.

He places his confidence in the hands of others by relying on their validation through social media.

The average man eats sugary snacks and sits happily at >20% body fat, slowly bringing his cells to exhaustion from the constant bombardment of insulin that they receive.

He will sit in front of the TV for hours, binge watching netflix or playing video games to 'unwind' from his 'hard' day at work.

He is always looking for shortcuts, unable to muster up a shred of discipline to put in the work to escape the hell that he calls life.

He'll never change. He's *comfortable*.

But you can.

<http://themillennialmonk.com/>

1,303
UPVOTES

Equality Is a Bitch, Ain't It? - Army and Marine Corps Say It's Time Women Were Eligible for the Draft

Sdom1 · 4 February 2016 · Archived copy · Reddit

As a conservative/Libertarian type, one thing that makes my fucking day is to see leftists suffer the unintended consequences of their bullshit policies. Exhibit A for today: Women have been claiming for so long that they're equal to men in every way that people are starting to believe them. They celebrated winning the right to go into combat without really thinking through what that means. Par for the course for leftists. Now they're freaking out because the military has said, "Great, so now that you're the equal of a man, you get to be eligible for the draft!"

What's especially great about this is that feminists are exposing themselves with their reactions. Many are blowing the whistle on themselves, saying "Wait, feminism isn't about equality." This is news to most everybody but us.

Also, it shoves their face into an uncomfortable fact - rights and privileges come with obligations attached. They've never understood this, but honestly, I think that this is our way out. They have to be made to realize this. Once they do, 99% of them will want to be housewives.

<https://www.washingtonpost.com/news/checkpoint/wp/2016/02/02/army-and-marine-corps-chiefs-its-time-for-women-to-register-for-the-draft/>

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UPVOTES

The Red Pill Blueprint: a brainboy's journey to Pussyland

Derek1382 · 1 March 2018 · Archived copy · Reddit

The third anniversary of me saying "fuck it, let's try TRP" has recently passed and I'm going to take the chance to condense all that's happened and I've learned and give it back to the community

Enter me

I wasn't an outcast, permavirgin, or other incel-type. I grew up in a middle class family with a stable marriage, went to decent but not amazing public schools, had some but not overwhelmingly many friends growing up, played sports but wasn't a star, and had a string of long-term girlfriends but no wild sex life.

In short, I spent most of my life as your Standard Template Average Dude.

My peculiarity was that I always, for as long as I can remember, wanted to figure out how things worked. Even more than figuring out how to make them work for me. I was the kind of kid that gets a toy car and disassembles it to look at the bits inside, then puts it together and finally actually plays with it.

With women, I've always been the same, which would have worked great if I wasn't also hampered by hammered in notions about how a "proper" boyfriend ought to be: faithful, supportive, non-judgemental, yadda yadda yadda. Basically, women were just about the one thing about which I *didn't* allow myself to be inquisitive and figure out what the mechanics were.

Enter TRP

Still, in secret, I frequented vile internet forums where men were exchanging tips on how to get pussy. To give you an idea how long I've been reading this stuff, the first discussions I remember were about the soon-to-be-published *The Game*.

While I was reading that vile, sexist, absolutely forbidden stuff, I kept being in relationships that followed a predictable parable. Let me know if you've heard this one: boy is pretty chaddish, attracts girl, they get together, boy betafies, relationship fizzles out. Rinse and repeat. That was me.

Eventually, 3 years ago I had enough. I was no longer willing to just go through the cycle, no longer interested in another repetition, and had finally been worn down by reality enough to accept that my moral quandries were perhaps bullshit. So, on a whim, I said "fuck it, let's try TRP", which I had been reading for a while by then.

First forays into pussyland

At that point, I was a fresh college grad with a reasonable income, some adult independence, and no fucks left to give. So I tried shit.

I did **not** just adopt TRP as a faith-given mantra. That wasn't what I was looking for. I allowed myself to experiment with *all* ideas that struck me as interesting; I kept what worked, and discarded or changed what didn't. Rinse, repeat.

I made mistakes a-plenty. I got into some embarrassing situations, some stupid ones, and some crazy ones. I made a fool of myself, pissed people off, shocked friends, made others in places I never would have thought to go.

Eventually I came out the other way, and awaiting me was the wonderful nation of Pussyland.

What it's like in Pussyland

You know in Fight Club, when the narrator says that after fighting, the world gets the volume turned down? in Pussyland it's like that, except it's the search for pussy that gets the volume turned down.

To put it another way, Chad is not the guy who's worrying about pussy. Pussy comes easily, as part of your lifestyle, and it's honestly just not a big deal. Fuck one, lose one, you realize it literally doesn't matter any more than other

fleeting pleasures, ie very little.

The constant, driving horniness and frustration of the Average Frustrated Chump (an old-school PUA term that I think is still very valid) just gets toned down, and you realize how many other things matter far more. In the past, I would have and did hamper other aspects of life to chase pussy; nowadays, I'd drop any given woman without a second's thought if I needed to focus on something else.

Enough with the bullshit: what I learned

Lesson 0: your journey is *your* journey, and will never be exactly the same as anyone else's. You must take inspiration from the stories you read, but you'll always have to find *your* way to apply those lessons to your life, circumstances and objectives.

This was a big one for me, because for way too long I stumbled through trying to just imitate the latest approach that caught my fancy. Eventually I learned to take an experimentalist artisan's take on it: use what worked for me the way it worked for me, even if it's different from what I had read other guys doing.

Lesson 1. flirting and sex are *natural*, and 90% of your job is deprogramming yourself from the bullshit ineffectual behaviors society has imprinted on you.

I was initially under the mistaken impression, reinforced by approaches that focus too much on techniques and tricks, that attracting and bedding women was a chess game in which you had to keep in mind myriad strategies and apply the right ones in sequence. It's exactly the opposite: relaxing, leaning back into the chair and letting your natural instincts take over is by far the most important skill to learn. I'd venture that at most 10%, and probably as little as 5% of game is about learning any kind of consciously applied technique.

The best way I can explain this is the following: think of eating some tasty food. Your mouth, tongue and brain know exactly what to do. You don't have to consciously think about chewing or how your tongue moves. If you did that, eating would be a terribly stressful and unsatisfying experience. It's the exact same thing with flirting and sex.

Lesson 2: it really doesn't take much effort at all to attract far more women than you can manage.

I read this helpful explainer a while ago: you have 7 nights and two days a week, assuming you work a typical day job. That's not much free time at all. If you have friends, hobbies, interests etc, your agenda will fill up fast. How much time do you want to give to women? for me it's not more than two nights a week, unless I can have easy home-delivered sex for *after* I've done something interesting in one of the other nights, and even then I might very likely prefer getting more rest and sleep to be more productive the next day.

How many women can you keep in that kind of rotation? 3 or 4 is *plenty*. So let's say you have an abysmal success rate on Tinder and get a viable match every 3 months. That means you'll fill up your roster within a year. That's with an abysmal success rate, mind you. At that point you'll have to stop getting more women because managing the turn rotation of your bitches will become more trouble than is worth (at least in my experience, if you're happy doing that shit then more power to you).

Lesson 3: frame is, by far, the most attractive male characteristic.

There are really only two moments to getting a woman: the first spark of attraction that means she'll talk to you, and everything that follows, which is 100% about you holding frame. Stripped to the bare bones, there really is nothing else.

To get that first spark sure, you need to have something: looking hot helps, as does being the "type" she's currently convinced she likes, or having a witty opener, or whatever. But once you're in, once you're down talking, in one way or another it's all about frame: the quality of your jokes, your ability to vibe, your capacity to pass shit tests are all down to how solid your frame in, ie whether you are secure enough in yourself and your view of reality that you can just sit back, relax and let your natural male energy pour out and invest her.

Beyond all the abstractions and details of analysis, across all my interactions and regardless of with whom and in

what circumstances they were, that is the constant I found to be completely determinant: frame and whether I was holding onto it. Nothing more. It effectively doesn't matter how similar or different you are, how your sense of humor is or if you have anything in common: no matter the status of any of these questions, if she sees you holding frame she'll hamster that she's attracted to those characteristics.

To be blunt: I've fucked an endless number of vocally feminist chicks, when I'm anything but. Of those that discovered it, not a single one was any less attracted, and all hamstered a reason for why my sexism was not the problem they would have sworn it'd be with anyone else.

Lesson 4: women are all horny sluts who can't control themselves

This was perhaps the hardest one to accept, because like most men I had always assumed that we are the horny gender who does stupid stuff for sex. Nope, nope, nope.

Women are *desperately* horny. They are just as horny as teenage boys, with the key difference that they're only horny for alpha dick, the most scarce commodity in the world. When they smell alpha dick, their horniness turns into a terrible unstoppable behemoth and they *will* make sure to get that alpha dick for themselves.

I can not overstate how desperate the average girl is for a man that is a **man**, that doesn't behave around her as if she's a capricious porcelain doll, that calls her out on her bullshit and that fully understands that she's just as interested in sex as he is, if not more. Women are used to dealing with betas all the time, and it's exhausting for them; the sheer relief at interacting with an alpha is like a glow you can see on them.

If you give a woman that experience, by the time you're into bed 95% of the job is done. For women (and I'd argue it's actually the case for men too, but that's a discussion for another time), arousal is almost only an emotional process, very little of it stems from the physical realm. If your woman is extremely into you before reaching the bed, she'll enjoy herself almost in spite of what you do. 5% at most of this process is about knowing and employing technical notions about sex; your natural behavior will be much more than enough.

tl;dr (though read it, I've made the effort so you can too:

- take an experimentalist artisan's view: don't bother with following any doctrine, test shit out and keep what works, modified from the form you found it in if necessary
- 90% of the job is not about learning techniques, it's about learning to sit back and relax and letting your natural behaviors emerge
- you're 100% vastly overestimating the amount of effort it takes to live an extremely abundant sex life
- frame is by far the most important engine of attraction and will override almost anything once a woman experiences it
- women are desperately horny for alpha dick, even more than most men are horny for pussy in general

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Talking With Women - Always DARE Never DEER

LiveAFTSOV · 26 September 2019 · Archived copy · Reddit

Defend, Explain, Excuse, Rationalize...

The Four Horsemen of the argument apocalypse.

The surest sign of doom's arrival is the scornful tongue lashing from a toothed vagina. Once a woman in your presence argues with you, or tests you - the horsemen are coming to your doorstep.

When you feel the tremoring gallop of these riders approaching, you'd best close the white gates of your mouth, and seal them with your lips.

If they've already arrived, the conversation, as you know it, is over.

The mighty tides of white colored pussy cream, dried in an instant - rendered into friction filled dunes of dry-crusted sand.

The tingles, are gone.

From there, the arousing conflict transforms into a contest of how much power you will surrender to your adversary, the fair-faced, bearded clam.

The sin of entering arguments, or DEERing with women, will happen in 4 ways - each unique in both appearance and punishment.

Learn them well, and avoid them.

**Defend - The first Horseman* * Being defensive is NOT to be confused with defending oneself from a real threat, like a physical attack, an attack to your character by ad hominem, or an attack against your ideas or beliefs. Defensiveness is a psychological response to perceived or imagined threat or attack to one's sense of self. •What "Defend" Looks Like

Examples Are Italicized

"I bet you say that to all the girls." --- "What, are you calling me a man-whore or something? I don't do that!"

"How could you not know where the spoons are?" --- "I looked fucking everywhere for them!"

*"Dude, are you mad? Your face is all red and you're foaming at the mouth." --- "I am NOT angry! Why would you assume that! Maybe YOU'RE angry!" * "You really suck at having sex, babe." --- "What? But every other girl I've been with said I'm amazing! You're the one who sucks."*

"You went and bought WHAT without talking to me about it?!" --- "But baby, I know I made the right call, look at all the benefits of this decision, don't you agree? Tell me why you disagree!"

"Only an idiot reads the red pill." --- "What? How DARE you question the red pill?! You're just a bloopie faggot!"

"I wish you would start doing the dishes." --- "I wish you would stop being so goddamn annoying!!"

"You suck." ---- "Why would you even say that about me? I'm fucking awesome! What did I do to you?"

Arms folded across your chest.

Eyes darting around. Rubbing the back of your neck or head in nervousness.

Strained facial muscles. A feigned smile.

Shifting back and forth in position.

●Why People "Defend"

People become defensive because they aren't confident in their own decisions, and they don't believe in who they are. They feel guilty, ashamed, and timid about their choices. They question their sense of self. A defensive man is not an immovable mountain. Instead, they are an ungrounded castle, built upon pillars of sand, waiting to wither away and topple.

When you feel the urge to be defensive, you may believe what the other person (the female) says about you, and you must defend the validity of your inner sanctum from this attack. You question your internal beliefs, start to believe what the outsider is saying about you, and then you defend yourself to convince yourself of your own truth and beliefs. You feel that you are being personally attacked, and you are protecting your sense of self. Terrible, ain't it?

Even worse, some people experience the urge to be defensive when an attack isn't even intended! This is the result of upbringing, and unconfidence - perhaps policing parents who harassed their child, leading to a grown man becoming defensive and confrontational when a woman asks "Hey honey, where were ya last night?" Maybe you were actually out there doing some shady shit, and your guilt about doing what you were accused of leads you to becoming defensive.

We want people to see us the way we see ourselves - or at least not see us negatively - and we spend immense time and energy debating and defending ourselves and our decisions to others, because we want them to approve of us, and to see us in the same light we grant ourselves. We try to convince them that their perceptions of us are flawed - or incorrect.

If you are unclear about who you are, you start to believe what other people tell you, and feel the need to defend yourself by resisting your accusers arguments and attempting to prove yourself - A fencer, ferociously swatting every potential stab away from themselves, when in reality they are an enigma that can be penetrated by sword without suffering so much as a puncture wound. Being defensive is unnecessary, and a foreign notion to a grounded and confident man. ●How "Defend" Punishes

Defensiveness validates accusations. It turns your vagina play toy into a threat - making a woman into an enemy by defending yourself from them. As the woman realizes they have gained the power to "get to you," and evoke feelings of defensiveness in their man, the Alpha-To-Beta shift begins in the sexual relationship.

By letting the sin of "Defend" pillage your conversation, you create an air of tension and social awkwardness. The girl will give you strange looks, and doubt your capabilities of authority and leadership as the captain of y'all's relationSHIP. This sin will arouse suspicion, and contempt in even the strongest of partner pairings.

Frequent defensiveness leads to women simultaneously shit-testing you more often, and distancing herself from you as she starts to lose attraction.

Explain - The Second Horseman

If it's simple things that make people curious, or just conversational "stuff" in general, it's okay. Never explain the choices you've made, or the way you act and behave.

*●What "Explain" Looks Like * Examples Are Italicized

"So, what are you looking for here on tinder?" --- "I'm really trying to find the one, I've been looking around for a couple years and kinda had a dry spell. What about you? Oh she unmatched."

"Why did you ask me out?" --- "Well because you're reeeeeeally pretty and you're my oneitis so I figured, hewk, might as well give it a shot! Hey wait where are you going?"

"Why don't you go make a move on her bro, c'mon?" --- "What? Why should I? You know I'm shy bro, I haven't asked out a chick in like, 5 years, I'll look like an idiot!"

"Why haven't you taken out the trash?" --- "Because babe, it's hot outside, and I've been looking for my sandals, I'm going to get around to it."

"Where did you put the car keys?" --- "Well babe, I was in the shower, and then I went downstairs, and then I pet the dog, and now I can't find them!"

"Why did you leave the TV on again?" --- "Well, honey, I was downstairs, then I went to grab a beer, then I saw you laying on the bed and we got busy, then next thing I knew we fell asleep. I hope you understand why I left the TV on now."

I did this, this, and that, what do you think?

I did this this and that, did I do a good job?

Puppy dog eyes, eager for direction and approval.

Numale soy grin.

●Why People "Explain"

Humans have a need to be understood. Many men have made the mistake of continuously giving a woman one more bit of info, so they'd just "get it."

This is because when it's a man to man conversation, explaining normally works - one friend explaining to another why they did what they did, that friend nodding and saying "Ahh," then moving on to talking about something else.

Then we go and try to explain ourselves to women - forgetting that they don't communicate through reasoning, and we don't explain ourselves to our subordinates. You put her into a position to judge you - like your mother would. That's right, you explain yourself to your girl because you want to get your surrogate-mother's approval.

Finally, people think aloud in a concealed attempt to convince themselves that their decision was the correct one - hoping that by explaining themselves to someone else, they can get reinforcement of their choices through another's approval. She isn't your mother, nor on a pedestal, so stop looking up to her. Make a statement and shut the hell up.

You don't have to justify a reason for every action you take. Let others make their assumptions. Your actions will speak for themselves.

●How "Explain" Punishes

Would you explain yourself to your 3 year old cousin, or daughter, or random snot-nosed kid on the street?

By committing the sin of explaining yourself to a woman, you instantly throw her into the role of authority. You give her the sub-communicative position of approving or disapproving your decision, and squander your credibility.

Even after hearing your well-thought out reasoning, women will still find a way to blame or chastise you. "Well you shouldn't have lost your sandals in the first place!" Explaining only welcomes drama into your life. Women will stand and stare, waiting for you to finish your explanation, then nod in approval or give you a verbal spanking like your mother would. Then they expect you to forever maintain this "bridge of open communication," with her, which really means they grow accustomed to you giving them status updates on your life, giving you shit if you ever stop seeking counsel with her, while they grow a side life of their own, in eager search of a new mystery.

The more you explain yourself to women, the more they will intentionally misconstrue your words and confuse themselves, because they want to keep the conversation going and eventually, as they grow bored, cause drama for your weak-ass. You're going to be hearing a lot of "so, basically what you're saying is..." until it leads up to yelling and arguing.

Excuse - The Third horseman

You know what you did, but you reject responsibility.

•What "Excuse" Looks Like

Examples Are Italicized

"Why were you late to our date today!" --- "Babe, I was stuck in traffic, it wasn't my fault!"

*"Why don't you go flirt with that girl?" --- "Psh, she's not my type, plus she's probably a slut anyways. And besides, I'd have to walk all the way over there. It's not worth it." * "Okay, well why don't you go ask that girl out?" --- "What? C'mon man, I'm not Red Pilled enough yet. Once I can squat 225, and I know all the iron laws by memory, then I'll ask her out. I'm just not ready yet!"*

"What! That girl is so your type!" --- "Yeah well I don't feel like going over there man, my legs are numb! I had leg day today!"

"Why didn't you try to close that sale?" --- "Dude, you KNOW that guy wasn't going to close - I couldn't have changed it, guys like him never wanna buy."

"Weren't you supposed to pick up the kids an hour ago?" --- "I didn't do it on purpose, I just so much other stuff to do!"

"Why did you jump off the cliff?" --- "Everyone else was doing it!"

"Why did you cheat on me?" --- "She made me do it!"

"Why didn't you go to the gym today honey?" --- "Ahhh babe you know how tired I get from work... then I gotta come home, take a shower, change my clothes, I'll go tomorrow - twice as hard."

"Didn't you tell me you were a rich club owner with a fancy condo suite, wheres your nice car?" --- "No no no babe, I said club PROMOTER... trust me the money is coming... I just uh... gotta cash in on a few investments first."

"Why did you get fired from work?!" --- "Jesus, I knew I shouldn't have worked with that BASTARD! This is all his fault! He's the cause of all this!"

Frightened face.

Look of anguish, worry, possible sweating.

Sleight of hand misdirection equivalent to a top tier magician - anything to keep attention off oneself.

Avoidant eye contact, shrugging shoulders, high pitched voice.

Looking like a bitch for using a bitch's communication tactic.

•Why People "Excuse"

We make excuses when we want someone or something else to be responsible, rather than claiming that responsibility for ourselves. Often, it is to avoid uncomfortable feelings of overwhelming pressure - and a feeling of being attacked. They fear failure, and are deathly terrified of confronting failure. People will quickly shift the focus of the attack to someone or something external to feel a sense of relief, or absolvment.

This is because they live inside of a victim-mentality - where they are a pawn in the game of life that other people take advantage of, or cosmic circumstances screw them over regularly.

Or, it's because they realize some people actually do have problems, and fake a "woe is me" attitude to weasel their way into sympathy, attention, and forgiveness. Another excuse maker's rationale is because they are just lazy. Their priorities are not aligned, and rather than accomplishing what needs to get done, they procrastinate and then blame their failures on the sky wizard. •How "Excuse" Punishes

When you give a woman an excuse, you are subtextually screaming "I can't handle the responsibility! Please forgive me!" Essentially, you tell her that you're a child. Once that's been said, you surrender power and give her the opportunity to accept or reject your excuse.

Give excuses to anyone enough times, and they start to figure out your word means jack shit - that you are not reliable, untrustworthy, and ultimately full of shit. But this isn't just about other people - the sin of excusing ruins YOUR life. You lose your initiative, and let opportunity slip away.

Not only do you repulse the woman by putting her in a position of power over you - you also frustrate her with your inability to accept responsibility and lead. The woman will lose respect for you, and you can say goodbye to her tingles.

Rationalize - The Fourth horseman

The fucking hamster. The more you try to convince yourself of some bullshit, the more the hamster wheel spins.

•What "Rationalize" Looks Like

"Why haven't you paid the bills?" --- "Well you see, I was going to pay the bills, but I was waiting for YOU to come home first! Yeah, that's it, totally not my laziness."

"Are you available?" --- "Ooh, I got my aunt coming over, then I gotta mow the lawn, then I gotta get ready for my dogs funeral, she was a shitzu, then I gotta do all sorts of things, I'm really busy I just can't make it!"

"I thought you were going to quit shooting heroin!" --- "Babe I couldn't do anything to stop it, my friend brought over the needle and it just happened!"

*"Why did you do that to me?" --- *"I wasn't trying to hurt you, I was just trying to teach you a lesson! Besides what I did is better than what I WOULD HAVE done."*

"So, did you get accepted into that college?" --- "Nah, they rejected me, but honestly I didn't even like that school that much anyways. They were a backup plan."

"You're such an idiot I'd never fuck you!" --- "Oh there must be something wrong with me if my oneitis won't fuck with me what will I do!?"

"So you smoke weed for the medical benefits?" --- "Yeah man, it like, cures seizures, and makes anorexia vanish, and it makes anxiety go away, not that I ever had any of those symptoms, but weed makes sure they never happen in the first place!"

Dazed look of confusion.

Genuine fireworks going off in one's eyes.

Breathing from mouth and gazing into the distance.

Shocked look on face. Open and surprised posture.

•Why People "Rationalize "

A person rationalizes AFTER the fact. A decision or choice is made, then the rationalizing happens afterwards.

This is because of a human need for consistency - we need to have things align in our lives, so if we've made a bad decision based on an emotional state of mind, we will rationalize why it was the right decision afterwards, to remain congruent and consistent with our beliefs.

People want to feel justified, and righteous of their decision, no matter how bad, in order to preserve internal integrity and outward appearances. This is the height of convincing oneself through mental gymnastics. Because you realize you made a bad decision, but are fearful of accepting responsibility and enduring the repercussions, so you choose to jump through flaming hoops to convince yourself of why you made the right decision.

As such, rationalization always comes from a SUBJECTIVE observation of a situation, giving the rationalizer the greatest opportunity to convince themselves of what-ever it may be.

It's used to create an active block against feelings of guilt, shame, and failure.

●How "Rationalize" Punishes

You will begin to rationalize the most self destructive and stupid behavior, once you let yourself stoop to that low.

In addition, people who rationalize the most have the most tedious, frustrating and unfulfilling lives. Because, although all their rationalizations do provide some emotional comfort, they also make them completely deluded when it comes to reality.

Essentially, you become a bitch, a woman - and unless the girl you're fucking is Bi or a lesbian, she's gonna see you as less of a man and lose attraction and respect for you.

Now, you are aware of the four horsemen.

With that knowledge, you may reclaim your power.

A great power, one that only Red Pilled men can wield - to call upon the Argument Archangels and DARE your woman!

DARE them with fervent might, and reap the valuable rewards.

Deflect, Amusedly Agree And Absurdly Amplify, Repeat, Exit...

The four saviors of amending arguments.

**Deflect - The First Archangel * The Pressure Flip.*

**•What "Deflect" Looks Like * Examples Are Italicized*

"You're just another fuccboi, aren't you?" --- "Why? Is that what you like?"

"No, they always find me, but I hate them." --- "I bet you're filled with hatred."

"What the hell, why would you say that?" --- "Black nails, that little choker... tell me, on average, how many times a day do you just wanna scream 'Fuck these niggas!' huh?"

"OMG, that's how I feel at work EVERY DAY." --- "Yeah I bet, tell me more about that..."

"Why aren't the dishes done?" --- "Cus you're not in the kitchen babe."

"What?" --- "You heard me, go take care of it." --- "Okay, yes sir."

"I have a boyfriend," --- Completely ignore what she said and continue talking.

"ARGHH OH MY GOD IM GOING TO BE LATE WHY DID YOU WAKE UP SO LATE!!" --- "Uh uh, you know it's not really my fault, that idiot in front decided today was a good day to crash. Now if YOU wanna get out MY car and walk, that's fine, but you're not going to take it out on me. Don't do that again."

"ARRRRGH, you're right... I'm sorry daddy... BUT FUCK THAT GUY."

"Why are you wearing that color?" --- "Why aren't you?"

"I bet you miss me, don't you!" --- "Just your ass."

"Cus I have good tastes in clothing." --- "Oh, here I was thinking your mother dressed you up."

"Damnit, why haven't you taken out the trash?" --- "Oh I will, just turn around for a second... -smack her ass and scooch her out the door.- You got it babe!"

"I want cookies and milk!" --- "You're a little baby." -Then give her a kiss.-

"You're kinda overweight, dont you think?" --- "Kinda reminds me of this story when I had an overweight luggage, they made me throw away 16 kilos of coke! I was sooo devastated."

"Wait, what the fuck? HAH! No but really you're kinda fat." --- "And you remind me of my needy little sister."

Simply changing the subject.

●Why People "Deflect"

Red Pilled Men deflect / pressure flip because they understand women. Engaging in argument is a blue-pilled fools game to lose.

Deflecting what a women says is effective because it demonstrates that you are unphased by her whimsical non-sense, letting her teases and chastizings ricochet off you and bounce back to her. That's the second reason why you want to deflect, to give it right back to her in her cooter.

She won't be prepared for it more than 2 or 3 deflections. You want to keep going until you catch her off guard and make her stumble over her words.

●How "Deflect" Rewards

Once the girl starts struggling over her words - you have demonstrated your social superiority and have shown that you are on a higher level than her, as her critiques or quips are completely meaningless - I.E. she has no power over you.

This will generate a fun and positive experience and interaction, in addition to generating arousal through small conflict. Finally, deflection keeps the attention off you and places it on where you want it.

Amusedly Agree And Absurdly Amplify - The Second Archangel

Yeah, so what?

●What "Amusedly Agree And Absurdly Amplify" Looks Like

Examples Are Italicized

"You're really short," --- "What is it about short guys that turns you on so much?"

"I have a boyfriend," --- "I have a girlfriend, lets set them up and run away together. I just wonder who'd get the better deal..."

"Have you always been stupid?" --- "That's too hard for me to think about."

"I feel like I'm being replaced." --- "Nonsense, you'll always have a top tier spot on my harem."

*"You really need a haircut." --- *"What the fuck? I'm bald! I've worn a wig this whole time. Come here pull it off."*

"WHAT! No. I can't be with a bald guy... wait.. it's not coming off." --- "I knew you liked my hair, can't keep your hands off it."

"Awh, look at you trying to act all dominate," --- "Yeah, and look at you trying to hide that ass," -Smack her ass-

"Jesus christ you're tall, hows the weather up there?" --- "I don't know, how bout you check the thermometer." -point at your dick.

"Are you just going to do nothing all day?" --- "Fuck yeah I am, if I work hard enough, I can keep this up for a full year!"

"You're such an asshole!" --- "Yeah I am, so what? Got little dingle berries hanging from the whiskers in my beard."

**Taking what a woman says, then agreeing with it and exaggerating it to clown level proportions.*

●Why People "Amusedly Agree And Absurdly Amplify"

The point is, everything this woman has to say is all just a big joke. You're laughing and she's laughing. That's when you've got her. You've taken her negativity and turned it positive. It turns any negative comment into a game where you see how far you can keep going and making it over the top where you're basically making fun of her for saying something stupid or uncalled for.

At the very least, you agree with what they say, and it removes all power from their words. Yeah, you're a Red Pilled asshole, so what?

It shows indifference and it gives no power to accusations that are made against you.

•How "Amusedly Agree And Absurdly Amplify" Rewards

AAAAA leads to a solid foundation of cocky, confident frame. This signals to women that you are comfortable in who you are, that you don't give a fuck, and that you can handle social stress, all of which are subtle bumps to your SMV.

What you are saying under the surface of your witty banter is, "Don't ask me stupid probing questions. I will not dignify them with a real response."

This is the key to passing a shit test.

AAAAA responses allow you to maintain the cocky/funny frame, and gives her the freedom to fall into your frame that you are the indestructible mountain of masculine energy, safely knowing her emotional winds can't sway you any which way, nor bring you down.

That is one feeling that makes her wet.

Repeat - The Third Archangel

Say That One More Time!

•What "Repeat" Looks Like

Examples Are Italicized

"Where are we going out again?" --- "You'll know when I'm ready."

"What? Just tell me!" --- "I will, when it's time."

"C'mon! What if I don't like the place we're going!" --- "That's possible, looks like we'll find out!"

"Argh! I'm gonna go get ready."

•Why People "Repeat"

Because you do not have to explain yourself, nor should you do it - especially to your subordinates. They need to trust your leadership and take solace in knowing that you have accepted the responsibility of making the decisions.

Explaining yourself becomes annoying, and so does answering the infinite questions of childr- I mean woman. It is better to firmly repeat yourself until they get the picture. •How "Repeat" Rewards

Repeating yourself is a subtle and effective way to establish a frame of "I am in command of this ship. Trust me." Remember, women WILL leave you if they believe you are not fit for their following. Give her the opportunity to trust you, and surrender fully to your leadership.

Once she does, you will have her unending admiration.

Exit - The Fourth Archangel

•What "Exit" Looks Like

Examples Are Italicized

"(Insert some dumb womanese here.)" --- You leave the room and engage in another activity.

"(She follows you into the room and says some more annoying shit.)" --- You continue whatever you were doing, effectively ignoring her.

●Why People "Exit "

There are two ways to exit.

You can exit mentally, or physically. Silence is mental, leaving is physical.

The most important reasons for exiting is for your own peace of mind, and mastery over your time. With over 100 million women in my country alone, no one woman is worth giving me any drama, stress, or annoyance greater than a tooth scraping against my dick. Even that is nearly a deal breaker.

Your life, at best, will last around 100 years. Now imagine how much of that time was already spent arguing, bickering, stressing over absolute bullshit that you could have applied towards more rewarding avenues of action?

All that wasted energy, wasted time, screaming about why ogling what a woman wears is misogynistic. Who gives a fuck? What does it matter, and more importantly, is this conversation worth the negativity and drama you're experiencing? HELL NO! And odds are, NO conversations with women are worth those depressive states.

Not only that, but exiting the conversation, whether mental or physical, keeps the power seated firmly inside your ballsack. YOU'RE the one who decides when shit starts or ends. YOU determine the rules of conversing, and YOU conclude what is worth discussing or not.

The last bastion of power is the willingness to walk away.

●How "Exit" Rewards

Freedom.

And she'll probably come crawling back to you too. Maybe Even An apology blowjob.

Conclusion

Women in their happiest, most content state, are pee-pee poo-poo immature children who just want to be cute, adorable, and have fun.

You do not argue with a child.

The only way to win an argument with a woman is to CHANGE HER MOOD - NOT HER MIND.

Women do NOT look to you for explanations - like they are your leader.

Women do NOT look to you for reasoning - like they are your partner.

Women DO look to you for feelings, guidance, and leadership - like they are your follower.

Care for your woman, and you will find they behave similarly to a bubbly child - excited for fun and adventure.

When your baby daughter, young niece, or the baby next door calls you a poopey-face stupid-head, do you...

(Defend) You're not allowed to say that to me! Respect your elders! (Excuse) Besides I'm not one anyways. The real pooppy faces live in Denver, so that's why I'm not one. (Explain) Do YOU even know what a poopey face REALLY is? A pooppy face is... (Rationalize) I hope you learned your lesson - If someone raised you better, then you'd know not to say mean things to people!

OR DO YOU

(Deflect) No, but you have a pooppy face right on your NOSE! (Agree And Amusedly Amplify) Now we both have

poopy faces, only mine is bigger, so mine is a better poopy face. (Repeat) No, my poopy face is better. No, mine is better! Nope, you said I'm a poopy face, so mine is better! (Exit) You wanna be a poopy face too now? Okay fine now you are one, now give daddy and kiss on the cheek and run along to your room.

In a healthy sexual relationship, the submissive feminine women is subordinate to a competent, masculine male.

You, as the man, are the captain of the ship, and she is your trustworthy first-mate.

You were given the responsibility of being the ever knowing, omnipresent manifestation of masculinity, and she is the flowery child, impulsive, curious, emotional, and silly, but most of all, eager for definitive direction from a strong authority figure.

If at any point these roles switch, there will be hell to pay.

Ensure you remain the confident captain of your relationship by remembering to never DEER, and always DARE the woman you're with.

1,290
UPVOTES

Join the Anti-Ban Petition and Show the Admin who Should Really Be Banned! /r/BanBanouts

redpillschool · 12 September 2018 · Archived copy · Reddit

<https://www.reddit.com/r/BanBanouts/>

1,284
UPVOTES

I came here to learn how to handle women, but accidentally learned how to handle men.

Hencley · 7 August 2018 · Archived copy · Reddit

As gay as this title sounds hear me out, I came across the subreddit 3 years ago after I ended a horrible relationship of 5 years and one of you fucks DMed me telling me to check it out. Spent 3 years reading, maybe about 2 actually acting out theories I've learned. My life used to consist of constantly chasing girls to get laid after finding it much easier than before, until I realized that this was just me "acting alpha." The true satisfaction came from getting respect from **men**.

In my day to day life, I come across more encounters with men than women, and I started realizing that I got just as many shit tests from my guy friends/acquaintances as I did with females. I used to feel like I was "low on the food chain" in high school and college when around other guys. When I talked, they didn't care about my opinion as much as some other guys but I never really understood why. After learning red pill theory and reading a few books on this, it became much clearer.

Girls shit test you to see if you're worth their **time**. Guys shit test you to see if you're worth their **respect**.

Some examples in my life:

- I work out 6 days a week now. I have guys approach me and say something along the lines of "I thought you were supposed to be big and strong now??" My old response would have been "I'm stronger than you are!" I remember always defending myself in situations like this, and as a result the guys would smile knowing they just got under my skin in a couple seconds and have brushed me off as a guy not worth their respect. My new response: "Ha yeah it's a slow and steady process." Despite seeming like I am agreeing with them about not being big and strong, I am shutting down their accusations. I've shown them I don't care what they're opinions of me are, I'm confident in my work and progress. **This earns their respect.**
- I started my own business a couple years ago and quit my old job as a pharmacy technician. I made nothing the first year, but ended up making quite a lot in the second year and my small ass local city made a few stories about it in the newspaper. My old friends from high school talk about it (it's a weird business) and will say things to me such as "Uh oh aren't you too famous to be around us?" Keep in mind if my close friends give me shit I just consider it funny, sometimes you gotta give each other shit like this. However, these are male acquaintances and will often say things like this in front of women as an attempt to discredit my frame. My old response would've been along the lines of "Sorry some of us were successful in life!" I would've shown these guys and the girls with them that I clearly don't have faith in my success when a simple roast was able to upset me. My new response- "Ha yeah the news likes to make things bigger than they are."
- I bought a Corvette after saving for awhile. I've always wanted one, and found a good deal on somewhat newer one in good shape. It's kinda cool (it's a Corvette, not a Ferrari.) I've never had so many people try and "discredit" my car before. At a 4th of July party a few high school friends came up to me when I was talking to a decent looking girl. They immediately say "Tyler's (fake name, friend with pretty cool supra) car is way cooler than yours." It's funny how in these situations girls **carefully** watch to see how you handle yourself. They view it as an old school 1v1 duel, the winner taking their frame. My old response (I never had a cool car, but if old me was in this position rather) would have been "Do you know anything about my car? Dude it's way faster than you think, you don't know cars at all." Again, this is **bad**. The girl I was talking to would've seen right through my insecurities and this guy's shit test would've essentially worked. Subconsciously, most guys want to do this to you in front of girls, it's our new age way of fighting off other mates. Now I'll just reply "Oh shit isn't that thing awesome? Jealous of him." (It really is an incredible car anyways.)

These are a few examples, but now that I am able to recognize these "shit tests" from guys I catch them almost every day in every situation **especially** in front of other girls. The funny thing is, after you hold frame in front of

guys, I find that they completely switch their perspective. Instead of roasting you for working out in front of the girl you're talking to, they will immediately start asking for tips and what kind of protein you take, etc. They now seek your validation. They go from "Dude nice joggers, they sell those for men?" To "Haha just kidding man, they look super comfortable how much were they?"

I once third wheeled my friend on a Tinder date and spent a half an hour hearing him rip on me to the girl I had **literally** just met. "He barely works." "He had a one night stand with this ugly girl once." I simply brushed everything off, chuckled and acted like it didn't matter. The fucking weirdest thing is the girl started defending me to him. She would say "well is he not allowed to vacation??" As soon as this happened I knew this guy fucked up. I left with no interest in being a tool for his ego, and he texted me 2 days later saying "yeah she told me she didn't fuck on the first date so I dropped her off." His attempt to climb above my status failed, and turned her off.

It is essentially a social ladder and guys want to see where they place. After holding frame, they now seek to be close to you seeing as they now view you as higher than them on this ladder. Think of the coolest, most confident guys you know. Chances are, you could say any kind of insult to them and they wouldn't even think about it for more than a second. If I told Leonardo Dicaprio I thought his acting sucked, do you *really* think he'd defend himself to me? Of course not. Being able to hold frame in front of women can get you laid, being able to hold frame in front of men can get you respected. One is much more satisfying to me to be honest.

TL:Dr - Hold frame in front of men as much as you do women. Men shit test too, and passing a guys shit test in front of a woman can get you laid as easily. 2 birds, 1 stone.

1,280
UPVOTES

Amy Schumer admits to raping a guy, feminists support her, /r/askfeminists decide the guy raped her...

redpillschool · 29 May 2015 · Archived copy · Reddit

Generally I try to avoid the outrage porn, but this one is too good to pass up.

Amy Schumer apparently [gives a speech](#) where she admits to raping a drunk guy, continuing sexual acts despite the fact that he's intoxicated and occasionally falls asleep..

A detailed article is [found here](#).

Well, in case you were asleep over the past few years (and subsequently raped by Amy Schumer), the latest feminist push has obviously been expanding the borders of the term "rape." One such frontier has been deciding that drunk sex is rape- or to clarify, somebody who is intoxicated cannot give consent, therefore having sex with somebody intoxicated is rape.

Now, putting aside the fact that this opens the door for two drunk people to simultaneously rape each other consensually, it's obvious in this case as one party is intoxicated and the other is sober that only one of them can consent. Hint: it's the sober person. She has 100% control of whether she enters the room.

Nevertheless, [/r/askfeminists decides that maybe it's not rape](#)- and some even go so far to argue that she didn't enjoy it so he probably raped her since "he was the aggressor."

Now let's just look at the details: if a 12 year old girl came on to a n 18 year old guy, he has a responsibility to say no because she's too young to consent. It doesn't matter if she puts herself onto him, he needs to leave the scenario. It doesn't matter that she was the aggressor, she was somebody who lacked the ability to consent to sex.

If a drunk guy comes onto a girl, she has the responsibility to say no. It doesn't matter that he was the aggressor, he was somebody who lacked the ability to consent to sex.

Well... if you accept the nonsense definitions that feminists bring forward.

Is anybody surprised another feminist ideal is inconsistent with itself?

The answer, of course, is never be alone with a woman. They represent a legal liability in any and every scenario.

That's not really realistic advice, and I personally enjoy being around women. But at least you've been warned.

1,280
UPVOTES

Guide for weight loss

Zahlix · 1 May 2018 · Archived copy · Reddit

Background:

This first section can be skipped but is included so you know that I **actually know** what I am talking about. This is not some guy who lost a couple of pounds or read some fitness blogs about weight loss.

Everyone knows the BMI scale:

- <18.5 = Underweight
- $18.5 - 25$ = Normal weight
- >25 = Overweight

What most people don't know is that there are further categories for being overweight

- $25 - 30$ = Overweight
- $30 - 35$ = Obese Class I (Moderately obese)
- $35 - 40$ = Obese Class II (Severely obese)
- >40 = Obese Class III (Very severely obese)

I was at a BMI of 47. Following the logic of the system above, they would have to invent an additional 45-50 category to file me under. I was fucked far worse than 99 % of you people reading this. Ironically, I have a degree in food technology and should have put my knowledge to better use at the time. Hindsight is always 20:20.

It took me almost 2 years to lose approx. 200 lbs. I lost all that weight through discipline and self control. No gastric bypass, pills or "other remedies". Since then I've had 3 surgeries to remove excess skin. As a side gig I started coaching other "hopeless cases" how to lose weight.

If you feel like you need a coach after reading this post, hit me up via PM.

Intro:

Invest the next 15 minutes into reading and understanding what I am writing here and you will be in control of your body weight for the rest of your entire life.

Weight loss is very much like TRP. The underlying mechanics are dead simple but often covered under layers of bullshit that society has taught you. Weight loss is all about understanding the rules of the system and then creating an approach suitable for your life that guarantees success without getting distracted by minor details.

In this post I will cover the following areas:

- Calories
- Macro nutrients
- Micro nutrients
- The mechanics of weight loss
- How to create a deficit
- On exercising
- On plateaus
- Dietary restrictions
- Recommended macro splits
- Myths, broscience and snakeoil
- Final words of wisdom

Calories:

A calorie is a measurement of energy. It is the amount of energy that is needed to heat up 1 g of water by 1 °C (from 19.5 to 20.5 °C). Almost all food will be labeled with kcal. 1 kcal = 1000 calories. It is basically an outdated unit for Joule. Just like degrees Fahrenheit or inches and feet, the unit is stubborn to replace.

For the sake of an easy approach we will do what society does and stick to calories in this post. We will also call 1 kcal a calorie.

Like a car, your body needs fuel. That fuel comes in the form of calories. Food = Fuel.

Macro nutrients:

Calories can be consumed via the 3 sources:

- Protein = 4 kcal/g
- Carbohydrates = 4 kcal/g
- Fat = 9 kcal/g

There is also 1 additional source I like to label "moron calorie" as it is the most pointless of all:

- Alcohol = 7 kcal/g

This will be covered under the dietary restrictions section as well but I want to make sure that people understand that the 3 main sources (protein, carbohydrates, fat) are all relevant and trying to cut out any single one of those three is not a good long term strategy. If possible you should always aim for a balanced mix of the three. Alcohol is pretty much useless and should be avoided if possible.

Micro nutrients:

This section will simply be ignored for the sake of complexity and usefulness. There are a million supplement companies out there trying to sell you snakeoil pills. They will claim to

- “raise your metabolism”
- “make your fat burn faster”
- “keep you healthy” (whatever that is supposed to mean)

Our goal here is weightloss. Eat plenty of veggies and some fruits and you are good to go. Trying optimize micro nutrients during weight loss is like trying to paint the sails of a boat that is currently drowning. You are wasting time and energy on something that will not help you achieve your goal.

The mechanics of weight loss:

Society convinced you that you are some special snowflake but that is a lie. Your body is a stupid meat machine and it runs on fuel. People are not born with all sorts of different metabolisms (the shitty genetics died thousands of years ago, the human body is quite efficient).

Your body burns a certain amount of calories every day. And you are feeding it a certain amount of calories every day.

Picture it like a water reservoir with water coming in at the top and water flowing out at the bottom. The water flowing out at the bottom is the energy it takes you to be alive, walk around and breathe. The water coming in at the top represents what you are eating.

If there is more water coming in than flowing out – the reservoir get heavier (you gain weight)

If there is less water coming in than flowing out – the reservoir gets lighter (you lose weight)

If there is an equivalent amount of water coming in and flowing out – the reservoir stays the same (maintenance of

weight)

This is basically it. That is the entire secret of weight loss: **THE GOLDEN RULE**

This is the one and only rule that has to be obeyed at all cost. You can do pretty much anything you want during weight loss except break the system described above.

If you keep track of everything (literally everything!) you eat it is pretty straight forward to know how much went in. Now comes the tricky part. How much went out and how much has to go out in order to lose how much weight?

In order to lose 1 kg of weight (water, fat and muscle) you will have to create a deficit of 7000 kcal. It does not matter how long it takes you to create this 7000 kcal deficit. If it takes you 2 weeks you will have lost 1 kg during those 2 weeks. If it takes you a year, you will have lost 1 kg during that year. The speed is up to you.

To find out how much energy your body is burning you will use [this calculator](#), enter your data, press the calculate button and note down your **sedentary TDEE**.

What does TDEE stand for? It means total daily energy expenditure and means the amount of energy it takes for you to be alive on a normal day (just walking around, standing, sitting, breathing and masturbating to transsexual midget porn).

How to create a deficit:

Summary of what we have learned so far in the previous section:

- 7000 kcal deficit = 1 kg of weight lost
- Counting your calories to know how much goes in
- Calculating your TDEE to know how much goes out

Putting it all together:

Lets say your TDEE is 2500 kcal/day and you are willing to eat 500 kcal less than that; you would lose 2 kg/month (28 days * 500 kcal = 14000 kcal deficit = 2 kg lost). This may not sound like a whole lot but do this for a year and you will lose 24 kg (thats 52.8 freedom units!).

Over time you will have to recalculate your TDEE (I recommend maybe one a month). Because you keep losing weight, you are carrying around less weight with you and in turn you need less energy to go through the day.

The best rule is to start cooking your own food so you have complete control over your caloric intake. Only put food in your mouth once you have logged it. If you haven't logged it, don't eat it. If you are not sure how many calories it has – don't eat it.

Weigh yourself naked daily in the morning after hitting the toilet. Not your weight down in a excel sheet. Because your weight will always fluctuate it is better to see a long term trend than simply comparing your weight today, to the weight of yesterday. If you are losing 2 kg in a month, that means drinking 1 Liter of water before weighing yourself can make it look like there wasn't any progress for 2 weeks.

Rule of thumb:

Guys: do not eat less than 1600 kcal/day for extended periods of times

Girls: do not eat less than 1200 kcal/day for extended periods of times

On exercising:

Do not add the calories you've burnt while exercising to your TDEE. People heavily overestimate how much they exercise and underestimate how much they ate. Treat working out as a bonus and leave it at that.

Weight loss is about 90 % diet (if not more). You could literally sit around the house all day and lose weight. You

will always lose weight in the form of water, fat and muscle. If you want to reduce the loss of muscle mass you should will have to start doing resistance training. Don't expect to build amazing muscles during your weight loss. You might make some noob gains but that is about it. Your body is already in a deficit (crisis mode) so it won't spend precious resources on building additional muscles, it is going to be busy as hell maintaining what few muscles you've got.

On plateaus:

They happen for several reasons:

- you calculated your TDEE wrong - double check it
- you added exercise calories to your TDEE - I told you that you shouldn't
- you just guessed the calories of food or didn't log everything - obvious fix

Sometimes you hit a plateau despite doing everything right. It happened to me once for almost 3 weeks. Nothing happened on the scale. I double and triple checked everything - I did everything right. Then one night I have to get up 4 times to take a leak and the next day I am almost 3.5 kg lighter. Plateau shattered in one night.

I read a couple of studies on the phenomenon and they found that this regularly happens with people losing a lot of weight and then suddenly (often after a big meal) they drop a serious amount of water weight. The theory behind it was that the fat cells are emptied by the body and filled with water in case the body wants to quickly restock the fat cells. A big meal comes and the body thinks it has a caloric surplus, empties out the water but ends up in a caloric deficit again. The fat cells are not filled with water again and stay empty. Theory sounded nice but currently there is no confirmed explanation for these kinds of plateaus. This phenomenon later got hijacked by the HAES movement and fat activists to prove that if you eat to little you will stop losing weight. They obviously never read the study because it clearly contradicts everything they stand for.

Dietary restrictions:

Every couple of years we get a new dietary trend. For example: in the 90s everyone was afraid of fat because "fat makes you fat". Then we found out that fat is actually very healthy and the body needs it for cell regeneration and hormone production. Currently carbohydrates are considered bad so people went from being afraid of fats to being afraid of carbohydrates. The following list contains the food trends that are (currently) all the rage:

- Keto (I will get a whole lot of shit from TRP for messing with our poster child diet system!)
- Paleo
- Low carb / No carb (these are closely tied to paleo)
- Eating clean (get someone to try and define what that is and see how it is a load of BS)
- Intermittent fasting (another TRP favourite!)
- Gluten free (pointless unless you are literally – diagnosed – to be allergic)
- No processed foods
- BARF (bones and raw flesh – just kidding, that is a dietary form for dogs. But you never know)

You will be able to lose weight with any of the above systems (even BARF!) but not because that system has any particular advantage over any of the others but because you **accidentally** followed the golden rule of weight loss. We think back to the section "The mechanics of weight loss" further up this post. In order to lose weight you will have to consume fewer calories than you are burning. That is the one and only rule that you need to follow to lose weight.

You can practice any of the dietary restrictions above and not lose a single gram if you are breaking the golden rule. You can however ignore every single one of those dietary restrictions and lose weight with ease by following the golden rule.

Think of the caloric deficit that you need to create as a distance that you need to travel. Your daily deficit is your speed of motion. The dietary restrictions above are the brand of cars that you can use to get from point A to B. The kind of car does not matter to get from point A to B. You can stand still in a Porsche and be faster crawling backwards on your hands and feet.

If you find it easier to stay within your daily calories by following any of those dietary restrictions feel free to do so. Just know that cutting out carbs will not make you lose weight, creating a caloric deficit alone will do that.

Often times people crash their diets because the dietary restriction they picked is too restrictive. A person that loves dark chocolate and pasta dishes will be miserable on a keto diet. A baker trying to lose weight will be miserable on a gluten free diet. For most people, eating in moderation will not only be the system most easy to sustain. It will also be the system that teaches them the most about making their own food and utilizing that knowledge for the rest of their life.

Regardless of dietary system I stand by my advice to reduce alcohol at all costs. It is utterly pointless to say the least.

Recommended macro splits:

I recommend getting your calories in check as #1 priority. If you have successfully logged your calories for a month and feel comfortable taking the next step you can look into optimizing how you are dividing your daily calories into the three macro nutrients.

- Eat 1.6 g protein per kg body weight (any more than that is proven to be pointless)
- Go for at least 50 g of fats a day to be safe
- The remaining calories you can consume in the form of carbohydrates

It does not matter if you are just 80% right with this, the daily calories are more important. But don't make the mistake of going extended periods of time without any fat or protein (I had a minor hair shedding crisis during my weight loss because of that!)

Myths, broscience and snakeoil:

This is the section where I bitch and moan about shit that people say

- starvation mode is a lie – you will not hold onto your calories more if you eat less
- metabolisms do not come in all shapes and sizes
- you are not big boned
- women do not like dad bods
- being under 20 % bodyfat is not risky
- eating windows are technically pointless but OK if it makes it easier for you
- eating clean is BS
- organic is BS
- non processed is BS
- raw is BS
- just about all supplements are BS if you eat veggies and fruits
- Omega 3 / Fish oil is an OK supplement if you don't eat a lot of fish
- detox anything is BS
- cleansing products are BS

Also those zero drinks are fucking amazing, got me over a couple of bad craving periods for sugary bullshit. Inb4 aspartame is dangerous: source needed, I work in food tech and search far and wide without finding a single

compelling health related argument. You literally do not digest it. It just passes through you (making the entire worlds water supply slightly sweeter over time).

Final words of wisdom:

It takes about 2 months of iron discipline to set up this system for yourself and force yourself to count all your calories. After it has become your routine, you will get bored a little because it literally becomes a waiting game. You are just getting thinner and thinner. People will lose their minds thinking that you are some insane genius and it is literally just Tuesday for you with nothing special happening.

Recomendet subreddits:

- loseit
- fatlogic
- fitness
- mealprepping
- eatcheapandhealthy

Losing weight has been the single greatest decision of my life. It took me over 3 years and 3 surgeries to get where I am today. If I where to be send back in time to the day before I started this journey.

I'd do it all again in heartbeat – my life has never been better

1,276
UPVOTES

Today I saw first hand how chicks use guys like an ATM's

esirnius18 · 20 March 2017 · Archived copy · Reddit

I've been on the pill for little over six months now and I agree with like 80% of things on here. After today maybe that number went up to like 95%. Just usual Sunday afternoon and I decided to go for couple of drinks to my local trendy watering hole where all the action is. Surprise surprise, after only 5 minutes or so some HB8 sits down next to me and starts being friendly with me. She commented on my choice of beer which was a really strong imperial stout like 9% abv, and how she likes it so much and haven't had one in a long time. Now few months back my old blue pill self wouldn't think twice, and just bought the beer to the smiling lady. Not this time, after spending some time on TRP I immediately noticed red flags popping left and right.

1. Her toes were pointed directly at the bar, even though she was turned towards me.
2. She was looking through her phone the entire time.
3. Her dialog was strangely prepared like she answered in these short bursts of information, all without eye contact.

After noticing all of that I quickly tried a simple test. I told her that if she likes that beer so much, she should get herself a pint. To which she just looked at me and said "Sure I'll just have to visit bathroom really quick"

Boy oh boy was I right about this chick. After the bathroom break she never returned to the same spot, instead she stopped just on the opposite side of bar where group of "Dad Bod" overweight betas were munching on French fries and sipping beer. Soon enough they started pouring her beers and buying her shots. I've never seen such a desperate bunch of idiots in my entire life, they were fighting for her attention like a group of rescued puppies most of them had wedding bands on their fingers. This went on for another hour or so, I'm sure the collective bar tab was running in the high 100's and half of this was just this chick.

Minutes later she picked up a phone call said something to the tune of: she'll be right back. I saw her skipping the bathroom and exiting through the back door. I moved my way around the bar so I can have a peak on the parking lot, sure enough the "ill be right back lady" jumped into a black Ford Mustang filled already with some girls in the back and driven by some dude with really muscular forearm.

Another bullet dodged and lesson learned my friends. Do not be the "Free Drink Fountain" for these hoes. She was probably going to a party and needed pre fix to lighten the mood.

I just cannot believe that only few years ago I was one of those poor suckers. Even worse I used to thought half way through it that I must be doing really great cause she accepted another drink.

EDIT: Guys I didn't expect this will blow up so much but thanks for all the messages. This shit really did happen and exactly like I described. The place was built in a Oktoberfest German beer garden style it's in Florida so lots of open space see thru walls and this sort of thing. I really didn't need do James Bond spy shit to follow the situation.

1,275
UPVOTES

How to hold frame (my complete guide)

Woujo · 26 April 2018 · Archived copy · Reddit

This article is very long, and exceeds the Reddit character 40,000 character limit by four or five times, so I am only including about 15 pages of the full 55 page article in this post. You can read the whole thing here:

<https://www.woujo.com/blog/2018/4/26/how-to-hold-frame>

I want to thank everybody that gave me feedback on this article, especially the ECs that read all 55 pages of this horseshit.

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TLDR

This is a long article, so the TLDR will be pretty long too.

Women are attracted to the archetypal alpha male, the “perfect” alpha male. Women are only attracted to real men to the extent they are similar to the archetypal alpha. The archetypal (perfect) alpha male has 4 primary

characteristics:

- 1) Power – The alpha male can defeat any challenge relevant to the tribe, including physical challenges from other tribes.
- 2) Superiority – The alpha male gets first dibs on resources.
- 3) Abundance – The alpha male controls all resources, including women.
- 4) Leadership – The alpha male leads the tribe in every respect and makes all the rules for the betas in the tribe.

The alpha possesses these traits so he can lead the tribe in the battle against challenges.

Defeating challenges is the most fun thing a person can do.

Women are attracted to the archetypal alpha because they can vicariously defeat challenges through him, but without the danger or responsibility.

The archetypal alpha's thoughts and emotions are always fixated on defeating challenges.

The archetypal alpha only does things for women, including paying them attention, when they do something for him first. This rule is the "alpha male quid pro quo" and is the most important rule for holding frame.

As the leader, the alpha male makes all the rules for the tribe, which means that he essentially creates the rules for reality because humans did not evolve to understand the difference between objective reality and the alpha's rules.

Insisting on your own reality, especially when it clashes with other realities, is holding frame.

Although you are not the archetypal alpha, you can and must "hack" your mind to feel like the archetypal alpha. You do this by focusing your thoughts and emotions on defeating challenges in your life, even when you are around women.

To act and feel as if you have the "power" trait, you must act and feel as if you can defeat any challenge. You must remain calm, positive, and stoic in the face of negativity.

Abundance requires you to feel like you have everything. The primary barriers to abundance are 1) uncontrolled desires, 2) pedestalization of women, 3) a shitty life, and 4) insecurity.

Superiority requires you to focus on your own fun first, and to make her feel like you have access to worlds, both inner and outer, she can never access.

Leadership requires taking the lead in every aspect of the relationship and creating the rules for reality.

Disclaimer Many people will want to reject this article because of its reliance on evolutionary biology. I am not a scientist, so these theories are a combination of my admittedly cursory reading of the scientific literature and my own observations of human life. The science of evolutionary biology is not advanced enough yet to definitively demonstrate which human behaviors are socially conditioned and which are influenced by evolutionary factors, so much of the following is not based on laboratory science. But the following does not contradict the scientific consensus and more importantly, just because science has not figured out something does not mean it is not an important answer for humans to have.

Introduction

This article is about how to act like an alpha male, or in other words, "hold frame." Acting like an alpha male is called holding frame because the alpha is the master of the current reality and creates the rules for reality, so you must "frame" every situation through the lens of your own reality. You must act as if your conception of reality is the correct one (even if it is not, you can always change your conception of reality later), your reality is more fun than any other reality (even if it is not), and nothing can make you accept another reality (even though you would). This sounds like a huge task, and it is, but you will be amazed at how malleable people's thoughts, emotions, and

even identities are in the face of what they feel to be is the alpha male.

This article will not make women like you. It will not teach you how to be funny, or smart, or interesting, or rich, or confident, etc... All it will do is teach you a few rules about how the alpha male would act. But even if you follow these rules perfectly, women may still reject you because there is more to being an alpha than just acting like one. The alpha male is generally tall, athletic, presents a nice appearance, and has some type of indicia, often in the form of money or other resources, that he is good at defeating important challenges. This article will not focus on how to improve those material facts about yourself, as there is plenty of literature on how to lift, eat right, dress better, etc...

Even if your material circumstances suck, and you are short, poor, ugly, or unsuccessful, you must still hold frame. There are no special rules for ugly guys. If you are unattractive or your life sucks, you will get rejected more, women will be less likely to accept your frame, and women will leave your frame more often. When faced with these obstacles, many men break and just accept that they are “losers” or try find a different way to women’s hearts, often by acting like a little bitch. Don’t do that. If you can stand firm and hold frame, you will feel more powerful, more confident, less needy, and these new emotions may even help you become more successful in your life.

The subconscious mind

Human psychology is fucking weird. No matter how much we humans like to think we are rational, we often do things that are counterintuitive, irrational, and counterproductive even to our own goals and desires. The modern media-entertainment complex wants us to throw up our hands and say “There is nothing you can do! Everybody is different, emotions are mysterious and impossible to understand, especially emotions like love and attraction, and all you can do is be a nice person, and hope people like you.”

To some degree the media-entertainment complex is correct, but I believe that much of human behavior can be explained by deep, subconscious evolutionary wiring related to our need and desire to view the world as a dominance hierarchy with an alpha male at the top. Not only do we subconsciously view all of our relationships through the lens of this dominance hierarchy, but our subconscious perceptions of ourselves and others cause us to “act out” this dominance hierarchy in ways that we may not even consciously realize. Scientists have clearly observed these dominance hierarchies in apes, but to “prove” that they exist in humans would require thousands of experiments, most of which would be highly unethical, politically incorrect, and probably impossible. Therefore, all we have to guide is the little science we have and our own observations and experiences.

Each person is unique and almost infinitely complicated, but we share certain emotions formed through millennia of evolution, and the dominance hierarchy emotions are the strongest of these. Because the dominance hierarchy ensured the survival of our ancestors against their enemies in the jungle, these emotions are relentless, constant, uncompromising, and extremely powerful. They overpower all of our other emotions, even important ones like love and compassion, and even hijack our rational thoughts. When repressed or ignored, these emotions reappear in a different form, oftentimes even stronger, and sometimes disguised as something else.

Think of the human mind like a house: everybody has a different house, but we all have the same foundation, and if that foundation is not maintained, the house collapses. Put another way, our rational mind is like a mouse trying to ride an elephant. The mouse can influence the elephant’s actions a little, and over a lifetime this little becomes a lot, but the mouse’s control over the elephant at any single moment is very tenuous and cannot change what the elephant fundamentally wants. If you are ever reluctant to hold frame, you must remember that you are speaking to her emotions that literally decide whether she gets killed in the jungle or not. And no matter how mean, bitchy, disinterested, angry, rude, insistent, or confident her conscious demeanor appears, it is ultimately a mouse riding an elephant.

It bears repeating that holding frame, by itself, will not make a woman like you. You must hold frame AND appeal to her other desires as well. Some women want a 7 foot tall basketball player, others want a dirty hipster covered in tattoos, and yet others want a nerdy Indian guy, and if you are not what she wants she will either not pay you

enough attention to notice your frame or she will feel attracted, but not enough to fuck you. Not that it matters what anybody wants. The alpha male is a fun-seeking missile, so he does whatever the fuck he wants and women that like it will join.

What is the alpha male?

It is impossible to describe human emotions into words, so I arbitrarily categorize the alpha male's traits into 4 broad categories, but many traits and actions can fall into more than one category.

- 1) Power – The alpha male can defeat any challenge relevant to the tribe, including physical challenges from other tribes.
- 2) Superiority – The alpha male gets first dibs on resources.
- 3) Abundance – The alpha male controls all resources, including women.
- 4) Leadership – The alpha male leads the tribe in every respect and makes all the rules for the betas in the tribe.

The primary characteristic of the alpha male is that he defeats challenges. Ape alpha males primarily defeat physical challenges, whereas human alphas must defeat any kind of challenge relevant to human life.

In the language of Jordan Peterson, the alpha male evolved to slay the dragon of chaos. Our minds divide existence into order (that which we know and understand) and chaos (that which we have not yet conquered). The ideal life straddles the border between order and chaos. Too much chaos, and you are overwhelmed, confused, and crippled by fear. You get no wins, you accomplish nothing, and you are dispirited. Too much order, and you are lazy, bored, overly rigid, antsy, and fail to grow. But defeating challenges with one foot in the realm of order and one in the realm of chaos is the purpose of life: it is the most exciting, meaningful, and **fun** thing a person can do.

Because our position in the dominance hierarchy is the primary determinant of our emotions, thoughts, and behavior, our subconscious mind is constantly trying to determine whether we are alpha or beta in the situation we are in and the people we are around. We subconsciously perceive the 1) material circumstances (resources and appearance) and the 2) actions of ourselves and others, and based on this information we subconsciously calculate our position in the dominance hierarchy. If we subconsciously feel beta, then we act beta, which causes us to feel even more beta, and causes others to view us as beta and therefore themselves as alpha. Actions influence emotions and emotions influence thoughts so our actions/emotions/thoughts axis can quickly spiral into a vicious or virtuous cycle, depending on what we do.

To determine who is the alpha or beta, our subconscious mind primarily looks at the parties' ability to confront and defeat challenges. Because the most important challenges in our ape past were physical, we evolved to "sense" the alpha male as the male with superior physical strength, health, eagerness to confront and defeat challenges, evidence of having defeated challenges in the past, and an accumulation of resources (the prize of defeating challenges). When multiple individuals in the same situation exhibit these characteristics, they are driven to battle to determine the alpha, and the losers evolved to "become beta" and accept the alpha male's leadership by following, obeying, and helping the alpha male.

Evolution enforces this dominance hierarchy by using a combination of emotional sticks and carrots. The "sticks" are negative emotions like anxiety, depression, and fear, which prevent betas from challenging or disobeying the alpha male. Anxiety freezes betas with hesitation if they are about to wander from the tribe or do anything you feel may upset the alpha male, and depression numbs their emotions and drains their energy after the alpha male rejects them or kicks their ass so they ruminate about what they did wrong so they don't do it again. These feelings are all subconscious: even if you think the alpha is a stupid, incompetent, jerk, if you don't feel like you can defeat him, you will still feel anxiety when confronting him.

The evolutionary "carrots" that draw betas to the alpha male are 1) an emotional fixation on the alpha male, 2) a strong desire to contribute to the tribe to obtain acceptance by the alpha male, and 3) the ability to vicariously defeat challenges through the alpha male. Defeating challenges is the ultimate fun, but betas evolved to feel paralyzing anxiety in the face of chaos, so they can only experience this fun vicariously through an alpha male.

Even in our society today most people would rather have fun vicariously through the alpha male than do fun things themselves because the alpha male will face bigger challenges than the beta can, will be more successful against those challenges, and will win bigger prizes. This is why men watch football on TV on Sunday rather than play football in their backyard.

While betas intensely fixate on the alpha male, the alpha feels nothing for the betas. The alpha isn't a narcissist or an asshole – he just needs to focus on defeating challenges. Focus is extremely important for the alpha male – if he gets distracted from fighting challenges for even a second the entire tribe could get killed. In fact, women evolved a keen ability to sense whether a man can be distracted. Many cultures even have a myth where their tribe kills everybody in another tribe by distracting them with women. In the West, see the rape of Dinah in the Bible or the rape of the Sabines in Roman literature.

To look at it differently, the alpha male needs to focus on defeating challenges because he is responsible for providing the “fun” for the tribe. If the alpha male's thoughts and emotions are no longer focused on having fun, the betas must find somebody else to vicariously have fun through. This sounds disloyal, but having fun/defeating challenges is THE MOST IMPORTANT THING for humans. If you are not doing that, somebody is kicking your ass.

The alpha only focuses his thoughts and emotions and does things for betas when they do something to help him defeat challenges. In the middle of a war, the beta who takes care of the tribal chief's horse is important and the chief can and must take care of him or her. The chief cannot waste any energy on betas who are not contributing; he needs to be focused on the enemy. Apes that do not act like this die in the jungle, so these behaviors and rules are wired into our deepest emotions. As you can see, there is nothing wrong with being a beta; betas are necessary for the functioning of the tribe.

Betas evolved to be very conscious of status. The dominance hierarchy is literally a ranking, and the more the alpha approves of your contribution the higher ranking he will allow you, and the higher your rank, the further you are from rejection. All obsession with status is essentially a deep-seated fear of rejection. Therefore, betas evolved to emotionally fixate on the alpha to figure out 1) if he is still the alpha or if he has been compromised and 2) whether the alpha is pleased with their contribution. This is also why betas' self-esteem depends on the alpha. Psychologists have determined that people feel depressed and suicidal when they feel they no longer contribute to their community or the world.

Both men and women can feel beta, but women generally feel beta more consistently and strongly than men because they have less testosterone, a hormone that increases aggression and competition. Therefore, women fixate more deeply on the alpha male, and notice every little thing he says and does. Men generally do not fixate on women in the same way and therefore “miss” important information about the woman, often after it is too late. Women's superior ability to fixate on the man provides them an important advantage because they can use the information they collect against the man if they feel like the man has done them wrong. Nietzsche theorized that the alpha's biggest weakness was that he paid so little attention to the betas that he could not notice that they were plotting against him. This advantage is so important that most cultures have a myth where a scheming woman “dupes” an aloof man that is ignoring her. The ability to scheme is doubly important for women because a woman evolved to feel extreme anxiety in any physical confrontation with the alpha because it is clearly not a sound evolutionary strategy to fight the alpha.

Emotional investment

Emotional investment is simply the act of fixating your thoughts and emotions on something or somebody. The longer you fixate your thoughts and emotions on something that feels good, the more emotionally invested you become. When something feels good, our brain forms neural circuit I call a “pleasure pathway,” that subconsciously and automatically propels us to seek that thing again, and if that thing feels good again, the pleasure pathway is strengthened. This is why drug addicts must consciously work to avoid drugs, because otherwise the will “automatically” do drugs without even consciously realizing what they are doing. This is also why emotionally

investing in the wrong person is disastrous: you are literally addicted to a person that can manipulate you, harm you, or just not give a fuck about you.

Emotions are determined by actions, not thoughts or words, so women do not emotionally invest in you until they DO something meaningful for you. Words mean nothing. Once she does things for you, and you accept her into your life, and she has fun vicariously through you, a pleasure pathway will form, causing her to become more and more emotionally invested, especially if she does not have other men that can create the same feeling for her.

Women take much longer than men to emotionally invest because women must carry and take care of a child so they need a man who is credibly alpha over the long term, whereas a man is interested primarily in short-term sex. Furthermore, the alpha male is a complicated character, so a person must be analyzed for a while to determine whether they are really alpha or just a faker. This gives women a certain degree of power early in the relationship because they can be rational when the man feels emotional. Men often feel there is a “connection” when the woman does not feel anything yet, so women often use this rational phase to trick men into doing things for them.

Holding frame requires patience because women do not emotionally invest in you the moment you start holding frame. Even if she is acting bored, disinterested, mean, or distracted, she is secretly noticing and analyzing everything you do and will (possibly) come around and emotionally invest if you hold frame. Most men lose patience, so they do something to get an immediate positive reaction, usually by supplicating or acting like a little bitch. Holding frame means your primary motivator must be your own desire to have fun, not her reactions.

The alpha male and reality

Human’s desire to follow and obey the alpha male is so strong that people literally accept the alpha male’s instructions as the rules that govern reality.

Humans did not evolve to have an inherent ability to understand the concept of objective reality so all “rules,” even laws of nature, feel as if they are coming from an alpha male. This is why humans were so quick to attribute natural events to gods. Similarly, throughout history many charismatic men have created religions, philosophies, ideologies, and other “rules for reality” that the masses blindly accepted, often in the face of serious evidence that those rules were wrong. Humans are more likely to survive in the jungle if we follow the warrior rather than the scholar – a warrior who listens to the scholar is just an added bonus. Donald Trump has proven that, even in our “scientific” age, people prefer to follow the perceived alpha male over the truth.

In fact, the alpha male MUST define the rules for reality. If a man follows rules he did not create, the betas will feel like some other alpha male must be enforcing those rules. Betas are also terrified of chaos and need order, so if a man acts like he cannot control reality and impose order and rules on everything and everybody, betas start looking elsewhere for protection and leadership. Furthermore, when the alpha male ventures into chaos he actually does change reality by changing things, creating new things, defeating challenges, making discoveries, and imposing rules for how people should conduct themselves, making it even more difficult for betas to distinguish between the alpha male’s rules and objective reality. “Humans cannot fly” was a law of reality until a man invented the airplane, and more and more of these rules will collapse as human knowledge advances.

Although you must create your own reality and every rule for this reality, not everybody will accept your reality. Most people’s reality comes from the other alphas in their life: their father, religion, society, etc..., and they are not eager to shed that reality and accept a new one. Furthermore, everybody has an identity, values, likes, dislikes, beliefs, habits, fears, talents, fetishes, interests, standards, emotional hang-ups, dreams, goals, and idiosyncracies, which are often deeply embedded into them.

A man who is perfectly and archetypally alpha will theoretically be able to dissolve all these things and re-create any man or woman into anything he wants them to be because he is so emotionally powerful. But nobody is perfectly or archetypally alpha, which means that nobody, and especially no woman, will ever completely accept your frame. And even if they do, it is fleeting: they can get sucked out of it by some other real or imagined alpha male at any time. I am not saying this to intimidate you or dissuade you. The alpha male does whatever the fuck he

wants with absolutely no regard to what anybody else thinks, so it is completely irrelevant to him who or who does not accept his frame. When his reality clashes with somebody else's reality, he insists on his own reality, but he does not push it on anybody. His only mission is to have fun. If you do that, you will be surprised at how many people happily accept your frame.

Because humans evolved the ability to think abstractly, we can project the qualities of the alpha male onto abstract concepts such as "society," the "media," the "nation," the "state," the "President," and even God himself, and feel the dominance hierarchy emotions towards those abstractions. Most people would tell you they do not follow an alpha male but nevertheless are afraid of professing a politically incorrect opinion to their best friend in private. Why? Because "society" has replaced God as the ultimate alpha male we worship and obey. Most people cower before some type of alpha male, and if we are not consciously resisting the alpha male, he becomes all the more powerful.

Of course, objective reality does exist and all humans are bound by real limitations. And most people are pretty well socialized as to what "reality" is, so people will look at you strange if you insist that the sky is purple and that you can talk to animals. Nevertheless, to her subconscious mind you must FEEL to as if you can create reality even if you superficially act like a normal, fun, happy guy.

The archetypal alpha male

Betas did not evolve to follow and obey just any alpha male, but rather the archetypal alpha male, the **perfect** alpha male. The archetypal alpha male can defeat any challenge, has complete abundance, is completely superior, and leads in every respect. He is infinitely alpha across all categories. The archetypal alpha is a fake character created by evolution that only exists in our emotions, and is designed to drive betas towards the man that can best protect and lead them. A beta who seeks a man who can defeat some challenges is less likely to survive in the jungle than a beta who seeks the man who can defeat all challenges.

The archetypal has no weakness, fear, or deficiency, so he can be completely honest about his intentions and will never give a single fuck about what anybody thinks. He will never lie, cheat, or make promises he can't keep because he has no need to. The archetypal alpha is also fair in that he helps betas who contribute to the cause.

Of course, no real man is actually an archetypal alpha male. Nobody is even close. Women seek the man that is the closest approximation to the archetypal alpha, but because every real man is so far off, women never fully emotionally invest in any real man. I think it is silly for any man to say "I am alpha" – it is more accurate to say that a man "has alpha traits" or "thinks/feels/acts as an alpha would" in a particular moment and situation. Similarly, no man is completely beta. Most men switch between feeling alpha or beta depending on the situation they are in, the people they are around, and the thing they are doing. The biggest beta will feel and act like a badass when he is doing something he is good at, like playing video games, and many otherwise "alpha" guys act like a little bitch when they are around certain women or guys they see themselves as inferior to.

Whether or not you believe God is real, it is useful to study the character of God in religious literature because he clearly appeals to humans' desire to follow the archetypal alpha: God is a man, who creates reality, makes all rules, provides guidance and leadership, is all powerful, is all knowing, controls all resources, conquers bad guys and challenges, and feels no fear or anxiety. The God of the Bible is closest to the archetypal alpha, which is why he is the most popular of the Gods. It is interesting that the God of the Bible is compassionate, loving, and accepting of his followers, but only if they obey his commandments. God does not NEED anything from anybody, he only helps his followers because they have shown their loyalty by bringing him some kind of sacrifice.

Hacking your mind

Because no real man is the archetypal alpha, we must "hack" our subconscious emotions to feel like the archetypal alpha male, or as close to it as we can. Life is a continuous stream of challenges, most of which we are unprepared for and fail, so we are all prone to beta thoughts and feelings. Therefore, we must fight to prevent our emotions from subconsciously drifting into negativity when we fail or meet a challenge that presents us with uncertainty.

Even when you fail, you can't let yourself FEEL inferior. You must hack your mind so you feel consistently alpha in all things you and in all situations, but most importantly, in difficult situations.

Fortunately, humans have the ability to "intervene" in our thoughts/actions/feelings cycle and change it through action. It is almost impossible to change your thoughts and feelings by just thinking. In fact thinking, reading, and talking about being alpha but being too afraid to do anything reinforces your subconscious mind's feeling that you are beta. Not only is spending all day on the internet reading manosphere shit without doing anything wasting your time, it is actually making you more beta. Even if your thoughts/actions/emotions cycle is trending positively, you can do something beta and turn the cycle negative again. You must always keep working.

The key to hacking your mind is 1) understanding that the world is governed by rational rules that do not give a fuck about your feelings (or anybody else's for that matter), 2) ensuring that your rational mind stays in control as much as possible, and 3) controlling your emotions.

As much as I discuss emotion in this article, at the end of the day the world is governed by cold, impersonal, objective, rational rules. These rational rules are freely available for anybody to understand and use to shape their world in their own image, but to do so, you must first control your emotions. Your emotions are just evolutionary tools designed to ensure our survival in the jungle, not objective representations of reality, and you cannot let your emotions guide you. Feeling alpha feels great, but if you try to fight a UFC fighter because you had a few beers and feel "alpha" you will get your ass kicked and quickly realize that the objective rules that govern the world do not give a fuck whether you think you think you are alpha or beta.

Realizing that the world is governed by rational rules is incredibly liberating, especially when dealing with women. Most men have no idea what women want, how they feel, or how their minds work, so they essentially see women as infinitely complicated black boxes that flit from emotion to emotion with no rational explanation or guiding purpose. With no rational guidance, these men are reduced to doing whatever they think will get a positive reaction out of women, allowing women incredible power to manipulate them and terrorize their emotions. This is the basis of cliché lines like "happy wife, happy life" or "the key to a successful marriage is admitting she is always right."

But once you educate yourself about the rational principles that govern women's emotions, you can take the lead in the relationship rather than simply reacting to her whims. You can even be a better partner and more "romantic" because you can anticipate what she wants before even knows what she wants. Each woman is infinitely complicated, but the foundational emotions for all women are the same. Best of all, when you get rejected, instead of falling into an existential despair of depression and ruined self-esteem you can analyze your rejection rationally: "I was too needy," "I didn't take the lead," "she wasn't attracted to me," "she wasn't emotionally invested enough to call me back," etc... So long as women are a mystery to you, you must either give up on women or sacrifice your emotions to a slavemaster you do not understand. But once you understand women's fundamental wiring, women will lose the power to manipulate you. You can still have beautiful, magical, transcendent relationships with women, you just won't be terrified by her emotional whims anymore. Even if you do not understand all the relevant elements of women's psychology, you must have faith that she, like everything else in the universe, is ultimately guided by rational principles.

To control your emotions you must disconnect your "self" from your emotions. "Self" is a nebulous concept, so you can think of your "self" as your ego, your rational mind, or your command center. It is the part of your consciousness that makes your final decisions and the "thing" that you evaluate when you judge yourself and the thing that makes the evaluations. Completely separating your "self" from your emotions is the highest level of enlightenment, and requires lots of meditation, discipline and hard work. Nobody completely makes it, but the closer you can get, the better life you can have. I am not saying you should be an unemotional robot – all humans are emotional, but your fundamental organizing principle should be rational and arrange your emotions to serve you, not the other way around.

Most men fail to separate their "self" from their emotions, so when they fail at something, they subconsciously think they are actually a beta and a worthless loser, and when they succeed at something, they subconsciously think

they are the archetypal alpha, and become arrogant assholes. Most men fluctuate wildly between these two poles, oftentimes based on how their boss treated them at work and whether a woman likes them. Because their “self-esteem” is fundamentally based on these emotions, and therefore how people treat them, these men can easily be manipulated, especially by women. The modern media-entertainment complex wants men to identify with their emotions so they can be easily manipulable to purchase things, go along with political agendas, etc...

You must be able to separate your objective evaluation of yourself with the persona you present when holding frame. In my own mind, I am humble and realize I am just a speck of dust floating through space, and could get hit by a bus tomorrow. I am also very aware of my weaknesses and deficiencies, which I am diligently working to improve. To her, however, I am Superman, nothing bad will ever happen, and I have no weaknesses. I don't act like a delusional maniac – I will admit things that are true (“sorry honey, I am not good at karaoke”), but I will do so in a way that is positive, upbeat, and makes her feel like everything will be all right and we will defeat all challenges (“give me 3 weeks of YouTube singing lessons and I will be the Whitney Houston of karaoke”).

You should evaluate yourself objectively, based on your accomplishments and your characteristics (which are formed by your accomplishments), not based on how others treat you. This is all the more important if you plan on “gaming” because most women, especially those that do not know you very well, will deliver judgments on you that have nothing to do with your actual value. I have gone out, suffered humiliating rejections from a bunch of mediocre women, and then walked over to the next bar and taken home a 9. All rejection is based on some rational reason, which you either can or cannot figure out. If you can't figure it out, stop obsessing about it. If you can figure out why she rejected you but can't fix the problem, stop obsessing about it. If you can figure out what you did wrong, fix it. If you are humble and self aware, you should be able to figure out why you got rejected most of the time, and even if you have serious deficiencies you cannot fix, you probably have a lot of areas you can improve and become attractive to women. If you are young and do not have many accomplishments yet, you must still “fake it till you make it.” Evaluating yourself objectively allows you to create a “delusional” persona to present to her, while simultaneously allowing yourself to improve your flaws.

Carl Jung said that most people have a false relationship to reality: some people overestimate their ability to affect reality (too much alpha emotion) and some people underestimate their ability to affect reality (too much beta emotion). Your ideal attitude for your regular life should be in the middle, where you control your emotions and have a “correct” or “rational” evaluation of your ability to affect reality. Arrogance prevents you from humbling yourself before the rational rules that govern reality, and “betaness” makes you too humble and prevents you from attacking reality with adequate vigor. Your feelings of alphaness can even form an unholy alliance with your feelings of betaness, causing you to get lazy because you think you are already the shit. I have seen tons of impressive guys knocked down because they believed their own bullshit. Pride goes before the fall. To repeat, however, the attitude you project to women is that of the archetypal alpha.

It's no secret that for most guys, especially in the modern world, too much betaness is a serious problem. But too much alphaness is also a problem – or more accurately, the problem is falsely identifying your feelings of being an alpha with your “self.” Just as women have a deep, subconscious desire to be with the archetypal alpha, men have a deep, subconscious desire to be the archetypal alpha. And just as women are chasing a character that they can never find, men subconsciously want to be a character that they can never be.

The most dangerous aspect of man's desire to be the archetypal alpha is his infinite desire to fuck all women. Most men are losers that can rarely get laid by anybody, but all men have this insane desire embedded into their genetics, and once this desire awakens their life can quickly go off the rails. It's common for lottery winners to lose all their money by blowing it on prostitutes, and many major celebrities have suffered immense damage because of their insatiable need for women. Guys like Harvey Weinstein and Bill Cosby can get lots of hot women without rape, but their subconscious emotions demanded what the archetypal alpha gets: ANY WOMAN, NO MATTER HOW HOT OR FAMOUS, WHENEVER THEY WANT, INCLUDING RIGHT NOW BITCH. But even though those guys were extremely powerful, they were not as powerful as the archetypal alpha, so they had to resort to rape to feel like him, which ultimately led to their ruin.

Because nothing can make a man feel like an archetypal alpha like a woman can, women are an extremely dangerous and addictive drug. Some of the most “beta” guys I know are good-looking, successful guys that learned some game and got some pussy, but got addicted to the forbidden fruit. Their desires expanded beyond their actual abilities, so now they act needy and desperate to fulfill their addiction, while simultaneously acting arrogant and narcissistic when things go well. The most beta guys in America are not the anime dorks in their mothers’ basements, they are the rich guys in nightclubs in Vegas and LA blowing thousands and sometimes millions of dollars on their impossible quest to feel like the archetypal alpha.

This article focuses on holding frame around women because nobody can fuck with your emotions like women can. To most men, women are the ultimate prize because they fulfill men’s deepest desires for sex, love, affection, companionship and, most importantly, the desire to feel like the archetypal alpha. Simultaneously, women launch massive shit tests at men while trying to determine if they are the archetypal alpha, leaving a string of broken, humiliated, depressed, and betafied losers in their wake. This combination of women’s desirability and the intense challenge they provide makes holding frame around women extremely difficult for most men. But the solution, counterintuitively, is not to play her game; rather, it is to withdraw and focus on defeating challenges.

Read the rest: <https://www.woujo.com/blog/2018/4/26/how-to-hold-frame>

1,274
UPVOTES

You're not good enough, you're not smart enough, and people don't like you.

Whisper · 29 September 2017 · Archived copy · Reddit

I punched a girl right in the mouth once.

Long story short, she was convinced she was the greatest martial-arts trained badass that any of us poor scrubs had ever seen, and she quite insisted on starting a sparring match with me. Wouldn't take no for an answer. Okay, whatever.

First gentle lob I threw, easy, relaxed, telegraphed to hell... pow, canvas.

I was surprised as hell. Expected her to parry it easily.

And there she sat holding her face in her hands, looking for all the world as if she was waiting for everyone to flutter around her and fan her fevered brow. When none of this was forthcoming (after a very awkwardly long time indeed), she rose to her feet and mumbled something about ...

(and I shit you not, she said this)

... how she had been down trying to control her temper after being hit *because she'd didn't want to lose control and hurt anyone.*

She so desperately wanted to be like the cool ninja chicks she saw in movies and comic books that she was unwilling and unable to acknowledge the gap between *what she was* and *what she wanted to be*. So instead of training hard for years and years and years, she half-assed it for a little while, then started working at convincing everyone, herself included, that she was already there.

...

Okay, now finish up your little laugh about how silly and childish women are, because now we have to talk about how some of you assholes do the same damn thing.

You think your game is good enough. It isn't.

You think you're fit enough from calisthenics. Your "general fitness" is an excuse for being weak.

You think you don't have to train MMA or Thai boxing or karate, because you "don't wanna end up like Muhammed Ali", as if anyone would let your slow ass get into the ring with Joe Frazier. You just don't wanna get hit, because you are a pussy.

Anytime you are afraid of doing something, your treacherous ego will always find a way to tell you are either already good at it, or that you don't need to be good at it.

You will never become the person you want to be until you admit you are not him, and are more afraid of staying that way than you are of the work you're going to have to do.

People keep asking "When will I become confident, and not have to fake it?" Answer is, never. Not if you know what's good for you.

When you can deadlift 300 lbs, compare yourself to the people who deadlift 400, and focus on them until you feel like shit. When you can do 400, compare yourself to the people who lift 500, until you feel like shit again. When you hit 850, compare yourself to Eddie fucking Hall.

Greatness is driven by the fear of mediocrity. The moment you think you are good enough, you will never be any better.

There is no light at the end of the tunnel. There is no magical nirvana that you will break through into, where nothing will ever be hard again. There are only standards, and effort, and improvement, or complacency, weakness,

and self-delusion.

Your choice. But don't make excuses for how you are too afraid of being hit in the face.

1,273
UPVOTES

Quick-and-dirty tips and tricks for aspiring alphas

[deleted] · 3 March 2015 · Archived copy · Reddit

A pure, natural alpha doesn't need tips and tricks for maintaining frame, but I am anything but a natural alpha and these are some simple techniques I've employed to "fake it till I make it" with respect to communicating with women, including in a LTR.

Never discuss your feelings or emotions. Just don't. Holding her hand in silence or hugging her warmly is all she needs. Do not betray your inner emotional life to a woman's fickle ears.

Do not talk about yourself. Don't psychoanalyze yourself out loud to her. Talk about the things you love and enjoy. Don't talk about yourself. She is not worthy of that. That is for a close male friend if at all.

Occasionally be unexpectedly thoughtful. Give her a cupcake with your names on it. Pick her a flower. Tiny expressions like this, devoid of any verbal affection and followed immediately by a return to the relatively aloof and stoic frame, can pierce a woman's heart with an emotional snag that sparks a deeper kind of attraction and love.

Be in charge of goodbyes. Initiate departures most of the time. If she says she should probably get going, immediately comply with a smile. Always appear comfortable leaving.

Touch her. You are entitled to her body. It's your toy for you to play with and enjoy. Assume this right as early as possible, beginning with benign physical contact and quickly escalating. It's her responsibility to protect herself from unwanted physical affection, not yours to guess how much affection she is comfortable with. Her restricting your access is funny, always. Acting butt-hurt about being rejected is tremendously unattractive.

Regularly temporarily withdraw from initiating any physical affection. Find that you're touching her first a lot? Withdraw for 15 minutes to an hour. Don't refuse her touch, just abstain from initiating it. She may not notice this consciously but subconsciously it can trigger a slightly oxytocin deficiency that will clue her into how much she needs you.

Sex should consist of her acting in submission to you. In bed, she is a rag doll, a slave. Exercise complete dominion over your woman in bed. The only limits to your alpha expression in bed should be legal ones. Don't be an English farmer, be a Viking pillager.

Obligatory: Lift 3x week, keep a top-tier haircut, wear good clothes (if you have no idea where to start, just go to H&M and Urban Outfitters).

Ditch all processed foods. **Eat as clean as possible.** This will improve every aspect of your life immediately. If you need to ween off processed foods, start with clean breakfasts, then add clean lunches, etc. No added sugar, no corn syrup. Buy natural ingredients and learn to enjoy simple home-cooked meals.

Meditate. Just do it. Meditate every day. If you don't know where to start, sit down somewhere, close your eyes, and count your breaths to 100. Tame your mind.

Cut out all porn. It's time to put that away. Fantasizing is for teenagers.

Experiment with abstaining from masturbation. Shoot for one week and observe the cognitive and hormonal effects. Everyone is different but many people find that abstaining dramatically increases social confidence and energy. This has been my experience. YMMV.

Usually wait at least 10 minutes before responding to a text. If you're hanging out waiting to receive a text on your phone, at least pretend you're not.

Don't use smiley faces, exclamation marks, or laughing ("haha," "lol").

Send less words to her than she is to you. Count them. Additionally, a text should be less than 8 words.

At least 75% of texts sent to her should be **unserious, witty, flirtatious, teasing.** Texting is for entertainment, not

meaningful relationship-building.

Before sending a text, ask yourself this question regarding the text: "Could an idiot have written this text?" Don't say things like "How are you?" Don't ask her about her day. Tie in a previous bit of information in a witty way.

Stimulate your woman's mind in a way that other people can't.

Never discuss feelings or emotions via text. Your sincere thoughts are probably too meaningful and sacred to even be communicated verbally to your woman, let alone put into a cheap text.

Err on the side of **less texting**. Regularly **fail completely to respond or acknowledge her texts**, including questions that seem important to her. You love her, but you love yourself more and you have a life to attend to.

Furthermore, **occasionally ignore her for periods of time ranging from 12 to 48 hours**. Two days of radio silence, unexplained, will increase attraction from a woman who is already has feelings for you. For a long-term relationship, 24 hours may be sufficient. I promise you that causing your girlfriend emotional pain by occasionally ignoring her for an uncomfortable 24 hours will directly result in more attraction, not less.

If you are a hopelessly beta, bottom of the barrel male, I recommend shocking your system by committing yourself to **a couple of days of solitude in the wilderness**. Buy some gear and go into the wilderness for a couple of days with food and water. Avoid trails, climb mountains, get lost, take some risks. If this seems unnecessary or dangerous, you are still psychologically a child.

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UPVOTES

You can have the best year of your life: RP took me from a 24y/o virgin to fucking 12 girls within a year

sarc0lupus · 1 January 2017 · Archived copy · Reddit

INTRODUCTION Happy New Year January 1 is a day many of us start writing goals and New Year's Resolutions. And I thank the Red Pill, for saving me, and giving me the best year of my life so far in 2016.

You have no excuses, because someone who was Betamax/Emperor of Beta-stan/Chodeking, achieved the RP transformation within a year.

BODY The Emperor of Beta-stan Picture this: skinny-fat, balding, 5'5" (literally kid's clothes sizes), talked very fast and manic, a generally-annoying guy, poor eye contact, fidgety, couldn't stay on one topic, South Asian (purely on looks I'm a 5/10 - 5.5/10 - the rednecks where I live usually said I looked like Aziz Ansari or Raj from Big Bang Theory), terrible at sports, geeky (I read physics and astronomy books for fun).

Thankfully I didn't have an accent or act fresh-off-the-boat, but on a superficial level, I had a lot of things going against me.

Oh but that's only the superficial stuff: add to that the garbage NiceGuy behaviours of grovelling and supplicating to women, and you have a 24 y/o chode who never got a number until he was 19, went on his first date at 19, never kissed a girl until 22, and couldn't even get a prom date in 12th grade.

And on January 1 2016, I made it a commitment to fix this side of my life up. If I never went after the women I wanted in my life, I would be condemned to settling with the women that approached me. But more so than women, if I never went after the life I wanted, I would be condemned to settling for the shitty life that was handed to me. Fuck that. I had a problem; and I needed to fix it.

Process Lift: Gym was my temple. I became the heaviest I ever was, and was able to lift twice my weight. Sidebar: I treated it like studying. I took notes, I revised. I took it as seriously as the subjects I took in college. I discussed my lessons with my best friends (who thankfully are RP as fuck, and introduced me to the material) Approaching: day-game and club game mainly, with some mild social circle game. Didn't waste my time feeding validation whores with online dating. Other Superficial: Cut my hair short and grew a short beard (now I get mistaken for being Black or mixed-Latino). Got better fitting clothes. Cologne.

By January 7 I lost my virginity to a night club ONS. And the lay count just kept getting better. By November I had fucked more girls in that month than from the first half of the year. One week there were 2 lays. I fucked on beaches, riverbanks and in my office. 18-year olds to 33 year-olds. Multiple nationalities. A plate. Girls crying when I told them I couldn't keep seeing them again.

LESSONS LEARNED 1. You can get everything you want if you go out and get it. Don't think that this doesn't apply to sex and relationships. The BP socially-conditioned world loves to frown upon those that think sex and relationships aren't achievable goals, but that because they want to believe the fantasy and warm-feeling of it being "magical" and "destiny". No, love, sex and relationships are nothing special. They, like careers, fitness, intelligence, foreign languages and dexterity are skills that can be studied and improved upon.

Find out what you want in this sphere (a ONS, a bachelor harem life, finding the mother of your children). Find out how you can achieve this (RSD, The Sidebar, improving your SMV, LTR game) Get it.

2. Actions are everything. You will get nothing in this world - whether it be a job, a girlfriend, or the ketchup bottle in the fridge - if you don't act on it. Blue-pilled beta me thought there was a divine destiny or karma, where I would be rewarded if I "did good" and worked hard at my job, treated people well and followed ethical conduct. Then "magically" I would be rewarded by a good job, or be put in the path of a girl I wanted.

If anything, I had the worst ethics during 2016. At times I slept at work. Numerous women hated my very existence. But I still got what I wanted, because I acted. Act "good" and "morally" if you choose to do so, but not

because of some fantasy of being divinely rewarded for it in the future.

The RP world is amoral.

3. Do. On a similar theme to (2), one of the key reasons I succeeded in 2016 was because I stopped thinking and did instead. A lot of betas are way too in their heads, and overthink things. Then when a chance for change comes, they think just changing their thinking is enough. They think that merely affirming RP concepts, and saying to themselves that they are alpha, and confident and secure with themselves is enough. And this happens because by actually doing, you face the possibility of failure. Overthinking is at its core, a fear of failure.

The truth is that no one cares about your thoughts.

Motivation is for chumps: it's the socially-conditioned BP world's way of getting you to consume and delay doing.

Affirmations are platitudes. Discipline is king.

Instead of repeating to yourself that you're secure and confident, and instead of wasting your time reading other people's stories of success, so you can feel as if you're worthy, I have a better idea. -Do something that makes you feel confident -Do something that makes you feel worthy -Do something that proves you are secure in yourself

4. Frame. Have you own reality to the point of it being borderline delusional. No one else cares about your thoughts, so why not make your world fucking incredible and work just the way you want it to. Likewise, you shouldn't give a fuck about other people's reality, because not only is it meaningless, but your's is better anyway.

Once you start doing this, you stop caring if a girl doesn't text you back (truly, it is she who is missing out), you walk away from a girl that wants to string you along as an orbiter (because in your reality, you never need to justify to anyone why you're alpha), and you are no longer afraid to escalate.

And any challenge to your reality is a shit test.

(And if you don't have a strong frame yet, fake it till you make it. I combined the personas of James Bond, Don Draper and Patrick Bateman until I developed my own).

Sarcolupus

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UPVOTES

Johnny Depp's now ex-wife Amber Heard was arrested for domestic violence in 2009

Casanova-Quinn · 7 June 2016 · Archived copy · Reddit

Surprise, surprise.

It's now come out that Amber Heard was arrested for domestic violence against her ex girlfriend Tasya Van Ree.

Article:

<http://www.dailymail.co.uk/news/article-3629004/Amber-Heard-arrested-suspected-domestic-violence-against-Tasya-Van-Ree-star-grabbed-girlfriend-s-arm-airport-row-2009.html>

I'm sure the feminists will defend her with the typical "she's a different person now, the past is the past".

A few new interesting facts:

1. Heard and Van Ree considered themselves married. They had a private ceremony in 2011 in New York, when same-sex marriage was legalized there but did not make it legally official.
2. Heard was still in a "continued friendship" with her ex while married to Depp.

My analysis so far: Heard was cheating on Depp with her ex lover, and is using her domestic violence claim against Depp to make herself look better.

1,271
UPVOTES

After the death of my child and girlfriend, improvement is all I've got left.

FerociousOreos · 11 January 2017 · Archived copy · Reddit

I've written and erased this submission more times than I can count. These words aren't easy to get out, but maybe I can help someone here who feels hopeless.

Four years ago, before I found the Manosphere and TRP, I starting dating a girl I had pedestalized into someone far beyond what a drug abusing, alcoholic, cheating girl could ever be. For two years she slowly got better, she started to become the perfect person I *thought* she was. Then she got pregnant. We fought so much about what to do about it, but I pushed her into an abortion as we were both young and the time wasn't right. She wasn't ready for that decision.

Turns out, like anyone with a serious chemical dependency will do after trauma, she relapsed. She killed herself and I found her cold body on the floor. Prescription pills can destroy your mind and body when you take everything you can find at once. As much as I'd like to remember her smiling and laughing, I dream of her cold hands and twisted face.

I took two lives that year, and I planned on a third: my own. I got so far as to get drunk and stick a gun against the roof of my mouth. I cried like a little girl, it was the lowest I've ever felt. And yet.. I didn't because I couldn't hurt anyone else. I didn't want them to go through what I did when she died. She wasn't perfect, and she hit almost every red flag in the archive. But she was mine, and I loved her as much as any blue pill guy would.

I found TRP and without gaming women (I'm still not ready for that, BP or not I don't care) I started improving my life. If I was going to be an empty shell of a man, I'd at least have fun doing it. I picked up hobbies like woodworking and automotive maintenance. I doubled down on past hobbies I'd neglected, like snowboarding and going out with my buddies. The nightmares don't end, but the days started to become bearable.

I wrote this because I'm seeing a trend of depressed guys asking what to do next, or if life is really worth it. I can't answer that, but I do know that if I can hold the guilt inside and still be a pretty okay dude, so can you. Don't end your life over whatever petty reasons you see. Find help. See a counselor, try medication, (at least until you've worked out your problems) and start seeing some buddies. Make friends, find hobbies, and start to really enjoy your life. Lift hard and see what you look like with abs. Go back to school for something you've always wanted to try. Volunteer at a homeless shelter. Do anything. Just start to do, *something*.

We talk about gaming women a lot, but by being on this sub, you have an advantage that most don't. You have an opportunity to find a mission in life and really live your fucking life.

Don't waste that chance on suicide. When you've hit rock bottom, you can't sink any lower.

Edit: I had originally written this to help others and show that we all have different struggles: don't fucking kill yourself over something dumb.

But the community outreach has been great and things like this make me grateful to have found TRP. Thanks guys.

1,268
UPVOTES

Feminist journalist decides to live as a man for 18 months, discovers that men's lives are just as hard as women's

darkstar505 · 12 August 2015 · Archived copy · Reddit

E: Didn't noticed this was posted before. Still valuable though.

TL;dr

Lesbian and feminist journalist Norah Vincent lives as a man for 18 months. Finds out women are more privileged than men. Also, red pill truths galore.

Body

Video

Norah Vincent is a lesbian and feminist journalist writing columns for the LA Times and The Village Voice among others. As social experiments she decides to live as a man for 18 months. She becomes her male alter ego, Ned Vincent. Her motives are as followed:

I wanted to enter male spheres of interest and see how men were with each other. I want to be friends with men and I want to know how male friendships work from the inside out.

So she joined a male bowling team, a sport she totally sucked in. How did the men react? Responding to the question why "they didn't run her out of town":

It is the most amazing thing because that shows the generosity that they have.

To her surprise, they accepted her, they didn't mock her at all.

The handshake was unbelievable, it blew me away the first time I shook hands with a guy, a strange guy. It is strange because you think of women "We are so nice, we are so easy, men are so mean.... complete opposite. [...] They just took me in, no questions asked.

So she develops friendships with these men. At some point she decided to reveal herself to be a woman to her closest friend in the bowling group, later the rest of the group. Guess what? *They accepted it and took it well.* However, looking back they could tell she was different from the other men.

They showed me up as really being the one who was really judgmental because they are the ones who took me in, not knowing anything about me. They are the ones who made me their friend, no judgments attached.

After the reveal, Norah and the friend became closer and the friend became way more open about emotions, something uncommon among men, according to Norah.

There is a tremendous potential for tenderness among men and I am not sure if that is always realized and it is terribly sad.

So far she found out that men, in comparison to women, are less judgmental but also less tender (say, stoic) to each other. How about sexuality? Before the reveal, she also visited a couple of strip clubs. This is where the interesting part comes in.

I really ranced smacked against the difference between male and female sexuality. **Female sexuality is mental and male sexuality is a bodily function, it is a necessity.** You just HAVE to do it.

Another interesting quote, on the lack of intimacy in strip clubs

I saw the men there, I saw their looks on their faces, I saw them sitting alone, sitting there burbling. This is not about appreciation of women, it is not about appreciation of their own sexuality. It is about an urge and that is not always that pleasurable.

Men have had the tears and emotional expression sort of pounded out of them from an early age. By the time they are men they don't even have the vocabulary anymore or the emotional awareness to really say what they are feeling.

Norah says she was never, ever, aroused when going to the strip club. Her sexuality is mental, men's is not.

It is a drive. Because we do not have testosterone in our system, we do not understand how hard it is.

A man can get intimacy by approaching women outside the strip club and develop a relationship, possibly. Some of Norah's comments on this.

In [approaching], women have all the power. We just sit there and with one word, "No", we crush someone. The thing is we don't have to do the part where you go across the room and you go up to a stranger and say the first words. Those first words are so hard to say without sounding like a cheeseball, jerk or whatever else.

She even managed to get some dates (30!) dressed as Ned. On the question if she had ever fun during those dates, she answers she rarely had any fun. Instead, she felt the pressure to prove herself. *She was shocked that women had no interest in soft men. Her prejudice was that the ideal man is a woman in a man's body.* She found out women want manly men. Funny thing is that after she revealed her true identity during the date, some women still wanted to pursue the relationship because "they connected".

So she even goes to some sort of men camp (see video) and eventually just snaps. She checked into a hospital with severe depression to not being able to play the role as Ned anymore. Her views on men changed forever:

Men are suffering. They have different problems than women have but they do not have it better. They need our sympathy, they need our love and they need each other more than anything else. They need to be together.

I am so much closer to myself. I really like me and I really like being a woman. [...] I think it is more of a privilege.

I focused on certain points. If you have interest in knowing more about the experiment, you can buy her book on it [here](#).

Lessons learned (according to Norah Vincent)

- *Men are less judgmental but also less tender among each other.
- *Male and female sexuality is radically different. Male's is a bodily function, female's is mental.
- *Within the dating scene, the man's role is much, MUCH, tougher than the woman's.
- *Also, women want manly men, not feminine ones
- *Men suffering just as much as women are

E2: People are commenting on the fact that this post points out that men's lives are as hard as women's but in fact men's are harder. I state Norah's opinions on this in this post, not my own.

1,263
UPVOTES

[Career] You'd be surprised how simple it is to create value for someone out of something simple, and make a lot of money out of it

trpSenator · 4 September 2015 · Archived copy · Reddit

I'd like to throw out another career related post, but this time down the entrepreneurship avenue while I have a few drinks.

One thing I think most people struggle with when it comes to actually going down the entrepreneur route is realizing how easy it actually is. In fact, at times some of the services offered are so simple and easy to do from your perspective you think, "why the fuck would anyone actually pay me a lot of money to do something they can figure out on Google in a few days?!"

Conditioning

We are all conditioned to be extremely risk adverse when it comes to making making money. We have an education system that is essentially the byproduct of the industrial age, which intended to teach people how to be productive members of the factory line. Because of that, we focus a lot on getting a normal job at entry level, learning the skills, doing the time, moving up, and just repeating the process as we become a better and better drone for the business.

We often choose to go down this route because it's easy. All the steps are clearly laid out, we are taught what we need to know, and assured that if we just follow the game plan, we can be assured that we'll be able to make X amount of dollars. And it works; it works wonderfully. Corporations have spent a very long time learning how to navigate and perfect this process of creating a healthy, safe, reliable, workforce.

Any thought of deviating from this pattern understandably elicits a sense of unknown and fear. That if you don't take this very clearly laid out path, and fail, you risk being seriously harmed. That running a business is more reserved for the really smart types that see a rare gap in the market, and are able to pounce on it and brilliantly execute a way to capitalize on this gap... or you have to find a product or service in which you can do better. You'll need to be able to stand on the shoulders of giants and bring to the market something that makes their lives easier which didn't exist before you...

In reality, that's not even close to being true. And you can see this from immigrants. Many immigrants that come to this country weren't conditioned the way we were. In fact, in many developing states, being an employee is something just for the young, while much of people's earnings come from self employment. So when they come to America, entrepreneurship is just natural for them. I always like to use my grandparents as an example of people who made it in their home country, lost everything, came to America with an education of middle schoolers, and managed to become very wealthy in just a few years. It always makes people wonder, "How can an immigrant just come to the USA with absolutely nothing, and end up running a successful business in such a short amount of time?"

Value is determined by the customer, not by you

This is a big one. Often, it's easy to look at something that costs, say, 100 bucks to purchase, then turn around and sell it for 2000 bucks and think, "Oh my, I'm ripping people off!" But that's far from the truth.

Let me use an example of a buddy I had in Germany. He ran a very successful web development company that focused on local businesses. He'd go into local shops who had a decent client base, yet absolutely no online presence. He'd then offer to create them a website from end to end (using Wordpress) and host it, for 150 euros a month. Now, to anyone with even a little bit of internet experience would realize that that's a huge fucking ripoff. The wordpress theme is a one time cost of 50 bucks, then you just have to add some custom copy, create a Yelp listing, a Facebook page, and then host it for 5 bucks a month after that. The whole project would only take a few hours to complete, so why the fuck would someone pay 1800 euros a year for something that can be done in an

hour?

Easy. Value. Before my buddy went in there, these people had no website. And to them, having an online presence would net them more money a month compared with their 150 dollar investment, even though there are other companies out there who could do it for 1/10th that. Shit, GoDaddy has full service features for 150 a year which will do it. To themselves, they are idiots when it comes to technology, and my buddy was the first person to walk in and help solve their problem. The point is, that these people needed help, and you helped them, and your help is giving them an ROI

He now has a whole firm with 10 employees doing this around the clock.

A big realization moment I had was from a few years ago when I jumped on a project for a guy who needed consulting for his business. He was not very tech savy but an incredible sales person. And he was making an absolute killing selling things I considered absolute shit. I mean it. Like some of the services he offered were garbage, but he was making just ridiculous amounts of cash, because he was solving really simple problems for people who didn't know there were other options.

Some of his businesses:

Using QR codes to save large conferences a ton of money. Believe it or not, but the industry standard for tracking and checking in conference attendees is actually a really expensive business. The rental for each one of those scanners is about a thousand dollars. The software and infrastructure to use the data also costs an arm and a leg. A medium sized conference could expect to pay 10s of thousands of dollars just for something as basic as checking people in for their conference meetings and seminars. So he just figured he could hire some kid to write some software to do exactly that, and then tell the conference attendees to use their smart phones to check people in. He was able to undercut the competition by 75% and still made a massive killing on an unbelievably simple technology. He still does it to this day.

Another one of his was for government training classes. Many people working in government are required to take recurring classes to get certifications for dumb shit. So he approached different government agencies and offered them a training program, where he'd split the revenue from the optional online study guide 50/50 . And all he did was ask for a copy of the test, then create a multiple question study guide. Then sold it for 100 dollars to all people attending those classes.

Sounds retarded, right? But believe it or not, that's a huge value to the GO. Having a study guide available which increases student's ability to pass the tests, while generating revenue, is a great program.

He was making 10k a month off this program alone and rarely ever paid attention to it.

You don't have to be Facebook to be successful

I hear it all the time when people talk about starting a business. 95% of the time it's about some great big idea which will change everything. Seriously, I think about 70% of everyone I've ever met seem to only have these huge disruptive ideas that go nowhere because they are too big for their skillset and motivation. Yet, for some reason, people always overlook the relatively simple successful ideas. Too many people focus on things like disrupting our entire infrastructure, rather than focusing on how to help grandma figure out how to blog about her knitting hobby. The real money is at those lower levels, because there are so many people out there with so many problems, who are being completely ignored. You'd be surprised how quick people will be to pay someone to solve a problem that you consider common sense.

1,263
UPVOTES

Girls are attracted to a level of muscularity that is easy to attain and sustain. Lift.

xuxe · 16 April 2017 · Archived copy · Reddit

Wanna know what every other side chick tells me after a couple fucks? "You are the most muscular man I have ever dated." That's a verbatim quote from a fit 27-year-old the other week who works out regularly. And guys, I'm not big. 5'11" and low 160s. BF 11-12%. A newbie could reach my muscle mass in one year. I'm more into cardio, but do supplementary lifting to maintain my moderately lean, modestly muscular frame.

Here's the thing: girls have low standards today because men are shit today. Yes, women have this entitled attitude bullshit going on, but that's 99% toward blue pill cucks, which is their new normal. Stand out by not being a scrawny stick or a fluffy fatty—again, attainable through just a few short months of proper dieting and lifting—and suddenly you're this rare gem. That entitlement bullshit shatters the second she enters your frame, because she isn't used to being in someone else's frame, and it turns her the fuck on even though she can't quite understand why.

Walk into a club or bar or even down the street in a slim, dark polo or tee with defined muscles and girls will be looking you up and down all night, I guarantee it (unless your face is a deal breaker. Sorry, fam). She likes what she sees, and she's gonna wanna see the rest. It gives you a passive confidence and it boosts her first-glance attraction, which combined make the initial approach significantly easier and the escalation of sexual tension more effective—and with higher success rates to boot.

Best of all, it's fucking simple: Lots of protein. Minimize liquid and processed carbs. Lift 3-6 days per week if bulking (and 200-300 caloric surplus) or 2-4 days lifting with cardio every other day if cutting (and a 300-500 caloric deficit). Cop a program or workout ideas from YouTube. You don't need to be in the gym for more than an hour if you don't want to, just give it 100% while you're there. Once it becomes ingrained as a habit, the effort and time required actually feels extremely minimal. It does not negatively interfere with anything. Just start, and then be consistent.

The rewards are astronomical and reach far beyond fucking women. It will help your career, your daily happiness, etc. The ROI is always, always worth it. You can't lose. So why even hesitate?

Best of luck, gents.

1,262
UPVOTES

As soon as he sells his companies, his wife leaves and takes half the money.

MaybeUT95 · 28 March 2017 · Archived copy · Reddit

Quora question:

What did you do immediately after selling your company?

Answer by Kevin Kruse

"Got divorced and lost half the money. Well not immediately...

As soon as the deal closed I drove home, very excited, and asked my wife to log into our online banking account to confirm the wire transfer went through.

She sat in front of the laptop. I stood behind her, looking over her shoulder at the screen. That boot up sequence took forever (yeah, it was a Windows machine).

Finally, she logs in and clicks the account number and...there it is! A totally life changing amount of money. I feel happy, and relief, so much hard work and...

"Wow, I could leave you now, take half and never work another day the rest of my life," she said flatly. And then she chuckled as if it were a joke.

Even as a joke I thought it was a weird thought for her to have in that moment. I chuckled.

Two weeks later she sat me down and said she feels disconnected in our marriage. We should go to a counselor to try to save things, but if we can't fix it, we should split up while we're still young enough to find someone else and get married again.

Six months later we were separated.

Six months after that we got divorced (yes, she got half plus alimony plus child support).

Six months after that she got engaged to the guitar player from church."

1,254
UPVOTES

Rejection is better than Regret

Heathcliff-- · 11 September 2018 · Archived copy · Reddit

I came to this understanding a few years ago; I was on bus drunk, alone, on the way home back from a bar. I'd struck out all night, being too scared to approach women, or, with the ones I did talk to, too nervous and beta. I was angry at myself and pissed at my cowardice, and I must have given off some kind of dark, brooding charm, as two similarly drunk girls on the bus kept glancing over at me.

One of them was very pretty, and she was sitting there demurely while her friend babbled loudly at her.

She would quickly turn around and sneak a glance at me occasionally, catching my eyes and looking away. This kept happening. Thinking back, she was begging me to come over.

I couldn't do it. I wanted to, but the resistance was too great. I was too scared, too down on myself, too anxious; all sorts of excuses.

Eventually we were at my stop and I went to get off. So did she. Evidently this was her stop too. Here was another chance "oh you're getting off here too". Easy opener. You don't really need anything too smart or witty, just something that connects you to her. I could have done it. I didn't. We both get off and she walked ahead of me and I walked behind her like a stalker and eventually she turned off down another road and I went home.

I laid in bed furious. How could I have fucked up such an easy opportunity? She was so pretty, so receptive, gave me easy signs. It would have been magical, romantic, two drunk people meeting on a bus on the way home. Maybe she was just as horny and drunk and I could have gone for the same night lay. She lives so close by, what a convenient plate she would have made.

Round and round in my head this repeated, for a good week afterwards. I was kicking myself for being such a loser, such a wimp. In fact, it affected me much more considerably than it should have. I know I should have got over it, but I was just so angry and defeated, my cowardice winning once again. A damn loser who's too scared to even talk to a girl who is interested in him. What did I have to lose? What would have happened if she rejected me?

Then I realised. Nothing. I would have been totally fine. I would have laughed it off in fact. It would have been just another rejection to add to my ever-growing list... book... *tome* of rejections. I would have slept fine that night, I wouldn't have sat in class kicking myself and dreaming about her... what if? What if? What if I'd just been brave? What if she'd smiled and I took her home. What kind of girl was she, what was she into, how did she fuck, what would our kids look like? I'll never know. Now, she'll always be a "What if?"...

What if?

And this "What if?" is so much worse, so much more damning than a simple "No". "No" is hard and absolute, it closes the chapter, ends the story, allows you to go off and attempt a new one. "No" gives closure.

But "What if?" hangs in the air around you for days, weeks, sometimes years. Poking at your self-hate, teasing you with fantasies, trapping you in the past. That girl in the red-dress at the party who was flirting with me, what if I'd just escalated more... what would the story have been? Now I'll never know, I can only guess. The pretty cashier who was chatting at me... what if I just went a step further and asked for her number... well she might have said "I have a boyfriend"... then at least I'd know it wasn't possible... I'd shut her away, erase her face. But now, she'll always hang there as a "What if?"

This is so much worse, I realised, than just a simple rejection. Rejections can be hard and painful, but the regret, the self-hate, the dark cloud of doubt is much, much worse. I'll take a damn rejection any day over that.

“No more what-ifs” I told myself. Just go for it. Get the answer straight out. You have nothing to lose.

There was a pretty “alt” girl who lived close by me who I’d always been meaning to talk to, but been too intimidated by. She dressed each day like she’s in a gothic-lolita fashion-show. I’d been “What if”-ing about her for a while, so this time I just went and spoke to her. She was very happy to be approached and I gave her my number, and she actually texted me. Awesome. That was so easy! But then she kept replying to my “let’s meet up” texts with “oh I’m actually busy that day” or “sorry I’m really hungover can’t make it”. I got the hint, I can decode girl talk now, she’d lost interest. But hey, fuck it, who cares. **I didn’t have her before, and I don’t have her now. Nothing’s changed, except I killed the “What-if”, I can be free of her.** Net positive for me.

Two girls on the train... always hard opening two girls at once, they reinforce each other and are more open in their bitchiness, but I was in a confident mood and said hey fuckit lets go. They laughed at me; laughed in my face and told me to go away. Horrible witch-cackles. Malicious. That one was harsh; girls can be cruel as hell. But I got over it pretty quickly. Now I had no reason to be angry at myself, I wasn’t a coward, I actually did it. Sure I got shot down, but that’s nothing on me, I actually had balls to approach.

Girl I was pining after during lectures; pretty deep one-itis, real dreamgirl. I’d had dreamgirls like this before and have always been too afraid to talk to them, they were always “What-if”s that hung around for years, making me sad that I’d never approached even one. Just fantasies to admire from afar. Fuck-it, no more “What-ifs”. I’ll just go speak to her, I’ll at least try. Well it didn’t go well, went pretty horribly in fact. She was a huge bitch, very promiscuous, and borderline, almost certain. Had that Cersei Lannister Regina George kinda vibe.

But the “What-if” died. I had more information about her, she was a horrible bitch, someone I couldn’t get along with. It was instantly easy to get over her after that. So what if we got together? She would have eaten me up and chewed me out. She would have used her borderline sorceress powers to wreck me emotionally and then throw me away. And the sex would have been lazy too. Question answered, “What-if” killed, time to move on.

Freedom

It was so easy, so freeing. The “What-if” became a much bigger evil than the rejection, I began to fear the “What-if” much more than a bitchy put down. Now whenever I start getting approach anxiety, hamstering myself into pussying out, the voice in the back of my head will say “you will regret this and beat yourself up over it later, a rejection is nothing compared to that”.

And suddenly approaching becomes the easiest thing ever. It stopped being so terrifying.

The pretty young blonde girl on the train. I went and spoke to her. No more “What-ifs”. She gave me a big smile. We got off the train together, I walked her home, kissed her goodnight. The next day we hung out, fucked a week later; grew very close, developed a good rapport, in-jokes, intimacy, affection. When we hung out she’d give me happy little sighs like she was in a dreamworld and I was her fantasy prince. It was beautiful.

She enriched my life, gave me memories I will cherish, snap-shots of her smile and laugh, her bright malevolent eyes when she was shit-testing me, the way she got frustrated and fidgety when turned-on.

And What-if? What if I'd just been a pussy, like all the times before, and hadn't spoke to her. A whole chapter of my life would have vanished into thin air. A whole beautiful girl, unknown and forgotten; a mirage, a dream that didn't live out. She was everything I fantasised about, and I manifested her into my reality; all because I killed that rejection anxiety and just spoke to her. All the bitchy-putdowns and cruel witch cackles in the world were worth it for just one day I got to spend with that girl.

And then my heart sunk, for all the times I had been a coward and hadn't approached a girl, or escalated. How many of these girls would have turned out like the train-girl? How many potentially beautiful stories in the making had I killed by being a scared loser? The answer was more than 0, definitely. There were relationships there, entire stories, hanging in the air, ready for me to grab, which I threw away, destroyed, through my anxiety. Through a fear of something that couldn't even hurt me. Fuck, so stupid. So depressing. So cowardly.

No more. No more what-ifs. No more cowardice. No longer will I kill the story before it even starts. I'll go and speak to her, and open the book. And it may only turn out one page, or one sentence long. But I'll still get something out of it, I'll still learn something, and it's better than not opening the book at all.

And for every failed story and closed-book, there will be some that remain open, some that are beautiful and keep you hooked, some that nourish and thrill you, some that you cherish and celebrate and follow through a lifetime.

No. No more what-ifs.

1,250
UPVOTES

Guy exposes a cabal of reddit SJWs and their ties to the admins of reddit and creates a watchdog sub. Then the shit hits the fan.

vandaalen · 8 February 2015 · Archived copy · Reddit

Guy exposed a cabal of users taking over reddit yesterday, spawned a watchdog subreddit of 2500 subscribers overnight, was then banned by reddit's admins, all the subreddit's mods then banned, admins won't say why, and now they're handing the subreddit to the corrupt cabal of users who were exposed.

Even though this has been posted to [/r/conspiracy](#) I recommend you give it a good and detailed read.

I don't want to put gasoline in the paranoid fire, that's been burning here the last days, but this must be the most ridiculous story I've read since gamer-gate.

Never underestimate the power and will of the radical SJW army.

1,249
UPVOTES

Always remain calm. Nothing is worth your anger. (Divorce story)

Alejandroses · 5 January 2018 · Archived copy · Reddit

I married on 4/20/13 (420 ayeeee) and it was a huge mistake.

Fast forward to November 2014. I flew home from South Korea on a moments notice to save my marriage. It did not work, she was done and had already cheated multiple times. My dumbass forgave her for this. The months leading up to this took a toll on my brain. I was so exhausted from dealing with my wife (she was in California while I was in South Korea) that once November came my brain knew nothing but calmness. It was tired and I was done. I will fast forward to the night I finally decided to end it.

We're laying in bed. No talking, no sex, no nothing. I thought to myself "Wtf is this?" and I got up and started getting dressed. This is the moment I feel like the natural Red Pill kicked in.

"Where are you going?"

"Im done. This is stupid. Its a waste of life."

"Youre just overreacting."

"I am not. I will come for my stuff tomorrow and this marriage is done."

The next day I showed up to get my things. There are only 3 things I wanted. My 51 inch TV, my surround sound system for my room, and my car. These 3 things were super important to me because its the 3 things I most cared about prior to getting married lol (got married at 21, I was blue pill betaboi). I knew I was about to live alone and I did not want to go out and get a new TV and a new surround sound and I definitely was not going to give her the car I had gotten at 19. That was my baby.

So I get out of my car and I say "I am here for my TV and the surround sound. Anything else you can keep I dont care."

"Yeah sorry but no. I mean youre already taking the car so I am going to keep these things."

Lol. All I could think of was "I pay for your phone bill. Prior to today I was your main source of income. Now I want 2 things and I cannot have them because Im already taking the car? That I had prior to marriage? I cant have MY stuff?" Some women have no shame. I was so over this stupid marriage that I said "fuck it." and I left. I just wanted out, no drama.

I flew back to South Korea and did not pursue the divorce until March, when I returned. From November 2014 to March 2015 she:

1. Called to ask me about my taxes. She wanted money. I refused and told her I filed for taxes alone.
2. Tried to kill herself. Luckily we had insurance and that paid for the bills.
3. Got pregnant by some other dude.

Now here comes the fun part. I knew who the guy was. It was one of her ex-bfs lol. His mother was super close to my ex wife because my ex wife took her to her cancer treatments even after he had broken up with her. My ex wife had moved into her "mothers" house around December and around that time her ex bf lost his job and moved back in with mommy. Once they were living together they fucked and she got preggo.

I returned from South Korea in March and my second day back I met up with the "mother". She loved me! When my ex wife introduced me she took me in as her "son" and she adored me. She was super cool and I decided to meet up with her to ask about her son and my wifes kid. (She had also called me back in December to tell me my wife had moved in and that it was nothing personal against me. She just needed to help my ex wife like my ex wife helped her with cancer. I took it with no hard feelings. She was just an innocent woman trying to help.)

"Are they going to take responsibility for their child? Or will she say its mine because were not divorced yet and expect me to pay for this?"

A few moments of silence..."My son is scared. He already lost his first girl to his other baby momma (lmfao) and now he's scared that you will claim this kid and he will loose it too."

I thought to myself. "I want my tv, my fucking surround sound system, and my car. If I dont get these things I am going to be a fucking wonderful single dad." I look a her in the eye and say. "I only want a few things. My tv, my surround sound, my car, and for her to sign the divorce papers with no questions."

She looked at me like if she had just seen Jesus. "That is all you want?"

"Yes. If I get that I dont care about her child, I dont care about your son, and they can live happily ever after. I told her back in November that I just wanted my stuff."

"Wait.....she knows this?"

"Yes..."

Her eyes filled with rage. I am assuming that her son and her were worried that I would want the baby lol. And I am assuming that my ex wife had not told them what I wanted because my ex wife was still trying to milk me for my money. She looks at me and says "Tomorrow I will call you, I will tell you were to meet me and I will have your stuff for you."

I raised one eyebrow (jk I didnt because I cant but If I could I would have). I said "Mmmm. Well if you say so." A part of me did not believe her because my ex wife is a bitch.

She left soon after that and I went to visit my Father in Law (He knew I was divorcing his daughter. I had a talk with him and shit and he ended up crying and told me that if I needed to divorce her, to do it. He knew she was a fuck up too lol). I had not visited him and he was a nice guy so I just wanted to say hi. As I was talking to him my phone vibrated and I got a text from "mother"

"Can you come right now?"

What the actual fuck. She had said tomorrow lol. I call her and ask "Whats wrong?"

"I got home. Asked your wife about your stuff. I said I was going to take them to you tomorrow and my son jumped in to defend her. Now hes against me. Yelling at me, telling me that why am I taking your side after just one talk with you. I told him that your wife is a bitch and shes been trying to get money from you and now he wants to talk to you". I reply "I will be there in 20." I say bye to my wifes dad and head over to the shitstorm.

Here's were the fun part begins.

I show up to the house and I knock. The door opens, its the son, he steps outside and says

"Lets talk bro."

"Sure thing man whats up?"

"So wtf is going on man, how did this all happen?"

"Well. She cheated so now I am done. Thats basically it."

"She cheated on you with these 2 girls right?"

"Uhhhh no bro. With this dude." For story purposes lets call him Jay.

"With a dude?!"

In my head "This is about to get fucking good." I begin to elaborate, "Yeah man, she cheated on me with this dude. She also talks to another one of her ex bf's now (different story) so that baby might not even be yours."

He cuts me off "Lets go inside." he says as he leads us inside.

I walk in side and I see his mother, his mothers roommate (lady was renting a room there) and my wife. Keep in mind, I have not seen my wife since November when she denied me my stuff. It has now been 4 months since I last saw her in person and it was a pretty strange feeling. I saw her there sitting on the couch, nice and quiet.

"Mom" the son looks to his mom "How long was I out there? 2 minutes? less?"

He then looks at my wife and asks "I told you if he came here and told me some shit about you I didnt know about I was going to help him take whatever the fuck he wants from this house. Remember?"

She nods.

"Who the fuck is Jay?"

This caught her off guard. She didnt expect to hear the guys name and she did not respond and that alone was enough to confirm to him that it was true. "What the fuck! I thought you had told me everything? I told you everything about me and my baby momma and all the drama I had in my life and you said you told me everything. Wtf is this!? Why does he show up here and within 2 minutes hes already winning."

I decided to add more fuel to the fire "She only cares about herself bro."

"I can see that! Well since it doesnt fucking matter anymore, I'll tell you who else she cheated on you with. With me."

I just stare.

"Before she went to Korea to see you I hung out with her. She told me she wanted to be with me and I let her know that she was married and that she should go home and talk to you instead. Maybe she just missed you. She responded and told me that she didnt miss you and that she had already made up her mind that she wanted to be with me. That it would NEVER work with you."

Strange as it sounds, I did believe him. The dude is not some monster. He might be a fuck up, but not a monster. What he said should have hurt me because my wife had gone to Korea for 3 months to see me, during that time she said she loved me and blah blah. So this ho had the nerve to say this to this guy and then go visit me and tell me she loved me. Hoes will be hoes.

"Youre a real piece of shit." I said to my wife. It was the only thing I said that night. I saw her eyes light up and I could see she was about to fire back with some bullshit but he cut her off "No! He can call you whatever the fuck he wants." He then looks at me "Did she try to get money from you?"

"Yeah, tried to get some of my tax money."

Wife chimes in "No I didnt, I called to tell you to take me off your taxes."

I started laughing so hard I swore all 4 of them were going to turn on me for being rude. "No lol, you called and got mad because I rejected you."

Mothers roommate chimes in "Its true. You were mad steaming that day in the car because he said no. I was with you."

She had nowhere to run. A defenseless animal cornered by the very same people she loved. The mother got up and went to open her room and the door was locked. "Give me the key to the room." she said.

"No." My wife responded.

"Give me the fucking key."

"No."

"GIVE ME THE FUCKING KEY BEFORE I BEAT THE SHIT OUT OF YOU!" as she yelled this she walked _____

over to her and was about to bust her shit but the son jumped in and got in between. "You know what! This is my fucking house." and she slammed the door open. Hinges flying everywhere. "Get your stuff." she says to me.

I go in there and start getting my shit. As I am walking my shit out I can hear the guy yelling at my wife "YOU TOLD ME YOU FUCKING DID EVERYTHING FOR HIM. YOU FUCKING TREATED HIM LIKE A KING AND WENT ABOVE AND BEYOND FOR HIM. FUCK THAT, YOU GAVE THIS MAN HELL! I DONT KNOW HOW THE FUCK HE PUT UP WITH YOU!" and he just kept going.

I finally had all my shit out and the mom and son come out to talk to me. The guy says "I feel like telling her to leave." he was mad.

As were talking my wife finally comes out and starts saying "You think youre so innocent huh?"

"Get back in the house" says the mother.

"He thinks he so innocent, like hes done nothing wrong. You met with your ex last week they already told me.:"

This is true, I did. Shes an ex from years ago and now were just good friends. We met up to talk about our failed relationships lmao did not smash. I look at my wife and say "Okay...and?"

Mother chimes in "Get in the house." with a more serious tone.

Wife begins to spew more diarrhea and the mother raises her voice one more time "Get in the FUCKING house!"

My wife goes back in the fucking house lol

The son goes after her and 2 minutes later comes outside apologizing to the mom for the new hole in the wall. He goes back in and clothes start flying out the front door. "I told you if you decide to leave this house youre never fucking coming back."

The mom looks at me. "You got your stuff. You can go. I have to deal with this." I give her a hug and say bye.

Fast forward a few months my wife agrees to everything! I kept all my shit even the furniture and all sorts of crap. She never fought me in court because everyone in her life would have been againts her if she did because they all loved me. And that is the greatest revenge I could have ever asked for.

I think sometimes. What if I had shown up to the house, got in a fight with the dude and all that, this outcome would have sucked. I remained calm because I just didnt give a shit anymore and ever since that marriage I have never let anyone walk over me like that. Put yourself first! Do not let ANYONE dictate your life and always remember to remain calm, because when you are calm you make the wisest decisions.

Also dont get married lolz.

EDIT: Adding something here for feel good purposes. At the end before her mother told me to go, she told me that prior to me getting there the tension in the room was massive! The 20 minutes it took me to get there felt like years to her. She said you could hear an Ant walking. Every now and then my wife would say "Im leaving. I know what hes going to say when he gets here and I cannot believe you guys are going to just let him come here and talk his shit. This is stupid. I am leaving." The mother didnt let her though. She told her to sit her fucking ass down and wait. She told her "If you know what hes going to say, you have nothing to worry about than" but my ex wife knew that the shit was about to hit the fan, and she was right.

1,249
UPVOTES

I Created a PDF of The Sidebar

dream-hunter · 29 March 2020 · Archived copy · Reddit

The Reddit admins have been getting worse over the past year, and now there's no better time to back everything up than ever. The sidebar has perhaps the most important information regarding the TheRedPill, and having it backed up is, therefore, very important.

I decided to then put my coding skills into work and create a single PDF file of the entire sidebar.

Features:

- Available fonts: Times New Roman, Sans Serif and Baskerville
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If you haven't read the sidebar yet, now, as coronavirus spreads around the world, is the time to do it. Enjoy, and don't forget to save it offline incase anything gets removed.

1,247
UPVOTES

Why Behavioral Addiction Will Destroy You

[deleted] · 29 April 2018 · Archived copy · Reddit

Introduction

Behavioral addiction.

Heard of the term? It's compulsively engaging in any activity that has harmful, negative consequences.

It's the scourge of Western society. Especially with the advent of new technological forms of stimulation and mass media, the population at large is becoming increasingly addicted to these quick, easy fixes for your dopamine reward system.

Behavioral addictions waste your valuable time, suck up your energy, corrupt your inner state, and passively take control over your life. And the worst thing is—by their inherent nature, the more you engage in these behaviors, the more you are likely to participate in them in the future. If you're not careful, they can destroy you.

The Reward System

Your best friend and worst enemy, the dopamine reward system. As humans, we all have a psychological reward system that reacts and conditions ourselves to certain stimuli and provides positive emotion as a result of their consummation.

The reward system is at the core of human behavior, having conservatively evolved as a large benefactor of natural human fitness. Built to associate certain behaviors with positive emotion through operant and classical conditioning, it has dramatically increased the likelihood of survival and reproduction in our species.

Ironically, the system has backfired. By having such a dramatic effect and influence on our conscious and subconscious choices, any stimuli presented to us can become reinforced through our reward system and subconsciously affect our actions.

This means that anything intrinsically, inherently pleasurable (sex, food, etc.) or extrinsically pleasurable (money) can become entwined with the reward system and motivate you to repeatedly seek out the action of the addictive behavior.

Through a positive feedback loop carried out by dopamine and other chemicals, the neural circuits involved in the action grow and strengthen, increasing its influence for future use. The more you do it, the more you want to do it in the future.

Behavioral Addiction

The reward system isn't always bad. It motivates us towards our goals, builds proper habits that directly benefit us, and trains us to pursue worthwhile endeavors.

Unfortunately, the reward system can get fucked up. Badly. Especially with the introduction of new forms of mental stimulation through technology, our reward systems are passively becoming corrupted. Porn, video games, and other technological stimulation exploit our natural reward systems. Ever wonder why practically all young men today watch porn and play video games? They prey on our evolutionary instincts and behavior to induce an addiction.

Here's a quick summary of how the cycle of behavioral addiction forms:

1. You engage in a particular behavior.
2. The behavior is intrinsically/extrinsically rewarding.
3. Dopamine conditions the reward system to strengthen the behavior.
 1. You feel a greater, more alluring motivation towards engaging in the behavior.

Repeat Step 1.

Your behavioral addiction literally rewires your brain physiologically. As the positive feedback loop continues to reinforce the addiction, more dopamine receptors are formed to accommodate the increased levels of the neurotransmitter.

Once the amount of receptors has been increased, the amount of dopamine needed to maintain homeostasis (or the feeling of "normal") is also increased so once you take away that reinforcer you also take away that excess dopamine in the reward pathways. This is why you may continue to engage in the addictive behavior when it is no longer "fun" or "pleasurable." We need to fuel the brain's constant need of dopamine in order to feel "normal." As your neural circuits become increasingly desensitized to the stimulus, you'll want to engage in the behavior more while liking it less.

Why is it so difficult to stop? Stimulus control overrides conscious control. What this means is that the behavioral response to engage in the addiction dominates your behavior and any conscious intervention or inhibitory activity is decreased. Even though you *know* that it's harmful for you, you'll continue regardless. This is why willpower isn't enough to stop an addiction—the addiction is literally caused by elements below your conscious and active control.

There are, in theory, an infinite number of possible behavioral addictions, but there are some that are *much* more common than others due to their addictive nature. Among them—porn, video games, gambling, Internet addiction—anything that offers instant gratification and harms you in the long term.

Note—Behavioral addictions and drug addictions both affect the reward system—the only difference is that drugs directly manipulate the neurotransmitters involved in its activity, and behavioral addictions passively affect them.

Porn

There's a reason why we vehemently discourage porn here. It preys directly on one of your greatest motivators—your sex drive. You literally have thousands, if not millions, of hot women at your fingertips to pleasure yourself to. And it's easy. It takes just seconds to click to a new website, open a video, and gawk away.

The moment your brain sees the shit you have in front of you, your reward system goes crazy. It goes haywire. Evolution hasn't prepared your brain for this type of stimulation.

All you want to do is consume more and more—clicking through hundreds of videos, wasting away hours in front of your computer screen, and endlessly feeding off of the stimulation. And the more you watch, the more you fuck up and desensitize your system. You become less and less enthused by normal, vanilla shit, you develop strange fetishes, and you constantly seek greater stimulation and new, hotter women. There's a name for this. It's called the "Coolidge effect." Look it up.

Instead of working to reach the top of the evolutionary hierarchy and becoming a high-status and attractive man, all you have to do is open your laptop and watch the latest pornstar get fucked senseless. It's pathetic.

You're killing your masculinity. A man's sex drive motivates him to do all sorts of shit—work, reach his goals, and become powerful. You're wasting it on a bunch of pixels on a screen.

Video Games

Video games are literally *designed* to be addictive.

You can engage in social activity with other players, reach defined goals within short amounts of time, see how you rank against others, clearly measure your progress, and endlessly receive rewards.

Instead of accepting the harsh reality of your sad, depressing life, you can escape through the video game and receive the pleasure that you so desperately seek. You can upgrade your character, win better loot, and improve your skills. And there's no real failure. If you lose, you can just respawn and try again.

Whether or not you believe that gaming is fine in moderation, there is no debating the fact that video games are psychologically addictive.

You can get all the instant gratification and dopamine hits that you want. Anytime you want. And it doesn't matter how unsuccessful you are in life—video games are there to save you. But real life has no progress bar.

You can't pay your fucking taxes, but you can win fifty games of Fortnite! You can't wake up to your alarm clock, but you can get the cool new gear in Call of Duty! You can't get your goddamn life in order, but you can get your Sims character to!

If you're *actually* able to limit yourself, at most video games should be used a tool for relaxation. But

even then, you should be extremely careful. Don't trick yourself into thinking that you can play it less. If you're addicted, you're addicted.

Once you realize that the joy you get from video games is artificial, the rewards are meaningless, and you're wasting away your true potential, you can begin the process of quitting. It just takes that one moment of self-awareness.

Quitting the Addiction

I'll assume that everyone already has goals and aspirations to move towards. If you don't that, that's the first step. If you have nothing to achieve in life, of course you'll become behaviorally addicted to all the stimulating nonsense out there. It's your only source of pleasure and motivation.

Once that's fixed, you need self-awareness. You need to understand, deep-down, that the pleasure, rewards, and stimulation you receive from porn, video games, gambling, and other behavioral addictions are all artificial. You have to *know* that they are truly harmful, demeaning, and ultimately detrimental to your goals in life.

Then, you need to make a decision. *Write it down*. Make the decision to work towards quitting. If you can go cold turkey, do it. You will likely fail, but it allows you no wiggle room. Over time, if abstained from long enough, the addiction's neural pathways will weaken and eventually become extinct.

As long as you continue to perceive the behavior as rewarding, you will continue to engage in it. It's that simple.

Ask yourself how you feel in the moments when you regret giving in to the addiction and write it down. Repeat it to yourself. Journal about it. Meditate on the reality of your situation.

Install feedback and accountability. Create a calendar where you have to mark each day where you succeed in avoiding the addiction. Tell a friend. Give someone \$100 and ask for it back later *only* if you succeeded in the avoiding the addiction. Sell your desktop. Block harmful websites.

You have to be able to remind yourself consciously when you feel like giving in to the addiction why you're working to quit. Even if you're feeling like absolute shit, tired, defeated, and depressed, you have to be extremely careful to not fall back into it. It's at this time when you're the most vulnerable—deprived of pleasure, you will be even more likely to jump at opportunities to obtain it. If you don't watch yourself, you could succumb to the addiction again for days, weeks, or even months on end. You might relapse and end up giving in to defeat, resigning yourself to its influences for prolonged periods of time. One mistake—one relapse—and you could lose all the progress you've made.

It won't be easy. In fact, breaking this behavioral addiction might be the hardest thing you've ever done. However, the incredible triumph you'll get out of quitting will be eternally greater than any fleeting pleasure you gleaned from the addiction itself.

Godspeed.

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UPVOTES

#1 Trending Video on YouTube today is titled "Alpha Males Do Not Exist"

mallardcove · 3 August 2017 · Archived copy · Reddit

Not going to link that garbage but the #1 trending video on YouTube today is this video of a John Oliver look alike skinny fat hipster glasses wearing loser preaching to us about why there is no such thing as an alpha male.

As someone who works in the media myself I can attest first hand that the media and establishment structures doing all they can to attack real men is not by accident. It is by design. The goal is to weaken men and make them effeminate losers who are easy to walk over. Strong, masculine men are the #1 enemy to the global establishment.

Here is the deal. Most men will see this video, and articles like "Why women prefer dad bods" and "Real men date single moms" and other filth aimed at weakening strong men and actually believe its the case. These videos, while pathetic, are actually a good thing as most men will run with them as fact and do just that. They will stop lifting and get that dad bod. They will stop trying to act masculine and be threatened by their masculinity. They will try to rope in that catch of a single mom. Why, because the media told them to. Media = brainwashing. It's a good thing because it thins the herd. It makes getting into that Top 20% or Top 10% or Top 5% of men that much easier. To the point where simply lifting, eating right, staying in shape, dressing well, having good posture and not having an awkward demeanor will put you into the Top 20% by default.

These videos are good for the individual male who is looking to climb the ladder in the male hierarchy.

Unfortunately its bad for men and society as a whole. The weaker men get, the easier it will be for oppressive establishment operatives to trample our rights and walk all over us with more tyranny and freedom/liberty stripping actions.

1,244
UPVOTES

What All Pretty Girls and Champions Know But Can Never Tell You

asknorway · 2 January 2020 · Archived copy · Reddit

Hey. This is a post I wrote on the seduction sub, and which got very popular among the guys there, but some mod deleted without a valid reason, even without any violation of rules.

Either way. A couple guys messaged and asked me to re-post it here. So here you go:

Men and women are good at different things, and have survived largely by exchanging their services.

Tiny, initial margins turn into big, long-term advantages. Men are usually not as attuned to these tiny, initial differences in investment as women are. And that, in effect, becomes their advantage.

By getting men to make that tiny, initial, emotional, social and energetic investment on the front-end, a cascading effect ensues, and results in a situation where the women get to pick and choose with minimal downside. All the while receiving protection, support and provision from every angle.

They hedge their bets and focus on growing their options before committing. Growing the pie before eating it. It's smart, and we men should learn from them.

The solution for you and me is; don't get fooled. Learn to abstain from making the initial investment based on her physical attraction and lure. See through it. See through the lies, the fakery and the image (mirage). ***Without getting bitter.***

It's not that women are evil for doing this. They're smart. And almost every chump falls for it and gets a sour deal. But you don't have to be one of them. This is good news for you, because you'll have little competition by being one of the few guys who 'get it'.

Every guy who 'gets it' knows this subconsciously. But most of them can't explain it because they've had it from an early age and don't know what it's like to be a chump.

Perhaps they were handsome and chased by all the girls from an early age. Or their dad was a gangster and taught them a better way. Or they were just naturally confident or charismatic. Or even sort of a sociopath, allowing them to disconnect from the standard narrative.

Most girls also don't think this stuff consciously. It's in their genes and in their culture.

At bottom, it's a societal narrative, naturally evolved to keep all the chump, discontented men who are not gonna be participating in the gene-pool in any meaningful way, still contributing to the society and the economy, still behaving well and not causing too much trouble or outrage.

Again. Abstain from making the initial investment. The pretty girls are so used to and addicted to getting this, because of all the benefits it brings, that they will start chasing.

"What do I have to do to get it? A smile, maybe? Moving a little closer? Shake my ass and expose the 'goodies'? Dress up and put make-up on? Post sexy instagram photos?"

"Oh! There it is. Invested like all the other guys. Thousands of likes. Every guy I meet salivating. The approval of society. Now I can enjoy the rewards, with no need to give up my sexual favors to any of them. Or just to the party boys I choose, or one champ if I can find/attract one. Pretty good deal, right?"

You must learn to resist the lure. Usually by going out and getting fooled a bunch of times. Again and again and again. Thousands of times in my case, and in the case of everyone I've seen going from true shit to awesome at this.

Slowly but surely, you must learn to see through the marketing. And instead of putting your precious time, effort, emotional investment and problem-solving capabilities into a pretty girl who just runs away with them, you must put them into yourself.

You must put them into your own systems. Building a business/career. Reading A TON of books and educating yourself. Becoming financially independent and well-off.

But instead of being bitter towards women and just crying and masturbating for all those years, you choose another path. You still go out and meet women.

But instead of giving up your investment for an empty promise of sex—a smile, a nice face, a fat ass etc—you develop your own individual criteria and your own standards. Away from and stronger than the ones society feeds you.

You discover that a girl who is a 9 in looks can be a 1 as a human being. You experience the horrifying results that can come from investing in her. And you learn not to be fooled. You discover how rare quality people and quality girls are. You begin to question if they even exist.

You actually get laid enough times to see that sex doesn't really deliver on its promise. It's just a human with a hairy, stinky asshole just like you, whom you put your penis in and out of until you cum, and then it's over and back to just like before.

Seriously. Next time you fu*k a pretty girl—have her lay on her stomach, then spread her asscheeks apart and look at it. Sniff it. Is this what you've been chasing?

What slowly starts to happen when you reverse course is that girls start chasing you.

They can feel that you're not taking their bait, but everyone else is. "So why won't this guy?" She must find out.

Is there something wrong with the narrative she's been fed, rewarded, but also imprisoned by all her life?

The potential collapse—but also the potential freedom—from her entire, socially constructed world, lurks in the shadows.

No. She can't allow that. She must get the investment. She must find out. Are her most secret hopes and dreams about to come true? Are her deepest, underlying fears, terrors and suspicions being confirmed? Or is it both?

Her worldview must be confirmed, as it always has. She must be right. Am I right or am I wrong? Am I good or am I bad? We all look for this type of confirmation and approval. We want the world and its people to confirm our notions and beliefs. Our rightness.

And so she chases. She starts inquiring and buying into and investing in *your* worldview and *your* standards.

What she finds there will determine everything.

"If he doesn't bite on this, what will he bite on?"

She tries more.

"Maybe some kissing... Now we're making out... But he isn't reacting like he should... He isn't putting me on a pedestal like everyone else. He seems to enjoy it, but doesn't latch on."

She feels that she could leave at any time, without affecting you in any significant way. You don't give a shit. You're not impressed by her little facade. Not fooled. Only amused. And so she gets more and more invested.

She fu*ks you. How about now? Sucks your co*k.

Maybe she has to hang out with you more. Then become your girlfriend.

If at any point in this process you compromise or sell out your investment in yourself for her, then you're done.

But if you stay on your grind... If the focus and dedication to your bigger vision as a man doesn't deviate... Proving the strength, truth and superior foundations on which your universe is built...

Then she's gonna want to keep investing. She's found a champion.

Why wouldn't she choose the vastly better option if she has any sense? If she's a quality woman with good values and self-respect, she's not gonna give up a true champion like that for the sake of going back to the empty approval of an endless array of chumps.

Besides, she still gets that on social media and from guys everywhere looking at her.

Hopefully, if it's a girl you're gonna invest in over the long term, she's been brought up in a solid family with a champion father and good values beyond her looks and the empty approval it brings.

She values education, intelligence, fitness, health and building something for the long term—just like you. And then you keep investing in each other, bringing your different strengths to the table, building a fucking empire.

Of course, by the time you're worthy of this type of a situation, you've probably banged a lot of other chicks and built something respectable in terms of education and business. You're on a comeup with lots of ambition, momentum, zest for life and a solid peer-group.

Otherwise, why the hell should a top-notch girl be interested in giving up her other options in order to be with you? It's opportunity cost. You have to be the best alternative, and with sufficient (but not excessive) availability, for the right people to wanna invest their time, energy and resources in you.

What I've described here is not easy. It takes years. I'm 23 at the moment, have been on the grind for about a decade, and am nowhere near where I think I could or want to be.

I'd say I'm in the process of incorporating these things now, and it has taken years and years of grind.

Lifting weights since I was 13, learning the discipline, walking the path, reading everything I could get my hands on since a very early age, getting into pickup extremely early, going out literally hundreds of days and nights sober, and talking to thousands and thousands of girls.

Climbing up slowly, falling down, crying for a while, then dusting myself off, correcting the broken bones and giving it another go.

Reading a couple hundred GREAT books so far. Constantly processing information and trying to do better. Busting my ass in various jobs. Doing door-to-door sales for 8 months.

Working in a startup. Learning from countless mentors in real life and through the internet and books. Going back to school and now educating myself in science and computer programming.

Just grinding forward one step at a time. One gym session at a time. One nutritional adjustment. One approach. One interaction. One hour of reading. Forcing myself to do that one most important work task or finish that project. Again and again and again.

All the while suffering and doubting myself. Being confused. Looking for help or support. Looking for sources of information and people that had solved the problems I was facing.

And I don't even think where I am now is very impressive. I'm pretty much still broke, even though I've been able to make a little money entrepreneurially besides my studies in order to eat. I am quite jacked (ripped, strong, fit).

And 'pickup' is getting easier and easier. I've been amazed at times when just doing so much less in the club has resulted in so much more. Less effort, less action, more results. You can put me in pretty much any sizable city in the world, on my own, and I'm confident I can go out, talk to anyone I want, meet cool people and over time date and get laid with hot girls.

I was also not particularly talented in these areas to begin with.

I was a weak and skinny kid. It was harder for me to put on weight, muscle and strength than for a lot of guys.

I was so socially backward that you wouldn't believe it. My dad has been socially inept and anxious his whole life himself, so I didn't have great role models.

I spent years just being confused, almost never talking in social situations. Scared out of my mind. Afraid to look people in the eyes. It took years to even somewhat correct and learn how to deal with this. Years of pushing directly and aggressively into fear. Starting with very small steps and building.

The one big advantage I think I have had is sheer curiosity, and a decent amount of drive for certain pursuits. A very obsessive nature that doesn't let go easily.

Voracious reading certainly helped a lot in several areas, from fitness to pickup to business. I've always been incredibly curious, and score in like the 96th percentile on the 'openness to experience' trait on Big Five.

Anyway. This isn't really about me. But the vision I've described here is not unattainable, given the right amount of drive, intelligence, persistence, integrity and even some luck. Probably a good bit of luck, to be fair. I don't think any of us would have accomplished much being born 200 years ago or in certain countries etc.

To summarize:

Following the standard path and the standard narrative is not gonna be good for most guys. The standard outcome will be very bad. Most of society will never tell us the truth, or try to help us with this type of information. Many of the guys who have tried have met with vicious resistance and attacks from the mainstream.

The momentum and the entropy, in other words, is against you. And it is incredibly hard to reverse. But the good thing is that if you're able to reverse it and get the momentum going your way in a tiny but significant way, over time the compound effect can work in your favor. It can build on itself to your benefit.

But it's up to you to get it going, to take the long and scary beating and drudgery of reversing course and going against the current. And it will be a beating. A front-loaded beating. So it just depends.

If you're willing to take it now, you may have a chance at a truly outstanding and extraordinary life. The things you can learn and discover could be incredible. Things that no one has seen or done before. A real adventure.

For those who need the comfort of the herd and are unable or unwilling to break out, I personally think the majority are going to get a much worse beating down the road.

A beating called "your whole life is a lie, and you will be a slave, being told what to do, selling your time and your energy for crumbs on the ground while getting the shit kicked out of you by society and women for the rest of your life. Your potential will be gone forever."

Or, to quote Ernest Hemingway at his best: "You will die like a dog for no good reason."

I suppose that may apply to all of us. But let's cheer up while we can, haha.

Peace out.

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UPVOTES

She doesn't want to be happy

majorbollocks · 15 February 2018 · Archived copy · Reddit

Not for too long at least. So does she want to be sad? Yes, but not for too long either. She wants to feel loved, she wants to feel abused. She wants to feel respected, she wants to feel objectified. She wants to feel powerful, she wants to feel submission. She wants all of it. Every possible emotion in the world.

The only thing she doesn't want to feel is NOTHING. Boredom sucks. Fuck boredom. She'd rather be pissed off that an alpha jerk is forcing his cock into her mouth and closing it up until she swallows. She'll feel dirty, used, disrespected. But at least she's not bored. At least it's a strong emotion. Better yet, several strong emotions at once.

Emotions are her drug. As with any drug she develops tolerance. Over time, weak emotions just don't do it for her anymore. She needs stronger and stronger stuff. People complimenting her and giving her gifts are nice. But the spikes aren't so high. And they don't last as long. She needs more. Being abused sucks big time but it's the only thing that does it for her. For a while. Until the cravings come back and she needs another high. Which is quite often.

Sometimes she feels so done with the abuse from fucked up jerks. She finds a good guy that she can settle down and feel loyalty and stability with. It's the feelings she's after, not the guy. But then the cravings become too strong and she can't fight it anymore and cheats or dumps the guy. She goes out to the nearest bad boy jerk and gets her fix of abuse aka strong emotions.

As she gets older, these temporary vacations into loyalty and stability get shorter and shorter. It's just not satisfying for her beyond the first three months. Loyalty and stability are weak drugs. She needs the strong stuff.

The manosphere is so caught up on the concepts of alpha and beta but I feel like everyone is missing the bigger picture here. There are so many stories of textbook alphas getting cheated on it's not even funny.

What of the poor musician who's three months late on rent but bangs chicks left and right, relative to the rich nice guy who can't get a date to save his life?

What of the jacked dude who's needy as shit and still can't get a date?

Alpha is just the baseline. Alphas have the benefit of stimulating a woman in several different ways. Physically big and dominant, emotionally fit, well-liked in his social circle, makes decent or good money or at least financially stable. He induces several different emotions in her at the same time. Provider, tingles, status, queen, slut, etc.

But sometimes she just wants to feel something different. Like how would it feel to fuck the pool boy? Someone young and ripped. She'll feel like an experienced person teaching a naive boy. She'll feel like she's taking away the innocence of a young boy. She'll feel the taboo of betraying the trust of a man she professes to love. She'll feel really good and have so much fun. Then she'll feel really bad and beat herself up. Then she'll confess and her spouse will lose his shit and that'll start more drama. And it'll all be delicious.

Does this mean she doesn't love her spouse anymore? No. She does. She was hooked on the feelings the alpha spouse provided. But she's felt that for way too long and it has become familiar. And boring. FUCK BOREDOM. She just wanted to take a break and feel something else for a while and then she'll be back. If only her spouse understood. It wasn't that the pool boy was "better" or "more alpha". He was just something different.

She sees men and people as emotion pods. When she needs her fix she'll go to a pod and prod it. She's an expert at prodding just the right way to get just the kind of emotions she wants. The more a pod gives her weak emotions, the less interesting that pod becomes to her, and she leaves it and looks for another pod.

As I'm typing this a chick I'm fucking just posted something in a facebook group we're both in talking about some harassment issues that happend in the group and also a drug rape case. The issue has been settled but she still wants to post her opinion and attacking other people she sees as not caring enough about the situation. Oh, and the girl

who was raped specifically said not to tell anyone about it. It's a recipe for a shitstorm of drama, which is exactly what she wants. Plus the "rape" happened months ago and I remember her talking about it back then like "oh we woke up naked together after drinking tee hee".

She wants to feel several emotions at the same time. That's why she has no problems cheating. Keep a loyal boyfriend at home and fuck some alphas on the side. Count the number of emotions she can feel right there. Dedication, naughtiness, power, freedom, submission. Jackpot!

This is why most women are serial monogamists. They latch on to an emotion pod, squeeze it for what it's worth, get bored of it, and move on to the next one.

- they move from abusive relationship to abusive relationship, while keeping some safe orbiters on the side to snack on some weak and safe emotions
- they lovebomb at the beginning of the relationship to experience the highs of being "in love". The lovebombing is for her benefit, not you.
- they start crossing boundaries as a way of getting their emotional pods to dispense the emotions they crave. Once they've exhausted that pod, they'll move on to another pod and grow more and more miserable as they get older.
- in fact, she would rather be cheated on than agree to an open relationship. Being cheated on guarantees strong emotions. Open relationship agreements are logical, hence less delicious emotionally.

Men are not built this way. Men love stability. Stable emotions, consistent sex, and freedom. This is the foundation we need to build things. Forging alliances, creating civilisations. None of that could be done if we were all out looking for the next emotional high. For me the red pill is about understanding this and realising that there's a very slim chance that any real work can get done if hypergamy is left to its own devices.

The best thing for us to do is to have multiple women in our lives. If one woman acts up, instead of being the emotion pod that she squeezes to get her fix of drama, we simply call up another woman and fuck that one instead. Have several on rotation and we can have enough stability in our lives to actually focus on our Mission.

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UPVOTES

The Sexodus in action: millennials are having less sex.

gekkozorz · 3 August 2016 · Archived copy · Reddit

A new study has revealed that despite the hookup culture created by Tinder et al, young people are actually having *less* sex than the generation before them. A quick google search reveals journalists desperate to explain this phenomena in a sensible and politically correct manner.

<http://qz.com/748655/millennials-arent-having-sex/>

<http://time.com/4435058/millennials-virgins-sex/>

<http://www.cnn.com/2016/08/02/health/millennials-less-sex-than-gen-x/>

<https://www.theguardian.com/commentisfree/2016/aug/03/millennials-dont-have-sex>

I skimmed all of these articles. They blame various factors: they say we're too busy, they say it's because we're living at home, they say we're more aware of the dangers of STDs, and they even suggest that women are afraid of "slut shaming." None of these piss poor excuses come even remotely close to providing satisfying explanation for why an animal species would willfully abstain from spreading its genes to the next generation. I looked through all of these, seeking the elephant in the room. None of them used the "f" word. Page searches for "feminism" returned zero results.

Which brings us to the amusing truth. Milo Yiannopolous, always ahead of everyone else, predicted and explained this sexual exodus years ago.

<http://www.breitbart.com/london/2014/12/04/the-sexodus-part-1-the-men-giving-up-on-women-and-checking-out-of-society/>

<http://www.breitbart.com/london/2014/12/09/the-sexodus-part-2-dishonest-feminist-panics-leave-male-sexuality-in-crisis/>

The truth of the matter is incredibly simple. Feminism has ruined the Western woman.

Tumblr, the blogosphere, and the MSM tell men that in order to win a woman's affections, you must become a goony beta weenie with no self respect who does everything that women tells him to do. This creates a short supply of good men.

Meanwhile, these same sources tell women that men are a bunch of animals who want to savagely beat them and rape them. Bitter older women past the wall rant about how men are the enemy who must be hated, creating an anti-male circlejerk. In order to conform to the groupthink, as women so often do, younger women pile on and agree to their man-hating sentiments. In solidarity with their unfuckable foremothers, they cut their hair short, get fat, and become equally unfuckable, somehow convincing themselves that this is what they "want." This flies in the face of what women *really* want - to be protected and nurtured in the company of high-quality men. The Feminine Imperative has eaten its own tail. In trying to create a world where women have everything, it's created one where many of them have nothing.

Meanwhile, feminism has ruined things on the other side of the aisle, too. Men are looking at the product of this cultural virus and saying "yeah, these people aren't worth fucking," and sticking to their porn and video games. Here's the secret about us dudes; most of us really do want the company of women, just as much as they want ours. But a simple cost/benefit analysis of the dating market reveals a whole lot of the former, significantly overshadowing the latter. Maybe you'll really hit the anti-lottery and get a false rape claim and have your life ruined. Maybe you'll play the long game, get married, and lose everything in a divorce. Or, even on a smaller scale, maybe you'll just discover that these fucking cunts aren't any fun to be around.

The result of this loser's game is that lots of desperate young people are ending up alone. Men become unfuckable beta weenies. Women become unfuckable, neurotic cunts. Everyone loses.

TLDR: millennials are fucking less. Feminism is to blame. Don't be a beta weenie. Don't surrender your life to a neurotic cunt who doesn't appreciate you.

1,240
UPVOTES

Youtube Girl Tells her 170k Subs how She Skipped taking BC to get Pregnant Without BF Knowing. Then doesn't let BF be with His Son. Wear a condom.

RedPillMeditations · 4 April 2016 · Archived copy · Reddit

Recently, in a thread submitted by [/u/complex21](#), there was a youtube video posted by a girl with a popular youtube channel, who regales us in the tale of getting pumped and dumped by a Chad.

In the recommended, or similar, videos there was this brilliant gem:

[GETTING PREGNANT YOUNG ON PURPOSE | EMOTIONAL STORYTIME VIDEO](#) [Jordan Cheyenne](#)

Edit: Might be worth downloading this video. I doubt it, but with the huge response from this post, she might take it down. If she tries to take it down, we will all upload it on throwaway accounts.

Edit 2: Comments now disabled. For those who didn't see, we FLOODED her video with comments telling her how we feel about the type of person she is. If we are lucky, maybe we got some tears. Hah.

Basically, all her friends were getting pregnant, and she was jealous that the baby was, "really bringing them closer together". So she decides to SKIP TAKING BC ON PURPOSE, then take 2 the next day because she got scared.... Then does that same sequence 3 OR 4 MORE TIMES. (5:10 - 5:36)

Here is the best part.... (5:35 - 5:50)

She says, that she doesn't know what happened, but she thinks that something went wrong with her birth control... Unbelievable. She then admits that it is her fault, but only after blaming the birth control. Remember, nothing that happens is her fault.

5:54 - 6:35

Another great part of this video. She tells us how her boyfriend wasn't "supportive enough" because he was always working. So she doesn't want him in her life because he isn't "a good male role model for her son"....

Yup. He was working all the time. So you could sit you slutty ass at home all day and work on your youtube channel. I'm sure she's collecting all that child support while she makes 30k a year from showing other sluts how to put make-up on so that they can all follow in her footsteps and lock down some Chad with pregnancy.

This sickens me the most. The subscribers see nothing wrong with what she did. In fact, they look up to her. These are the role models for the next generation of girls.

Always wear a condom. Never trust what these girls say. Never get married.

She will fuck you over. Straight from the horses mouth. And remember, it's NEVER her fault.

1,236
UPVOTES

Married man from r/DeadBedrooms gets fed up. Applies every single RP principle by the book, without even knowing about RP. Results are as predictable as you'd expect.

wakethfkupneo · 22 April 2015 · Archived copy · Reddit

Looking through RP lens, story reads almost like a fairy tale.

The long hard road, out of hell

My life was shit. I frequently dreamed of suicide. My biggest problem was my sexless marriage. I logged in to this old account this morning to find a dozen messages asking me if I had killed myself (How would I even answer?) or if I had divorced my wife yet. Neither of those things happened. Something much better happened.

Now quickly, imagine yourself going to [r/relationships](#) or similar mainstream sub. What do you think would be #1 advice?

Shortly after I made those posts, my wife and I started seeing a marriage counselor. Everyone in the world told me counseling was the right thing to do.

Of course! Counseling!! Aaaaand ... did it work?

The counselor's advice amounted to something like "So you're horribly depressed because you have needs which aren't being met. Have you considered not having needs?". At one point he floated the idea of trying to get me a libido lowering drug. He was 100% on my wife's side of everything.

Libido lowering drug!? /SMH

After one year of brainwashing he finally gives them both 'a finger' ...

... I told him to fuck off. I told him that his services were worthless and that I would not be returning.

... completely withdraws attention from his wife and starts focusing on himself:

I got back into old hobbies I had been neglecting during my depression, started spending 3 or 4 hours a day at the gym doing heavy compound lifts fueled by repressed anger, and running until I made myself puke.

For 3 months he got no reaction, but at that point he genuinely DGAF anymore. But something else was starting to happen: other women suddenly checking him out and people at gym complimenting his progress. The mark of true success: persistence.

Seasoned RPer already know what you get when you cross Dread and SMV increase:

The next day as I was leaving, she stopped me and said pretty much nothing before initiating sex. That day I missed the gym because we fucked for four hours.

The Alpha is born. Nothing can stop him now.

Starting the next day, I'd text her commands from work. Stuff like "Be naked when I get home." or "Wear the red one. Make sure a lot of lube is easily available." and she would follow them. ... For about a month after, I still spent no effort on her needs.

I can already imagine Roissy linking his [skittles man](#) story.

Every single day of that month. Sex happened whenever I wanted it, for as long as I wanted it, however I wanted it. No resistance. No complaints.

Surprise, surprise.

And then he amps it up a notch (true mastery way, not asshole way) ...

I started rewarding her for putting out. I started taking her on dates again, and playing card games with her again. I'd bring her little gifts again. If she didn't put out on a given day, for any reason, I'd completely deny her any of my attention or energy.

BRAVO SIR! Operant conditioning 101: reward good behavior, punish bad. He finally Gets It.

This change in our relationship has lasted 9 months now. She's very nice to me now, gets naked whenever I want, and is super affectionate in public. I love her again, and now I feel like she loves me too. My depression is over!

And they say Red Pill is bitter. Yes, immediately after you swallow it, but the more you digest it the sweeter it gets. The comment section turned into a discussion about The Red Pill.

What's really interesting in this story, other than being yet another proof of RP concepts, is that it's very rare that someone unplugs himself without external (RP subreddits, manosphere blogs) aid, without metaphorical Morpheus. But this guy did it.

tl;dr (his own words): Ignored my wife. Worked on myself. That fixed my marriage.

1,236
UPVOTES

The Sixteen Commandments Of Poon

redvelvet_oreo · 11 May 2019 · Archived copy · Reddit

FUCK YOU CENSORSHIP!

I. Never say 'I Love You' first

Women want to feel like they have to overcome obstacles to win a man's heart. They crave the challenge of capturing the interest of a man who has other women competing for his attention, and eventually prevailing over his grudging reluctance to award his committed exclusivity. The man who gives his emotional world away too easily robs women of the satisfaction of earning his love. Though you may be in love with her, don't say it before she has said it. Show compassionate restraint for her need to struggle toward yin fulfillment. Inspire her to take the leap for you, and she'll return the favor a thousandfold.

II. Make her jealous

Flirt with other women in front of her. Do not dissuade other women from flirting with you. Women will never admit this but jealousy excites them. The thought of you turning on another woman will arouse her sexually. No girl wants a man that no other woman wants. The partner who harnesses the gale storm of jealousy controls the direction of the relationship.

III. You shall make your mission, not your woman, your priority

Forget all those romantic cliches of the leading man proclaiming his undying love for the woman who completes him. Despite whatever protestations to the contrary, women do not want to be "The One" or the center of a man's existence. They in fact want to subordinate themselves to a worthy man's life purpose, to help him achieve that purpose with their feminine support, and to follow the path he lays out. You must respect a woman's integrity and not lie to her that she is "your everything". She is not your everything, and if she is, she will soon not be anymore.

IV. Don't play by her rules

If you allow a woman to make the rules she will resent you with a seething contempt even a rapist cannot inspire. The strongest woman and the most strident feminist wants to be led by, and to submit to, a more powerful man. Polarity is the core of a healthy loving relationship. She does not want the prerogative to walk all over you with her capricious demands and mercurial moods. Her emotions are a hurricane, her soul a saboteur. Think of yourself as a bulwark against her tempest. When she grasps for a pillar to steady herself against the whipping winds or yearns for an authority figure to foil her worst instincts, it is you who has to be there... strong, solid, unshakeable and immovable.

V. Adhere to the golden ratio

Give your woman 2/3 of everything she gives you. For every three calls or texts, give her two back. Three declarations of love earn two in return. Three gifts; two nights out. Give her two displays of affection and stop until she has answered with three more. When she speaks, you reply with fewer words. When she emotes, you emote less. The idea behind the golden ratio is twofold — it establishes your greater value by making her chase you, and it demonstrates that you have the self-restraint to avoid getting swept up in her personal dramas. Refraining from reciprocating everything she does for you in equal measure instills in her the proper attitude of belief in your higher status. In her deepest loins it is what she truly wants.

VI. Keep her guessing

True to their inscrutable natures, women ask questions they don't really want direct answers to. Woe be the man who plays it straight — his fate is the suffering of the beta. Evade, tease, obfuscate. She thrives when she has to imagine what you're thinking about her, and withers when she knows exactly how you feel. A woman may want financial and family security, but she does not want passion security. In the same manner, when she has displeased

you, punish swiftly, but when she has done you right, reward slowly. Reward her good behavior intermittently and unpredictably and she will never tire of working hard to please you.

VII. Always keep two in the kitty

Never allow yourself to be a “kept man”. A man with options is a man without need. It builds confidence and encourages boldness with women if there is another woman, a safety net, to catch you in case you slip and risk a breakup, divorce, or a lost prospect, leading to loneliness and a grinding dry spell. A woman knows once she has slept with a man she has abdicated a measure of her power; when she has fallen in love with him she has surrendered nearly all of it. But love is ephemeral and with time she may rediscover her power and threaten to leave you. It is her final trump card. Withdrawing all her love and all her body in an instant will rend your soul if you are faced with contemplating the empty abyss alone. Knowing there is another you can turn to for affection will fortify your will and satisfy your manhood.

VIII. Say you’re sorry only when absolutely necessary

Do not say you’re sorry for every wrong thing you do. It is a posture of submission that no man should reflexively adopt, no matter how alpha he is. Apologizing increases the demand for more apologies. She will come to expect your contrition, like a cat expects its meal at a set time each day. And then your value will lower in her eyes. Instead, if you have done something wrong, you should acknowledge your guilt in a glancing way without resorting to the actual words “I’m sorry.” Pull the Bill Clinton maneuver and say “Mistakes were made” or tell her you “feel bad” about what you did. You are granted two freebie “I’m sorry”s for the life of your relationship; use them wisely.

IX. Connect with her emotions

Set yourself apart from other men and connect with a woman’s emotional landscape. Her mind is an alien world that requires deft navigation to reach your rendezvous. Frolic in the surf of emotions rather than the arid desert of logic. Be playful. Employ all your senses. Describe in lush detail scenarios to set her heart afire. Give your feelings freedom to roam. ROAM. Yes, that is a good word. You’re not on a linear path with her. You are ROAMING all over, taking her on an adventure. In this world, there is no need to finish thoughts or draw conclusions. There is only need to EXPERIENCE. You’re grabbing her hand and running with her down an infinite, labyrinthine alleyway with no end, laughing and letting your fingers glide on the cobblestone walls along the way.

X. Ignore her beauty

The man who trains his mind to subdue the reward centers of his brain when reflecting upon a beautiful female face will magically transform his interactions with women. His apprehension and self-consciousness will melt away, paving the path for more honest and self-possessed interactions with the objects of his desire. This is one reason why the greatest lotharios drown in more love than they can handle — through positive experiences with so many beautiful women they lose their awe of beauty and, in turn, their powerlessness under its spell. It will help you acquire the right frame of mind to stop using the words hot, cute, gorgeous, or beautiful to describe girls who turn you on. Instead, say to yourself “she’s interesting” or “she might be worth getting to know”. Never compliment a girl on her looks, especially not a girl you aren’t fucking. Turn off that part of your brain that wants to put them on pedestals. Further advanced training to reach this state of unawed Zen transcendence is to sleep with many MANY attractive women (try to avoid sleeping with a lot of ugly women if you don’t want to regress). Soon, a Jedi lover you will be.

XI. Be irrationally self-confident

No matter what your station in life, stride through the world without apology or excuse. It does not matter if objectively you are not the best man a woman can get; what matters is that you think and act like you are. Women have a dog’s instinct for uncovering weakness in men; don’t make it easy for them. Self-confidence, warranted or not, triggers submissive emotional responses in women. Irrational self-confidence will get you more pussy than rational defeatism.

XII. Maximize your strengths, minimize your weaknesses

In the betterment of ourselves as men we attract women into our orbit. To accomplish this gravitational pull as painlessly and efficiently as possible, you must identify your natural talents and shortcomings and parcel your efforts accordingly. If you are a gifted jokester, don't waste time and energy trying to raise your status in philosophical debate. If you write well but dance poorly, don't kill yourself trying to expand your manly influence on the dancefloor. Your goal should be to attract women effortlessly, so play to your strengths no matter what they are; there is a groupie for every male endeavor. Except World of Warcraft.

XIII. Err on the side of too much boldness, rather than too little

Touching a woman inappropriately on the first date will get you further with her than not touching her at all. Don't let a woman's faux indignation at your boldness sway you; they secretly love it when a man aggressively pursues what he wants and makes his sexual intentions known. You don't have to be an asshole, but if you have no choice, being an inconsiderate asshole beats being a polite beta, every time.

XIV. Fuck her good

Fuck her like it's your last fuck. And hers. Fuck her so good, so hard, so wantonly, so profligately that she is left a quivering, sparking mass of shaking flesh and sex fluids. Drain her of everything, then drain her some more. Kiss her all over, make love to her all night, and hold her close in the morning. Own her body, own her gratitude, own her love. If you don't know how, learn to give her squirting orgasms.

XV. Maintain your state control

You are an oak tree. You will not be manipulated by crying, yelling, lying, head games, sexual withdrawal, jealousy ploys, pity plays, shit tests, hot/cold/hot/cold, disappearing acts, or guilt trips. She will rain and thunder all around you and you will shelter her until her storm passes. She will not drag you into her chaos or uproot you. When you have mastery over yourself, you will have mastery over her.

XVI. Never be afraid to lose her

You must not fear. Fear is the love-killer. Fear is the ego-triumph that brings abject loneliness. You will face your fear. You will permit it to pass over and through you. And when your ego-fear is gone you will turn and face your lover, and only your heart will remain. You will walk away from her when she has violated your integrity, and you will let her walk when her heart is closed to you. She who can destroy you, controls you. Don't give her that power over yourself. Love yourself before you love her.

The closer you follow the letter of these commandments, the easier you will find and keep real, true unconditional love and happiness in your life. Best,

From heartiste

1,234
UPVOTES

Remember the girl who dumped her boyfriend because he lacked "ambition" but was secretly loaded with cash, well here's the update from the same girl

MAX_Fury · 17 April 2016 · Archived copy · Reddit

Thanks to One_friendship_plz for finding this. This post comes from another subreddit, I'm sure you can guess which one.

Summary

In 2014 I went through a pretty bad break-up. I met Will at a NYE party hosted by a friend-of-a-friend and we dated for 10ish months. I loved him - it was probably the best relationship I'd had on a 'personal connection' level - but he had been dishonest about some things (not infidelity - 'life' things) and it led to us breaking up. I couldn't come to terms with his lying by omission - it seemed like he threw away our relationship over nothing.

She blames Will (the guy who is loaded) for ending the relationship because it was obviously *his fault* that he didn't share his money on her. Like we all know, it's never her fault, she's the victim here.

I was pretty unhappy for a while, not gonna lie. Went on a few dates, had a few Tinder flings, but nothing serious.....just all-around happy and patiently waiting for Mr. Right to come along.

So she fucked random men, nothing ever serious and yet she expects her Mr. Right.

My friends and I were invited to the same NYE party this year, hosted by the same person. I knew there was a chance my ex would be there, but I didn't care - I was over him.

Oh I'm sure you were over him, otherwise why else would he be on your mind constantly.

So my girls and I are there early, having a few cocktails and everything is going great... then Will walks through the door. He saw me, smiled, walked directly over and gave me a big hug. With his arms wrapped around me, smelling his cologne... I just melted. In that moment, whatever bad feelings I had about our relationship were completely gone. I just genuinely missed him.

Just like that, all those bad feelings are gone when she sees Will, her Alpha.

My friends could tell that seeing him had affected me. They took me to a more private area of the house to talk it out; they reminded me to not get ahead of myself, *he's still the same guy who lied to you*.

Her friends are trying to make her feel better by blame shifting everything on Will, obviously the feelings with this one are strong.

Will found another girl

She arrived about 10 minutes later and Will introduced her to everyone. She seemed nice enough, but seeing them together made me sick to my stomach. *I swear she was being all touchy-feely with him just to spite me*. I did my best to avoid them throughout the night. I found out through a friend that they'd been dating for 2 or 3 months. The party ended, I got into a car with my friends and just started sobbing uncontrollably. They tried to comfort me but I was too far gone. They dropped me off and I cried for while longer alone in my apartment.

Of course, she was definitely trying to spite you. **Alpha widowed forever.**

I want him back so bad, I just don't know what to do :(

■
Awwwwwww...it's ok, you'll find a man that will make you happy one day.

If you read the comments section, no one is comforting her, they all say it's her fault for ending the relationship.

EDIT: You can find the originsl story on my page, just go under my submitted stuff for those of you who are interested.

1,234
UPVOTES

Fucking on the first tinder date.

isthatsuperman · 6 October 2017 · Archived copy · Reddit

Alright boys, it seems the sex gods are bestowing bounty upon my soul as of recently.

TL;DR •match with girl on Monday •plan coffee shop date on Thursday • meet girl at 8 •coffee shop closes and we're back at my place at 9 •9:45 she's riding me like she's in the PBR

So I'll cover a couple different topics in this field report. Everything from:

- Simple tinder opening
- Logistics of planning your date
- Knowing when to shut up
- Reading body language
- Watching her actions, not her words
- Getting past LMR/ASD

I took the liberty to really go into depth on this one for the new guys and Autists. You're welcome.

On Monday I match with this girl. 18, Bleach blonde, tall, and nice ass, studying pre-med, a solid HB7. We're call her "J."

Now I'm a firm believer that on tinder, cheesy pickup lines and name puns are for faggots. Every BPer out there is sending her the same bullshit line she's probably heard 1000 times that week. DON'T DO THIS. YOU WILL GET NOWHERE.

I send every girl I match with the same line. Its nice and simple, conveys sexual interest, and leaves her somewhere to pick the conversation up with. I don't have to make any effort trying to think of some dumb pun in hopes that I impress her with my wit and charm. (I leave that for in person)

So what's this magical line you ask?

"You're cute, I had to say hello."

What? Is this guy fucking serious? That's the dumbest shit Ive ever read.

Maybe. But "its not stupid if it works."

I will 95% of the time get a positive reply back. Why? 1. Its not a shitty pun, or cheesy pickup line. It conveys that I'm serious in getting to know her. 2. Right out of the gate it shows I have sexual interest in her and that I'm not here to just be her "friend." 3. Its a compliment, that they will most likely return back. Example: "thank you! You're pretty cute too, I had to say hi back!" Now you know where you stand in her mind.

This is where you seal the deal. Don't pussy foot around on this. This is tinder, she has Chads coming at her from every inch and corner, just waiting to be next on that carousel.

Don't try to get to know her or ask her questions. You can do this in person. Simply suggest the date and close!

"Let's grab drinks." "Let's grab some coffee." "Let's grab ice cream."

It doesn't matter what you do just get it done.

She agrees to the date. Hopefully, you have common sense, and you didn't ask her "so uhhhh where do you want to go?" You should already know this! Quoting a post on here about first dates "you should have everything planned, all she has to do is show up."

Now, getting into the logistics of the meet up. Make sure it's close to your place or hers. The next venue is always going to be one of those two. In this case I chose a little coffee shop not even a 1/4 mile from my apartment.

Time is important! J's schedule gave me two options around 1 in the afternoon or after 7 that night. If you want to be her new best friend and listen to her problems while you sip on your frozen pussiccino, you'll pick the day time date. If you want to get her back to your place and give her the best dick of her life you'll pick the night time date.

Why the night time? Because women are creatures of the night, this when they let loose, and put their inhibitions to the wind! I actually have no idea, but when the coffee shop closes at 9, it makes for a smooth segue back to your place, and if you played your cards right, a plausible deniability situation for her to work off of.

The date is set on Monday, we're meeting up on Thursday. Three whole days before I meet this girl, what do I do?! Did I text her cute smileys and say good morning and ask her how her day went everyday? FUCK NO. I did nothing. As you should do as well. Think of it like talking to the police without your lawyer present. You have nothing to gain, but everything to lose. DO NOT TALK TO HER. she sent me some snaps of her a couple of times and I ignored them. The only time I texted her was around 4 on Thursday to let her know we still have a date tonight. This will keep you and your personality a mystery only furthering her attraction before you even meet.

I show up fashionably late as with any date I go on, I'm playing the dread game and keeping them on their toes and giving their hamster a little workout before I even meet her. "Did he stand me up?" "Why isn't he here already?" "What an asshole."

Anyways, I meet J, give her a hug and kiss on the cheek. (kino escalating right off the bat) if you're an awkward person, maybe not start off with that, but I was feeling cocky and I figured I didn't have anything to lose. She was definitely surprised, a little rosy tint came across her face and she had already forgot that I was 10 minutes late.

I recently read a first date post that had the great tip of always sitting next to the girl and never across from them. So I took heed with that advice, as J sits down on one of the couches expecting me to sit in the chair across from her, I plop my ass down right next to her with my arm over the top. She didn't object or give me a shit test about it, so go ahead try that one on your next date.

Now, at first this girl was a little tricky. She seemed kinda shy and introverted as we talked about mundane bullshit. There would be a couple of instances of an awkward pause between subjects. If this happens to you, don't fumble about for a new topic or blabber about how awesome you are. Say nothing. Maintain eye contact with a smile. It will be awkward at first, but give it a couple seconds and she'll soon give you something to talk about. We eventually connect on the subject of art. I paint, she sketches. (I now have the ace up my sleeve for later)

At this time the coffee shop is giving us the last call and telling us we gotta leave soon. Now, I was still shaky on this girl. Maybe she's the two or three date type of girl, the innocent type, I might have to call it a night here and go home with my dick in my hand.

I throw a little Hail Mary out to see where her intentions lie, earlier she had told me she had to go home and study for a test the next day so I tell her. "Well, I suppose I'll let you go so you can get to studying for that test." She bounces back with "its only a German vocabulary test." She apparently was pretty fluent with German already so she was giving me the green light.

Remember that ace up my sleeve? That's right, the plausible deniability card. "Well, shit. I live right down the street want to come see my art?" You can use any excuse you want for this to work. "Hey, have you seen x movie/show? You gotta see it! I have it at my place." It's just a nice little work around for her ASD. She'll tell her friends "I went back to his place but only to see his art!" And she won't be seen as slut.

So we get back to my apartment I take her to my studio and I'm showing her my work. She's living out her hot art guy fantasy and is now beginning to size me up. The shy and introverted innocent girl is now giving me the fuck me eyes and getting closer to me. The conversation soon dies out. This is where you make the move, keep the conversation dead. I look her in the eyes for a couple seconds pull her in to kiss her and she practically jumps on

me.

I throw her on the couch and we're making out, Shes grinding on me, I'm feeling up her shirt. Its all going smooth. Then that pesky LMR pops up. She stops me and says "let's just keep it light tonight it's only the first date" I give her a little smirk and say "yeah, I agree." And without skipping a beat go right back to where we left off. Don't be a bitch about it. Simply resume where you left off like nothing happened, she will do 1 of 2 things; 1. Tell you flat out no and end it or 2. Keep going along. This is where you need to watch her actions, not her words. Betas will give up after she brings in the LMR they'll white knight and "respect her feelings." She was grinding on me, breathing heavy, and still making out, I wasn't convinced she actually wanted to stop.

Side note: don't waste your time if she brings in the ASD/LMR more than twice. End it and try again next time or it could come off a little Rapey.

5 minutes later she starts blowing me, and god damn is this girl a pro. I haven't seen ball control like that since Ronaldo. Now in my head I figure if she's blowing me she's definitely going to fuck, so I go in for the kill one more time, she puts up a little resistance saying it isn't logical to fuck on the first date (this is simply a false statement women don't use logic they go off emotions.) and now Ive grown impatient. So I say "tell me now you don't want it." She comes back with "I want it." Boom. All systems go, Houston we have lift off!

I met this girl an hour ago off tinder and now she's getting plowed like snow in Chicago.

A lot of the lessons in this FR are basic 101 things Ive simply parroted in this post. I'm not bringing anything new to the table, but with my experience, it should give you good breakdown and lay out on how to combine multiple theories and have them play off each other to ultimately get you the lay.

My only advice is to simply go out and use the RP. Every time an excuse pops in your head, just say fuck it, and see where the RP will take you. Or, continue to make excuses like a BP beta. Your choice.

1,234
UPVOTES

Alabama bill would criminalize false rape accusations

SouloftheVoid · 9 May 2019 · Archived copy · Reddit

<https://www.al.com/politics/2019/05/alabama-bill-would-criminalize-false-rape-accusations.html>

1,227
UPVOTES

[X-post] "My BF broke up with me because I booked a week vacation with my EX in Amsterdam" or "How my BF held frame"

taracus · 29 June 2016 · Archived copy · Reddit

EDIT: Automod got me for brigading, back again

Link to op: <https://archive.is/uULD2>

Summary: OP (girlfriend) gets asked by an "ancient ex" to meet up in Amsterdam for a week while he is there for work (he lives in Italy and she in the UK). She books the ticket before mentioning anything to her BF because:

they were on sale for a ridiculously low price on the dates that he would be there, so I jumped at the opportunity.

Boyfriend breaks up with her without losing frame and even 'that' subreddit calls her out for being wrong.

Body: So they've dated for 6 months and she thinks that going alone to Amsterdam to meet up with an **"ex from ancient history who is more like a best-friend"** is a good idea. She starts with the excuses even in the title.

Her boyfriend shows exactly how a situation like this are to be handled, no harsh words, no complaining about not going simply holding frame:

Pete seemed cool with it at first but after a few days asked me if there was any history between us. I was honest and told him there was. He didn't seem too bothered and eventually asked if I thought visiting an ex in another country was appropriate whilst in a relationship. I explained to him how Dave and my relationship wasn't like that and that we were strictly platonic. He didn't seem to really react, he just gave me a look that was...sarcastic, I suppose, would be the best way to describe it.

Edit: "he just gave me a look that was...sarcastic" -> "dont need to talk, just grin" (c) Endorsed TRP-philosophy.

First he calmly suspects that this is more than platonic and asks her and her hamster believes that going a week to Amsterdam with an ex to do drugs and partying is a sign of a "platonic friendship" and feels safe confessing that he is actually an ex. He then proceeds to ask if she thinks it's appropriate (not telling her it's not, just vetting to see if she is really LTR material).

She then pulls out the "strong independent black woman" card as a response:

I then told him that I wouldn't be controlled and hated men that thought they owned me and could tell me what to do. I told him I was free to see who I wanted and that I found his lack of trust in me upsetting, disrespectful and, perhaps, a sign of future abusiveness. I now realise that this may have been a bad thing to say. Again, he didn't really react so I thought that was the end of it.

Here most men would have caved, given her reasons not go, told her not to go or even worse, supported the idea of the trip because nobody wants to be an **"abusive boyfriend"**. Her boyfriend on the other hand shows exactly how to hold frame he even explains it to her:

Then, last night, he came around to my flat and broke up with me! I asked him why and tried to get him to explain himself and he told me that my going away was to see "another man" a deal-breaker, that he'd been in this type of situation before and wasn't going to go through it again. I asked him if this was an ultimatum - I hate ultimatums, they are tools of abusers - and he said **"No, its not an ultimatum. I've decided to break up with you. I have not presented you with any options. I just came to say goodbye."** Before I could say or do anything more, he kissed me on the forehead, said goodbye and walked away. He didn't seem angry,

just...sad.

No harsh words, no ultimatums, no anger, just **HELD FRAME**. He realise a women that cant show her relationship the respect it deserves dont deserve him and he simply lets her go.

Here comes some bonus:

To make matters worse, I told Dave about what happened and he replied "Oh well, guess that means we can have even more fun then! ;o)" He didn't care about my relationship and my pain - he just wanted a hookup buddy and someone to get stoned with whilst he was in Amsterdam.

Suprise, her ex-boyfriend didnt invite her to Amsterdam to party to have a platonic friendship re-kindle. Obviously both men in this story knew exactly what was up but she comes to the Internet asking for advice of what went wrong.

I tried calling Pete today, about an hour ago, and he actually answered! He told me that I should look to be with someone who wasn't so abusive. He said, "Please stop calling me - this is over. Have a nice trip to Amsterdam" Then he **BLOCKED** me! How could he do that to someone he loves? Is he over reacting or was I? What should I do now? Was I wrong?

"How could he do that to someone he loves?" she asks herself without any self-reflection (until even the Internet told her that yes, you were wrong).

Lessons learnt:

- Women believe in their hamsters, they are not lying when they say they "didnt cheat" or "it just happened", just because she believes her own lies dont mean you have to.
- Hold frame, even if your girlfriend is planning on going on a fuck-trip to Amsterdam with an EX.
- AWALT?

1,227
UPVOTES

Consider the bottom 80% - Your competition is pathetic

LordOfTheReptiles · 28 August 2018 · Archived copy · Reddit

I wanted to write down some thoughts I've had in regards to a recent post on TRP. The post is titled "Here's the Top 20%". I recommend you read that article because it is pretty insightful when looked at in the right way.

The writer gives statistics about what it means to get to the top 20% in various categories - height, salary, dick size, debt, and number of sexual partners. I wanted to flesh this out a bit more because I worry that many guys here are going to read that article and their takeaway is going to be that they aren't doing well enough in these categories to succeed in dating and sex. I believe the intention of the article was to demonstrate that it is not nearly as difficult as you think it is to become a high value man, not that you HAVE to be top 20% to achieve success with women. More importantly, I want to emphasize that the vast majority of guys you are up against offer so little in terms of competition that it is not something you should spend any reasonable amount of time thinking about.

This will be a bit of a field report with some subjective opinions on where I think the majority of men stand in the world, and why it is much easier than you think to reach a point where dating is easy. This is not exaggerated for dramatic affect. I am simply trying to illustrate that most of you can be successful with women if you focus on the right things instead of obsessing over what the top guys are all doing.

This past weekend, I slept with 3 women between Friday and Sunday. One was a girl I had already been seeing, one was a girl I went on one date with about a week prior (date ended without sex), and one was someone I had never met before. Since people will undoubtedly ask, my "stats" are:

- 5'11"
- 31 years old
- 15% bodyfat
- \$130k (salary + investments)
- Ginger (I get compared to Dameon Louis, for a reference)
- Live in my own apartment in downtown Boston
- Tinder profile has recent pics from a bachelor party and wedding
- Normal social life but nothing crazy
- A few hobbies (rock climbing, photography, drawing, cooking)

This would put me as above average in the general population of men in my bracket and city. I'm not jacked, although I have lost about 40 pounds over the past year which has yielded a massive improvement in my looks. I generally wear dark clothes including a mix of button ups, graphic t-shirts, nice jeans and clean / higher end shoes and boots. I am hygienic, keep my facial hair trimmed and neat, pluck my eyebrows, gel my hair, and put on cologne. It takes me a total of about 15 minutes to get ready to go out.

Why am I talking about this? Because everything I just listed, aside from height, is completely obtainable for the average guy and virtually none of it is luck, genetics, or out of reach. Having orange hair could even be looked at as a detriment (no freckles, thankfully) and yet I regularly have women told me I'm their "first ginger", and even sometimes hear "I've always had a thing for redheads". It is not an exaggeration to say that most men do not even present themselves in an attractive way through basic hygiene and fashion.

Thursday night I had a girl I've been seeing over to watch a movie. She stayed the night, we fucked on my lunch break Friday, and then she left to head to her friend's beach rental for the weekend. Friday night, I went out with a buddy of mine to see our other friend's album premier. It was at a low-key bar, about 50 people, and I had no intentions or plans to hit on women. Around 12PM, a girl I had been messaging through Tinder asks what I'm up to. We had no plans to meet up anytime soon, but she had gotten off a late shift at her hospital and was bored. I told her I was watching my friend's band play, and that she should stop by to check it out. I text her the address and tell

her I have an extra ticket, she says she'll be there in 20. This was a woman who had actually rejected my advances to grab a drink earlier in the week.

When she got there, she admitted she had messaged a few guys but seeing the band sounded like fun. You know why? Because the other guys were sitting at their fucking apartment and invited her to come straight there. They weren't doing ANYTHING interesting. She told me she had never been invited to something like this. I asked her what she did for a living, and she told me she's a doctor at one of the local hospitals. Before arriving, I told my friend and his girlfriend to make sure this girl felt comfortable, as she didn't know anyone here and we had never met in person before. My friend's girlfriend pulled her aside, got to know her a bit, while I was bullshitting with my buddy near them. It helped to diffuse the tension of her arriving to a venue of complete strangers. It showed that I wasn't some guy sitting by myself asking Tinder girls to come out and just get drunk. Nothing about this situation was difficult on my end, yet it stood out to her as different than what she is normally invited to do.

After introducing her to the band, we got invited to an after party. At this point, after knowing me for an hour, she was excited to go and had no reservations about it. I made her laugh, made her feel comfortable, and showed that I actually have something to offer and talk about. We stopped by the party, and after 30 or so minutes we realized that we were probably the only people not on drugs. She said she felt weird, but didn't want to go home. Given that it was 3AM at this point and all the bars were closed, I took the hint and said we can head back to my place. She said yes, again with no hesitation.

We get to my place, and the first thing she says is that she is impressed with how clean it is. I want to write this again to emphasize what stood out to her. A fucking DOCTOR was impressed that I clean my apartment. What does that say about the average guy in the dating scene? She was genuinely surprised that my god damn furniture matches, that I pick out artwork that isn't just some melting clock you see in every dorm room in the United States, that I have real plants, and that I don't have dirty clothes laying on the floor in my bedroom. Why do you think Jordan Peterson literally has a chapter dedicated to cleaning your bedroom in his latest book? It's because the majority of the male populated can't be bothered to pick up their shit-stained boxers off the floor and wipe the piss stains off their toilet seat. If you can't take the time to do basic human chores, why would quality women want to fuck you?

The doctor and I talked about our experiences on Tinder for a bit, about how she's tired of the way guys act on Tinder, don't look like their pictures, don't make an effort to get to know her before trying to have sex, and how her last date showed up in a baseball jersey to a restaurant and spent the entire time talking about the Red Sox. We fucked that night and the next morning after breakfast.

Later that night, another girl I had met once before texted me saying she wanted to hang out, so I invited her to a bar a few blocks from my place. She asked why that bar, and I said that they have good food and it's close to my place if we decide we want to come back here afterwards. Again, same stories. She's tired of dating, she's sick of guys in their 20's acting like children, sex with most men is boring, the list goes on. I tell her I'm into interior design, she says she wants to see my place. A half hour later she tells me she's so glad she's finally getting laid again.

Next day, I get a text from the doctor saying she's bored and misses my comfy sofa. I invite her over and ask if she likes Sci Fi. She says no, so I put on the new Blade Runner to change her mind. We fuck afterwards. She tells me to text her whenever I want her to swing by. She says she likes that I made sure she had an orgasm. That is who I'm up against. That is who YOU are up against. Guys who are too fucking lazy for things like foreplay. Guys who think that vanilla missionary sex for 5 minutes is going to make her feel sexy. Guys who don't ask what she likes and doesn't like in bed. Guys who don't pay attention to her noises and body. Guys that don't know where her clit is, let alone touch it. Guys who say "nice tits" instead of SHOWING her that you like them.

Before people jump down my throat and accuse me of making this up - this was an above average weekend for me. I normally don't put this much time into getting laid. What I did do is put myself into situations where it is possible if and when it arises. I would have been completely content with watching the band and going home. What stood out to me, however, was when the girl on Friday told me she wouldn't have hung out with me if I had just invited

her to my apartment. She liked that we actually did something fun, because these types of offers are so rare from men. When you put yourself into situations like this, you impress women and they want to be part of your life. If you actually take the time to do, say, and express that you care about and do interesting things, dating becomes easy. It becomes enjoyable. It gives you experiences that both you and the women will remember and appreciate. It makes you stand out among a sea of average and lazy morons.

I read an article a couple months ago about how Boston is the best city to be a single man in. This was factored out of a number of things, including the male-to-female ratio (many more women than men), how well educated the women are, how many women are single, and various other things a single guy would want. I can wholeheartedly say that it is filled with beautiful, intelligent, funny, and successful women. Many of them are unhappy with their dating lives, and it became very obvious why. I can break down the vast majority of men in my city into one of two categories. The first is the “Boston Sports Guy”. His entire existence and well-being are based around how well New England sports teams are doing. He wears baseball jerseys and hats when he goes out to bars, only talks about the Red Sox and Patriots, and would probably be honored to have Tom Brady fuck his girlfriend in front of him. His apartment is filled with sports memorabilia and little else. The second type is the “Cambridge Hipster”. He weighs less than the women he’s trying to sleep with, is hypersensitive about everything, wears purple converse and generic flannel like everyone else around him, and thinks that playing shitty music on a guitar is going to impress women with how deep he is. He agrees with everything women say and do, and thinks that being an overbearing nice guy will get him laid. Deep down he resents the women he pursues for constantly putting him in the friend zone. Again, this is my competition.

The guys on this sub need to calm down with the obsession over becoming “Chad”. AskTRP is flooded with questions like “what’s the alpha response here” and “is what I did beta”. Look, I get it. Guys are frustrated with dating so they blame women and compare themselves to the men that those women are fucking. Yes, it can be beneficial to mimic behaviors of people who are exceptional at something in order to improve yourself in that regard. A perfect example is watching stand-up comedy routines in order to improve your humor. That being said, reaching the top 20% in different categories does not immediately surround you with this aura that women just pick up on and want to fuck. These categories are components of a bigger machine. The majority of men are lazy, boring, and put little to no effort into the things they say and do. That is exactly why “alpha” guys stand out. Effort makes you stand out, not just the results of that effort. Giving a shit about something makes you stand out, but that doesn’t mean you have to be the best at it.

Instead of worrying about how tall you are, try to consider that the bottom 80% of men are so low effort that they barely exist in the eyes of women. You are competing with the top 20% a lot less than you probably think you are, because there simply aren’t many of them. Many of them get tied down with girlfriends and wives, and some of the men that are technically top 20% in these categories still are not dating because they don’t know how to be social. I know multiple men in the tech industry that earn well over \$100k, are in decent shape, have some hobbies, and still don’t date *anyone* because they have no idea how to talk to women. Instead of worrying about what the alpha guys are doing and how much more they bench than you, try to keep in mind that becoming above average is incredibly easy by putting in a mediocre amount of effort into things that women notice (which are things that you should also care about anyway). Some simple things you can do to stand out among the majority of guys include:

1. Good hygiene
2. Matching clothes
3. Furniture that isn’t disgusting
4. A clean apartment
5. At least one skill that can also be sexual (I learned massage and own a table)
6. A career you care about, or at least working towards one
7. Attending social events that are not just about drinking
8. A dating profile that doesn’t have just bathroom selfies

9. A social circle of people that are interesting
10. Hobbies that she will want to be a part of (rock climbing for me)

That's it. That's what it takes to stand out. That is the bare minimum you need to make yourself attractive, and you don't even need everything on that list. I didn't include lifting/fitness on here because that should be a given. If money is an issue, order new furniture off of WayFair (do not buy Ikea). Get a new haircut from a gay stylist, and tell him you want a masculine/clean look. If you have no fashion sense, go to an affordable but trendy clothing store and tell the girl working there that you want a new outfit to go see your friends band in, and let her pick it out for you. Take pictures of you doing things and being around people and use that on Tinder instead of a selfie. Say something other than "hey" when you message your matches. If you get nervous talking to women, then talk to them like it is one of your friends but make a note to turn the conversation sexual at some point. That is all you have to do. You don't have to be Chad. You don't have to be 6'5". You don't have to earn \$300k. You don't have to drive a Porsche.

Stop overthinking all this shit and comparing yourself to some douchebag on Instagram. Will she fuck another guy that has these things? Maybe, maybe not. Are you really going to spend your time sitting around, breaking down statistical benchmarks to try to calculate the odds of her fucking a richer guy? That is a MASSIVE waste of time and is going to drive you crazy. Just approach the girls you want to, show them a good time, and move on with it. I've been cheated on more than once, and I can tell you without a doubt that some of the guys were not "higher" than me on the dating scale. They just offered something I didn't. I can't do anything about it, but one thing I can do is enjoy the time I have with women without worrying about if and when they're going to climb the ladder. The women I was with this weekend will at some point move on, and I don't care. It doesn't matter. When they find new guys, I'll find new women because there is nothing stopping me from doing so.

One of the biggest ironies I see here is when guys complain that women could have the audacity to ever want to be with a better guy, as if the guys here wouldn't do *the exact same thing if they could*. Are you seriously going to act like if you were a sleeping with an average girl, that you wouldn't fuck someone who looks like a model if you had the opportunity? You're just insecure because it's easier for them than it is for you. Is it fair? No, it isn't, but it is reality. Women have some things easier than men, and the opposite is also true as well. As a guy, you literally get better looking as you age and she gets worse looking. You don't menstruate once a month, and you can have a kid in your 50's with absolutely no risk to your own health or the child's. Stop complaining that one aspect of dating is easier for one sex, when plenty of other things are easier for you. You can control almost every aspect of your life that makes you attractive or ugly to the opposite sex, so stop obsessing over guys that do it better than you. Your height is not the reason you aren't getting laid, it's the fact that you're taking time out of your day complaining about your height on the internet.

I am glad the author of the "Top 20%" article put those statistics out there, but that is all that they are. Statistics. Not one of the women I slept with this weekend asked me my height or my salary. They slept with me because I put *effort* into things. They know I'm successful because they can SEE it when they walk into my apartment. If a woman being impressed that I clean my apartment doesn't say enough about the current state of men in the dating scene, I don't know what else will. Your competition is dogshit.

1,225
UPVOTES

TIL just deleted a post about male victims of domestic abuse

Aerobus · 26 October 2014 · Archived copy · Reddit

[IMGUR LINK](#) of this thread

[REDDITLOG LINK](#) of this thread

I also have a PDF file of this thread, but I don't know how to upload that. Both links are about 7 hours old.

For those of you who don't know, earlier today, a user submitted [this](#) scientific study conducted by the National Institute of Health, in which the user found out that "Male Victims of Domestic Violence who call law enforcement for help are statistically more likely to be arrested themselves than their female partner."

Not surprisingly, the mods deleted the post because it went against the feminist theocracy. In short, by presenting valid facts in the form of a scientific study conducted by a reputable organizations, **we hurt their feelings**. And to them, that's all that matters, so they decide to censor the truth.

Any idiot can tell you that none of [these rules](#), the submission guidelines for posts on TIL, were broken. Yet the mods claim that rule #2 was broken since the title was "editorialized." You tell me how a submission title of:

TIL Male Victims of Domestic Violence who call law enforcement for help are statistically more likely to be arrested themselves than their female partner- NATIONAL INSTITUTE OF HEALTH [PDF]

is editorialized when the PDF shows that male victims of domestic violence "who call law enforcement for help are statistically more likely to be arrested themselves than their female partner"

It isn't. The mods are lying through their teeth and they know it.

This is what we have to deal with men. We are disposable. No one gives a shit about us, and feminists will censor free speech.

TL;DR You're disposable, Life's unfair, and Feminists are hypocrites.

BONUS: TIL MODS also deleted a post titled "TIL: The majority of child abuse perpetrators are women, which also linked to a scientific study conducted by The U.S. Department of Health and Human Services."

[Redditlog link](#) [Link to the study](#)

1,225
UPVOTES

Guy is secretly loaded with cash but does not tell his gf, she leaves him then finds out from his friends that he has been hiding his wealth from her (hamstering ensues) Re-Post

MAX_Fury · 13 October 2015 · Archived copy · Reddit

I wanted to post this because it really is worth reading over and over again. It shows that this guy (Will) has mastered the mentality of an IDGAF attitude. It's a great read.

Submitted originally by into-the-abyss

TL;dr - My boyfriend kept his wealth a secret from me throughout our entire relationship. I ended the relationship on the pretext that he wasn't money/career motivated, he didn't say anything to the contrary.

Body

I [F26] have been dating Will [M27] for most of 2014; I met him on New Years Eve, we exchanged numbers, scheduled a coffee date and have been seeing each other ever since. He's tall and shy, with long thick hair like Eddie Vedder. He lives in an older house by himself and drives a 1997 Toyota. He dresses very casually - I don't think he even owns a collared shirt - and all his clothes are minimum 1-2 years old. For income, he told me he "ran a few websites" and picked up piece-work as a 'session guitarist'. He is also very frugal. He never took me out for fancy dinners or anything. In the beginning it was always coffee dates, walks, hikes, etc. If we go out, he insists on 'pre-drinking' and refuses to buy drinks at a bar. Most nights he was content staying in, watching Netflix and playing his guitar. I never outright asked how much money he made, but given his lifestyle, clothes, furnishings, etc. plus the fact that he rarely worked, I assumed it wasn't much. I would lightly prod him with questions about the future, if he had any career goals - he would say that he "saw me in his future", but also he was "happy the way things were". I have Facebook and am on it every day, usually when work is slow. Lately my newsfeed has been filled with my peers getting married, buying houses, having babies, and other various accolades. I can't help but feel jealous by this; it seems like everyone but me is making significant gains in their lives and relationships. Three weeks ago, after seeing a girl I knew from high school buy her 3rd property with her husband, it felt like my relationship with Will was juvenile and had no future. The next time I was over at Will's (after he served me potato soup for dinner and was torrenting a documentary for us to watch later) I ended the relationship. I was perfectly honest about everything - he was a great guy, I loved him and his personality, but I felt he lacked career/life ambition and we wanted different things for the future. He sat and listened to everything, seemingly unmoved by it. When I finished talking, he said "fine by me" and asked me to leave. I went to hug him on my way out, instead he just guided me out the door and slammed it shut behind him. With prior boyfriends, we'd still talk or text a bit after we'd be broken up. Sometimes we'd even still hook up. I dunno, I've just never had a 'bad break-up' and always try to remain on good terms. I haven't heard a fucking word from Will, even after texting him multiple times and calling him once. I saw two of Will's friends at the gym today. I went over and made small talk, asked how he was, etc. I tried to explain myself, saying he was a great guy but our views on money and the future didn't seem to mesh. To this, one friend chuckled to himself and walked away. I asked the other friend WTF that's about it, and he says "Yeah, we heard. The thing is, Will's loaded. He inherited his grandpas land which is leased to oil and gas companies. I've seen the quarterly checks he gets and they're more than my yearly salary. Good luck getting him to spend it, though. He has a 'if it aint broke, dont fix it' type mentality. Just look at that piece of shit he drives!" This has completely baffled and upset me. I dated him for 10 months when I thought he was penniless, proof I'm not a fucking gold-digger. I am a 26 year old woman who needs to be pragmatic, I can't just indefinitely date someone with the future being so uncertain. He could've said something, ANYTHING during our break up when I was explaining my doubts about our relationship. Instead he said nothing, and now he refuses to talk to me. It makes absolutely no sense. I just feel so low right now. If a man with disposable income meets a woman he likes, doesn't he want to treat her? He said he "saw me in his future", why didn't he care enough to share these things with me? He could have easily kept our relationship alive by being forthcoming. Someone please help me make sense of this situation.

I really get a good laugh at the part where he served potato soup and torrented a documentary for them to watch, fucking hilarious, imagine doing that on your second date with today's modern women.

1,223
UPVOTES

The women who denied you will come to resent you when you surpass them in the SMP.

laylowwww · 4 December 2017 · Archived copy · Reddit

Quick background:

29 years old, workout often, have a good paying job in a desirable city and some cool hobbies like backpacking/hiking, writing and traveling.

I never had a problem getting laid in the past, but I would throw myself in the orbiter category too often with girls that rejected me. I've been reading on here for several years after a breakup with my ONEITIS. I've learned and applied a lot since that time.

The same girls that rejected me 4 years ago and were happy to maintain a casual relationship now carry resent for me as I'm established and have improved myself tremendously in the last several years. I ghosted many of them, but the ones that would reach out could pickup the change in my tone and the way I carry myself. Most of these women are crashing into the wall and can sense the serious decline in their value as mine has risen drastically. I'm talking Me vs. Them at age 24 and Me vs. Them now.

Most of you are familiar with the age old saying: "Men age like wine, women age like milk." This is seriously true and as you come up in age, you'll see it first hand.

The advice I have is simple; Put yourself first, LIFT, grooming is a priority, read voraciously and create the life you want. Put positive thoughts into action and tune out the noise. Your vision needs to be greater than your thirst for women and your need for validation.

Your validation will come when you achieve something worth a shit, not from a one night stand or otherwise.

Cheers gents, keep working hard.

1,220
UPVOTES

Sir Ian Mckellan on the sex scandal controversy: women sent directors nude photographs that said " DRR' — directors' rights respected. "- Offering sex in favour for roles..

quityourbullshit777 · 19 December 2017 · Archived copy · Reddit

Here are his views outlined in the article

The root problem is not going to be fixed so the the issues with sex in the film industry will still go on..

Since we are treating women with kid gloves and deciding that in anyway questioning them or criticising their stupid actions is sexism it is just going to keep going on.

Notice how everyone woman's story never talks about the fact that they went to see a powerful man and spread their legs so they could get ahead.

It is always that they were "horrified" and were tormented, despite being wined and dined and then given an incredible advantage after spreading their legs. They were all just magically alone at night with this guy and he just like suddenly totally got his dick out for no reason? Yeah, and they totally went to be alone with him with no expectation.

So many people made this deal with the devil but now they renege, and for ego say "no wait, I was totally forced", but of course none of them are going to give back the movie parts and advantages they received in return. They want to have their cake and eat it. All this hysteria (obviously some rape or harrassment allegations are true) is fuelling some of these fame hungry hoes to "double dip".

Some of them spread their asshole to get worked to get that part or that audition they never would have but now they also get to "double dip" by getting a second fame and attention boost/ moment in the spotlight by then going back and saying "omg, I totally was harrassed by weinstein because I somehow was in his room for no reason and he got his cock out for no reason". It wasn't because I flirted with him and massaged his ego and did what I could to get his attention and make a deal with the devil to get ahead, I just was magically in his room alone...

That's the core problem

. Right now if you said "Hey you want to suck a creep like Weinsteins cock and let him fuck you in the ass to get a decent movie role (or even just a good chance at one)" You would still have a line of women from Los Angeles to Boston lining up to make a deal with the devil. And that is what none of these women with their stories are admitting.

There is some dick they aren't even mentioning. The time they got worn the fuck out because it got them a good audition. Because there is everything to gain and there are plenty of fame hungry sleep to the top women and society is doing everything to excuse that behaviour and in fact women who have done this are now told they were "tormented" and poor helpless creatures.

I just shake my head at this whole "metoo" movement. If men tried to totally eschew all responsibility and fragrantly flaunt that fact women wouldn't stand for it.. I wish we didn't stand for this stupidity..

1,217
UPVOTES

The Time I Ditched my Girlfriend in Europe: A Redpill tale from my Bluepill days

lucky_pierre · 31 December 2017 · Archived copy · Reddit

When I was 18 I went backpacking through Europe with my highschool girlfriend. It was a disaster. I was young and excited, she thought of herself as "too mature" for shit like hanging out with other backpackers at a pub. It was hard for me to make friends with people since she'd sit there with a sour puss on until I agreed to leave. So I went to museum after museum just to keep her happy. We still argued a lot. Instead of having the time of our lives, two young people cut loose on a foreign continent, we were like an old bickering couple who couldn't agree on anything. She made a pain in the ass of herself at every opportunity, and it sucked.

Then one day in Prague we met a group of three backpacker girls. They were *alright*. I wasn't super enamored with them but at least we were hanging out with people our age other than each other.

We started spending more time with them, and soon, without any vote that I remember being a part of, "we" decided to all travel together. Sounds awesome right? A single guy out with four hot young chicks?

Nope. I found myself increasingly the odd man out in their little chick clique. Plus my GF wouldn't fuck me since we were sharing a hostel room with the others.

Betafication and shit-testing toward me increased from all members of the party, eventually devolving into outright disrespect.

The final straw was when my GF and I got into a little argument over something I wanted to do that night. Finally one of the other backpacker girls said, "ok, we'll think about it. Can you go get us some beers while we figure out what to do?" By "get some beers" she meant from the convenience store up the block. I looked at my GF, like, "you gonna let these bitches talk to yo man like that?" Yes, she was. She just looked at me like she agreed with the chick who basically just dismissed me.

I just went icy. "Sure," I said. "Anything else?" They actually did rattle off a couple more things they wanted from the store.

I got up from the common area, went back up to my room, stuffed my backpack, and went to the front desk to check out.

My GF saw me, caused a scene, begged my not to leave, insulted me, screamed at me, cried, told me she loved me... the works. Right in front of a whole youth hostel full of people.

I said something like: "we've both been having a bad time, and now you're clearly having fun with your new friends. Enjoy." And I left her in the dust.

She emailed me a lot begging me to meet up with her again. I thought about it, but honestly I felt freer without her. She cut her journey short and went home. As time went by I got the sense that her desperate attempt to keep me was just a face-saver: she didn't want to admit that she got dumped in Europe for being selfish and disrespectful.

I can't say I had the best time for the rest of my trip. Breaking up with my girlfriend (first love, first fuck, blah blah; and me a oneitis-stricken crybaby bitch) put a damper on things. But I saw it through, met some people, had some adventures, and came home with my god damn self-respect intact.

1,215
UPVOTES

Counterfeit Red Pills

GayLubeOil · 7 December 2016 · Archived copy · Reddit

In the movie The Matrix, a man named Neo is floating around in a **giant tub of pink semen** while robots harvest his asshole for energy. Neo doesn't know about the energy harvest taking place, because the assrobots have sedated him with a **virtual reality called the Matrix**. Neo thinks that he's working in an office wearing a suit when in reality he's a naked guy floating around getting his ass drilled by robots.

The problem is that the robots are so busy drilling everyone's assholes that they forgot to fix the **glitches** in their virtual reality program. Neo notices the glitches and begins to think that something is weird. Wanting to get to the bottom of the situation Neo goes to a mysterious hotel within the Matrix. There he finds a Black guy named Morpheus. As is customary among the Blacks, **Morpheus offers Neo some drugs**: a Red Pill that allows him to see the truth and a Blue Pill sedative probably xanax.

Neo decides to take the Red Pill and honestly who could blame him? If you are being offered free drugs you obviously go with the most expensive option. Anyway The Red Pill is so fucking strong it immediately wakes Neo up from his 26 year slumber. He sees the Real. Robots are ass harvesting everybody. It's fucking crazy as fuck. He starts freaking out and the robots get rid of him so that they can assharvest someone more chill.

This community has chosen to call itself The Red Pill. In other words by its name alone, this community is implicitly making a very big promise to its readers. That promise is to deliver truth so potent that it will wake the reader from his pink semen tub slumber and allow him to save himself from exploitation by assrobots.

Allright so how do we deliver on our promise? Every Endorsed Contributors has their own unique answer to this question. Rollo Tomassi believes that by showing men the map of the Sexual Marketplace he can help them understand what is happening and avoid the roborape of becoming a beta provider. Archwinger teaches men the micro strategies of intergender relations in the hopes that they will extrapolate up and see the big picture. I GaylubeOil have taken the classic Spartan position, that by putting a man through physical hardship it is possible to reprogram his mind. All of us have our own unique process by which we take men from one state and transform them into a stronger state. So for example if a Red Piller's girlfriend accidentally on purpose sits on a strange dick, he will be well prepared. Rollo taught him the hypergamous nature of women. Archwinger taught him about the female rationalization ego preservation tactic. GaylubeOil has given him the physique to be competitive on Tinder and the will to persevere during stress. This is our hope as ECs and this is how we justify our content as Red Pill.

Unfortunately there is another group of men claiming to be the Red Pill. Lets call them the Counterfeiters. The Counterfeiters are quick to point out whats wrong with society but at no point do they offer a solution. Being angry at society for valuing women above men as it has done since the beginning of time doesn't accomplish anything. Being angry at women for forsaking logic in favor of emotion doesn't change anything. Yelling at the ocean for being salty and undrinkable doesn't transform it into fresh mountain spring water. However, that is exactly what Paul Elam **MGTOWs** and **MRAs** are doing. The tragic irony of the Counterfeiters is that by pretending to offer a solution they prevent men from finding a *real* solution. Venting frustration at women is not self improvement. It's one thing to discuss flaws in female thinking with they aim of greater understanding and perhaps sexual exploitation. It's another thing completely to write off all women and live in a **pleasure cave** of alcohol, masturbation and self inflicted victimhood.

At the end of the day men are masters of their own destiny. If a man wants to live his life in a virtual reality of video games, alcohol and increasingly bizarre pornography that's fine. There is nothing I or anyone else can do to stop him. However hiding from reality is by definition not the Red Pill. Anyone telling you otherwise is a counterfeiter selling Blue Pills painted Red. What I'm saying is that Paul Elam wants you to get assraped by Robots and that you should buy Rollo's book and lift.

Follow GayLubeOil on **Twitter**

PM GayLubeOil if you are interested in becoming a GayLubeOil fitness coaching client

1,215
UPVOTES

Must-read red pill content

Auvergnat · 22 January 2017 · Archived copy · Reddit

Since there isn't much quality on this feed at the moment, I'm sharing some of my manosphere bookmarks (including some lesser known). Feel free to discuss some of these posts and share your must-read.

Classic articles

- Kid Strangelove - The #1 rule of Male/Female interaction
- Shining Pearls of Something - Anonymous Letter
- Hawaiian Libertarian - Game is the Red Pill
- Anon - So you want to get fucking laid? Here's how.
- Henry Rollins - The Iron and the Soul

Red Pill Manifestos

- [Red Pill Primer - Sidebar Made Simple](#) (It's on the side of the sub AND on the top now, and you should have read it at least once by now, but do you remember what each link is about? Did you explore all the links that these individual posts link to? You ain't sure? Go check it out again)
- Roosh - What is Neomascularity?
- Illimitable Men - The Red Pill Constitution
- [The Masculine Principle](#) (a compendium by the guys who brought you what IMO is the best link in the sidebar "*Women, the most responsible teenager in the house*". + a bonus "Principles of Seduction" on the same page)
- Ian Ironwood - [The Red Pill Primer for Boys](#) (Want to introduce the red pill to a younger brother? This is what you need)

Collections of awesome posts

- [The Best of Rational Male - Year One](#) (done it? There's 4 more years of best of content waiting for you)
- The Wisdom of ZenPriest
- The Book of Bonecracker
- What I like to call [The Book of Archwinger](#) (the top posts of [/u/Archwinger](#) , the best writer on this sub IMO)
- The Roissy Reader, curated by LouieG
- YaReally Archive, curated by Lumpy

1,214
UPVOTES

The Holy Trinity of Masculinity: Frame, Game, and Lifting

Unrealenting · 10 May 2018 · Archived copy · Reddit

As we all know, the research proves that women prefer to sexually select men who are confrontative, arrogant, and muscular for short-term relationships.

However, this is a simplistic interpretation, because from a woman's perspective those three qualities approximate the most important aspects of a masculine man, that is to say, a man who can create Order from Chaos: bravery, intellect, and strength.

Since the beginning of humanity, we have told the stories of reverence for heroes, and they all have these three qualities in abundance. This is no coincidence, for they served as archetypes for the ideal man, and this too is no coincidence, because the mastery of these three qualities allow a man to essentially become a God and overcome any threat to himself, his mate, and her offspring. And as we all know, a woman's unconscious biological urges demand that she mate only with the man that can best ensure the survival of her and her offspring in a Chaotic Environment by selecting a Leader, who can establish from this an Ordered Environment, whose genetic and provisional value is high enough relative to hers that she needn't fear for her survival during the years that she is completely vulnerable and dependent upon your protection during pregnancy and the early stages of child rearing. Our mating strategies have evolved from necessity, not social construct, and so no amount of money or fame can ever ultimately convince a woman to continue sleeping with you if you lack the trinity of masculinity, the only aspects about you that no external environment can ever conquer in a Man: your Frame, your Game, and your Lifting.

Master these three aspects and you will easily get laid because women's bodies essentially force them to get wet for you because their subconscious acknowledges that you're a good choice to protect and shelter her and her offspring, no different than why a Man becomes aroused when the possibility of sexual relationship with a feminine woman is on the table, a Woman becomes aroused when the possibility of a romantic relationship with a masculine man is on the table. Enough preamble, what ARE Frame, Game, and Muscularity and how can you use them to get laid.

Frame: How Brave Are You?

Your Frame is simply how well you can stand up to confrontation of your being, whether that constitutes your words, your actions, or your ideas. Root yourself and your identity internally and you will become unshakable in what you will and will not tolerate from how other people treat you. Have a Strong Unshakable Frame that demands respect. Speak deeply and richly from your gut, if possible, and carry yourself like a King. Be like a Mountain and she will be forced to climb on top of you if she wants to get over you. Never show any emotional weakness by backpedaling or second guessing, be firm with your decisions and your body language and Women will bend to your frame. Always challenge yourself to see how far you can push your Frame before your emotions get to you until you can feeling nothing unless you choose to. In other words: Be Brave.

Game: How (Emotionally) Intelligent Are You?

Your Game is simply how well you can use your words and actions to get people to enter your reality. Game means saying and doing the right things to get people to say and do what you want, and it ultimately comes from research garnered through experience. Women prefer men who other women prefer because your experience means you know what you're doing, Game conveys the same message, that you know how to get what you want. It is fundamentally an understanding of psychology and emotions, an acknowledgement and manipulation of the subconscious biological drives of people by using them to the benefit of you and the group through verbal and non-verbal communication. This is because if you can force someone to think a certain way you can force them to act a certain way, and doing so in a way that is conducive to the survival and benefit of both the individual *and* the group is the most important epithet of a Leader. In other words: Be Emotionally Intelligent.

Lifting: How Strong Are You?

Your Lifting is critical because at the end of the day, a consistent and aggressive challenge to your Frame and Game is most likely going to end in Physical Confrontation. You can be the most stoic and intelligent person on the planet but if you're a skinny limp-wristed beta when an invading army attacks you'll be of no use to your Wife and Children. Women understand this on a deep and subconscious level and so choose muscular over non-muscular men if they have the choice. Your physical strength is the last line of defense you have in a Chaotic world replete with physical threats, which is why you've evolved to erupt with feel-good neurotransmitters when you lift, because your ancestors that weren't strong were always inevitably wiped out by people or animals that were. In other words: Be Strong.

No amount of social posturing can usurp basic biological urges. With the dissolution of monogamy these trends will continue to rise as women fulfill their hypergamous drives in the absence of economic and ethical repercussion. This Chaos literally happens every time there's an abundance of resources. Equitable societies free women from the need to be dependent on men and therefore they choose only to mate with the man with the most provisional and genetic value possible, often preferring to die alone rather than settle for anything less than their masculine ideal if she needn't be dependent upon a man she perceives as weak in order to survive. This is the price we pay for becoming soft and agreeable pursuant to the advent of the abundance procured from our military and industrial enterprises.

Hone your Trinity and bring Order to your environment of Chaos and women will feel secure in your ability to protect, lead, and shelter her, conveying to her subconscious mind that you are a worthy mate that shouldn't be passed up on. Refuse to Hone your Trinity and you might as well be invisible to her. Let your Trinity falter and she'll feel less secure in your protection and she will branch swing hypergamously until she finds a Man whose Trinity is unwavering. If she can't find one, she will opt to die alone if she doesn't need a man's finances, THAT is how strong the subconscious urge to pick masculine men is for women, because historically men that lacked this Trinity were killed and Women's offspring with these weak men were ripped away from them for slavery or food.

Be Brave, Be Emotionally Intelligent, and Be Strong by honing your Frame, your Game, and your Lifting.

Up Next: The Four Elements of Masculinity: Power, Information, Wealth, and Fame.

Edit: Game is about EMOTIONAL intelligence, not simply IQ. Edited the post to reflect that.

1,213
UPVOTES

I am Karen Straughan [girlwriteswhat]; Ask Me Anything.

girlwriteswhat · 29 May 2015 · Archived copy · Reddit

Hey there, everyone. At [/u/bsutansalt](#)'s request, I'm here to hang out for a few hours and answer your questions.

Have at you!

EDIT: Holy shit, this conversation has kind of exploded. I've been trying to keep up as I can between my normal daily stuff and getting the rub on the back ribs and into the oven, etc etc, and I just want you guys to know if I don't get to your questions/comments this afternoon, I'll come back to them tonight or tomorrow. I WILL answer each and ever comment, dammit!

1,210
UPVOTES

Mod Notice: Reddit may ban The Red Pill in the next wave of SJW censorship. Immunize yourself by bookmarking our official off-Reddit site, TRP.RED

VigilantRedRooster · 28 June 2020 · Archived copy · Reddit

Cancel Culture is having a heyday in the current environment, and with racism as their *casus belli*, SJWs have been banning entities they disagree with, far beyond their claimed targets and scope. Expect a new wave of bannings from Reddit, and don't be surprised if they use this as the excuse they've been waiting for to ban The Red Pill once and for all.

Rather than sit around and complain about them, [u/RedPillSchool](#) has built an alternative website, TRP.RED. Bookmark it today, sign up for free, verify your current Reddit username if you wish, even start your own blog and/or tribe.

Bookmarking this alternative is the only action necessary. We could spend the day lamenting and bashing the SJWs of the world, but the masculine path is to carry on with our respective missions and not give them undeserved attention or allow them to distract or disturb us.

1,204
UPVOTES

Men learn from their mistakes. Wise men learn from the mistakes of others. Here's my biggest mistakes, hopefully you can avoid them

Simptopimp-co-uk · 1 March 2021 · Archived copy · Reddit

I'm grateful for the internet to be able to share knowledge like this to men all around the world. Let's begin.

Women

[u/VasilyZaitzev](#) said it best: Think horizontally, not vertically.

I was always a vertical thinker. I'd get a crush on a girl and obsess over her, literally thinking about her day and night, cuddling my pillow thinking about her lol.

Do you think that got me the girl?

When I started implementing this advice and spreading my attention out to many different women at once, I learnt that for men it's always a numbers game.

If you're not putting yourself out there in front of 5+ girls at once, you're on a dangerous path to short-term oneitis.

It was a hard pill to swallow but lets be honest...

Girls are the masters at this.

It's almost like they don't even realise they are doing it, but glance over at her whilst she goes onto any social media and you'll see an entire screen of unopened messages from guys.

When I started speaking to more girls at once I felt like I was way more desired. And as soon as it didn't work out with one, no worries, I have another couple that I'm interested in.

Women distracting me from my mission was a big mistake, but it's not their fault.

It's mine.

I'd get the girl and then get comfortable.

"No need to be shredded anymore right?" I'd think whilst eating junk food with her.

"Going out clubbing and pulling girls isn't that fun anymore" Whilst we'd stay in and watch shitty movies all night.

It took me far too long to realise that overinvesting your time in her actually makes her less attracted to you and of course, you worsen things for your Future Self.

And here's the thing... If you're spending all your time with her, you're obviously doing things that normal girls do. Which usually means staying in, eating junk, watching shit on the tv and scrolling through your phone.

Not sexualising her was a big mistake that I made. I stopped making this mistake and this one change alone started my casual sex lifestyle.

Guess who she's having sex with? The guy who sexualises her.

And so I'd believe that good girl stereotype and frame the girl in that way. Obviously that didn't work. I thank the red pill and all the posters and commenters who normalized this new mindset.

It's literally common sense - If you want to have sex with a woman, act like it. Stop speaking to her like she's your

friend, dumbass.

Finally the big mistake I've made with women is not walking away when the time was right. I've always been pretty bad at rejecting others. With every girl I dated, there was a point where I knew that it would be best to end things. But I didn't act on that. I stayed with her, perhaps out of scarcity, perhaps out of the fear of that breakup feeling that hurts.

I wasted years of life like this. Please do not make this mistake. When you know it's time, take action and leave. There is going to be a Day 1 of moving on. Day 1 could be today, or it could be in 9 months from now. Don't make your Future Self go through that shit just because you don't want to experience the breakup today.

Drugs

I began smoking weed everyday at the start of 2019 and didn't stop until May 2020. What a waste of time. Looking back I'm grateful for this because I've been able to learn from it and help others in the same situation. But the amount of negative thoughts I went through, feeling like a loser, binge eating when I had the munchies and ruining my physique... It's a dangerous drug that slowly fucks your life and worse of all weed is deemed as a very safe, no consequences drug. It's so widely available.

B-b-b-but I know this one guy who's ultra productive and makes \$20,000 per month and he smokes all the time!!!

Shut up dumbass

When you smoke weed you're taking your Future Self's fulfilment for your instant gratification. A terrible investment.

If you're reading this right now and thinking "Fuck this guys talking about me, I think weed's ruining my life" The best advice is that you have to completely change your environment. Trying to make a significant change in your life without changing your environment will likely not result in any positive changes and you'll just get fed up. Your environment and especially who you spend time with is influencing your smoking habits. Make drastic changes if you want drastic results.

I've done some stupid, risky shit on drugs. I almost got sent to a Croatian prison lol.

Video games

I spent thousands of hours levelling up in the virtual world, even making money in the virtual world. It's insane that I didn't invest that time in real life. Real life achievements feel 100x better than anything in a game, it's just that it's uncomfortable to delay gratification. It's tough to work hard in real life because you feel the burn of the muscle soreness, or the fatigue of your fried brain cells after working on your business. But avoiding this discomfort is the plague for young men.

Video games manipulate men. They simulate the same kind of achievements, brotherhood and ranks that we wish to acquire in real life.

Video games are insanely similar to drugs. You build up a tolerance. You literally get withdrawal symptoms. Your friends who share the substance with you are not really your friends - As soon as the substance is gone, they aren't around.

When you quit video games you barely speak to the same people anymore, just like when you quit the drug you used to take together.

When I quit video games I became instantly more lonely. There's a transition period where you really have to grind in real life to make it worth it. All the time you spent levelling up in video games made real life worse. Now you must endure the trials and tribulations of facing your lack of success IRL without the comfort of being behind a screen. It's worth it.

Health

I'm a dumbass.

I listened to the advice the fitness Youtubers kept giving me - *"All calories are the same bro just eat whatever you want, as long as you're at the right calories you're ok!"*

And so I ate junk food everyday. I binge ate very often.

But when you're getting most of your calories from processed junk you're messing up your health and you won't feel it until it's too late.

Your lifts in the gym won't progress as much when you're eating for pleasure compared to eating for nutrition.

One of the best changes I ever made was eating for nutrition. I haven't binge ate in over 9 months which is a unreal achievement for me.

My mental health was always pretty bad. I've had anxiety for a long time without even knowing. It was such a suboptimal way to live.

Eventually I did something great - I sat down and researched my mental health symptoms. Now I knew what I was dealing with. Then I learnt how to reduce anxiety - Mostly meditation. And so I started meditating every day since May 2020. I've missed just a handful of days from then, my anxiety has dropped considerably and my happiness has skyrocketed.

I hope you boys can avoid the mistakes I made.

If you would prefer to watch rather than read, here's a 50+ minute video of me explaining all these mistakes and a few more about money and self improvement (as well as telling you the Croatia drug story). Watch with this link now: https://youtu.be/sJ_EnQVEelc

1,202
UPVOTES

Stephen King said, "Amateurs sit and wait for inspiration, the rest of us just get up and go to work." To achieve any long-term goal, you must give up on motivation and focus on starting positive habits. Motivation constantly changes. However, habits will endure. [method]

KingWilliamKent · 28 February 2017 · Archived copy · Reddit

In order to answer the question, *"How do you effectively start a habit?"* — first, we must understand what a habit is.

A habit is task that has become so consistently engrained that it begins to be carried out autonomously—by the unconscious mind—such as drinking a cup morning coffee every day.

Why are habits important for accomplishing long term goals?

Watch This

Because the moment you form a habit, it signifies that you have now transcended out the window pain that normally accompanies taking up a new task.

When something becomes engrained as a habit, it becomes much less unpleasant to carry out that task. **It just becomes natural.**

The reason it is so difficult to turn a productive undertaking into a consistent practice is because it is often painful to carry out productive task. If the task is drinking coffee, or sleeping every night, it is easy to turn those tasks into habits because they are pleasurable. However, **if the task is painful**, like writing and editing articles, getting up and going to the gym, setting aside to time to do affirmations, **then it is far more difficult to become consistent.**

We are hardwired to avoid pain. Pain is helpful. It instructs us what to avoid so we don't die, and our species can continue to reproduce.

The ease at which we can establish a habit, is **directly proportional** to how quickly we receive our pleasure or reward, and **inversely proportional** to how much pain or effort it takes to get there.

99% of the things you do are habits. The way you think is a habit. The way you present yourself to other people is a habit. Whether you start books and never finish them. They are all products of the thoughts you habitually tell yourself and the actions that you repeatedly carry out. **Whatever habit you have, in some way your mind believes it is serving you.**

If your lazy, perhaps it frees you up from trying and failing. If you have a victim mentality, perhaps it liberates you from personal responsibility.

In essence, you are automatic creature. However, fortunately, habits can be changed.

That is where **self awareness** comes into play. Self awareness is the one variable in human existence, which separates us from all other species and allows us to accomplish amazing things. In our unique ability to be aware of our habits, we have the opportunity to reengineer them and establish new ones that serve us.

For a short period of time, we can choose to use our free will (**or DISCIPLINE**), in the face of resistance to push past the initial window of pain, make something become natural/expected, and thus, establish a new pattern.

Now there is a bunch of conflicting literature on how long it takes to do that. I have heard 21 days. 40 days. etc.

In my opinion, that's all nonsense and propaganda. The amount of time it takes varies from person to person. **There is only one way to tell if you established a habit.**

I have used this measuring stick time and time again, to determine whether I have finally established a new pattern in my life.

The answer is two-fold:

A) when it task becomes noticeably less painful to complete B) when you go to bed without doing it, it actually feels like your missing something

When you meet these to criteria, then you know it is engrained.

I hope this helps to establish habits that will serve you and your long term goals. By becoming aware of your patterns and reengineering them so that they meet this criteria, you will be surprised at what you accomplished.

Good luck

This video expands on this topic and details my experiences with this philosophy.

If you enjoyed this post, I invite you to subscribe to [this YouTube channel](#). I greatly appreciate your support, whether it is a like, comment, sub. On [this YouTube channel](#), I share my years worth of experience working with the subconscious mind—allowing you to reengineer your thoughts to magnetically attract happiness and success.

1,196
UPVOTES

Mattress Girl just made a porno...and called it performance art.

mykonos_rm · 5 June 2015 · Archived copy · Reddit

I'm not linking her shit on here because she doesn't need traffic....actually you guys are gonna google it anyways so here...

<http://www.cecinestpasiunviol.com/>

It's called Ceci N'est Pas Un Viol (this is not rape)

Trigger Warning: The following text contains allusions to rape. Everything that takes place in the following video is consensual but may resemble rape. It is not a reenactment but may seem like one. If at any point you are triggered or upset, please proceed with caution and/or exit this website. However, I do not mean to be prescriptive, for many people find pleasure in feeling upset.

Ceci N'est Pas Un Viol is not about one night in August, 2012. It's about your decisions, starting now. It's only a reenactment if you disregard my words. It's about you, not him. Do not watch this video if your motives would upset me, my desires are unclear to you, or my nuances are indecipherable.

You might be wondering why I've made myself this vulnerable. Look—I want to change the world, and that begins with you, seeing yourself. If you watch this video without my consent, then I hope you reflect on your reasons for objectifying me and participating in my rape, for, in that case, you were the one who couldn't resist the urge to make Ceci N'est Pas Un Viol about what you wanted to make it about: rape. Please, don't participate in my rape. Watch kindly.

A special thank you to everyone who made Ceci N'est Pas Un Viol possible, especially my actor (*****), my director (Ted Lawson), and those I love who have guided and supported me.

Ok, there is AWALT, there is Crazy, and then there's *this*. The fact that she has the audacity to call this performance art is an insult to other talented artists (like that woman who stares at people all day.)

Anyways I can't even fap to this...its just too weird...and her ass is too flat.

edit: she's getting killed in her comments section. edit2: she's raw dogging it up the butt

1,195
UPVOTES

Unplugging. The reading list.

Auvergnat · 1 November 2017 · Archived copy · Reddit

I posted this list as a comment some time ago. I referenced it a few times, but I always thought I'd need to expand it and make it into a post, for better referencing.

There are plenty of good TRP-themed books to read, but no official list. There are a few (good) posts with (lots of) recommended books but they're a large menu à la carte. Here's my personal fine-cuisine full course **for the newly unplugging**. Short, tasty, and **to be consumed in the right order**.

Hors d'oeuvre

The couple of very best "mainstream-friendly" books on the importance of masculinity, to start gently and arouse curiosity:

- 1- "No More Mr. Nice Guy", by Robert Glover
- 2- "The Way of The Superior Man", by David Deida

Entrées

Which should hopefully be enough to pave the way for the upcoming shock of unplugging that comes when you swallow the red pill bible:

- 3- "The Rational Male", by Rollo Tomassi
- 4- "The Rational Male Preventive Medicine", by Rollo Tomassi

(Note: Rollo now has a third book out, which is just as good, and reads better, but the basics are in the first two and remember this list is about efficient unplugging so let's carry on..)

Main

Once aware that everything he knew about the world of humans' interactions was a lie, our unplugged man will then find the best general information on how to deal with Men and Women in the Real World in:

- 5- "The 48 Laws of Power", by Robert Greene
- 6- "Practical Female Psychology For the Practical Man", by Joseph South, David Clare and Franco

Dessert

And only then, when our red-pill-aware man finally understands the theory on the real nature of women and of human interactions, he might want to read the best books that put that theory into practice to game and bang women:

- 7- "Bang" and "Day bang", by Roosh V
- 8- "Sex God Method", by Daniel Rose

Coffee and cigars

With his eyes finally open and his sexual lust quenched temporarily, the newly unplugged man may feel at loss in

this scary but very real world. He will need to redefine himself and his place in it. I then recommend:

- 9- "Meditations", by Marcus Aurelius
- 10- "The Way of Men", by Jack Donovan

Knowledge is Power. Sharpen your understanding of red pill wisdom to maximize the results that actions (lifting and approaching) already started giving you. A post on this sub's daily feed with a score under 100 is guaranteed to contain less wisdom than a book deemed vital to read by the red pill community. Your daily time allowance for absorbing information is limited. Prioritize your reading.

1,193
UPVOTES

Amherst Student Expelled for Sexual Misconduct Can't Defend Himself—It Would 'Impose Psychological Trauma' on Accuser

Daddie0 · 1 February 2017 · Archived copy · Reddit

<http://tinyurl.com/hybq8j5>

"Remember Amherst College student "John Doe," who was expelled for sexual misconduct, even though he had good reason to believe that his accuser had actually assaulted him? A judge recently blocked Doe's attempt to subpoena his female accuser's text messages on grounds that re-litigating the matter "would impose emotional and psychological trauma" on her.

Consider the implications of this decision. According to Seattle District Judge James Robart, a student who believes Amherst violated his due process rights, wrongfully expelled him, and ignored subsequent evidence that his accuser, "Sandra Jones," was the actual violator of the college's sexual misconduct policies, does not deserve the opportunity to make his case because someone else's feelings are more important.

Whatever happened to believing the victim?

The incident in question took place years ago, during the late night / early morning hours of February 4-5, 2012. Jones was Doe's girlfriend's roommate at the time. Jones went to Doe's dorm room and sexual activity ensued: Jones performed oral sex on Doe.

But Doe was blackout drunk at the time—a detail that Amherst administrators deemed "credible," on subsequent review. Of course, it's questionable whether a blackout drunk student can actually provide the level of consent that Amherst's sexual misconduct policy requires.

Other factors cast doubt on the idea that Jones was the victim and Doe the perpetrator. After leaving Doe's dorm room, Jones texted another male student and asked him to come to her dorm room for sex. She also texted a residential advisor about her "stupid" decision to engage in sexual activity with her roommate's boyfriend. In these text messages, Jones admitted that she was "not an innocent bystander." She also complained about how long it was taking this second male student to do anything sexual with her. She did not file a complaint against Doe until two years later.

It's certainly possible that Jones was forced by Doe to give him oral sex without her consent, left the encounter with a fervent desire for another hookup, mischaracterized her own level of responsibility in a message to the RA, and didn't realize she had been sexually assaulted for another two years (after befriending a number of victims' advocates). It just doesn't seem like the most probable explanation for what happened. But, based on a preponderance of the evidence presented to Amherst administrators, Doe was expelled.

Keep in mind that administrators never reviewed the text messages, and when Doe asked the administration to re-open the case in light of this error, Amherst refused. Doe was given just seven days to appeal the finding of responsibility, but he didn't find out about the texts until months later.

Doe has filed suit against Amherst for mistreating him. He has not sued Jones, although maybe he should have. As part of his case against Amherst, Doe's legal team subpoenaed Jones to testify at the trial and turn over certain documents and records of statements she made about the alleged assault. Jones refused to cooperate.

1,193
UPVOTES

Attention all women - Don't worry, the men of the Red Pill have your backs

88Will88 · 3 July 2018 · Archived copy · Reddit

- Women are much better off with men who hold frame completely. A true red pill man will not argue, fight with or strike a woman. She knows that he walks away from all arguments and withdraws all affection until she is calm. He is the rock upon which her emotions break.
- Women are better off with men who are in shape and who accept personal responsibility for their actions. A red pill man takes care of his body and his business. A red pill man has a mission and a purpose and he leads.
- A red pill man knows that most women are emotional and nurturing people and he loves that about them. He enjoys her enthusiasm, her cuddles, her support and her company. He understands that most women adore men who lead and take care of them. Whilst he has her love, loyalty and support he is happy to do that. It comes very naturally to us.
- Red pill men understand that women have been tricked and lied to. We know that less attractive, very angry women have invented a horrible movement to try and turn women into men. This movement would have women believe they can do anything a man can do. We are here to destroy the lies and tell the truth. The truth is women cannot beat men in a fight like they show in the movies. Most women do not want to act, dress and speak like men, they are perfectly happy to be women, and what is wrong with that?
- We know that there are a small percentage of women who do want to behave like men and do many of the things that men do. This is already allowed in western culture and women can do whatever study and take whatever job and play whatever sport they want. We do not oppose equality of opportunity, we oppose the fraudulent and dangerous idea that you can legislate equality of outcome. In a universe governed by laws of physics and biology it is ridiculous to deny that biology plays a part in our choices and desires.
- Men of the red pill know that most women want to feel accepted and happy for BEING FEMININE. There is nothing wrong with wanting to dress up, make a beautiful home, have children and raise them. We also understand that there is a chorus of deluded people who think that all humans are androgynous blank slates. The media makes a lot of money paying liars to write poisonous articles which lie and say that men and women are the same. This is obviously false and even a child knows better. I will repeat it, there is NOTHING WRONG WITH BEING FEMININE. It is a terrible shame that it had to be men who figured this out for you, but don't be sad, the men of the red pill have your back.
- Men of the red pill stand opposed to modern feminism. Unfortunately feminism has now been hijacked and commercialised to serve the few, at the expense of the many. Feminism is a poisonous doctrine and it is not possible to be a feminist who understands the truth. Feminism is a lie, there is no truth left in it. Most of the inequality in the world is based on economic and racial factors. Where were the black dress wearing stooges of Hollywood when the schoolgirls were kidnapped by Boko Haram? Western feminists DO NOT CARE about women. It is a hostile and hateful movement populated by brainwashed bigots. It is a racist movement which only cares about minor irritations to white women.
- When feminists talk about a wage gap they only talk about the gap between white women and white men. They say that women earn 81 cents for every dollar a man earns. This is only the difference between WHITE women and white men. White women earn more than black men, black women, hispanic men, hispanic women. There is no movement by white women to ensure that black or hispanic people of both genders earn as much as they do. In reality the top 4 earners in the USA as a class are asian men, then white men, then asian women, then white women. Why aren't white women pointing fingers at Asian women or asian men who both earn more than them?

- Feminism is the biggest lie of the modern era, it is really just a power grab and a cash cow for the media. Feminism claims to stand against sexism and racism when they are guilty of stereotyping, racism and misandry against white men. All feminists are by definition hypocrites. You cannot counter hatred with more hatred. That is like trying to cure a poisoned person, by administering more poison. The opposite of hate is love.
- The red pill is a love movement. Look at the mission statement “sexual strategy”. We have red pill subs for men and women who want to improve themselves, be better lovers and better partners. We have information for married people who want to improve themselves and therefore their marriage. The red pill rejects the idea that we hate women, on the contrary, we seek out endless opportunities to love them more and love more of them. You cannot have love and peace when there is a war going on. We say to feminists, lay down your arms, stop lying and hating and enjoy being a woman. Women are awesome and they do not need you to tell them what to think.

Peace ☺❤

1,191
UPVOTES

Guy rejects girl on Tinder, girl responds with vitriolic hatred and tells him to die, reddit responds with "He shouldn't have wasted her time!"

[deleted] · 18 May 2018 · Archived copy · Reddit

Here is the full tinder conversation

tl;dr - Guy rejects girl on tinder after a very short back and forth. Girl loses her mind and attacks him. Many people in the main thread blame the guy for "leading her on".

The guy starts out by bantering in a flirtatious way, and when asked to smash he says 'Pass. Sorry.'

The girl then lambastes him, calling him a 'Gay cunt', a 'fuck head', saying he has a small dick and that he should die. All for the crime of flirting without going all the way. OP then leaves this comment saying:

I think just for a bit of fun. I had matched with her over six weeks ago and never messaged, so I figured i'd write something completely random to engage a response. I just would have liked a bit more back and forth and then cease communicating, because that's the scope of Tinder. -130 points.

130 downvotes for doing what women do all the time? For the record, I'm 100% OK with women flirting just for the sake of flirting. But they do do that *a lot*, so you think they would be OK with it if a guy does it. But when this guy does it he gets lambasted by the girl he rejected and downvoted 130 times for just explaining that he wanted to engage a bit more and have a bit of a flirtatious back and forth?

Reddit responds with comments like:

Goes on app notorious for being a place to hookup. Flirts with person on app. Rejects person on app. "Just trying to enjoy some banter." 230 points.

You mean the thing that most women do all the time? Again, I couldn't care less about women doing it, but why the double standard? Apparently it isn't OK for a guy to flirt with a girl without having the full intention to bang her.

"Why would you match her and then send sexually suggestive messages though?" 930 points.

OP is in the wrong because he just wanted some flirtatious banter without going all the way, and therefore deserves this response?

"Op is texting about fucking though. Why waste the other persons time?" 30 points.

Three whole messages. Three whole messages is considered a waste of time.

"Yeah, so she wasn't playing around, she was up front from the beginning, not sure why the guy was being a dick with leading on" 73 points.

Sending three whole messages is considered leading her on. *Three messages*. The guy who sent three flirtatious messages and declined sex is the bad guy, but the girl who wished death upon him for rejecting her is completely in the right?

There are many comments like this throughout the thread. Some of the thread is sane and sides with OP and calls out the double standard, but it's still pretty crazy to see how many people are trying to justify her response.

Here is the full thread

1,187
UPVOTES

She acts like a child because she is happy

88Will88 · 4 April 2017 · Archived copy · Reddit

Cross posting from MRP

Happy women act like children all the time. They believe in romantic vampires and knights in shining armour. They believe in fairy tales, they care about the Kardashians and they are scared of moths. They sleep with soft toys and get mad at you because of how you acted in her dream. However all of this behaviour is the privilege of the alpha male. Beta males find it offensive that we would suggest women are children, because they never get to observe that behaviour. You see when a woman is in the presence of a vagina drying beta, they act much like man. Indeed they have to act like a man because in the presence of a beta, no masculinity is in the room. She is forced to act logically, solve problems and lead because there is no one there to lead for her.

This is why manginas and SJW are so offended with red pill theory. They see women as equals who want to be politicians, doctors, CEOs and scientists. In reality only a fraction of women truly want to do that sort of work, there is no glass ceiling, just women who are not attractive enough to secure an alpha male so she is forced to act like a man herself. All the while she is upset that no man finds her attractive so her anger manifests as feminism due to her victim status. The betas of society believe the lies told to them by unattractive women who went to university to waste their time on gender studies. Even some attractive women have been brainwashed into thinking that they need to act like a man and be "equal". Feminism does more harm to women than it does to men.

Alpha men see the real woman and her real behaviour. They hear her squeals of delight when he comes home or lifts her up. They feel her completely surrender her body and become like liquid in his arms. They know she does not want to decide which restaurant to go to or where to holiday, she wants surprise and adventure. They know what it is to lead and provide for her, to relieve her of the thing she hates to do the most, think. She does not want to think, she wants to FEEL. Real red pill men know this so we see her behave as a child all of the time. Often this includes childish behaviour, temper tantrums, power plays, and other manifestations of childish behaviour we understand as shit and comfort tests. Whenever she tries to lead she is only testing you. If you let her lead she will become miserable and sabotage herself and all around her in the subconscious discomfort she is forced to endure. She does not want to lead, she wants a real man to do it.

So next time your girl is acting like a baby, whining over stupid shit, upset because of a dream she had, or generally misbehaving, smile to yourself and know that this childish behaviour is her natural state. She cannot help it, you have become the leader so she is now free to act naturally. Her natural state is submissive, pliable, temperamental and childlike. Part of her childish behaviour is being naughty sometimes. Simply treat her the way you would a naughty child and the behaviour will soon pass. Never lose frame, never negotiate with terrorists, just slap her on the ass and laugh it off. Know that if she was with a beta she would not be acting like this, she would be acting like a man and vying for control.

Also know this, if your woman is constantly vying for control, attempting to take the reigns of the budget, making major non-domestic decisions, then that is all on you. It is totally your fault and you have allowed beta behaviour to become part of your habits and character. The more she seeks to take charge, the more beta you are. Any guy who has made the transformation from beta to more alpha on the spectrum knows this is true. When he was beta she berated him and complained about life, she tried to take charge on issues, she was unhappy, she refused sex. Now that he has his shit together it is like she is a new person, she fucks him eagerly, she likes the direction of her life, she seeks his approval, and she acts like a spoiled little girl. Such behaviour is the privilege and domain of the alpha male, enjoy it.

1,186
UPVOTES

Last Night I Got 3 Women Arrested For Groping And Assault.

TheeRyanGrey · 10 January 2016 · Archived copy · Reddit

So last night at work our club gets pretty damn busy. All floors are packed and people, as they are known to do, are drinking heavily and the social interactions are kicking off.

Our DJ switches from EDM to a little hip hop, which, to both my excitement(EDM gets boring after so long), and utter chagrin(drunk white girl time), kicks off our night. 10 minutes prior we had to take down and handcuff some drunk idiot so I'm scanning the room looking for more issues because I don't feel like beating up more drunks.

At the end of my surveillance what do I see but 3 drunk white girls doing their terrible "look at me" dance, scanning the room for attention the way I do trouble. So frequent and common is this gaudy display that I don't even take notice of their creeping advance, mistaking my time killing dance moves for genuine interest. The leader of the pack approaches me, ass first, as history has told her black men enjoy---and to be fair, for most black men that aren't me, her attempt would have been successful---and smiles seductively.

I politely refuse by stepping back with gusto in the opposite direction. Alas, in modern times, this refusal only sparks her two strongest desires: Rejection and Embarrassment. She's turned on because the horde of thirsty beta males have never turned down such a blatant offer, and she's also embarrassed to have been rejected in front of her tiny legion of salacious strumpets and must get her power back before one of them challenges her supremacy.

To make matters worse, before she can regain her power, one of said legion sees her moment of weakness and decides to pounce, hoping to gain power by attracting me before she can. Now, I am a large black man and these were average American women---cute and of good build, but not through any effort or working out, simply good, European genetics---in other words, I could've physically stopped them with ease.

But, as any person who has worked in nightlife can tell you, the crowd is always watching you, and your money is based off how you handle these things. Other women and other men, and hell, even coworkers are watching how you to see how you react. So by this point I've got my hands in my pockets, staring straight at our cameras, and completely ignoring the fact that these 2 women are groping/grinding on me. It is so blatant that other coworkers on the radio are commenting on it, first cheering me on and then asking if I need help.

Allow me a quick aside: I'm not a 10. I've got a decently handsome, masculine face, I groom and dress well, and I'm pretty overweight. In other words, nothing special. Average American shit.

Eventually I get these women off me and send them on their way. About an hour later they return, begging me to help them as there is some Bulgarian man groping them upstairs. I pause, waiting for the hypocrisy to hit them before I realize what Country and Era I live in, the one where men love any woman touching them so it's not groping when they do it. Even as I explain to them I can see them waiting to spout "YOU KNOW YOU LIKED IT".

I tell them that I will deal with the man but if they touch me again I'll have to ask them to leave. I throw out the man groping and finish up our night.

Now, I get off work pretty late, but there is a local bar that stays open late and it's where I go to enjoy my night. I know all the bartenders and security. It's my sanctuary. Low and behold, who is at my escape then the same three girls, more drunk then before, and even worse, no one paying attention to them. It takes half a second before I am groped and felt up. This time I don't have to play nice, we're not at my job. I tell them, with vigor but without emotion, to "Get their slutty hands off me." This goes as well as you expect: They start yelling incoherently---English is dying and the added inebriation only makes matters worse---and when I try and walk away one grabs my jacket(because lord forbid I deny them both attraction and attention) and the leader, seeing her chance to regain her power, attempts to throw her drink in my face. Working in my field, I am better at dodging drinks than feminists are at dodging logic, and it lands on a couple behind me.

My buddies in security see the whole thing and now it's time for me to sit back and laugh. The couple that were hit by drinks were off duty cops who saw the entire ordeal. Bike cops patrol the area with aplomb and before they could even radio them in my answer came out with righteous fury

"Yes, I would LOVE to press charges".

Watching these 3 women cuffed for intoxication and assault made me giggle like a Japanese school girl. My only regret is not recording it and throwing the whole incident online for the amusement of TRP.

In this Brave New World of ours it is every man's duty to dole out consequences because women have done their best to remove them. It is your job to ENFORCE our society's laws, to make sure both men and women alike are not allowed to live outside of the rules we all must live by.

3 years ago I would've NEVER allowed women to be arrested. But, if they're going to act like men, I'm going to enjoy watching them suffer our consequences.

1,186
UPVOTES

"The agony of being too beautiful to be faithful" - Yep. You read that right...

666Evo · 21 March 2017 · Archived copy · Reddit

<http://archive.is/2e4LT>

If you need any further example of the fact that open hypergamy is celebrated by the media now, don't look any further than this abysmal article from The Daily Mail.

she was bound to cheat because she was so much better looking than her husband

That's part of the headline guys. The headline.

My poor ex couldn't cope with living in my shadow and constantly felt jealous and insecure.

Probably because you're a slut, love.

I genuinely believed my husband was the love of my life — but 18 months later it was all over. Gone, because someone had flattered and seduced me and, stupidly, I didn't have the backbone to say 'No'.

And there it is. A core tenet of TRP written in black and white, in The Daily Mail. She "genuinely" believed she was in love (for a whole 18 months!) right up until Chad swung his dick in her face. The poor sucker who she dropped lost half his shit (safe assumption) because some rich cock flopped in her lap.

Needless to say, my lothario soon gave me a taste of my own medicine, driving me insane by chatting up other women.

Chad was spinning her. What a shock.

Ferraris no longer screeched to a halt in the road — and it felt like relief. So I changed my ways, and my expectations. I was 42 when I met my partner Steve, a 60-year-old eco-builder.

The wall hit and she grabbed the nearest sucker with a bit of cash that she could find.

Honestly, I'm not sure if I've ever seen as blatant an article as this one. From start to finish, it's everything the men around here have said until they're blue in the face. If you don't understand what women are like after reading this, you're a lost cause.

1,186
UPVOTES

Holy Fuck men, always protect yourself

[deleted] · 18 June 2017 · Archived copy · Reddit

Just had a nightmare of a hookup.

Things were going great, brought this tiner girl back to my place, had some drinks, watched some netflix, the usual. Girl ends up giving me some head, and I bust a fat nut. Immediately, shit goes south. After the post nut high my horny goggles came off and realized I had no physical attraction to this girl. From there, we chilled for a bit, and I eventually told her I wasn't going to fuck her, and she had a complete meltdown, threatening to accuse me of rape unless I fucked her right then (The god damn irony).

Immediately, I walked out of the room, grabbed my phone and tossed that baby on voice record. From there, I continued to talk with her from a distance, making sure to get her voice admitting her entire plan, and only once disclosing that I recorded her did I manage to get her to leave.

Honestly I'm super shook up right now, I think I handled the situation correctly, but I felt like I had to get this out here. I'm honestly thinking about investing in a hidden cam of some sort for any future hookups. Stay safe men.

1,186
UPVOTES

Girl I am seeing gets visibly upset when I take out a condom..

vaduz0001 · 11 September 2017 · Archived copy · Reddit

Ok so a little background..

This girl I attempted to date 3-4 years ago used to constantly blow me off and play games with me. (I was in college and she was 25 and fairly hot.. (Probably 8-9))..

I used to constantly invite her places, and all she attempted to do was get free food out of me.. "Do you like sushi?" Etc..

So anyway.. flash to now I have my own business with a few employees, and I'm at my peak (I'm 32)... She is now turning 30, still living with her parents and still selling insurance, getting free vacations from old people whenever she can..

We went on a few dates.. she LITTERALLY was telling me.. "well I'm turning 30 soon so I don't have a lot of time."... followed by "oh you have a business now? How much money do you make, how many people do you employ etc..." (followed by... oh I have a week off let's go on vacation... hint hint)

The tipping point was when I casually mentioned that I was cancelling a date because I had to go shopping for a condo downtown... she FORCED me to meet her later that day.. after a movie she invited me to her parents place (They were gone on vacation)... I told her I needed to go home but she literally kept pouring me shot after shot after shot... after a while she said let's go upstairs and watch a movie.. so 20 seconds upstairs she strips naked and starts poking her face into my face... I kind of felt obligated to kiss her but her neediness was just weird.. like there was no passion.. it was just mechanical as if she was a machine with an objective.. so anyways a few minutes of foreplay I reach into my bag and get a pack of condoms...

This is when things changed...

The look on her face can only be described as utter disappointment...

Her: "Are you afraid of getting me pregnant?"

Me: yea kind of like... you don't really know me and having a kid right now would be a bad idea (and they would probably have hooves)"

Her: "But I was just on my period it's ok you don't need to use one I'm clean" ..

Me: "Ummm I would prefer to be responsible right now, I like you but this is way too early and we need to be smart"

At this point of time I was starting to get kind of nervous as she was becoming visibly angry..she for several minutes tried to convince me not to wear a condom as if her life depended on it.. I kind of figured this was not going well..

After several more minutes of me trying to explain to her that I'm not fucking without a condom, I flat out told her I have no money and got my shit and started to the door...

After first feigning with the whole "Ok just go", she realized I wasn't kidding, and she SPRINTED after me.. "No wait... arent you going to have sex with meeeeeee?????"

It felt really really weird....

I just got into my car and drove away...

morals of the story:

1 the wall is real 2 women do have agendas (especially hot ones) 3 be very very careful as one night can ruin your life. 4 trp is life..

1,186
UPVOTES

One Skill That Will Drastically Improve Your Life

TrenGod37 · 22 August 2018 · Archived copy · Reddit

Discipline.

Most new comers come to TRP, read a bunch of posts, watch a couple videos and get a boost of motivation. Well I am here to say fuck your motivation. Motivation is fickle and needs to be replaced by discipline. I can't tell you how many of my boys I introduce to the red pill. They read and read and tell me they are so pumped to get their life in order, all starts well but I ask them a couple weeks later how things are going and nothing has stuck. They stopped lifting, started drinking again, etc etc.

Discipline comes from with-in

When outside sources of motivation fade, discipline needs to takes its place. This is what sets successful men apart from the rest. It's going to the gym when you don't want to. It's waking up an hour earlier when you don't want to. It's not eating those bullshit donuts your fat coworkers bring in when you're trying to stay strict on your diet. Discipline cannot be taught and has to come from with in. It's starts with a Changing of habits. And Starting to do what you don't want to do.

When I tell you I haven't wanted to go to the gym for the last 8 months. I mean it. But guess what? I have been there every. single. day. (Except for rest days) Why? Because I disciplined myself to not listen to my beta brain when it says. "Just take a nap you had a long day" and just fucking go. Because I never once regretted that decision to go. Even on days I really really feel I can't even make it. I tell myself. "Just go and do one set. Just one. And if you want to leave after that you can." And I found for me, once I'm there. I'm staying. Because a shitty workout is better than no workout.

With discipline needs to come action

To start disciplining yourself, start taking action immediately. Don't allow your beta brain to take over and talk you out of it. Figure out your goals, and every choice or habit should be focused on disciplining yourself to do whatever it takes to get them done. Especially when you don't want to.

If you can start to notice when your brain tells you to stay comfortable and you immediately take action to do the opposite. You will start to train yourself to do the things you don't want to do. But know you should, and it will become second nature.

When discipline matters most

Discipline matters the most when you've hit a Plateau. When you've been doing something for so long that you start to ask yourself why you started in the first place. This is when it's most important to not quit and keep fucking going. This is when champions are made. This is what separates the great men from the mediocre men.

These men have disciplined themselves to push through when things grow old, stagnate, and lost its initial excitement. This is how you reach new levels. This is how you succeed. So tell your beta brain to stfu. Discipline yourself to go take action when you'd rather relax. And go be great!

TL;DR fuck your motivation. Don't be lazy. Discipline yourself to do what you don't want to do. Like read this post

1,183
UPVOTES

Putting An End To The Black Pill.

TrenGod37 · 26 September 2017 · Archived copy · Reddit

The flood of black pill losers that has ended up in this sub is more than obnoxious. You're like the new age man boy versions of "quit fat shaming!"

Post after post about your lack of looks, and how you'll never fuck a girl over a 6 because mommy and daddies combination of chromosomes made you one Facial feature away from a catfish.

Look we get it. We all weren't born models. But this sub literally lays out how to up your attractiveness no matter what fucking stage you are at.

And to be fair. I might have believed y'all because I am attractive so what do I know? I'll tell you what I know.

I have a friend who's name is, we'll say Paul. Paul is 20+% body fat. Paul sweats doing simple activities like writing an essay or wiping his own ass. Paul is a 5 mayyybe 6 in the looks department. Is clumsy as fuck. Smokes a pack a day and probability hasn't cleaned his room in months.

Paul grew up BP as fuck. He was the nice guy who was friends with all the women and wondered why they were fucking all the assholes and not him. Paul got fed up.

I met Paul in college. Around that time Paul saw me smashing hot women like it was my day job. Paul didn't cry about his looks. His body weight. How it isn't fair that women fuck me and not him. He watched. He learned. He took action. he started to see women for what they really are.

Paul made a change. Paul started not giving one fuck what any woman thought of him. And literally stopped allowing himself to be friend zoned. Paul took the more asshole approach (understandable after years of BP conditioning Getting him no where). Paul did nothing about his looks or weight. But he did improve his game drastically. He also learned how to tease the fuck out of women like it was going out style. He wasn't afraid to offend them at all. He stopped filtering himself. He would get called an asshole probably 3 times a day by them. But he was constantly doing fun shit and would invite them along.

Guess what. Paul started fucking. A lot. And not only that they were decently looking women for his shitty looks and body rolls.

Overtime he got so good at it, gained abundance mentality. That one night out he literally stole a Legit 9 right from under neither me. Mind you my game is top notch. I'm jacked and like I said, good looking. It should be a no brainer according to you black pill pussy pirates. I'm getting the 9. Not him! He doesn't stand a chance in hell. Because God doesn't love him! He loves me! /s

Wrong. He was at home busting them cheeks while I sat at home scratching my head with my dick in my hand.

Well what happened? I cared way too fucking much about the outcome of getting this girl. He didn't. He teased her. He made fun of her. He got her so mad at him she almost cried at one point. Then he was hugging and making out with her. He fucked her that night and had pictures to prove it.

I was in disbelief and my ego took a good shot that night. But it taught me one valuable lesson. Looks don't fucking matter for shit but initial attraction after that. It's all the other stuff we talk about here that really matters.

To this day Paul fucks 8-10s consistently. He's lost a lot of weight and cleaned up a bit. But that's not to shy away from the moral of this story.

Stfu. Stop complaining about your looks. Stop being a lazy self pitying chode and quit making excuses for why you can't do what you're not willing to work for. Become more attractive. And treat women like the children they are. And you too can fuck hot women. Ya pussies, good day.

1,183
UPVOTES

Brutally Effective Strategy For Dealing With Guys Who Try To Steal Your Girl

ForeverKarlMalone · 22 July 2020 · Archived copy · Reddit

As a shorter guy, this is something I see quite a lot of: I open a girl, flirt with her, tease her, she's having a good time.

All of a sudden, a random guy approaches and tries to interrupt me.

I don't see this happen nearly as often to taller guys 6'0" but for me, it happens just about in any setting, even Parties and Meetup events. Another guy comes up and interrupts the conversation and spits his own version of game.

This was incredibly frustrating for a while and I tried just about everything to try to overcome it. I tried agree and amplify to whatever underhanded insult the other guy threw my way. But that would quickly devolve into the girl losing interest in both me and the other guy since it was just 2 guys trying to one up each other... not good

I tried going on the attack and insulting the other guy's fashion or comparing him to a dumb movie character... but same thing as before, this would just result in 2 guys fighting over one girl, which means the girl loses interest.

I even tried going the apocalypse route. "You... get the fuck out of here now! Or I'll fucking murder you!" to try to intimidate them into leaving but unfortunately, this scared the girl off too. Really dumb on my part please don't do this. I'm lucky I didn't get killed.

I finally discovered the secret after I tried to interrupt another dude's set and steal his girl. He didn't insult me. He didn't even look my way. And that's the secret. Total and complete ignoring, like a king would do if a peasant approached him. His girl remained glued to him, and even told me to go away!

This was incredible! I began applying and modifying this new discovery and found that this is by far the most effective way of dealing with guys that try to steal your girl. It demonstrates that the guy is such low value that he's not even worth your time to notice.

In fact, I made a slight modification after dealing with one too many persistent guys that got angry and kept trying to enter the conversation anyways: apologizing on their behalf!

I still wouldn't even so much as glance at the other guy. He's not worthy of my attention. But I would "apologize" to the girl on his behalf. "I'm so sorry, we keep getting interrupted, my apologies".

What this does is it conveys that not only is the other guy not worthy of attention, but also that his social intelligence is so low, he can't even recognize that he's interrupting and thus, I have to "apologize" on his behalf the way a Dad would for his misbehaving son!

At this point, usually the girl will tell the other guy to leave! Same thing that happened to me. Simple, brutally effective strategy to prevent other guys from stealing your girl.

Of course, all this goes out the window if the guy knows the girl. For that you'll need actual social skills to befriend the guy.

1,180
UPVOTES

Swedish man acquitted of rape charges thanks to audio recording, woman sentenced for false accusation

ovonbom · 23 November 2016 · Archived copy · Reddit

SUMMARY

Swedish 25 year old man had sex with a woman in a night club toilet; made a sound recording to be on the safe side; was later accused of rape but released thanks to the sound recording. Three years later, the woman was convicted (and sentenced to laughably small damages and fines) for false accusation.

<http://archive.is/Id9ea> (Google translated article by Swedish legal daily about the case.)

Some more info from the police investigation in the Edit section.

BODY

Back in 2013 a 25 year old "Swedish" immigrant was out clubbing at a dinghy nightclub in Stockholm and met a 19 year old girl whom he took to the club toilet and fucked. They were both in a playful and good mood and neither was remarkably drunk. All fine and dandy and I'm sure you've all done the same (albeit fucking people in dirty club toilets might not be my cup of tea). After the act, she gave him her number and off they went.

Sure enough, the next day the woman goes to the hospital and claims to have been raped. The woman pointed out the man's Facebook profile to the police and the man's DNA obviously matched the semen taken as part of the rape kit. The man admitted to having had sex, but presented an audio recording which caused the police to drop the investigation even though the woman maintained her story despite being confronted with the recording.

Instead, the woman was indicted and subsequently convicted for false accusations. As expected, the sentence and thus the consequence for putting someones job, future and social life in limbo, was a laughable \$1600 in damages and a \$380 fine.

Now interestingly enough, the reason the man had recorded the encounter was because he "had a hunch that it would be best to record what was going on" and that "there is a lot of talk going on about men being accused of rape." Well, apparently his gut feeling was dead on and so should all of ours be as well.

LESSONS LEARNED

- Don't have sex with people and in places or situations that expose yourself to rape accusations
- Cover your back, for example by an audio recording

EDIT So I got hold of the police investigation which confirmed most of my suspicions about what had gone on but wasn't reported in the paper. I guess you can extract a couple more RP truths out of it as well.

- **The sound recording** is classified, but it has been transcribed by a police officer: "*The conversation that can be heard involves the girl wanting to be fucked hard and the man confirming that. The man insists on going out to his car, but the girl wants it to happen where they are, or it's not going to happen. The girl moans, then the man moans. The sound of glass shattering can be heard and the woman says the man now owes her a drink. The man and the girl discusses whether he came or not. The girl says she wants to come too. The man asks for her number and she gives it to him.*" The initial conversation is transcribed in further detail by another officer: "*A female voice is heard saying 'fuck me', the man answers 'shall I fuck you?', the female says 'so fucking hard', the man says 'shall I fuck you? I want to fuck you baby'.*"
- **When the girl is confronted with the recording** she initially says she "doesn't want to hear it". Later, she says during questioning that "she doesn't recognise herself in the recording" and that "she can't imagine herself doing such a thing." She also says that "she reported a rape that she feels has happened" and that "it feels really

annoying to be accused in return”.

- **The guy in question was a chubby immigrant** with a turkish-sounding name who spoke Swedish with an accent.
- **The girl appears to be the all too common kind of lower-class girl from northern Sweden** moved to Stockholm "in search of luck", i.e. going to clubs, blogging about her "posh life in the city" and trying to find a provider. Obviously, being banged by Apu in a club wasn't her idea of a good story to tell your friends, so when her friends found out, she went to the rape clinic.
- **The guy tried to call her the next morning, but she didn't answer.** Instead, he called her friends (he had gotten their numbers too) and mistakenly mentioned that they had fucked the night before. The friends immediately became defensive.
- **The girl mentioned to the police that she has been raped once before** (surprise surprise!), apparently when on vacation.

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UPVOTES

If she wants you, she won't make it hard.

Renzotl56 · 11 February 2018 · Archived copy · Reddit

One of the first pieces of advice I heard about women. At first I thought bull shit girls have some self respect, You have to do some extra work sometimes.

But then over the years I keep looking back and realizing how this statement can't be any more true.

If a girl wants you, she really won't make it hard (no not talking about your baby dick). She won't make the situation difficult. She'll try to make the process as smooth as possible.

Obviously does not mean girls will hit on you, you're still the man and have to take the lead. But if you do it correctly and have some balls girls that are into you will be relatively easy. Again obviously doesn't count if you're not at your best (physically and attitude). Girls smell that weak shit and run away.

I want to share this because I know there are some guys out there that will keep trying with the same girl. For weeks and weeks, some even wasting a ton of money and time with nothing in return. It's just sad and disappointing to me. Or even countless pathetic attempts at a party or bar on that one chick, if you don't feel it just go onto the next one.

After a recent conference i attended, I just felt the need to share. Had a friend Kevin go after this girl for 3 straight nights and end up with nothing but a kiss. Wasted all that time and effort for a fucking kiss. She gave him a little attention and got hooked. Don't be like Kevin. Similar situation happened with myself. Every night we had a party/event in a large show room to destress or whatever.

First night one girl playing games and teasing me with pecks and nothing else after about 30 mins I get annoyed so I separate. Sit down at a table to look at other options. Hot group of girls sit down. Chit chat for 2 minutes, then as I'm looking for another drink. I speak my thoughts out loud unintentionally "oh shit I have beer in my room". Was not even facing this girl or anything. She immediately says "oh you do? I'll go with you".

As soon as we get in my room she just sits down on the bed. Doesn't even bother looking for beer or mention it. 5 mins of more bullshit chit chat and I'm inside her. The rest of the conference went just as easy, minimal effort.

Don't stay on one girl, roam around, talk to everyone, have options. I know this gets preached a lot but remember, girls want to fuck too. They won't make you jump through hoops if they want to fuck you. Every woman I have fucked has made it easy for me, the ones that I have wasted more money and time I've gotten nothing. If you don't feel the vibes bounce to the next one. Way too many women in this world to waste time on shit.

Again I have to state this before I get attacked. If you don't play your cards right you won't get shit. If you don't look good, you won't get shit. If you act like a pussy, you won't get shit. Some girls won't be into you even if you're at your best remember that too.

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UPVOTES

Get Stuff Done (26 Tips for School)

Mr_Badass · 27 August 2018 · Archived copy · Reddit

Introduction School season is here and many people can use tips on how to have better study sessions. Here is a list with 26 techniques that will help you be more productive in School . I have broken up this list into Sections, (A, B, C..), and as bite-sized pieces, so you can find information easier. I tried to stay away from generic advise like "get organized" or "sit in the front row". This is a long post, so I recommend you read it on the treadmill at the toilet.

- Edit: I am a Computer Science major at a major American university.
- Edit 2: U. Stop Socializing with Classmates has been deleted. You can still view it as ~~striketrough~~.

- Introduction
- A. Pomodoro Technique
- B. Phone on Airplane Mode
- C. Avoid Daygame Environments
- D. Know your Circadian Rhythms
- E. Whiteboards
- F. "Get Stuff Done" Secondary User Account
- G. No Study Groups
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- L. Plate Management
- M. No Mental Health Excuses
- N. Active Reading
- O. Note Styles
- P. Oneitis Prevention
- R. Procrastination / Learned Helplessness
- S. Time Management
- T. Don't Multi Task
- ~~U. Stop Socializing with Classmates~~
- V. Sleep Hygiene and Nutrition
- W. Spectatorism
- X. Crab Mentality
- Y. Take Breaks
- Z. Supplemental Learning

A. Pomodoro Technique - "The Pomodoro Technique can help you power through distractions, enter hyperfocus, and get things done in short bursts while taking frequent breaks to come up for air." Start by concentrating intensely on a task without interruptions for 25 minutes and then take a 5 minute break. As you improve your Pomodoro, increase the time by minute intervals until you can reach 1 hour in concentration, 10-minute break. There are plenty

of Pomodoro apps you can use. The science behind is that you train your mind to enter focused mode and the diffused mode. The focused mode is like having a "target lock" like a missile, while the diffused mode is to see the big picture, like the "forest for the trees". The book "A Mind for Numbers" goes into great detail about Focused mode and Diffused Mode.

B. Phone on Airplane Mode For those that are not on Monk mode, you **MUST** prevent smartphone distractions while studying. Almost every time I see someone studying at Starbucks I see them check their phone every few minutes. People can wait an hour for you to text them back. It is not important to see how many likes your recent post got or if you're Tinder matches have replied back. If you must check your phone I recommend you check it during your Pomodoro breaks. If you're a self-described phone addict put your phone on Greyscale mode when going on social media. Using Accessibility settings you can even program your phone to enter Greyscale mode with three home button clicks. If for some you cannot have your phone on Airplane mode then set the phone on No Disturb Mode so you don't hear a "ping" every time you get a message. Even better! Disable social media but for most of you, that is too extreme of an option.

C. Avoid Daygame Environments You need to find a cave somewhere and hide from the world. If you're frequently distracted by beautiful women you must avoid Starbucks and areas where they can be found in plenty. This is especially important if you're like me and love to Daygame beautiful women everywhere you go. If you lift and look decent you must hide from women because those IOIs are very tempting and distracting. College campuses are notorious for having beautiful women in cafeterias, the library, and sitting by themselves everywhere. If you must study in areas where beautiful women are plentiful I highly recommend you wear a hat with a Hoodie that blocks your peripheral vision. Going to school full time and practicing how to get women at the same time is not efficient. Save your sexual tension and social times for the weekend when your study time is finished. The 1 hour of social life you sacrifice right now will be four hours of extra free time in the future.

D. Know your Circadian Rhythms Identify if you're the most alert in the morning, afternoon, or evenings and schedule your study times around those hours. I am very sluggish in the morning but quite alert in the evening. You should also identify if you're the type that becomes more concentrated before OR after going to the gym. For some individuals studying right after a gym session gives is their peak mental performance. Other people have to sleep or get very tired after a gym session. Be aware of how many hours of sun you get and try use your bed only for ~~studying~~ sleeping. For people with ADHD recognize when you're in hyperfocus mode, and those with mood disorders like Borderline, Bipolar, Schizoaffective, and PTSD recognize when your moods are depressed, stable, and manic.

E. Whiteboards Get yourself a large dry erase whiteboard and an assortment of color markers. On this whiteboard write when homework assignments are due, and random thoughts you need reminders of. Put this whiteboard somewhere highly visible at your home. Even thou you have a smartphone with calendar apps, to-do list apps, or schedule apps it's easy to dismiss those messages and notifications. A big white board with colored text is a greater reminder to get you to realize you have stuff done. If you're the highly distracted type I recommend you place it on the wall on top of the toilet because every time you take a piss you standing up you will be reminded what you have to do. You can also buy a "Chores" whiteboard and checkmark the days you study for your class.

F. "Get Stuff Done" Secondary User Account If you're easily distracted online or have large computer game collections I suggest you create a secondary User Account on your desktop computer or laptop. This secondary account should not have access to your computer games or social media profiles. The bare minimum applications like a web browser needed to get schoolwork done. I would even go as far as installing the Get Focused extension on your main account and use the nuclear option to block all internet access except for whitelisted sites. This will force you to use your secondary account and get stuff done. If you live with your parents attempt to use your laptop outside your room. If they catch you wasting time they will let you know.

G. No Study Groups Unless absolutely required for class do not do voluntary study groups with classmates. Trust me, you will just end up having a social gathering and chit chat. I see this all the time with the high school students

at Starbucks. They sit on the table and just talk, talk, talk. Nothing gets done. If you are a social learner and need a study group to find a male and study with him 1 on 1. Make sure your study partner is an organized male who wants to get an A in class. Absolutely avoid doing a study group with 99% of women and people who are very social. They will treat the study session as hangout time and nothing will get done.

H. Do Small Chunks Study for your classes in small chunks almost every day instead of rushing to the last minute. The blue pill way of studying is to cram hours of studying the day before the test. The red pill way is to gradually add bricks of information to your "mental wall". By studying small chunks almost every day you allow your "mental wall" sufficient time for the cement to dry and store knowledge in your long-term memory. Cramming hours of information at once is like adding too many information bricks to your "mental wall" and causing it to collapse because the cement is too wet to hold that many bricks. Trust me, you will underestimate the amount of time required to get homework done. Work a little every day.

I. Growth Mindset / Chinese Productivity It is theorized that Chinese students do excellent in school due to their growth mindset and hard work mentalities. Chinese students have Chiku, "an intrinsic belief that anything is possible with hard work, and a lack of effort, rather than of intelligence is to blame for poor grades". In Chinese academics, it is believed that there is little difference between the intelligence of student, and academic success is based on their efficient use of time to produce the best work. Chinese students are trained to have a growth mindset: If they aren't doing well, they'll work harder, and they'll be successful. American children tend to be trained to have a fixed mindset about academics: Their abilities are largely predetermined and static. If they aren't doing well, it's because they're not good at it. The idea of growth mindset can be further explored in the books *Little Soldiers* by Lenora Chu and *Mindset* by Dr. Carol S. Dweck.

J. Mood Regulation It may sound like common sense but you should monitor your energy levels and general mood and find patterns. Discover what events lower your dopamine, and which give you dopamine overload. When dopamine is either too high or low it causes attention, anxiety, and focus issues. Identify when you tend to feel irritated, stressed, depressed AND when you tend to feel calm, focused, and excited. For those with ADHD, (me!), Bipolar disorder, Schizoaffective disorder, or PTSD discover what triggers your depressed states and manic states. For me, I know that being really social with women will trigger my ADHD mania state and I will be too euphoric to concentrate on reading. I also am aware that not going to the gym for more than three days will trigger my depressed state due to low dopamine. I highly recommend that if your moods are irregular to use a mood app like Daylio and identify triggers and times when your mood is bad.

K. Environmental Triggers Identify objects that trigger you to be distracted in certain environments. For most of you the video game console, computer, and your television make it easy to be distracted. If you have a television you find yourself watching TV shows or video games instead of studying unplug the HDMI cable and put it on top of your fridge. If you have an internet addiction or pc game addiction leave the house and go study at Starbucks or library. Social addictions like having Bae [lover] come over to suck dick means you must get your work done first and schedule her to come over later. The point is that you must change your environment if you have too many distraction triggers.

L. Plate Management One of the biggest distractions in young men is spending too much time communicating with women. You need to tell your Plates that you have Study hours, and that you will not be able to communicate with them. A simple "I'm really busy between 2pm to 7pm because of class" is usually enough. You need to develop a mentality that your education comes before hoes, and you need to be in a social cave to get studying. A good advice is to text your hoes when you're at the gym and have to rest between Sets. Even better! Adopt a "text for logistics" strategy like we have been telling you here in TheRedPill for years. Put your phone on Greyscale mode when texting them to minimize the dopamine rush.

M. No Mental Health Excuses It is very easy to blame ADHD, (me!), Depression, and other mental disorders for not being motivated, focused, or productive enough to get stuff done. The same applies to taking medication. You have to understand that school is a competitive atmosphere and it doesn't matter if you have a disadvantage. There

is no room to have a victim mentality. The only thing Universities care about is your G.P.A and grades. That's the cold hard truth. If you have a mental disorder you must find efficient methods to get work done. You might have to work harder than others, develop new ways of time efficiency, or adopt unconventional study methods. If you have ADHD or Depression it means you must do intense exercise before studying. Those with Schizophrenia might need music therapy, and those with PTSD might need to use brown noise apps to block background noise. If you have a serious mental health condition and take medication to identify the times you are the most stable for study. Ask your Disability Center if you can get priority registration to take online classes or what accommodations they offer.

N. Active Reading "Active reading simply means reading something with a determination to understand and evaluate it for its relevance to your needs. Simply reading and re-reading the material isn't an effective way to understand and learn. Actively and critically engaging with the content can save you time." This means that you read the material **four** times. The first time, read the material casually and skim through. The second time, identify key points of the material and identify the Why? of the Chapter. Most Textbooks identify Why? for you at the beginning of the chapter in bold letters. The third time, take notes of the material in an outline style. Finally, for the fourth time read the textbook and create a one/two sentence summary for every paragraph or major subtopic.

O. Note Styles There is three general Note Taking styles; Outline, Cornell and Mapping Method. The traditional style is the Outline which uses Titles, SubHeadings, and Details to create a hierarchy of information. The Cornell style "...creates deliberate space in the margins of their notes for summarization, questions, and connections, and focuses on revisiting notes to help organize knowledge and make learning "stick". The Mapping Method uses a whiteboard or mind map software to group information in geometric shapes. If you're the highly organized type the Outline method probably suits you the best, while those with ADHD should use the Mapping Method. I highly recommend you google "note taking styles" to learn more.

P. Oneitis Prevention Having Oneitis is a mental virus that robs you of your attention, focus, and willpower. Do everything in your power to avoid getting oneitis this school session. If you feel like helping her study ITS TIME TO STOP. That is a recipe for Level 10 Oneitis. Hot girls are notorious for finding a nerd to do their work for the unwritten promise of pussy. They will tease you and treat you really nice, but after the class is over she is Gone. Be aware of this trap. Other hot girls will give you their number to "study together" but in reality, they are just using you for notes or homework copying. Back in my beta days in the ancient past, I remember a hot girl asking me if I could do her online Economics class for sex after I tool her Finals. I am happy I turned it down but I'm pretty sure some other nerd got cause in that trap. The reality is that as soon as you do her Finals, you will be blocked. There are plenty of guides here on TheRedPill that offer tips on how to avoid having an Oneitis. If you are still blue pilld or fall in love easily this is the time to disable social media. Many bright students have had their academics annihilated due to hyper focusing on their magical unicorn. This is of special concern to those here who have ADHD and have their brain think of one hundred scenarios on how to get a girl. If you already have an Oneitis its time to go soft contact, and if you need help make a post on AskTRP.

R. Procrastination / Learned Helplessness

This section is from a future post called "How to TheRedPill with your ADHD pt. 2". I have striked through the irrelevant parts for this mainstream audience.

- Helplessness is the Wife,
- Procrastination is the Side Girl;
- The first steal your head and time,
- The second wants your whole world." - Mr_Badass

R1. Learn Helplessness happens when a person suffers from a sense of powerlessness and can't complete a task, and Procrastination is the action of delaying or postponing something to later. In street terms, Learn Helplessness is like a Wife who is always nagging you to not do something and is making you feel bad about yourself when you take initiative. Procrastination is like your busty side Girl who always wants you to see you when work has to be done. Procrastination gives you lots of attention and is always happy to see you, compared to the wife Helplessness who seems to put you down all the time. ~~The reason Procrastination and Learned Helplessness happens is that ADHD individuals are low in the executive function called Task Initiation, which is a fancy way of saying that their brain has trouble A). Starting tasks, B) making decisions or C). Feels helpless to get started. ~~

R2. Learned Helplessness: The Wife In Learned Helplessness, the individual doesn't get a Task started due to fear, low self-esteem, or has a self-image of being told he is lazy, dumb, or useless over and over. In practical terms, the most common Learned Helplessness phrases are: "It is too hard", "I'm not smart /good enough to do this", or "I'll never be able to do this successfully". Many people have Procrastination due to finding a Task irritating and hard to deal with, (like a nagging wife). Think of Learned Helplessness as the nagging Wife of the typical blue pill marriage who constantly tells the husband that they're forgetful, lazy, dumb, or unmotivated. Why bother getting started if pain and displeasure are what the experience will be. ~~In the ADHD brain~~ Getting started is hard because of the person constantly being told they're not good enough. Their brain, (the nagging wife), won't stop putting them down and sometimes scares them with "What IF?" over-analyzation. The best way to deal with Learned Helplessness is to achieve small victories that make you feel good. Examples of small victories are brushing your teeth, making your bed, and eating a healthy breakfast. ~~Another strategy to deal with Learned Helplessness is to adopt The ABC Method for reframing negative situations. ~~

R3. Procrastination: The Side Girl In the case of Procrastination, the individual has a displeasure of doing something unenjoyable and prefers a dopamine boost from doing something fun. Procrastination like being in a marriage and having a side girl who is fun and doesn't require responsibilities. The side girl is there for a good time and is happy to give you attention even thou there is work to be done. She is a time waster but she makes you feel like the Man! The best way to deal with Procrastination is to break up with her and do No Contact. In Practical Terms, this means to change your Environment and eliminate distraction triggers. If you have a video game addiction go to Starbucks to get your homework done. If you are a busy social butterfly put that "phone on airplane mode".

S. Time Management If you're like me you probably have a spontaneous way of scheduling your time. You tend to do your studying when you have free time or when you feel like it. The reality is that this is a very inefficient method of studying. Whether you realize it or not the majority of the time you will underestimate how long something takes to do. The truth is that you can let inspiration or motivation determine your study schedule. The only master should be Discipline. Just like the Iron barbell at the gym will never lie to you about your strength, discipline is the cold hard steel that will never lie to you about productivity. You need to schedule your study time. Use deadlines and time limits to your advantage. Even if you don't technically have a deadline on a task, set one for yourself. Develop predictable patterns that use your time the most efficiently. If you're truly the distracted or spontaneous type then Checklists are your best friend. I recommend the app "Any Do" or any checklist app that has alarm reminders. Like I mentioned in Section E. Whiteboards, if you are always distracted put a whiteboard on the wall on top of your toilet so you know your schedule every time you take a piss.

T. Don't Multi Task It's silly to me when I see people trying to study three different subjects in between each other. If you have English, Math, and Science class create a chronological time block for each subject. The silly thing to do is to spend an hour on your English reading, two hours on your Math homework, and then go back to your English reading for an hour. A better thing to do is focus two hours on English homework, and then two hours on Math homework. A crazier scenario is when students are studying and cooking dinner at the same time. Either

give your full attention to studying or cooking.

U. Stop Socializing with Classmates ~~Edit: This section is is for social butterflies who want to make friends with everyone and tend to be distracted by being too social. If you're a self-aware people pleaser do not make friends with your classmates. Even better don't talk to other people in class or attempt to make friends. They don't care about you, as soon as the class is over its statistical that they will disappear. A classroom is an artificial environment and people will try to take advantage of you. Every single time there will be someone with a sympathy story and ask you for notes or to "peer review" your homework. For me, it's extremely common for classmates to ask me for the class E-book I found on Libgen. "Sorry, it's watermarked and I can't share it", is my go-to response. Others get butt hurt when I won't let them borrow my e-book or textbook to copy it. Not my problem and they will share the copies with everyone. The truth is the classroom is a competitive atmosphere so why would I give them an advantage? If you must...must... have a classroom buddy you need to qualify them and see if they're the serious and studious type. The classroom buddy must be a person who wants to succeed in class. Be very alert of letting losers and unmotivated people try to push you around.~~

V. Sleep Hygiene and Nutrition having quality sleep and eating the right food is fundamental to be at your peak mental performance. This means you need to fuel your body with quality macros and get your 8 hours of sleep. I would highly recommend you take Melatonin 3g/ 5g for three days before bed to establish a sleep schedule. I'm sure you're very aware that you need to use a blue light filter at night, don't have caffeine after 2 pm, and to drink enough water. Most students don't get adequate sleep and eat junk food all day. If you want to be at your most productive your sleep and nutrition need to be at their best. If you don't get enough sunlight it means to take Vitamin D, and if you lift weights find an appropriate diet plan. Having get Sleep hygiene and nutrition will give you a great advantage in class.

W. Spectatorism Most people are spectators who try to escape reality and are addicted to boredom. It hurts them to think. Others are spectators because they have too much mental energy that's not being used. Identify if you frequently daydream, always have ass + titties on your mind, or are obsessed with some video game, sports team, or television show. You should not be thinking of Game of Thrones all day. For most people, the reason they do this is because they're afraid of dealing with stone-cold reality OR they need mental stimulation. Spectatorism steals your attention and must be managed. If you want an A in class you need to give it your full attention. If there is something that is always stealing your attention you need to find techniques on how to deal with it. I suggest you good "Maladaptive Daydreaming" and I'm sure there is a redpill post about that too. If you absolutely have to watch your sports game then do your homework before the game starts. For people that are obsessed with video games, you need to understand that you have work to do. Use the Pomodoro technique to train yourself to focus on homework for at least 30 minutes.

X. Crab Mentality A common theme for College Athletes and Frat Boys is that their teammates will attempt to sabotage their academic future. Most people are sheep and don't put an emphasis on academic performance. The teammates will complain that you're spending too much time at the library or the frat boys will nag you that you don't spend enough time at social functions. You need to understand that college is to get a degree and extracurricular activities are the second priority. I have heard stories of people having roommates call them nerds because they are always studying in their free time. Fuck them. Certain minorities, especially Mexican Americans, have fathers that make fun of you for reading books and "acting white". Realize that if you have people in your life that try to bring you down you must do your best to not be around them. Also be aware of doing too much extracurricular activities like Student Senate or school clubs. At the end of the day what matters most is your G.P.A.

Y. Take Breaks You need to take breaks between study sessions and be careful of trying to do too much at once. The reason you need to take breaks is for stress management. I'm assuming since you visit TheRedPill you lift weights, are aware of Meditation, and maybe watch porn. Those are great stress relievers. I highly recommend the Pomodoro technique I mentioned in Section A so you study for a predetermined amount of time and then take a break. Stress management is very important so you don't get burned out. If you don't have a fulltime job I highly

recommend you treat School as a full-time job. Spend 40 hours a week studying, and if you finish all you work then work ahead of schedule. This means you study for 4 hours, take a 1-hour lunch, and then study 4 hours.

Z. Supplemental Learning Most A students use YouTube videos, EDX courses, Libgen, and websites to learn about a subject more efficiently. Just relying upon the professor's PowerPoint slides, the textbook, and homework might not fit your learning style. Most people have one or a combination of kinesthetic, visual, reading, or audio learning styles. I highly recommend you Google "4 learning styles" to learn more. If you're in a Biology class, a YouTube video about the Cell might help you learn faster than reading the textbook twice. You need to discover your learning style and find supplemental learning material that benefits your learning style.

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UPVOTES

A story for the Guy who 'can't believe she went back to her husband/boyfriend'.

DaveyOneBite · 30 June 2018 · Archived copy · Reddit

This was a comment I posted a while back to a guy's situation where a cheating wife who he met at work went back to her husband but the story applies to similar situations so I figured I'd share.

It can be husband or boyfriend, meeting wherever, cheating or leaving for the Guy, going back to husband or staying with guy until cycle repeats, etc.

Girl is married to Husband. Girl knows everything about Husband. This makes Husband boring.

Girl meets Guy at work. Guy is exciting. Guy is different from Husband. Guy is new.

Most importantly, Guy is mysterious. Girl subconsciously fills in unknown parts of Guy's life with high SMV traits. Girl gets tingles.

Girl has never loved husband. Girl starts cheating on Husband with Guy. Guy develops feelings. Guy texts, Guy calls, Guy pillow talks, Guy chats at work. Guy commits. Guy becomes less new.

Girl knows everything about Guy. Guy becomes less mysterious. Guy's reality can't match up to the high SMV picture in Girl's mind.

Girl realizes Guy is not much different from Husband after all. This makes Guy boring. Guy is no longer exciting. Girl loses tingles.

Suddenly, Guy is not worth the hassle of cheating on Husband with. Girl decides to end things with Guy to 'work on her marriage' with Husband. Girl has always loved Husband.

Girl is a good, morally sound person for ending things with Guy, therefore she doesn't need to tell Husband. Girl now appreciates Husband and is ready to stay faithful.

After a while, Girl meets New Guy. New Guy is exciting...

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UPVOTES

Basic mindsets that men should know

Stoic-Alpha-01 · 30 March 2021 · Archived copy · Reddit

Hi, fellas. I will keep it simple. This post is for members who are new to TRP and Game. I gathered all useful quotes/mindsets for them from different sources (books, TRP articles, etc.). So, they can read these mindsets/quotes and they can apply them in life. Quotes and mindsets are about:

- **Machiavellianism**
- **Self-Discipline**
- **Motivation**
- **Social interactions**
- **Love**
- **Feelzz**
- **Game**
- **TRP**
- **Oneitis**
- **Masculine traits (turn ons) and feminine traits (turn offs)**
- **Alpha bad boy traits and beta male traits.**

Machiavellianism

1. Begin each day by telling yourself: Today I shall be meeting with obstacles, ingratitude, insolence, disloyalty and manipulation.
2. Talk less. Smile more. Let no one know what you're against or what you're for.
3. Infection: Avoid the unlucky and unhappy. (Because they will make you unlucky and unhappy, too.)
4. Play the system! Instead of fuck the system.
5. Use absence to increase respect and honour.
6. Pose as a friend, work as a spy.
7. Forgive? Perhaps. Forget? Never.
8. The more you understand, the less you forgive.
9. Think as you like, but behave like others.
10. Revenge is a dish tastes best when served cold.
11. The best revenge is living well.
12. Move in silence, only speak when it's time to say checkmate.
13. Never hate your enemy, it affects your judgement.
14. The secret that two people know is not secret.
15. Never outshine the Master!

Self-Discipline

1. Tortoise vs rabbit. Discipline vs Talent.
2. If you want something done, do it yourself.
3. "I hated every minute of training, but I said: Don't quit. Suffer now and live the rest of your life as a champion."
4. When it comes to fitness: No pain, no gain!
5. Yesterday You Said Tomorrow. There is no tomorrow.

Motivation

1. Everything is impossible... Until someone does it.
2. Work hard in silence, let your success be your noise.
3. Always play to win. Not to not lose.
4. If you choose to fight, you can lose. But if you don't choose to fight, you have already lost.
5. If you want to be successful, you must fall in love with failure.
6. There is no failure. You either win or learn.
7. When life puts you in tough situations, don't say "why me", say "try me".
8. If You're Tired of Starting Over, Stop Giving Up.
9. There's Plenty of Time to Rest When You're Dead.
10. If you need motivation for self-improvement... Don't do it.

Social interactions

1. Do unto others as you would have them do unto you.
2. Don't shit where you eat.
3. Be aware of Crabs in bucket mentality. (When one crab wants to go up, other crabs makes him go down.)
4. Never be yourself! Be the best version of yourself for particular situation.
5. Fool me once, shame on you. Fool me twice, shame on me.
6. If you're the best man in the room, you're in the wrong room.
7. Refuse the "gift" of anger. (People will intentionally or subconsciously will try to make you angry, refuse their frame.)
8. Listen what they do, not what they say.
9. Better to be alone than in bad company.

Love

1. Love is always conditional. There ain't no such a thing as free lunch.
2. Men love women, women love kids, kids love puppets. She has no any capacity to love you, she loves the

feelings that you make her feel.

Feelzz

1. Be her emotional ROCK, give her cock.
2. Being a man: Put aside your feelings and think/act rationally.
3. The more you are emotional, the less you are rational.
4. The less you do, the more she will chase you! The less emotional investment you put into them, the more they will chase you!
5. Women don't care about your struggle/feelzz. They hang out at the finish line and they pick the winner.
6. Women are born with pussy. They don't want another one.

Game Mindset

1. Fake it, until you make it.
2. Don't fake it until you make it. Just make it.
3. You can't choose not to play. (Because of AWALT)
4. Don't play the game that you can't win. (NPD, BPD, alpha widows)
5. 1st rejection may feel shitty. 10th rejection may feel like something. 50th rejection may feel like nothing.
6. You need your space/want to leave? Great! Good luck!
7. If you treat her like a celebrity, she'll treat you like a fan!
8. IDGAF, Next mentality, Push/pull, Abundance mindset.
9. When it comes to mixed signals (IOIs and IODs), she is an attention whore. Ignore her completely.
10. Never ever get relationship advice from a female. Women. Don't. Know. How. To. Fuck. Women.
11. Women will tell you what they think they are attracted to i.e. Beta Bucks. What they are attracted to is not the same as what they are aroused by i.e. Alpha Fucks.

TRP

1. She is not yours, it is just your turn.
2. Women make rules for beta males. They break rules for Alpha males.
3. You are the island, she is the seagull. (Don't let this seagull to eat and shit to your island. Because seagulls can fly, they are programmed for that)
4. You can't change/save/control anyone! Only yourself!
5. You can't change damaged whore into a housewife.
6. Adding these quotes to women's promises:

Right Now I Feel Like (I will love you forever),

I want you to think that (he is just a friend),

with you (I want to wait until marriage ... with you, I don't do things like that ... with you),

for you (Right now I am very busy ... for you).

7) When it comes to women's cheating... Always trust your gut feelings! Don't rationalize her actions!

8) When it comes to Manosphere and TRP, STFU!

9) Don't pay attention to her words. Always pay attention to her actions!

Oneitis

1. AWALT! (All Women Are Like That) (especially your oneitis girl).
2. If you have oneitis and have no balls to walk away, remember this quote: Girls are like buses, miss one, next 15 one coming.
3. If you think that she is the unicorn, remember this quote. The difference between a good girl and a bad girl is the good girl hasn't been caught yet.

Masculine traits (turn ons):

Being ambitious and decisive. Having self-confidence and self-esteem. Having balls/courage to take risks. Being emotionally stoic. Leading the group and taking responsibility. Being realistic and rational. Thinking short, medium and long term. Being on your own purpose (especially in LTR). Investing his energy on himself (especially in LTR). Being his own father model and not looking for mother model (especially in LTR). Staying Alpha during panic/chaos times.

Feminine traits (turn offs):

Sharing feelings/insecurities/problems with females. Focusing on relationship. Focusing on partner and chasing partner. Being emotionally unstable. Being undecisive. Speaking too much. Being/acting childish till the end of their life. Being jealous/revengeful. Living in a wonderland. Only thinking short term. Playing the victim. Hamster rationalization. Creating drama.

Alpha bad boy traits:

Being indifferent and free from outcome. Feeling entitled. Having freedom and selfishness. Being mysterious and unpredictable. Being a closed book. Being disagreeable and dangerous. Teasing her playfully. Having ability of walking away. A&A. Amused Mastery. STFU.

Beta male traits:

Being clingy/needy (especially to women). Being white knight and mate guard. Being co-dependent from partner.

Living in mediocrity and comfort zone. Putting women (especially gf) on pedestal. Giving women (especially gf) free validation. Making gf his psychologist/mommy. Agreeing with everything that gf says. Investing emotionally too much. Changing himself and compromising for everything what gf said. Idealizing gf in Disney characters. Looking for closure in break-ups.

This is my first post in main sub and I think that it will be useful for all members. Final quote is "***With great power comes great responsibility***". I hope you guys will use these quotes for being better man.

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UPVOTES

A male birth control trial was cancelled for being unsafe to men. Feminists beta-shame and find a way to make it all about themselves.

gekkozor · 2 November 2016 · Archived copy · Reddit

<http://heatst.com/world/that-male-birth-control-trial-youre-all-laughing-about-left-people-infertile/>

One man was rendered infertile, and another eight were not back to normal sperm counts after a year. Based on these results, WHO deemed the study unsafe and promptly cancelled it.

Because feminists are capable of making anything about their two favorite subjects, themselves and man-hating, feminists promptly made this all about themselves and man-hating. For example, here's a "comedian" calling men "little bitches" for backing out, despite the fact that it wasn't the men who backed out, it was WHO because the fucking study was unsafe. <http://archive.is/lGc5v>

If you've been on Facebook at all over the past day, I'm sure you've seen details of this already. Mostly it's women complaining that "we have to deal with these side effects all the time!" and "well they should just man up and accept the mood swings!" They were. 75% of the participants were fine with the side effects and were willing to continue the study regardless. It was not their decision to cancel the study - it was WHO.

I'm just putting this out there because I'm annoyed with all these fucking cunts and their anti-man yammerings. If you need to drop any red pills to shut them the fuck up, that Heat Street article is a great resource.

1,164
UPVOTES

Teacher former student AWALT example.

alphasquatch50 · 4 January 2018 · Archived copy · Reddit

I am a 50 year old veteran teacher/wrestling coach. I taught a girl in my APUSH class 14 or 15 years ago. Lets call her Cathy. I remember her being a cute little brunette with a nice body and very blue eyes. We were friendly but I don't remember any uncomfortable moments with her back then. She was, by any empirical measure, very intelligent: full academic scholarship to Vanderbilt.

About 5 years ago, she friend-requested me on Facebook. I accepted, liked some of her posts, and even congratulated her when she got a nice job, and finally, about two year ago, a husband. He looked ok, maybe a bit emasculated, but still handsome. Within the last year, I noticed that she had gone through my pics and liked all of them of me, not one which had any image of my wife, son, or daughter-in-law.

Fast forward to about a month ago, and out of the proverbial blue she sent me a DM asking if she could visit me during my planning period at school. "Sure," I said. Two days before winter break, she shows up at the door of my classroom. It was nice to see her and she was a knockout, an hb9 I would say.

We talked about the old days, her college, job and husband. She never said anything particularly bad about the guy, but she never gushed as a virtual newlywed might. She asked about my wife and my son who got married in October. In short, we dabbled in typical small talk. Then she dropped the metaphorical bomb.

She told me that she had a crush on me when she was 15 and had never had the nerve to tell me so, and that she always thought I was a "real man."

I really didn't know how to address her confession but gave the stock response that it was normal for those sorts of attractions to develop. She then said, "I just wanted to let you know that if you ever get tired of "Mandi," you can call me."

I then went on to tell her that it could never happen, explained the solidity of my marriage and then reminded her that, "you're a married woman now."

I will never forget her response: "I'll never be that married."

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UPVOTES

The Power Game

Theguygotgame777 · 18 September 2018 · Archived copy · Reddit

We did an exercise in my Theatre class this morning called "The Power Game." The rules are simple.

Two people take the stage. The objective is to win without touching each other, or speaking. The two interact with each other, and the audience decides the winner.

Me and my friend Quan were the first two up, because we're always enthusiastic volunteers. We stood across from each other, just staring at the other's eyes in a sort of staring contest. Quan folded his arms, and I stepped closer to him. I folded my arms as well, as I puffed up my chest and stood closer and closer. I wouldn't let him step away either. I thought I was being the dominant one.

Afterwards, my classmates unanimously agreed that Quan was the winner.

You see, Quan wasn't trying. He was naturally bigger and taller than me, and he kept a casual composure. He was willing to walk away, and I wasn't. When I saw the other "scenes" I realized this immediately.

Austin and Wyatt were up. Austin simply ignored Wyatt, walking around in circles, while Wyatt followed. Austin turned to face him off, and actually removed his shirt. The girls freaked out, even though he's not particularly muscular.

It's clear to see that Austin won. Once again, he defined the terms of the engagement. Wyatt did nothing but react to Austin.

Finally, we had two girls- Desiree and Samantha. Desiree immediately crouched down to tie a shoe, while Samantha stood over her crossly. Samantha seemed to be waiting to be paid attention, which never came. She walked over to a couch left on stage for one of our shows, and just lay there playing with her nails, while Desiree never moved, never looking away from whatever was directly in front of her. Finally, Samantha returned, crossing Desiree's field of vision, finally causing her to look up, and move.

But Desiree still won, and Samantha readily agreed.

You see, true power lies with those who don't depend on others. To hold frame, you must be a rock. And luckily, you have a natural size advantage over most women, just like Quan had with me. You must lead the way for women. If you follow them, you place yourself in their power. Have your own goal, like Desiree. And if you do disconnect, like Samantha, *never* cave and come back.

If you have the opportunity, I highly recommend playing the Power Game. It's the perfect representation of how frame really works.

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UPVOTES

She's not yours, it's just your turn. The glass is already broken.

dr_warlock · 12 March 2016 · Archived copy · Reddit

Summary

Round and round the carousel goes. Who's in line next? No one knows. But know this. There *is* a line, and it *will* shuffle forward. The music will commence and the carousel will spin once again, continuing in your absence.

Place your quarters inside. Hop on the ride. Enjoy it while it lasts.

Blog Article: <http://www.redpilldoctor.com/shes-not-yours-its-just-your-turn-the-glass-is-already-broken/>

Body

I see guys **consumed by the thoughts of another man** caressing her, kissing her lips, receiving her touch -- her love. The mere thought of 'their' girl giving herself to another man to enjoy drives them mad with jealousy, even anger.

I see guys confront any man suspected of making the moves on 'their' girl, demanding to know who he is, how she knows him, and what she's doing with him. They make cringe-worthy attempts to AMOG or mate guard. They even get into fist fights, especially after they found out about her 'indiscretions'.

I even see guys talk about planting spyware on 'their' girl's phone or computer, gaining access to her social media, and a plethora of other methodologies to keep tabs on 'their' woman, *on this very sub*.

This is nonsense, a complete waste of time and energy, a demonstration of scarcity mentality, and based on the faulty premise that she was *his*. Understand this, ***she's not yours, it's just your turn.***

If a girl wants to cheat, *she will*. Without remorse. Any decent looking woman will be bombarded by a horde of male suitors attempting to win her vaginal affections. They're messaging her on social media, texting her, flirting with her on the street, talking to her at the bar, being extra nice to her at work. She even has a few backups on her phone. She is just one phone call, one text, one IM, one approach away from getting a fucking from somebody else. It's an ever-present phenomenon. It always has been. *It is*.

Women are fickle. Their feelings change in a sporadic manner. Women find other men attractive (shocker, I know).

You do not own her. You do not have control over her feelings. Her feelings will change over time and she has every right to change her mind as she sees fit, *just like you*.

So stop worrying about it. All you can do is be the best version of yourself, utilize your TRP toolbox, then set your boundaries early and draw the line. *Enjoy it while it lasts*. Should she cross the line, whatever it may be, end it. *No discussion. No argument. No hesitation.* Do it with conviction. Do it knowing that **you were fine before her, and you'll be fine after.** Think of it this way...

The glass is already broken

"You see this goblet?" asks Achaan Cha, the Thai meditation master.

"For me this glass is already broken. I enjoy it; I drink out of it. It holds my water admirably, sometimes even reflecting the sun in beautiful patterns. If I should tap it, it has a lovely ring to it. But when I put this glass on the shelf and the wind knocks it over or my elbow brushes it off the table and it falls to the ground and shatters, I say, 'of course.'

When I understand the glass is already broken, every moment with it is precious."

This is not to be mistaken for a passive pushover approach. This does not mean turn the other way when presented with red flags. This does not mean you have to be a stoic robot with no feelings. **It does mean** all good things come to an end and you need to be ready to make the right decision when the time comes. It was fun, but now it's done.

Conclusion

She made out with some guy at a party. Another guy fondled her tits and fingered her pussy. Chad shot a load in her mouth that one time. She had a couple of boyfriends in the past, each of them cumming inside her and each of them received her declaration of eternal exclusive love: *"I love you baby. There's **nobody else** I'd rather be with."*

Now she's with you.

Now it's your turn.

LTR? Plate? One night stand? Doesn't matter. Live, love, laugh. Enjoy her feminine energy, her touch, her soft skin, her aroma, her ass, her tits, and her warm wet hole or whatever else you like about her. Just remember to **hold on loosely**. Don't waste emotional energy worrying about something you have no control over. Don't take extreme measures to ensure her fidelity or continuing plate status. Don't attempt to prevent the inevitable when presented with it.

Place your quarters inside. Hop on the ride. Enjoy it while it lasts.

The End

Recommended Post on this Philosophy

Dirty Sheets by RedPope (1378 pts + guilded)

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To the young man I saw at the gym last night:

2016redditor · 18 October 2016 · Archived copy · Reddit

I haven't seen you in here before. You seemed a bit unfamiliar with the environment, perhaps a bit uncomfortable. Your pale white skin and obvious lack of muscle tone confirms that impression. And your buddies were similarly soft. That's ok. Just learn to lift the right way and keep coming back.

I got the impression you have had your natural joy and self confidence hammered out of you by endless "socialization".

When our gaze happened to meet, you quickly averted your eyes and looked downward. There's no need for that. You have every right to be there too. I'm not there to challenge or intimidate you; I'm just getting a workout like everybody else. Relax and have fun, chat with the other members, it's good, friendly, low key gym.

You're a tall kid, well over 6 feet. But your hair is a sloppy mess - is that the fashion in your high school these days? Anyway, it makes you look weak and effeminate. The nerdy round tortoise shell glasses from the 1990's don't help any either. Can you afford contacts? Maybe save up a bit of money, get a side job.

You seem to have good facial structure, good basic build / bone structure, so with a few months of lifting, a good haircut, some decent clothes, and most important, steady confident eye contact and a bit of a smirk, you will be getting those cute little honeys flirting with you. Yes, those latina chicks in the yoga pants, I saw you eyeing them wistfully. They would totally get with a tall white boy like you, if you have just a bit of game and confidence.

I know it seems doubtful from where you are now. Just do the work. It will happen.

I hope I see you again soon. This time, look me in the eye, nod or say hi. I'll be happy to return the favor.

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The Most Important Part Is Just Not Giving Up On Yourself

LiveAFTSOV · 13 June 2018 · Archived copy · Reddit

We all know it - other guys out there have it way easier than us.

The schism forms between which path a man takes with that knowledge:

Wallow in inebriated agony, drowning in existential depression with alcohol and hypnotic soccer games, or putting themselves through the painful conveyor belt that churns boys into men.

I just wonder how many men watch themselves fall into a depressing stupor - they observe themselves descending the Sexual Marketplace with every pleasurable bite of McDonalds - opting for the short term pleasure over the long term victory.

I understand the struggle, and I understand the mentality, it's truly the pinnacle of not giving a fuck:

Becoming the fat, triple chinned reject we all see as the antagonist - because let's face it, the only way you can reach that level of degeneracy is by reaching -459.67°F (fucks to give).

People use tryhard as an insult - that always aggravated me.

Hardly anything comes easy, and if it does, odds are it's not going to be for you, me, or any other non-top echelon man.

You need to care about your life - obviously you do, that's why you're here. Something was wrong and you couldn't quite put your finger on it. This forum gave you the words.

Those who say it isn't about the pussy are dishonest - it's all about the pussy, but it's through the journey of TRP that one realizes, it isn't everything.

We do all these things to raise our SMV, then by doing so we gain access to pussy, which helps us realize pussy is fun but not everything, then we find more important pursuits and begin to enjoy pussy as a pass time.

But you only get to enjoy pussy as a pass time, once you start to care.

A scuba diver cares about his air, that's why he keeps a vigil eye on his oxygen meter - while the suicidal man cares not about his breath, which is why he lets him self asphyxiate in the running car in his garage.

The man in the car quit.

Men -

This life is conflict, struggle, pain, suffering, and competition.

A rising number of men are opting out of this struggle - choosing to taste cold steel as their last meal.

I don't believe it's from a sudden spur of the moment decision, no those are outliers.

I believe it comes from a man watching his slow descent into the pits of bottom 10% SMV, whilst doing nothing to stop it - then, when he hits rock bottom, he decides he isn't worth the climb back up.

When life knocks the rocks out from under your hand, you need to reach back out into the mountain and grab another rock.

If you dangle, you will fall.

The more aware you become, the less tolerant you become to your own apathy.

A man, a red piller, fortunately, does not possess the processing power of a femoid hamster - he sees his mistakes, his shortcomings, his excuses, and he eradicates them through creative action - and he forges himself into a higher man. An ascended man. Ascended above his own destructive and lazy instincts.

The dad bods, the lards, the dead-eyed joes, the 9-5 slaves... they all had dreams once.

It's painful, it's hard, it's grueling. It's boring, it plateaus, then one forgets the vision that inspired their call to action in the first place.

Imagine that - every loser you meet, they all had dreams once. It

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It's Frightening How Easily A Woman Can Cuck You...

bogey_j · 31 March 2017 · Archived copy · Reddit

this isn't my story. saw this on another forum and thought it was gold so I'm posting it here

I'm talking about the original meaning of the term "cuckold" which is unknowingly raising another man's kids.

One of my plates texted me last night saying she needed to meet with me immediately and that it was "an emergency". I tell her to swing by after work. Meanwhile, I'm racking my brain all day trying to figure out what this is all about. When she finally gets to my place she looks me right in the eye and says "I'm pregnant. It's yours."

No hesitation and spoken in a matter-of-fact way.

Now six months before I met this chick, I had a vasectomy done, so there's virtually no chance this kid is mine. Inside I'm furious because I know she's fucking some other guy (or multiple guys behind my back). I remain calm however and with a smug smirk I tell her all about my vasectomy and how that basically rules me out as the father of her unborn spawn. I also use that moment to confront her.

"So who else have you been fucking?"

At that moment the waterworks come out. She's crying and blubbering all over the place (trying to elicit sympathy I imagine) telling me how she was banging this guy from work but she doesn't love him and I'm the one she "loves". I guess she saw me as beta bucks? Lucky me.

I show her the door.

Reflecting back on it today it's crazy how easily I could've been cuckolded and how my whole life would've changed forever. If it wasn't for my vasectomy I probably would've took her word for it and well on my way to raising another man's kid.

Scary stuff.

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UPVOTES

This better not have been any of you

NihilistMonkey · 1 April 2017 · Archived copy · Reddit

So it's Friday night and I'm practicing on my piano, smoking some weed with a plate (former LTR but demoted for bad behavior) when she starts commenting about how hungry she is. I've got plenty of food at my place but she doesn't want to cook. She wants pizza but is broke and I'm not interested in spending any money.

She jokingly says "You think I can convince my friend to buy me a pizza and drop it off?" I'm not really paying attention, sure yeah whatever, I think nothing of it. An hour later lo and behold, this dude shows up with a pizza, chats with her for a few outside, and leaves. Even in my inebriated state I'm a little dumbfounded.

Apparently he originally wanted to take her out to pizza but she told him that she was chilling with me that night, and he settled for a kiss on the cheek as payment. So this dude knew she was staying at some other guy's house, pays for and delivers a pizza to said house, then leaves.

That's pretty much it, not too much to be learned from this other than "don't be that guy." I don't normally make posts but this little event stood out to me and I felt the need to share.

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UPVOTES

The stronger you are, the less anyone cares about you

thereticle · 16 April 2015 · Archived copy · Reddit

I recently attended a fund-raising dinner at a local drop-in center. One of my good friends is involved in running the place so I figured I'd go along and show my support.

For those who don't know what a drop-in center is, its a place where homeless people can go to take shelter temporarily and get support. They don't have beds per-se, but they do have things like showers and a soup kitchen, as well as people who can assist with re-integrating the homeless into the workforce.

Fundraisers at places like these of course attract a small army of self aggrandizing leftist faux-bleeding heart assholes, and on this particular night they were out in force. The room was full of LGBTQRSWTFBBQ's, hipsters, artists, feminists, SJWs and all kind of other socialites who just couldn't wait to show how edgy and charitable they were by oh-so-selflessly supporting the downtrodden.

The main attraction was a speech from a reformed homeless guy named Craig. Craig told us his story as a case study into how this drop-in centre saved him from oblivion, and thus why its such an important feature of any self respecting community. Craig's story went something like this:

- Craig was an average beta guy working an unimpressive yet stable white collar admin job.
- Then, his wife walked out on him and took the kids.
- As a result, Craig was unhappy.
- Craig turned to alcohol to drown his sorrows.
- Soon, he became an alcoholic. As a result, he couldn't function well enough to keep his job, and he got fired.
- Without a source of income, and addicted to booze, Craig soon lost his rental home because he had no money.
- For a while he stayed with friends, but ended up developing a habit of stealing from them to buy alcohol, so most of his friends turfed him out. So he ended up on the street.
- Once on the street he turned to harder drugs to escape his misery and eventually landed a full time job as a heroin addict.
- Because heroin costs money, and Craig didn't have any, he started robbing people and breaking and entering.
- In constant trouble with the law, addicted to smack, and on death's door, Craig was in a crisis.
- Then someone pointed him in the direction of the drop in center and they helped him get back on his feet.
- As a result of a huge amount of assistance generously donated by the volunteers at the drop in center, Craig now has a job again and he's not homeless anymore.

Of course the assembled crowd absolutely slobbered over this guy and his incredible stories from the street. His speech was met with thunderous applause from the audience and he was mobbed with well wishers afterwards, all of whom wanted to get up close to this Jesus-like representative of the homeless. People were gasping with admiration saying stuff like "What strength of character, what ability to endure! What a hero!" etc etc.

I didn't say anything at the time, but I was totally disgusted.

This guy Craig is a fucking asshole. All he has done his entire life is be a useless burden on society. From his lack of ambition and drive which saw him in a shitty job to begin with, the entire timeline of his story involves him taking, taking, taking from society and giving nothing back. He bashed innocent people for money, stole their property to support his habit, doped himself up all day, then benefited from hundreds of hours volunteered by the staff at the drop in centre, and now is back worse off than when he started, his brain fried by nearly a decade of heroin addiction.

So what is Craig's reward for his complete inability to take any personal responsibility for his choices, his actions and therefore his life? The endless admiration of an entire room full of people waxing lyrical about his "courage"

and "strength".

Thing is, the first half of Craig's story was very similar to that of one other person in the room - me.

About 18 months before I attended this fundraiser, my wife left me, too. I found out that she'd been cheating on me for over 1.5 years of our 6 year relationship and she eventually fucked off to be with the other guy. I was plunged into a deep depression and I lost my job because I was unable to function, just like Craig. I lost a lot of my friends, because a lot of them had met me when I was married and it was "too weird" for them now that I was divorced. My ex took a huge chunk of my money, and combined with the costs involved in renting a new apartment and losing my job, I nearly went broke.

But I didn't turn to alcohol. Though I went to some fucking dark places, I just kinda kept stepping forward and eating the pain. With time, it gets better, and once the worst was over, I started to rebuild. I did all the usual shit - I began lifting, got a new job, lost weight, got fit. Started approaching, got laid some, made new friends, started having fun with life again. I rebuilt my finances and my social life. It took forever and it was extremely difficult but now I'm 100x happier than I was when I was married, and more importantly I've discovered what it means to be a man.

Thing is, I'll never have an audience cheering for me. I'm not enough of a victim. I don't have any stories to tell you about how I bashed some guy or ran from the cops. I was never a burden to anyone, and I didn't make my problems anyone's responsibility but my own. Hardly anyone even knows about all the anguish and the turmoil I went through because I make a habit of not forcing it on anyone who doesn't ask, because I think its fucking rude (outside a forum like this one, for example). I just sat in my bedroom alone and ate the pain with quiet dignity. "Man gets royally fucked over but quietly endures without bothering anyone" just isn't an interesting story.

Today's society is a race to the bottom to see who can paint themselves as the most downtrodden, desperate victim as possible. On the other side, you have the other race to the bottom to see who can display the biggest outpouring of altruistic generosity for those downtrodden. Our heroes are those who are the most pathetic, the most dejected, the most parasitic and the most useless, and their ever so generous and charitable saviors. There is no room to appreciate a man like you, who shows independence, self worth, self sufficiency and strength.

Remember this as you go on your journey through TRP - modern society HATES the strong, and loves the weak. We here at TRP are fighting to make ourselves the strong, and as such we will always be denigrated as oppressors and patriarchal bullies, simply by default. The stronger of a man you become, the less valuable you are to people who worship the weak to enhance their own sense of self worth.

Don't get distracted. You're not doing this for the applause, and you're not going to get any. You're doing it for yourself.

1,152
UPVOTES

100,000
redpillschool · 4 March 2015 · Archived copy · Reddit

I decided to sit down with a glass of wine this evening and reflect on the past two years, and our experiences here on the red pill. While most sub-reddits are lighthearted and fun in nature, this one takes a more serious tone and purpose, and the implications of our conclusions are far reaching and scare real mainstream establishments.

It's incredible that what we're doing - just looking for and sharing information - is so dangerous and damaging to the status quo, that we actually ruffle feathers. When I took over TRP with under a thousand subscribers, I expected to be ignored, perhaps made fun of a bit. But I did not expect what we have experienced- mainstream attention in a campaign against us of fear, shame, and censorship.

Maybe I'm a bit drunk, but at 100,000 users I think it's fair to excuse me as I raise my glass and share some of my emotions with you guys because, fuck, this has been the most incredible ride of my life. Not only have I found a group of likeminded individuals, but we have helped others find belonging as well. And that's something that our culture has severely lacked- belonging for men: A place for men to be among peers and friends, comrades, people to connect with. Some have been luckier than others. I counted myself among the unlucky until now.

I think it's important to take a moment to reflect on the improvements we've made as people – as men – because sometimes with the small increments it's difficult to really realize where we might have been five years ago (or even two years ago). I find myself worrying about very small details today that are the subtlest of nuances of game that I would never have even understood or believed a few years back. Today I look at these hurdles as mountains, but they are mere street curbs compared to the real mountain of improvement that stood before me when I began my journey.

And, excuse me for being sentimental, but you've all been there doing the same with me. It really strikes me as the most incredible experience to know that we've reached out and touched the lives of other men, knowing that their lives may be improving because they found us. Knowing that we are improving people's lives, despite the chagrin of the established culture, really fucking hits me deep. I haven't cried in over a decade, but I might shed a damn tear tonight because it's beautiful what we've accomplished.

I want to share a little about myself before the red pill started, and before I discovered the manosphere in general. I was just out of a relationship where I honestly wondered to myself what the point of continuing was. I wondered what three years meant if it could be thrown away in days. I was ego invested in this relationship, it was *my identity*.

I suspect (and I'm sure there are some blue pillers who will have a hay-day with this) that the people who have found their way here were smarter than average, but severely mislead. I say that because I truly believe it takes an uncommon level of intelligence to really look inside and realize that the source of a problem may lie within. It's something that I consider daily, and I wonder if most people I've met will ever consider it even once in their lives. People tend to spend a huge amount of mental cycles avoiding such a question.

My experience was being logical and analytical. I wanted things to make sense, but I found myself alienated. Not only by women and romantic interests, but also by friends and family. Wondering why it was that a strict adherence to logic and rationality would lead to such rifts in my relationships, I began to wonder if perhaps I was destined to live the rest of my life alone. I felt alone, like there was nothing in this life for me. I did things the right way, the way they were supposed to be done, and I was not rewarded like I expected. Instead I discovered that everybody around me was stupid. They were dumb. They did not follow the rules. Why the hell were they so intent on following nonsense such as emotions? Why didn't they control their reactions to things? Why were they lead astray by lies and misconceptions? And why was I unsuccessful at negotiating their desires?

I wouldn't realize for years to come what I was witnessing could be explained by an economist. You have to follow the money. In this case, the money was self-interest. I eventually discovered that people will follow exactly what they've been evolutionarily driven to do. And sometimes that means that no matter how many promises you or they

make, no matter how much sense commitments and honor makes to try- people will follow what makes them happy. (And worthy of note, most people don't know what it is that makes them happy, so they follow the short term happiness, even to the detriment of long term happiness.)

It's an eye-opening experience to realize that rather than being the smartest person in the room, I was likely the most duped idiot there. Expecting a system of laws that were never enforced, I actually had the gull to get self righteous and pissed when nobody abided by it. How fucking fruitless that effort would be.

I think my story is not unique. I think that we're here because of a similar past.

There's an interesting group called purplepilldebate, and I want to speak about that for a minute.

A common topic that they focus on is that the conclusions that we arrive at should be common knowledge and that few people should ever be as mislead as we were.

I really do wonder how it is that I was lead so far astray, I really don't know. It's hard to think of myself as a thinking, breathing individual then, when I now realize how wrong my conclusions were then. Clearly I am smart enough today to come to better conclusions. The raw materials were there waiting to be molded into the person I would become. But, nevertheless, there I was among the stupid. The people purplepilldebate refuses to accept exists: the feminine-conditioned men who did not know how to be men.

But we do exist. And we're here. And we're improving.

This is what the opposition will do when they find themselves outreasoned. They will adopt your premises and act as though they were there with you all along, and that *you're nuts* for thinking otherwise. It's just your misdirected conclusion that they disagree with. But they agreed with everything else all along!

That's one hella bunch of gaslighting in my opinion.

There are a few comments I want to make about purplepilldebate, and our community, as we continue past 100,000 subscribers and into the future.

Purplepilldebate might be an interesting read, and certainly a great place for outrage porn if you're an addict. But the fact is, one thing that they focus on is a way to tone down red pill discussion to give it more mass appeal. They want to normalize red pill ideas.

One common trope I hear there is "the red pill doesn't have the monopoly on the advice, work out, dress well, and improve your personality."

The point they're trying to make is that you can take this very simple advice and probably improve your standing, so there's no real reason to buy into the "hate-group" of the red pill. You can be just as successful, *really*, this advice has always been around! *Everybody knows it!* We've *always* advocated these things!

This is an interesting thing they're doing. They're buying the advice because there's no real logical argument against its effectiveness. It really does work. Women like swole, fit, confident guys. But there's method to the normalization and tempering tactic. They aren't just well-meaning folks who want you to avoid the hate-trap of TRP. They want to make sure you never fall into the *understanding* behind why these things work.

Originally the campaign against men included denying that stoicism and fitness were effective with women. They tried to convince a generation of boys that what women really wanted was a dude who shared his feelings and was able to cry on her shoulder. **MAKE NO MISTAKE, THIS IS WHAT SOCIETY TAUGHT BOYS.** That the purple pill tries to deny it now, telling us that "get fit and confident" has always been a no-brainer is disingenuous. Anybody watching a late 80's or 90's movie can disprove this entirely. This has not been the truth.

They want to co-opt the inarguable parts of our argument to continue the campaign against what really scares them: understanding and truth about female sexual strategy.

There are some well-reasoned red pillers on the purple pill subreddit who tend to cave to these pressures

nevertheless, and I see them now taking a foothold on our main subreddit. I have decided to make a comment on it, and explain our moderating position regarding them moving forward:

The fact is this: our edge *is* our advantage. There is no point to trying to normalize with political correctness. It is a fool's errand.

There are enough people trying to make peace with the public narrative saying that red pill advice is good enough if only there wasn't so much anger or hate. If only we could just be more ... what's the term? Socially acceptable?

This is what the moderates are looking for- they want us to tone it down. Why can't we preach good dating advice and drop the anger and hatred?

In fact, even members here who I do not recognize as long-standing members comment on how there's so much anger and how it *used to be good* but gosh there's so much darn hatred and anger now.

The fact is, our edge- our political incorrectness- is the only thing keeping us what we are: a community for like-minded men. Once we adopt a politically correct frame (which is what purple pill is attempting, and what our concern trolls are advocating), we have abandoned our advantage of being a male space that is open to like-minded individuals who can discuss what matters to men.

I think a lot of people reading this might be wondering- why is it that dropping some of the anger and speech that is deemed "hatred" could be bad? Wouldn't it help to communicate our message better if it were easier to stomach?

When we adopt a more politically correct format, something very important is taking place: we are tempering our speech to satisfy the feminine imperative; that is to say: we are modifying ourselves to please women- to gain female approval. And as our subject matter happens to be one that women tend not to approve of, you can only imagine the effect that might have on our subject matter if we were to temper ourselves to appease them.

We will not be bending to appease women, the feminine imperative, or popular culture. This has always been the case, and always will be.

So as a comment to a recent influx of statements regarding the "anger stage" or new members ruining things because they're undereducated or angry- I say this: We embrace the anger, we embrace the new people, we embrace the unwanted, the unsightly, the incorrect.

I needn't state that at one point every member here was new, and many had dumb questions or some anger to work out. We've all been there.

So as of this point forward, our moderation team will not look kindly to anybody being disparaging towards the fact that new people might exist, that we have an "influx" of new people clogging things up with their new questions and feelings.

I liken it to going to the gym. After a good set, my muscles tend to ache. It's sometimes frustrating and difficult to do normal tasks when my muscles hurt, or I can't fully extend my arms. But the one thing I know is this: The pain indicates gain. We cannot get gain without pain. And fuck any of you righteous motherfuckers who think they're not responsible to help educate and assist new members. If you've gained any insight or help from TRP at all, you owe it to new members to help them with the same.

Likewise my message to new comers is not to flood us with inane posts or bullshit. If you think you have a beginner question, it's because it is, and we don't need to hear it. Check our sidebar, and read for another month. Check [/r/asktrp](#). Do what you can to teach yourself before joining in conversation.

Anyhow, I've really enjoyed the past two years, and it's incredible that we've reached 100,000 subscribers. I can't wait to see what the next two years bring, and to see how many new ideas, insights and understandings we uncover. As always we will continue to embrace the edge and make this a place for exclusively male communication and comradery.

Welcome new subscribers, and congrats to existing users. This is a huge milestone and I can say honestly that I could not have gotten where I am today without all of you. I hope that what we've been able to do here has helped you as well.

I'm proud to call you my brothers.

RPS

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How to be confident

Woujo · 20 April 2017 · Archived copy · Reddit

The internet is full of articles and videos that supposedly teach how to be confident. Most of this shit is useless because confidence is an incredibly complex subject and takes sustained work to develop and maintain. There is no magic formula for confidence, and it can easily be lost. This article is my attempt, but don't rely on it.

Confidence is a complex mixture of positive thoughts and emotions. Actions create emotions, emotions create thoughts, and emotions and thoughts together create action. The emotions-thoughts-actions axis can either be a virtuous cycle, each improving the others, or it can be a negative cycle, each making the next thing shittier. I seek here to explain how to create a virtuous cycle of confidence.

The first part of this article discusses confidence in general, and the second part discusses confidence in the context of getting laid.

I can summarize the main points of this essay as follows:

- 1) Confidence is faith that you will succeed at whatever you do. To have faith, you must see reality as governed by rationality and logic, and that all you need to do is use this rationality to achieve your goals. You must not see as reality as "out to get you."
- 2) To become confident you must re-wire your brain's reward pathways such that you feel excited when you see a new challenge, rather than anxious and despairing.
- 3) To re-wire your brain's reward pathways you must continually undertake new challenges outside your comfort zone and succeed at them.
- 4) To power through challenges, you must feel joy.
- 5) To feel confident, you must not feel controlled by anybody, especially people your mind perceives as "alpha males."

Confidence is faith

The word confidence comes from the Latin *con* (with) + *fidens* (faith) (literally "with faith"). In other words, confidence is faith you will succeed in whatever you try to do. Faith is a belief that something is true even if you don't have "hard" information confirming its truth. If I knew for a fact that a girl liked me, and I approached her, that's not confidence. If I approach a girl I already know likes me, I'm no more confident than a guy eating a doughnut because he knows it will taste good.

Obviously, it is easier to have confidence and faith when you have information to base it on. Everyone is confident the sun will rise tomorrow because it has risen every day of their life. But if you only base your confidence on things you are sure of you will live in a narrow comfort zone like most people do. Most people only feel "confident" if they already know they will succeed or if they've seen somebody else overcome that challenge. There are doctors who can do brain surgery but are deathly afraid to approach a woman in a bar. There are rock stars who can play a show in front of thousands of people but break a sweat trying to do their taxes.

But why have faith? Why should you believe you will succeed at getting rich, getting laid, and being happy if most people fail at those things and you've never succeeded at them?

Here's why: Just having faith, by itself, makes you more likely to succeed. And the more faith you have, the more likely you are to succeed. If that sounds like the plot of that dumbass book "The Secret," it is. It's also the foundation of many religions and philosophies. But there is a rational reason why this is true that doesn't depend on God or magic.

Faith helps you succeed because the main thing that stops you from achieving your goals is your own emotions.

Most shit is a lot easier than you think it is. Getting hot girls to fuck you? Becoming a billionaire? Brain surgery? That stuff is hard, but how hard is it really? For almost anything you want to do, there is a stupid, fat, douchebag somewhere that is awesome at that thing. There are literally millions of people that are dumber and lazier than you that easily do the thing that you think is so hard. Most of the time, the challenge is in your own mind.

A famous entrepreneur once told me that you can learn almost any business in 4 months. Malcolm Gladwell says you can become “world class” in any field if you do it for 10,000 hours, which is only about 4 years of working a full time job – not really that long to become the best in the world. As far as anybody can tell, the world is governed by rational rules that predictably operate based on logic. To succeed at anything, all you need to do is learn these rules and use them to succeed. Viewed this way, the only challenge is our own emotions: we get bored, afraid, distracted, impatient, anxious, intimidated, depressed, overworked, stressed out, sleepy, obsessed with the wrong details, lazy, angry, frustrated, etc... I call these the “despairing emotions.”

You can take any task, break it up into a series of little parts, put one foot in front of the other, and eventually succeed. All you need to do is be rational, be prepared, and put the time and effort in. Everything in the world works like this – there is no “magic.” Even “luck” is very limited compared to what we make happen. Usually when we think something is “too hard” for us, our despair is hijacking our rational brain and making us think thoughts that we believe are “rational” but are really just justifications and expressions of our despair. When a heroin addict makes excuses to start doing heroin again, or when an entrepreneur decides to quit their business because it’s “too hard,” they think they are being influenced by rational thoughts, but really they are just being influenced by despair.

Faith and confidence overcome our weak emotions. We power through challenges because our “motivated” emotions outweigh our despair, or at the very least, our intellectual thoughts manage and control our despairing emotions so that they do not cripple us. Successful people feel excitement and pleasure at doing their work whereas unsuccessful people feel fear, anxiety, dread, boredom, etc... And humans are wired to seek good feelings, so when we feel depressed and anxious we quickly run to “fix” is our shitty feelings – drugs, alcohol, porn, and other distractions.

Every time you encounter a challenge, your brain subconsciously does a complex cost-benefit analysis. You calculate the chance of success and the good feelings that come with it, and weigh that against the chance of failure and the bad feelings that come from failure. If your brain feels like you are more likely to feel bad, your despairing emotions will cripple you and make you not want to do it. Of course, this is bullshit. Your brain usually has no idea what the actual chances of success and failure are, nor does it know how you will actually feel after you succeed or fail, so it’s complex calculation is based on feelings from the past.

Confidence requires rewiring your brain so that when it does the cost-benefit analysis, the “excited” emotions outweigh the despairing emotions. The easiest way to rewire your reward system is to succeed at things, so that, going forward, your brain feels like it will succeed again. But like I said, if you base your confidence on past successes you will never grow. True, ultimate, confidence is when you have faith that you will succeed at ANYTHING you try, even if you’ve never done it and it is something most people would think is insanely difficult.

I’m not selling magic. There are some things you will never accomplish, no matter how confident you are. You can’t build a perpetual motion machine because it is probably impossible under the rules of physics. Most of you will never fuck Kate Upton, no matter how much you think you can. There is nothing wrong with thinking that something is impossible, or not worth the effort, or not the right thing for you at that time, but you must make that determination based on a rational calculation rather than your feelings. Most of what we think is impossible is actually very doable, we have just been tricked by our despair.

Sometimes we just do not have enough information to make a rational calculation, and we must leap into the darkness. My dad had a theory that stupid people were often more successful than smart people, because smart people did intelligent cost-benefit calculations whenever they decided to take a life risk, whereas stupid people just jumped ahead and took the risk. When we leap into the darkness we must have faith that we will succeed. We also need faith that if we fail we will be fine and that failure helps us because it lightens the darkness and gives us

guidance for the next try. We also need a plan to land on our feet if we fail.

The rest of this article is dedicated to trying to teach you how to rewire your brain to feel excited about new challenges rather than scared. You can try to grit your teeth and fight your emotions 24/7, but you should also work to transform your emotions.

Faith and reality

Your goal is to re-wire your reward system so that you feel excited tackling any new challenge, even if it is outside your comfort zone. You need faith because you have no way of knowing for sure that you will succeed at any new challenge and without faith you will be crippled with uncertainty, anxiety and existential despair.

Faith is tied to your view of reality. Philosophers and psychologists have long understood that people have a tendency to subconsciously feel like reality has intentions like a person. People will feel like the world is out to get them, a small group of elders control everything, life hates them, they have “bad luck,” or they have “demons”, etc... It's obviously stupid to say “I think reality has thoughts and feelings and hates me,” but that's how a lot of people subconsciously think. I call this the “anthromorphization fallacy.”

I believe this fallacy comes from our ape mind. Apes evolved to obey the alpha male, because it is better for the tribe to have one leader rather than everybody doing their own thing. To enforce this obedience, evolution produced anxiety, which we feel whenever we feel like we are disobeying or upsetting the alpha male. Anxiety and depression are designed to “keep us in line” and make us feel powerless, paralyzed and weak whenever we want to do something that might offend the alpha male.

Human are apes with rational brains that magnify and distort our ape feelings. We can subconsciously see the entire “world” as an alpha male, and feel a generalized anxiety about everything. This is why some people are negative about everything, scared of simple tasks like driving, randomly freak out at small things, and just generally have dark thoughts.

Religion tries to fight the anthromorphization fallacy by pretending like “reality” is governed by God, which is essentially an alpha male that controls everything in reality and will be “nice” to you if you do some easy, meaningless rituals. I believe in God and I think it helps my anxiety. If you don't want to believe in God, that's fine, but at the very least you have to stop yourself from thinking that reality has a mind and it wants you to fail. At most, you can rationally say that, aside from ascertainable laws (the law of gravity, $E=mc^2$, etc...), reality is basically random and chaotic and is neutral towards you. And if you are currently alive and breathing, you have to admit that reality has been at least somewhat good to you.

Once you accept that reality is not your enemy, and may even be your friend, you can have faith that you will succeed at anything. Your despairing emotions will try to trick you into thinking you will fail, but they are irrational, often caused by the fear of some mental alpha male that may not even exist. How would your weak, human brain know anything about the nature of reality anyway? Many people, including myself, have realized the falsity of our despairing emotions after using psychedelic drugs, which chemically turn off our despairing emotions and make us feel like the universe loves us.

I'm not saying that you can simply turn off your despairing emotions by simply believing that reality is your friend. You can't turn off any emotion that is rooted in your biology, any more than you can turn off your sex drive. But the first step in controlling a demon is realizing that it's there and that's it a demon. If you practice mindfulness, you will catch yourself being lied to by your despairing emotions and you will realize your thoughts are irrational.

I don't want to overstate my case here. A subconscious cosmic alpha male is not the only source of despair. A lot of things can create anxiety and depression, and science has not even completely figured out those emotions. Anxiety can be caused by chemical balances, living in a dirty house, post-traumatic stress, bad life experiences, etc... But I believe that fear of alpha males, real and imagined, is a big source of despair for many people.

Real alpha males

People have a subconscious fear of the cosmic alpha male that controls the world partly because actual alpha males bullied them, made them feel inferior, and induced subconscious “beta” emotions. These guys include your father, your teachers, your coach, your pastor, the cool kids at your high school, the President of the United States, the Federal Reserve bank, the media, society, Brad Pitt, and famous celebrities whose art and persona is designed to make regular guys feel inferior. These are just regular guys trying to make it through life just like you, but their ego, selfishness, stupidity, negligence, and bad judgment has scarred your self-esteem.

These guys aren’t necessarily alpha males, but they felt like it to you, at least when they affected you. Their combined efforts have congealed in your brain to give you a fear of alpha males and reality in general. Women may have also made you feel emasculated, not because they wanted to emasculate you but because they were “testing” you to see if you were worthy of their delicious pussy.

All men fear some alpha male. The head of the Crips gang in Los Angeles is the “alpha male” of the thug/gangster world, but he subconsciously sees a nerdy banker as the alpha male because the nerdy banker makes much more money and lives a better life than him, and the Crip leader is too scared to go to school and try to compete with the nerdy banker. The nerdy banker, in turn, sees another group of men as alpha to him, etc...

A key to becoming confident is releasing yourself from the control that both real and imagined alpha males have over you. To do this, you must not give a single fuck what anybody thinks about you. Your actions should be governed by truth and a rational analysis of what is best for you, not your need to feel validated and accepted. The moment you care what others think of you, you constrain your behavior to gain their approval and feel despair when they deny it. And when you constrain your behavior, you show to yourself, them and the world that you can be perturbed and thrown off of your mission. And if you can be thrown off of your mission, then you no longer have the ability to succeed at anything.

Many men link confidence to their tangible existence. A lot of guys say to me: “I’m not confident because I’m fat, or I don’t have enough money, or I’m awkward, etc...” That’s the wrong way to look at it. Your confidence should not be based on any tangible thing you have, but rather your inability to be controlled, because a man who cannot be controlled and can also obtain anything. If a woman said to you that she only feels confident when she’s wearing make-up, you wouldn’t think that that woman was confident: you would think that she is deeply insecure. A truly confident woman would be confident even if she was in a disfiguring accident that made her face look like ground beef.

True confidence is the intellectual belief and the emotional feeling that you are awesome just because you are you, and that you will succeed because you don’t care what anybody thinks, you can’t be controlled, and will not fall victim to despair. Confidence has its own intrinsic value: I feel confident because I know I am confident. I know I am confident because I don’t care what other people think, and therefore nobody can perturb me from my mission, and if nobody can perturb me from my mission, I am guaranteed to succeed.

Happiness

Happiness is both a result and cause of confidence.

As I said earlier, humans are wired to seek good feelings, so if you are unhappy your brain will get distracted and chase sources of cheap happiness (TV, women, drugs, trashy internet, etc...). Your goal is to get your “happiness” from accomplishing your goals and defeating challenges, rather than cheap happiness. If you face every challenge with joy, you will be more motivated.

You may be a fundamentally unhappy person. Maybe you’re depressed, or anxious, or have had a hard life. But there must have been at least one time in your life when you felt joy. If you can induce that feeling in yourself when you are pursuing your goals, or at least fake it, you will do better. One of my favorite quotes is from a rabbi who said that “how can I feel joy when my house has burnt down? I feel sad for a little, and then when I start rebuilding it, I feel joy with every brick I lay.”

The upshot of this is that you should always be having fun. No matter how hard your life is, or what bad thing just happened to you, you need to have a social schedule where you are going out, doing things that make you feel good, fucking girls, hanging out with friends, etc... Obviously, you shouldn't let your fun times take over your life or do anything self-destructive, but I disagree with the idea that success requires sustained misery. Being happy also requires eating well, getting enough sleep, and eliminating sources of negativity and distraction from your life. If you have a friend who consistently makes you feel like shit, or a woman who brings you more pain than happiness, cut them out. They are bad for you.

Happiness is a result of confidence because confident people are more successful, and your confidence proves to you that you can succeed at anything.

Getting rid of your fear of the alpha male also makes you happy because you no longer need to rely on anybody else for happiness. Human beings are actually very simple beings. All we need is a little bit of food, decent shelter, one vagina to put your dick in (you should reject the societal notion that you can't be happy unless you fuck lots of girls), and love. All of our other fake desires are rooted in our need for the love of others. We mostly desire "luxury" things like nice cars, mansions or designer clothes because we think it will cause other people to love us and care about us. A truly confident man knows that he will be loved no matter what he has or who he is, because his value comes from being imperturbable and a model for others. And if people want to deny him love based on his material circumstances, then that's their problem, not his.

I'm not saying that nice cars, mansions and nice clothes are bad things. I enjoy all those things. I'm also not saying that women don't care about tangibles. Women definitely do care about how you look, how you dress, how much money you have, etc... There are some women that will just never fuck a short, bald poor guy no matter how much "game" he has. But your own confidence and self-esteem should not depend on your tangibles. You should live your most awesome life. If girls like you, great. If not, no problem.

Can you really not care what people think?

It's impossible to truly not care what anybody thinks of you. Human beings are social animals, and we evolved to form emotional connections with other people and to care what they think of us. We need sex, affection and human contact. The only way to truly not care about the opinions of others is to either be a psychopath or a hermit that lives in the woods.

I'm not saying that you should cut off contact from all other humans. I'm saying you should engage in mutually beneficial relationships with people, where you exchange the things humans need to exchange (love, friendship, affection, fun times, etc...), WITHOUT LETTING THEM CONTROL YOU and without becoming submissive.

To prevent people from controlling you, or abusing you, or manipulating you, or taking advantage of you, you must have a strong set of boundaries. Boundaries are "rules" for yourself that you will not allow others to break. A confident man is confident his rules are morally correct and makes others bend to his moral guidelines, not vice versa. If you have faith in your principles and stand by them, you cannot be manipulated by women or by society into acting against your own interests, doing the wrong thing, or chasing stupid trophies like nice cars and shit.

I'm not here to push a certain type of morality on you, and I think many set of rules can be "correct" depending on your situation, the people you are dealing with, and your personal preferences. What's important is not having this or that set of rules, but generally having unbreakable principles. You should constantly reevaluate your rules and changing them if they are "wrong" and/or not conducive to the type of life you want to live. You should also be open to reasonable arguments by third parties that your rules may be wrong.

The good life

An important part of being confident is having a clear vision of what you consider to be the good life. Nobody can control you if you are happily pursuing the good life. This vision is a set of priorities and beliefs about the world that guide what you seek and care about. For example, if a hot girl tries to pressure me to do cocaine I say no

because cocaine contradicts my vision of the good life because of its harmful effects. This sounds like third grade health education, but it is amazing that many adults can be peer pressured simply because they don't have their own vision of the good life. I know rich, successful adult men that have become cokeheads because the beautiful women they were pressured by hot girls to do it. It's absolutely fucking incredible that a millionaire Silicon Valley CEO can be peer pressured by a bartender into doing cocaine but it happens all the fucking time. And because that guy had no vision of the good life, he is now addicted and does cocaine even when those girls are not around.

Your boundaries and your vision of the good life are connected. I set boundaries because I am pursuing a certain life, and if you get in the way, you are dismissed. For example, my vision of the good life involves waking up early to work out and work on my businesses. Many people (usually trashy girls not doing anything useful with their lives) don't understand that vision and try to pressure me into staying out late. No matter how beautiful they are or how close I am to getting pussy, I say no and go home. No matter how hot she is and how much I think I can't find anybody else like her that will respect my rules, I keep the faith.

Your vision of the good life should have a place for all of your pleasures and pursuits. I like fucking hot girls, but I also like getting enough sleep, eating well, going to fun concerts, being around positive people, succeeding at my business, talking about deep, intellectual things I am interested in, etc...

Understanding the good life also makes you feel better about your shortcomings. Women are part of the good life, but you don't need to fuck the hottest girl and you definitely don't need to "get" every girl you like. If you think that happiness requires you to be 6'0 or drive a Ferrari or bang X girls a year, you lose your confidence if you don't have those things. If your vision of the good life is simpler, however, you can't be shamed and guilted if you don't have those things.

Why are women attracted to confidence?

First of all, everyone is attracted to confidence. Nobody wants to be around an insecure, sad, moping sack of shit. And nobody likes to be around somebody that is easily controlled. Humans are wired to reach for something higher than us, not somebody beneath us that doesn't challenge us or help us grow. That said, women have a special desire for a confident man. Why?

Because women have babies and are physically weaker than men, women evolved to seek a strong, powerful man who can make a credible commitment to protect her and her baby until the baby reaches a certain age. A protector's commitment is only credible if he cannot be thrown off of his mission, whatever that mission is. If a protector becomes emotional, dishonest, distracted, or submissive, he can no longer be trusted to protect. In other words, if a protector can be controlled by others or crippled by despair, his commitment is not credible and the woman is vulnerable.

It does not matter how confident you actually are, but whether you can display that confidence to a woman. Confidence is performative. A woman wants to see you confidently pursue a mission and not be perturbed and more importantly, not show despair. Women can subconsciously sense despair in a man. She wants to see you be a brick wall. Women also subconsciously know that the thing that is most likely to perturb a man is a woman, so she will purposely try to perturb you to see how you react. If you even flinch, she will question your emotional credibility. This is what we call a "shit test."

A big problem is that men meet women in social situations where they are drinking and having fun, so women do not see men confidently pursue their mission. For most men, when they go out, women are their mission. But fixating on women subconsciously causes you to be controlled by women, reducing your attractiveness. This is why DJs and bartenders are more attractive to women – they are actually doing something rather than just drooling over them.

Your place in the tribe

On a subconscious level, women want a guy who does not appear to be controlled by the tribe. This is part of the

reason women like “bad boys” – a “bad boy” tingles the same receptors that an alpha male tingles because the bad boy does not conform to anybody’s rules and does not “feel” like he is “controlled” by any other male. This is irrational, of course – most “bad boys” are losers and the opposite of an actual alpha male. But we are talking about emotions here, not rationality. The alpha male does what he wants, and he doesn’t rely on anybody else for anything, either physical or emotional. He is the only one that cannot be controlled. Sure, the alpha male does have the most tangible things (food and resources) but the alpha male isn’t thinking about that.

The true alpha male is not the biggest, loudest, meanest, toughest guy: it’s the guy who literally does not give a single fuck and cannot be controlled. It’s the guy who walks in a party with a ridiculous ugly neon green floppy hat. It’s the guy who tells an embarrassing story about himself that most people would be too afraid to tell. It’s the guy who does something that’s a little off, not because he’s weird or has problems, but because he just lives in his own reality. The alpha male is totally relaxed, calm, confident in what he’s doing, and is never, ever, perturbed by anything anybody does, especially women.

If you walk into a bar or nightclub, you see a bizarre scene. Otherwise confident, successful, manly men are selling their souls. They are begging beautiful women to buy them drinks, listening intently to their stupid stories and agreeing with their stupid opinions, begging for their attention, waiting for them as they talk to other men, etc... These men instantly lose credibility to women because they are begging to be accepted and are easily controlled. In other words, these men are experiencing the same emotional anguish that the women experience, which turns women off. Women want to escape their emotional anguish, not be with a guy that is also experiencing it.

I wrote an article about how women are not attracted to men that are overly emotionally invested in them. See here: <https://www.woujo.com/blog/2017/4/11/how-to-not-become-emotionally-invested-in-women>. A major reason emotionally invested people are unattractive is because they are “dependent” on another person for their good feelings, therefore making them controlled. And women are fundamentally not attracted to men who can be controlled.

Bitchy women

A lot of guys’ confidence melts around bitchy women. I, however, love bitches.

A woman is bitchy for one of two reasons: 1) she has suffered some trauma in her life that has damaged her, or 2) she regularly turns men into weak puddles, so she turns up the bitchiness to make sure she can find a mate whose confidence is rock solid. For women that are #1, you should just run. You are not her therapist and cannot help them. But women that are #2 are a fun challenge. Whenever a woman is a bitch to me, I know I am on my road to fucking her and all I need to do is keep my cool and not be perturbed.

Bitchiness is just a front to hide their intense insecurity and anxiety. Confident, happy, well-adjusted people act polite and friendly, even if they are being hit on by somebody they don’t think is attractive. All hostility and negativity is rooted in fear, defensiveness, and your own perceived vulnerability. Women are crippled with insecurity and anxiety about how men, women and society in general feel about them and have an intense desire to be accepted.

Next time you go to a club, put your horniness aside and just focus on the body language of these bitchy women. They are afraid. They are insecure. They are awkward. They are dorks. They are easily controlled, if they could just find somebody with the balls to try to control them. Even when they try to talk tough or cool, it’s a bluff. A hot woman acting like a bitch is similar to a 16 year old nerd with a pocket protector and acne talking shit to a prison convict. He knows he is faking it, and the moment the prison convict calls his bluff he will back down in fear and humiliation.

Not all women are bitches. I know some confident women, but these women are confident because they have other things going for them. They are smart, they have accomplished things, they are fun to hang out with, etc... But whenever a woman tries to act like she’s the shit just because she’s hot, she is faking it every single time.

How to act around women

Let's do some logic. Women are attracted to confidence. Confidence is faith that you will succeed. Therefore, women are attracted to men who have faith they will succeed in fucking them. In other words, women want a guy to act like he already knows she will fuck him. Of course, you don't actually know whether she will fuck you. But nevertheless, you must act as if you KNOW she will fuck you. You must bluff as if you know she will say yes. And even if you get rejected, you must move on to the next girl with the same confidence.

Now the question becomes: if you truly knew from the bottom of your heart you could fuck a girl, how would you act? You wouldn't supplicate, or beg, or act needy, or even do anything really. If you KNEW you could fuck a girl, you would do nothing. Of course, you should talk to her and be nice so that you don't make her feel bad, and you would engage with her to the extent that she says or does anything interesting or funny. But the moment she does something negative, shitty, or boring, you immediately lose interest because you don't need to put up with her bullshit.

Unlike a lot of other PUA blogs, I am not going to feed you a bunch of lines of what a confident guy "would" say. The fact is, confidence is an emotional state, and you either have it or you don't. And girls can sense it because it is very hard to fake your emotions, especially if you are hanging out with a girl for a long time.

Humility

Releasing yourself from the mental slavery of the alpha male sounds great, but it is actually very dangerous. Most people in our society can only function if they are being guided by a superior: society, your dad, the government, your boss, etc... They need the anxiety induced by the alpha male to stay focused and not go off and get drunk and play video games. But if you want to be a truly confident, self-actualized man, you need to be able to motivate yourself when there is no alpha male swinging an axe over your head.

Not only must you be your own alpha male, but you must cultivate a positive humility, where you listen to men that are smarter and more powerful than you, not because of your irrational ape emotions, but because they are smarter than you and they are helping you improve. If you look at history, a lot of times when men get a ton of power they go crazy (see kings, dictators, rock stars, Mike Tyson, etc...) because they don't have the anxiety of the alpha male controlling them but they also don't have the humility to stay focused and keep their head on straight.

Go to my website: <http://www.woujo.com>

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UPVOTES

The consequences of men failing society wide shit tests

frrunkis · 19 October 2017 · Archived copy · Reddit

Dominance/Fitness Tests

As Jordan Peterson outlines in [this](#) video, men test ideas and women test men. Women test men to see if they truly have the behavioural traits that indicate they can move up dominance hierarchies. Mating with those types of men ensures their offspring will add value to the tribe and live long enough to have children of their own. If you pass these tests you will enjoy a pleasant demeanor and lots of sex, if you fail these tests you will suffer through god only knows what.

Now remember, women test men to find out which men have the right '**potential**'. They aren't necessarily attracted to men at the top of dominance hierarchies, they're attracted to men who have *behavioural traits that indicate they can reach the top of dominance hierarchies*. From an evolutionary perspective, you're much better off ensuring your offspring will have the *potential* to reach the top of a dominance hierarchy rather than looking for guys who are already at the top. This is why many men who are rich CEOs have old, ugly wives who treat them like garbage and drug dealers have hot as fuck women chasing them around.

Compliance Tests and the #MeToo Campaign

If you've read the sidebar you should know most of what I've said already. Most of you should also already know that women test men on a more macro scale as well through feminism. But the true extent of how feminism is a society wide shit test isn't being completely understood or appreciated in my opinion. Women are taking to online social networks with a #MeToo campaign as a power play strategy to castrate men further and ensure they will be believed whenever they make an accusation without needing the burden of proof. A lot of women's power lies in their ability to *accuse men* and manipulate men. Nature had to give them something to counter-balance the physical strength difference between the sexes. This movement gives them a lot more power.

Now remember, women want two things from a guy, value and commitment. Value makes her attracted to you and ensures you're an alpha and commitment ensures you'll stick around to provide/protect/help raise offspring. Both are vital and *increasing one will decrease the other*. Women are now demanding men need to just listen, learn and call out other men who show signs of 'misogyny'. It's all a compliance test. It's just like your girl wanting you to open up emotionally, or stop lifting so much because she doesn't care if you get a potbelly, or stop working so much and hanging out with your friends because you never spend enough time with her. It's all an attempt to train you into lowering your value as much as possible to ensure your commitment to her. That's all this is, and men are kowtowing to it. *We're collectively lowering our value in the eyes of women. Women act as bad as you let them, and boy are we letting them act terribly.*

You should also know that two of women's most important motivations in life are:

1. Never fuck a beta male
2. Fuck an alpha male

This is why women feel so strongly about rape/assault/harassment. Generally speaking, men are at a constant state of 'yes'. We're pretty much DTF as long as the sex will be consequence free. Women are not like that since they're the *selectors*. They need to decide first whether or not you're *worthy* of touching her and being intimate with her. If you over-ride her ability to choose by groping/assaulting her in some way you just took away her *power*. A big part of their power lies in their ability to choose who gets to propagate their genes and who doesn't, and that power is entirely contingent on men respecting that ability to choose in the first place. Since women are increasingly viewing men as beta males, they're starting to feel even more disgusted when men look at them a certain way or dare to encroach on their space in public. They view that as taking something of theirs without earning it. *Women will not*

stop until all men they view as betas are completely out of sight whilst simultaneously worshipping their every move.

Marxism: The devouring mother - Nazism: The tyrannical father

The **Marxists VS Nazis** we're seeing play out in the west is almost like this weird macro level archetypal battle. The Marxist social constructionist viewpoints and their lambasting of the 'patriarchy' is in my opinion a direct result of women viewing men as beta males and thinking of them as beneath them. When Kit Harrington goes on a talk show, the entire crowd of women lose their fucking tits. Whereas when Jessica Alba goes on a talk show, men just sit and clap. Women view alphas with complete and utter reverence and they view betas with complete and utter contempt. This is obvious when looking at it from an evolutionary standpoint. And when men continually fail these society-wide tests, women start to view the majority of men as beta males which means *they start viewing anything masculine with contempt*. I believe this is very much related to the increase in Marxism as well as men joining these weird fringe alt-right groups in retaliation. This political/culture war is a complete mess and it's all due to men not being reared properly and not knowing how to act right.

If men were reared properly, went through rites-of-passages, knew how to not be little fucking pussies then we wouldn't be dealing with any of the identity politics or cultural wars right now. Men are turning to these dangerous online communities/ideologies to find some level of comradery, structure and purpose. They weren't raised properly and haven't been following their biological instincts at all. They need somewhere to direct all that pent up masculinity. This can be very dangerous and it's why I think it's important for places like TRP to exist. People may view TRP as one of those dangers online communities/ideologies, but they're completely mistaken. TRP can provide a better understanding of the world to help rid men of the confusion and lack of direction they're facing without having to resort to joining extreme political ideologies.

tl;dr - Be vigilant of the ever-increasing amount of society wide shit testing that is happening all across the west. Take note of all the implications and how to *not* be indoctrinated into being a little castrated pussy.

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CNN released a 12 minute report about this subreddit

CHAD_J_THUNDERCOCK · 2 November 2017 · Archived copy · Reddit

And its exactly what you would expect.

<https://www.youtube.com/watch?v=RDHmDuHX3LA&feature=youtu.be>

- A dark figure with his voice anonymised explains how he fell for the trap, and how cults look for people who are in transitions in their lives - when they are most vulnerable.
- a voiceover says "a lot of people start becoming ironically rapists before they become really rapists"
- "How to get laid like a warlord" is shown at one point
- They then switch to images of 4chan /pol/ and say "sprinkled between topics on women are hateful comments of topics like race and religion". <https://youtu.be/RDHmDuHX3LA?t=265> . After showing/talking about theredpill non stop for 4 minutes they switch to a different forum with racism (theres none here) and claim that those posts are sprinkled throughout this forum. Images of Hitler are shown.
- Images of Charlottesville
- CNN reached out to the White House to comment on theredpill but they declined to comment on the story. <https://youtu.be/RDHmDuHX3LA?t=507> . They must be hiding something!
- The guy says he realised theredpill wasn't for him because of how you guys all 'targeted people of colour' <https://youtu.be/RDHmDuHX3LA?t=540>
- Images of KKK <https://youtu.be/RDHmDuHX3LA?t=600> . Actor talks about how anonymity is the real problem - just like how the KKK could wear hoods to cover their faces. An image of KKK holding the evil Stars and Stripes flag is shown.
- Lol the 'expert' they've used is the biggest man-hater. Interviewer asks her what the most surprising thing she found was. Expert says "the empathy I ended up feeling for men at the beginning, who are frustrated, lonely, scared, they're trying to find their way in the world", but she has the biggest smile while shitting on them and nearly breaks into laughter. <https://youtu.be/RDHmDuHX3LA?t=614>
- "We used to program the internet. Now the question; is it programming US?"

and if that video gets taken down the source is in this link (I cant link direct to CNN):

<https://archive.fo/xOEEf>

If you like Fake News here is a big compilation (pro-Trump bias if that bothers you)

<https://imgur.com/a/LDOxq>

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UPVOTES

So, I met the "Other Man" today.

[deleted] · 25 August 2014 · Archived copy · Reddit

I showed up at the soccer game today. It was her day with the kids, but I still wanted to be there for my daughter... and to see my boys. Any chance I can get to to be with my kids is a plus. Even though I see them 5 days a week, I'd prefer it to be 7.

I arrived and couldn't find them. It's 100 degrees outside. Ah, there was my youngest boy jumping up and down because he saw me. "Daddy! Daddy!" I ran over and gave him a big hug and kiss, some tickles. He laughed. He asked if we could wrestle. "Not right now. I gotta watch your sister play, buddy!" My oldest boy comes over and tells me about how he was hit in the face with a soccer ball and it was awesome. These boys...

I set my things down, and there she was in front of me, facing the field. I didn't recognize her. Her hair looked extra shitty today. There he was next to her. The other man. Oh shit.

For those that don't know the story, see my other posts. Over a year ago the ex of 15 years left me for the uber alpha male.

I was the sweet one. He was the asshole.

I was the guy who could change a diaper and wipe a butt faster than anyone. He was the guy who could lift a house. He was the one who convinced my wife to do anal. I was the one who would rub my daughter's head when she cried asking why mama left.

In the past 15 months, I have been daydreaming about this day. Would I stab him in neck with my pocket knife? Would I try to show off my physical attributes? Show him that I'm not a worm? "Man, it's hot... better take off my shirt! Whoa, my pecs are glistening! These abs! So washboard-like!" Would I give him a big speech on how he caused a lot of heart ache for some really great kids? Would I cause a huge scene in front of everyone and go down in soccer field history?

Then I had a good look at him. I sat quiet in thought.

It's not his fault. He's a dude. He stuck his dick in crazy. We've all been there. He got roped in. He's now with a 40 year old woman with three kids. Her best days are waaaay behind her. He'll have to wake up next to a woman that he knows left her three kids and husband when the first whiff of something exciting hit her in the face. He'll learn of her childhood baggage. He'll learn of her addictive/impulsive behaviors... and he'll start asking her about why she spends so much on strange stuff. He'll be where I was in no time. There's no way in hell I would ever want to go back to that point in my life.

I get up from my chair and stand behind him. I say his name. "David?" He turns around and seems a bit surprised. I extend my hand. "It's nice to finally meet you." We shake hands. I go back to my chair.

Poor asshole. He's the real Beta, after all.

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UPVOTES

It's not a conspiracy theory. Reddit hates men. Make sure you have an account on forums.red!

redpillschool · 6 April 2021 · Archived copy · Reddit

r/ModSupport Could you guys do something about harassment subs?

[expand all](#) [collapse all](#)

[–] to **r/ModSupport** sent 1 day ago

Rule number one in your content policy states.

"Everyone has a right to use Reddit free of harassment, bullying, and threats of violence. Communities and users that incite violence or that promote hate based on identity or vulnerability will be banned."

Yet

fragilemaleredditor and fragilewhiterredditor are both like 1/4 harassing people for their immutable characteristics. 2/4 harassing people they don't like and 1/4 pointing out legitimately sexist people and then treating them like they're representative of the groups that share similar immutable characteristics with.

Twice now I've seen screenshots of a sub I moderate featured there. No names crossed out. Nothing. And of course reporting it does shit all.

Subs like R/misandry are squatted on by sexists who outright deny misandry exists. Submissions are restricted. The only posts on the sub are a handful of exaggerated, misleading accounts of misandry from sexist users posing as men.

R/blatantmisandry is much the same. Set to private with the message "Free speech isn't just for neckbearded mouth-breathing autistic virgins!"

Hell, the "nametheproblem" sub uses the EXACT same rhetoric as white supremacists

But I guess you guys are cool with that. And since there's literally no way for us to bring it up in any meaningful way. I'm bringing it up here.

And go ahead. Delete this. Show me and everybody else who will see this that you are allowing hate on your platform.

[permalink](#) [source](#) [reply](#)

[–] from **redtaboo** [\[A\]](#) via **r/ModSupport** sent 4 hours ago

Hey again,

I'm sorry to tell you once again, those communities don't break our content policy. Our rule1 protects groups that are attacked based on a vulnerability, which doesn't pertain to white people or men as a group.

My best advice for you would be to concentrate on your own communities or other communities that are more inline with your style.

[permalink](#) [source](#) [delete](#) [report](#) [block user](#) [mark unread](#) [reply](#)

[–] to **redtaboo** [\[A\]](#) via **r/ModSupport** sent just now

Good to know that the reddit admins are fine with hate as long as its directed at the right people.

[permalink](#) [source](#) [reply](#)

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A Moment of Silence for our Brother Andrew Hansen. He contributed greatly to our community and will be missed.

redpillschool · 6 April 2017 · Archived copy · Reddit

<https://theprivateman.wordpress.com/2017/04/04/the-private-man-has-completed-his-journey/>

1,144
UPVOTES

There's a new gender gap that's building in America: women have surged ahead of men in obesity.

gekkozor · 8 June 2016 · Archived copy · Reddit

It's no secret that we Americans are a bunch of fatties. Well, I say "we," but that doesn't include me. I eat reasonably and work out five times a week, so I'm in decent shape. Unlike me, however, many Americans are a bunch of irresponsible, fast food eating cunts who shovel shit down their throats and never work out and are surprised when they end up looking like whales.

In recent years, women have been inflating faster than men.

https://www.washingtonpost.com/news/to-your-health/wp/2016/06/08/troubling-shift-in-american-obesity-women-surge-ahead-of-men-40-percent-now-obese/?hpid=hp_regional-hp-cards_rhp-card-national%3Ahomepage%2Fcard

According to an analysis of the latest government statistics, a staggering 40 percent of women now meet the criteria for being obese. That means that their body mass index, or BMI, is 30 or higher. So, a 5-foot-9-inch woman would weigh more than 203 pounds.

40 fucking percent, TRP. That's what we've been reduced to here in the Western world. Almost half of our women are unfuckably huge. Kill us now, Islam. Just kill us all.

What's leading to the gender gap, then? Why are women filling up faster than men? Well, oddly enough, the Huffington Post of all places has the answer.

<http://archive.is/fXc4V>

It's right there in the headline:

"In Fight Against Obesity, The U.S. Is Failing Women"

See what they did there?

Women have been *failed* by the Big Daddy Government! It is Obama's job to keep women thin. Not the individual woman's. No, certainly not. Women don't have any responsibility to take care of their own health. Women have no agency.

Not to mention the fact that these are the same groups that are bossily telling us that our dicks should get hard when we see landwhales blubbing about. Because fat people are beautiful. Why should I bother getting thin when Jezebel tells me that I am entitled to a high quality man's attraction despite my fat rolls and multi-chins???

(It is worth noting that these same thinkpiece bloggers femsplaining to us that big women are beautiful have probably never rubbed their clam while thinking about a fat *man*, but that is neither here nor there).

Anyway, this is why women are becoming fatties at a rate that should alarm even the cuntiest of feminists. Because of this very attitude from the mainstream left that nothing bad that happens to women is their own fault. You put people in this mindset where they have no accountability for their own wellbeing, don't be surprised when they end up treating themselves poorly in the long run.

I make this post just to make this point, even though I know it's been made a thousand times before here. This particular statistic is a sobering reminder of what happens when you submit to the Cult of the Eternal Victimhood. You become a fat fuck and you die of premature cardiac failure.

1,144
UPVOTES

22 years old and this year hit me absolutely hard. Story of how I wanted to give up, almost labeled insane, and how I'm slowly turning it all around.

Krandon · 18 October 2017 · Archived copy · Reddit

Hey, what's up guys.

So I'm not some expert writer or any shit like that, so excuse me if this isn't the most glamorous story on here. However, I'd like to share my RedPill story, about some of the lessons I've learned and examples I've seen in my own life.

So I've recently turned 22, been looking at the RedPill for a little while now. What really gravitated me towards this subreddit was the real-ness of it all. Before coming here, I always used to question many things in my life, especially when it came to concepts such as being a man, women, relationships, and society as a whole.

I was raised in a household where I lived with my mother, and two sisters. My father worked elsewhere, he didn't live with us but he definitely provided for us financially. So my daily atmosphere was pretty feminine, and since I am the youngest, being in such an environment made me a bit softer.

As a young kid, I had a lot of energy, loved to play sports, socialize, and was very competitive. I especially enjoyed fighting and wrestling, however I noticed from an early age how my behaviour was always put down. Naturally as a kid, I fought it at first because it's my natural inclination, however as time passed, those feelings turned into shame and guilt.

Being around girls all the time in the home, and my sisters friends, they tried to definitely sway my judgements as a person. Always putting ideas into my head about "always be sweet to girls and do this for them" and you know all that other bullshit. Any aggressive behaviour I showed was put down, and since I had no male role models around, I just took it. Honestly, as a kid, the male role models I had were like fucking Goku and Vegeta from DBZ, Batman and whoever else I saw on TV.

So I grow up into my teenage age, hit a growth spurt and hit 6 feet pretty early (Black genes helped a bit lol), but that was just on the outside. From my young age to high school, I became more reclusive and more of a loser to put it frankly, Playing video games, watching anime, staying inside, super shy to talk to girls and all that, had a total "Nice guy" attitude and thought crazy shit like you should never even cuss at a girl.

The girls that I did talk to always had interest initially cause I'm somewhat handsome but right away lost interest as soon as they started talking to me. Being in a completely female environment, and even asking for advice from my sisters gave me a shitty skewed perception of relationships and girls.

So I'm 18, I'm still a virgin loser, finish high school and don't want to go to college because I don't know what I want to do. So I waste about a year doing nothing, then the next year, I remember it was around New Years that I started looking at self-improvement forums and stuff. Definitely was tired of my lifestyle and how I was being as a person.

Another year or so after is when I found the RedPill. At first, I thought y'all were fucking crazy, like this was some extremist shit. Makes sense, because it was challenging my mindset, and it was difficult for me to fathom. I started to read a lot more and more and really analyzed and compared it to my life, and it was just a series of mini epiphanies that made me go like "wtf, this is scary how true this is."

I started to look back at my own life, and remember so many moments, not only with girls but myself as a person and it really put me in a depressed state. Felt like a lot of what I've been taught was a gigantic lie and it's because it was. Decided to move out of the house, and live in another city.

When I moved out, I got into lifting, kept reading more and more RP and other stuff. That's when I got into a very angry phase. I shut out girls, cut out my BP friends for a bit, and started to just lift, work, read for a bit. It felt like I reached a point where nothing mattered to me anymore and I had no fucks to give.

So I'm out of the city, living on my own for a bit now, still lifting but hated my job. So met someone one day that told me about how he makes good money dealing , and decided to get into selling drugs. At first, the nerves I had were insane. However, working a crappy minimum wage job will make you consider a lot. Didn't want to go back home either, so I was like fuck it, I'll just start dealing too. The local area was full of potheads and such, and being 6'3 and black in a area full of white people, I already got asked for drugs all the time, so might as well profit a bit.

Got into selling weed, pills, and blow, but still worked a couple hours at my job to make myself look somewhat legit. Started making pretty alright money for someone my age and in the area I was in (full of students), and I became more well-known. At this point, my physique got much better, and started to dress well and pretty much looked completely different. So much so, that when one of my cousins came to visit me, he didn't even recognize me.

After some time, decided to move to back to my city, live on my own still but to attend school in the following year. So when I came back, met up with my old friends and I couldn't even stand being around them. Being gone really opened my eyes to those around me and that who I surround myself with is a reflection of myself, not to say I'm any better but coming back and seeing them doing the same old shit, talking about video games and girls they'll never have the courage to approach sounded super lame.

Also, the subtle jabs against me about my muscle gain or my style shrouded in insecurity was just sad. This also came from my family when I saw them again and my sisters told me I've become a "jerk." And why you may ask, because I had no interest in going to a dinner with them and their friends (something I'd do before, like some lame ass ladies night) or because I wasn't as talkative. Wasn't intentional either, just my interests have changed.

So this is when I started hitting up girls on instagram and girls I knew, and when I saw first hand of how fucked up girls, especially around my age are. One girl too, who I used to go to school with (had a crush on in middle school lol), but denied me got my snapchat from one of her friends and hits me up. We meet up and at first, she's compliments me cause I've gotten fitter and we get to talking. Now this is where I thank RP a lot because if there's one thing I've learned, it's to have abundance mentality.

So the old me would have tried to talk as much as I can, ask a bunch of questions and be waaay too interested, hide sexual interest and all that. We get to talking and since my mindset isn't about how I am but how she is, that's when I started realizing how uninteresting this girl is. No real hobbies or anything and I had no real interest of continuing talking, so cut it short. She later hits me up saying that I was rude and and all that and don't even respond to it. 3 days later she asks to come out again, and I just said through text that I'm not looking to date atm and she says that's cool and that she isn't either.

She then invites me and says we could "chill", and I came through a day later, and we fucked. She hits me with the she doesn't really sleep with someone that quick text a day after and i replied it's cool. We fuck again and that's when I find out this girl has a bf, not only that but she would literally use the guy for shit. I'd be at her place, she'd order a bunch of food and stuff from his credit card for us to eat, she'd take his calls while she with me and it was just scary to see how she switched up so easily on the phone. That's when I was like "jeez, these girls out here are really savages."

Started hitting up more girls and started to have a couple plates that I'd hit up through the week. After a bit, realized how fucked up emotionally a lot of these girls from shit they told me. We'd fuck and they would always try to get me to open up emotionally but i learned from reading bare stories here how that never works out in your favor. Or how they would try to get me to commit when it was clear what my intentions were.

And to be honest, I did want to have a relationship but rather be safe than sorry. So anyways, things are going alright, I'm still working out, have a decent job now and saving up for school, got into a lot more hobbies.

But then something happened which caught me off guard. My mother became very ill and was placed in to the hospital. She soon after was becoming worse in her condition. This really was hitting me hard cause honestly, she was still the closest person in the world to me. Raised me, gave me everything, and it was always a huge fear of

mine to lose her. She wasn't like women here either because she was raised outside of the country and had very conservative old school traditions, came here not knowing the language, and still managed to raise kids.

She was very RP in that she told me a lot about what makes a good man, and it wasn't any of the BS, but I always believed my sisters instead who were pretty much super feminized from here. Anyways, I was out of the city when I received the call she was passing and rushed and was with her during the last moments and it was truly the saddest moment of my life.

As a man, you don't have many outlets you can look to and ones that truly truly care for you unconditionally. After her passing though, I felt extremely depressed, however didn't show it at all. Around this time, everyone in the family started worrying about me because instead of being a room of mourning girls and hearing pity, all I was thinking about was trying my best to honor my mother. And I know she wouldn't want me to be complaining or be completely sad, even though I was feeling depressed. So I started hitting the gym super hard, literally even a day after.

Taking out my emotions there, and this was another time when I saw how fucked up some girls could be. They didn't see me crying in front of them and instead going to the gym, so some would try to talk to me one on one and they would try to hold my arms and try to physically comfort me when it was obvious what they were doing. I was like what the fuck, how low do you have to be to try to pull shit like this at this time, but I just wouldn't say much and would avoid any physical interaction. Then they tried suggesting I need a therapist maybe, but that just made me annoyed because, sure it might help others but the way I saw it is, why would I pay someone I don't know to hear my problems out when I wouldn't even do it for free to people I do know.

After a while, I lost motivation and became very depressed. Lost weight, started just sleeping in, felt numb. My thoughts were the worst, I couldn't even sleep properly because I would just get bombarded with all these horrible thoughts, and it wore me out after a bit. Thought maybe I should go see a specialist, and tell them about how I've feeling. I went to one and they suggested I have clinical depression, signs of bipolar, ptsd and more. Didn't believe it at all. Hearing that shit was horrible, then to hear I need to take this and that pill.

The weeks following were some of the shittiest, I didn't take the pills and decided instead to go visit my father and try to be around him for the first time. That was what truly changed my mindset. This involves flying and seeing him on the other side of the world where many live in poverty.

He saw my face and he knew exactly how I was feeling. Instead of pitying me, or feeling sad for me, he did something much better. So the first two weeks I was there, I'd still have sleeping problems but every morning, my dad would slam my door very early and I'd wake up all groggy and just be a miserable piece of crap. But him, he would be very happy, full of energy saying "it's another day, another blessing."

I told him how I was prescribed as having this and that and he said "is that so, who said that." And I told him a specialist and he said "do you believe him?" And I said I don't know. He said it so calmly and was smiling. So the weeks following, he takes me to parts of the country where it's pretty much villages and poverty everywhere. We would stay in these places and at first, I fucking hated it, cause it was out of my comfort zone and would victimize myself and say I'm not in a good mental state.

So my dad introduced me to many people and I talked to people who had some super fucked up pasts, much worse than anything I could imagine and they would all be happy and smiling. My dad would keep telling me advice and asking me questions and it really made me question a lot.

He personally, has lost a lot of family, been through war, and wasn't even present as his wife passed yet he never once complained or looked to the pity of another man. He told me "in life you become either a warrior by the end of it or a victim, no one will ever understand your potential, and that absolutely nothing is owed to you except for death."

I remember one incident where there was a very young kid who would polish and clean your shoes and I pitied the

kid and tried to give him money, but the kid didn't even take it. Why? Because he was working, and my father told me "don't pity him, he is working, doesn't matter if he's cleaning shoes or washing dishes, at this moment, he's his own man and he has a job while you dont, so of course he doesn't need your charity."

Met many others and I kept thinking about how if these people were back home in the states, they would easily have so many people victimize them and pity them and suggest they need therapy for this, meds for that for all the trauma and whatever else. However, all of them shared the same views that it's just life and you got to make the best of it however you can, that crying to another person or labelling yourself as such and such might help but who knows yourself better than yourself. Everyone else will give you insight into what they think will benefit you but only you truly know yourself.

When I came back from the trip, I felt a lot better in the sense that I've learned that a lot to being a man isn't about just lifting or getting girls, but actually holding your shit down, especially mentally when you feel your worst. It also made me very simplistic and calmer, that whatever happens, to just relax and keep moving forward.

My feelings of doom, depression, anxiety and whatever else went down considerably and I'm glad because I could have just taken the pills, went to therapy and I know that would have made me feel even worse. Not to say any things wrong with that if that's what you choose but I know myself.

Nowadays, I'm back in the gym, back to working , made some new friends that I just kick it with to just talk about real things I'm interested in. Started looking into starting my own business, something I've been very passionate about. And with girls, not much of a huge interest at the point because the short-term pleasure I got out of plates doesn't compare to the feeling of contentment and calmness I have nowadays.

Anyways, this is just a post sharing some of what I've experienced the last little bit, hopefully inspires some of you guys,

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UPVOTES

Slacking in one area of your life will snowball into the others. Start your day off strong and it will affect everything else.

King-Macbeth · 14 February 2017 · Archived copy · Reddit

A simple message that can have powerful implications.

Yesterday, I didn't get much done at work. When I left I felt overwhelmed with the amount still left to do. This carried over into the gym. I was very limp, for a lack of a better term, and didn't do the exercises with vigor or enthusiasm. It was very hard to get myself out of the negative stupor I put myself in. When I left the gym I was mad that I didn't produce my best which then carried over to my girlfriend, who did nothing wrong, but I projected my negativity onto her for the rest of the night causing tension between us.

If I had went at my work with more effort and completed what I needed to do, then the rest of my day would have gone much more smoothly and I would have produced better results in every aspect of my life.

Imagine the beginning of your day as a small, fist-sized snowball at the top of a hill. You want it to roll down and become a giant boulder of snow; firm, powerful, and resolute. How do you do that? By giving it a small, but firm, nudge.

Get enough sleep (mandatory). Make a big breakfast. Meditate. Stretch. Go for a walk. Make your bed. Any and all of these things (and many others) will build the foundation of your day and put you in the correct, positive mindset for tackling the rest of it.

We aren't robots. We can't just perform a function on command, no matter how much we would like to. Start the day off right and those mini-successes will carry over into big things later on.

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UPVOTES

How to get abundance: stop focusing on women

lifeisweirdasfuck · 9 September 2018 · Archived copy · Reddit

TLDR: Have a purpose in life. Be focused on your goals, not women. This is how you achieve abundance and happiness.

Note: First post here, I don't consider myself any superior to the guys who have been posting here for a while, on the contrary, I will accept critics and different thoughts from anyone.

I initially was recollecting my thoughts and I ended up writing an entire post and decided to post it here.

Hope this will help someone out there. I'm not a native english speaker so there could be some grammar mistake.

What is abundance?

Some say it is the state of mind you have when you have 5 plates ready to fuck you, but what I really believe is that abundance comes from an **inner state**.

Saying that abundance comes from fucking women is like saying that **your happiness is dependent on an external source** (aka women). I don't think that's a great approach in the long term.

Let's delete women from the equation for a second to define this theory in a different manner:

Let's say you can't meet women for some reason. Do you think you will still be happy? No, you won't, because your happiness was so far dependent on an external source. When this external source fades away, your mind doesn't know where to get dopamine & serotonin from.

So eventually, by not having women to fuck, the average guy would jerk off to receive those hormonal spikes. Can you see? He always relies on an external source.

Abundance comes from the depth of your mind. It comes from **acceptance** of **what you don't have control over**, and focus on **what you instead can control**.

You don't have women? Well, cut them off your mind. Try not to rely on external sources (e.g masturbation/porn) for a few days. You will notice the desire to fuck will grow exponentially.

Sexual desire is one of the strongest desires a man possess.

Desire can be transmuted into *action* and *motivation to succeed in life*. Can you see what I'm trying to say?

You can use this desire to focus on YOURSELF, on your GOALS, not on fucking women.

You want women? Stop whining and use that strong desire to put yourself into action to increase your *sexual market value*. But don't do that with the thought of getting laid one day, but with the thought of becoming a succesful person. In other words, **do it for yourself, not for women**.

Lift, study, start creating **value**. *Value is created by action**, not by thinking* or reading 100 posts on TRP everyfuckingday.

Once you've read the sidebar and the main 20-30 posts you know everything you need to know about female nature.

If you have goals and ambitions and you are working towards them, I can guarantee you that you can feel abundance even if you are not fucking women.

If women are your priority, you are doing it wrong. **Your thoughts and emotions must be fixated on your life purpose** (e.g becoming a millionaire before 30-40-50, whatever the age you want).

For so long getting laid was my mission, and I was depressed every single day. I had no goals, no real purpose, apart

that of getting laid. Reading TRP posts negatively contributed to this, because all they were doing was bringing women in my thoughts!

So I decided to frame my life in a different way. Instead of aiming for women, I started aiming at goals that would have brought me women as a side-effect. I used the desire of getting laid to put myself into action and start working towards those goals. All of a sudden, my goal wasn't getting women, instead it was **becoming a wealthy successful guy**.

- **Abundance** is when you have your future planned and you are taking **persistent action** towards your goals.

- **Abundance** is when you **know** your value is higher than any of the bitches out there:

Most women are not successful, have no goals or ambitions. Why? Because their only life purpose is finding a sexual partner (a man who can protect and lead them). That's their purpose, not ours!!

Understand that women have very little to offer. You are the one who brings real value. You are the one who works his ass off to climb the social hierarchy. *Women are born, men are made. Women need men more than men need women.*

- **Abundance** is when you accept that you currently don't have women, but will have in the future by focusing on yourself and increasing your SMV.

We keep saying that women like successful guys who have a purpose and who don't give a fuck about women. That's right, yet I keep seeing the majority of the posts about women and how to get laid. Everyday TRP has new posts about how to fuck women, and more and more new theories. Some posts really look like they are coming from PUA forums in my opinion. This is extremely detrimental. You can't internalise all this information anyway, on the contrary it can only make your mindset worse. Your brain becomes fucking flooded by these info. *This won't bring abundance, but scarcity.*

Read the sidebar and the top posts here and you know how to succeed. Then go out and become the person you always wanted to be.

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UPVOTES

PSA: you can now be found guilty of sexual assault for being GIVEN a blowjob while YOU are blacked out

thiasus · 19 December 2015 · Archived copy · Reddit

No the title is not hyperbole:

Amherst College expelled a male student who was accused of sexually assaulting a female student while he was blacked out. Again, while he was blacked out. The woman he allegedly assaulted was fully lucid.

tl;dr: chick takes roommate's boyfriend into her room, lays him blacked out on her bed and gives him a blowjob. At some later point he leaves. Two years later she accuses him of sexual assault and a college courts finds him guilty because he couldn't prove that she didn't retract consent during the act (no it doesn't make sense but it's what they said).

There really isn't much more to say about this.

Lessons learned:

- not just the law but administrative regulations let women fuck you over so easily it's literally absurd
- logic will never be enough to defend you against a rape accusation, you need some form of hard evidence of continued consent (morning-after texts are the easiest to obtain)

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UPVOTES

HumanSockPuppet's Guide to Teasing Bitches

HumanSockPuppet · 9 August 2016 · Archived copy · Reddit

It's high time we discussed the matter of how to tease bitches. It's no exaggeration to say that teasing is the single most fundamental skill that you must master in your quest to become a pussy wizard of hallowed legend. But doing so can be a daunting task, especially if you lack the talent for wordplay or verbal improvisation that teasing often requires.

Fear not. The Sockpuppet has your back.

The truth is, teasing comes down to a simple formula...one which, once you internalize it, will serve as a solid framework for your practice of wordplay, and transform you into a prodigal panty-moistening predator.

The aim of this guide is to teach you this formula at its most fundamental level. From there, you will be able to add your own flairs and flourishes, developing a style that is truly your own.

Disclaimers

1) There's more to seduction than just teasing.

This guide will cover the verbal aspects of sexual escalation through teasing. But teasing, while certainly important, is not sufficient to get a bitch in bed. You must combine it with the other seduction essentials (such as kino, comfort-building, venue-changing, isolation, etc.) in order to bring home the lay. If all you do is tease and joke, then you're nothing more than a performing monkey, a clown.

Work on all of the fundamentals together, and combine them with teasing to effect solid game.

2) Teasing is best used on girls who don't already feel like they know you.

We all know that bitches have a dualistic mating strategy: they want the Jerkboy Alpha Sperm Donor to squirt a strong baby inside them, and they want a Dependable Beta Money Dispenser to foot the bill for their IKEA nesting instincts. The goal of teasing is to make girls rapidly identify you as the Sperm Donor so you can rustle their beef curtains ASAP. However, this is much harder to accomplish if the bitch has already mentally put you into the Beta category.

You should take this guide as a tutorial on how to quickly escalate towards sex with *NEW bitches*, or with bitches who haven't seen you in a long time (effectively giving you a clean slate to rebuild your identity). Of course, you could be a fag and use this on your long-time oneitis if you really wanted to - just don't be surprised when she becomes indignant with your sudden attempt to change categories, and the shit tests and shaming start raining down with biblical fury.

3) The hotter you are, the hotter the bitches you can successfully tease.

Sexual escalation from square-one means that first impressions reign supreme. Since humans use visual cues (fitness, fashion, posture, grooming) to make quick judgments, bitches will respond better to teasing if you look good. The higher your SMV, the higher quality of bitches you will be permitted to target. The limit comes when she thinks she's better than you. If she thinks she's above you when you drop your line, your words will hit a stonewall bitchface - you'll see it. This is a cue that you need to aim for lower targets for now and work on raising your SMV.

That's not to say that all bitches have the correct measure of their own SMV. Bitches can be broken. From time to time you'll run into bitches who are so self-entitled that no one short of George Clooney through a cocaine haze would have a chance. Don't get discouraged if you throw out a practice tease and some lower-level bitch shuts you

down. It just means that turbocunt is overestimating herself (pretty common, especially in the West), and you can happily move on to a more well-adjusted prospect. Don't take this shit personally.

4) Never backpedal from a tease.

When you've spent your entire life treating bitches like Fabergé eggs, teasing and negging them may make you feel uncomfortable. You may feel a twinging instinct to smooth off your sick burn with a "just kidding" or some other man-boobed apology.

Do not fucking do this.

A strong man teases a bitch because she's in HIS domain, and he'll do as he likes. And a bitch is okay with being teased by a man she's attracted to because she believes in his power, and his playful repartee is all the assurance she needs to know he's on her side.

Don't ruin your powerplay by checking if she's okay. Women aren't THAT fragile, you fucking sexist. Administer your clam slam with the knowledge that your bitch will be grateful that you're in charge.

The Fundamentals of Teasing

Principle 1: Speak to women as though they are children - because emotionally, they are.

This should resonate with those of you who work with kids, have kids of your own, grew up with younger siblings, or interact with the kids of your family/friends.

When you speak to a child, they'll typically respond in one of two ways: either they'll grow increasingly excited and engaged, or they'll suddenly disengage into flat-out boredom. The two responses are so dramatic that it's impossible not to see it in their faces and body language. An interested child will smile, face you, fidget, bounce, paw at you, ask you an avalanche of follow up questions, etc. A bored child's expression will become flat, their bodies will droop, their eyes will immediately begin searching for something else to stimulate them, or they'll mutter an unceremonious "...oh" and straight-up walk away from you.

The way a child reacts to your words depends entirely on how you choose to speak with them and answer their questions. If you give them a long-winded fact-filled tirade that eliminates all mystery, they'll get bored. If you entice them with a vague but dramatic image that stimulates their imagination, they'll become captivated and animated.

Why is this?

Well, it's not because kids don't want their questions answered. It's because they have short attention spans and a burning desire to play and learn. Children want to examine new ideas via their imaginations, because fantasy is much more compelling than facts. Facts are the provenance of reality, of responsibility, of adulthood. They're not ready for that now. They want to fill in the unknown gaps with the spectacular.

The same is true of grown women. They have the same small passions and cravings for fantasy that children have - *girls just want to have fun*. Whether you believe the evopsych explanation for this or not is irrelevant, because you can speak to women as though they are children and *observe first-hand that they respond identically to children*.

This is why understanding children is a gateway to understanding women. If you can get good at holding the interest of kids, then you're just a short trip away from holding the same power over bitches. There's nothing that dries a vagina faster than a bland deluge of data, and there's nothing that moistens a vagina faster than a vague riposte that lingers on the edge of plausible reality and leans toward exciting fantasy.

Execution: *When you're in seduction mode, don't talk to a bitch in pure information as if she were an adult. Instead, tantalize her the way you would a child. Be vague whenever you can, and leave the task of filling in the details to her imagination. She'll always make your stories bigger in her own mind than you could possibly accomplish as a boring fact-slinging braggart.*

Principle 2: Use targeted disqualification to create tension and move in the direction of sex.

"Push-pull". It's a term that is nearly as old as the seduction industry itself. It's a classic tactic that builds sexual tension, sets fires to a woman's loins, and fills her little head with more questions than she could ever hope to untangle while on an emotional high. "Does he like me? What is he thinking? Am I winning him over? What's that feeling? Is this love? Oh my god, did I wet myself?"

Teasing is the foundation for creating a frame of push-pull.

A good tease should have several elements:

1) A good tease is an accusation.

Imagine you're a hotshot lawyer, and you're cross-examining this bitch. You've got no evidence against her, just a gut feeling that she's up to no good. If you want to bring this case home, you need to stir up her feelings and get a rise out of her so she admits her crime to the courtroom in a fit of passion. This is the frame of mind you want to adopt when teasing - remorseless, relentless, and in pursuit of **righteous lulz**.

2) The accusation should be something that is obviously false.

The implausibility of the accusation is what distinguishes a tease from a real criticism.

Example: If you try to tease a gymnast chick by accusing her of being clumsy, she might think you're leveling a serious criticism against her. Clumsiness is a real concern for someone in her trade. Your tease will come off as a mean-spirited exchange of facts. That will make you seem like a hostile, boring sporg with more interest in data than sex.

Instead, accuse the gymnast of being an obvious exhibitionist for enjoying those tight leotards a little toooooo much. Or ask her if spending so much time off the ground technically makes her an "airhead", cuz airheads make the worst girlfriends.

When it's clear the accusation isn't serious, that's the signal to her that you're inviting her to play. And by starting the game with her IMMEDIATELY on the defensive, you've established that she wins only when she has successfully qualified herself to you. **You are both judge and prize.**

3) The accusation should be something that, if true, disqualifies her from being a sex partner or girlfriend.

This is the *push* in the push-pull dynamic. An effective push makes a girl believe (if only superficially) that something she wants is getting farther away, and she must give chase if she ever hopes to have it. Girls want to have sex with and be the girlfriends/wives of dominant attractive men, so your push should disqualify her from these two things.

- Tell the whore carrying an armload of Coach, Louis Vuitton, Jimmy Choo, Tory Burch, and Yves Saint-Laurent shopping bags that you could obviously NEVER trust her to balance your joint bank account.
- Tell the slut who's begging for attention in the short skirt that her comprehensive discourse on anarcho-syndicated commune economics is too controversial for you to ever consider sleeping with her.
- Tell the well-read, smarmy, pseudo-intellectual classical-lit booknerd bitch that she could learn a thing or two from reading the sex tips column in Cosmo - and no cheating with Cliff Notes.

Bitches know that sex is the only real tool they have for keeping a man's attention. Tangled deep within their personal labyrinth of insecurities, they all KNOW this. That's why the less urgently you seem to push towards sex, the more confused and intrigued she will be. In the mind of a woman, confusion and intrigue are sexual hydrazine primed to send your dickrocket on a tour of her inner rings.

4) Be aware of your surroundings to avoid pre-emptively activating her defenses.

Regular people (i.e. people who don't come to the Red Pill for fucking dating advice like we losers) know instinctively that when a man sexually teases a woman, he wants to see her naked. This will backfire on you if you try to make a move in mixed company. "Mother hens", friends of hers that you haven't yet won over, boyfriends, and jealous beta orbiters will move to throw a wrench in your carnal designs, and they'll do it with a vulgarity that's high impossible to recover from gracefully - a punishment for your presumptuous gaffe.

If you are in such mixed company and you find yourself with an tantalizing opportunity to neg a bitch, dial back your tease to something NON-SEXUAL in nature. The other rules for negging still apply, but cutting out the sex angle will give you a measure of plausible deniability from interceptors, yet still provide you with the superiority and DGAF position you need when the time comes for the real sexual escalation. Save your sexy negs for when the group is comfortable with you, or when you've isolated the bitch.

5) Turn a successful tease into a long game.

There are two common signs that your tease has struck gold:

1. The bitch will respond with frantic amused denial as she tries (in her delighted disorientation) to ease you into a frame less tingle-inducing.
2. The bitch will respond with keen purposeful escalation, agreeing and amplifying your accusations in the clear direction of mutual seduction.

If it's case number 1, you'll be captain of this mission from start to finish, so take charge and steer it. If it's case number 2, then your fucking job is done already. Move to isolation when the time is right and shoot your abortion into her.

Either way, once you land a successful tease, you needn't go digging for more unless the bitch needs some more warming. If that's the case, make your next tease related somehow to the first, and compound her two medium sized "flaws" into one big disqualifying whopper.

Then, take whatever invented character flaw you've disqualified her for and turn it into a running gag that you reintroduce throughout your interactions with her. Let it become a private in-joke between you and her, a shared experience around which you can stir up memories of good feelings and build a deepening comfort which is critical for seduction.

Execution: *Make your teases patently-absurd accusations that disqualify her from ever being your lover or girlfriend. You initialize the game (fun), you set the frame with her as the pursuer (you are judge and prize), you create a push-pull dynamic to keep her reeling and feeling (drama), you keep the subject on sex (as a preamble to later events in the evening, provided she impresses you), and you make your intentions clear as day (no creep, all stud).*

Teasing in the Larger Context

So, now you know the lowdown of how to tease bitches. With enough practice, you'll mix these principles into your own persona to create a surefire strategy for priming new lays.

But like many aspects of the Red Pill, teasing isn't all about giggling girls and early-morning underwear hunting. It has greater significance when you consider it in a larger context.

Teasing is a type of qualification. It's a strategy for enforcing your standards on women as a way of judging and filtering them. It's not the only way to enforce your standards, merely the method of choice when dealing with *women specifically*.

There are other, special methods for qualifying and categorizing men, depending on what function they will have in your life. **The same frame of mind that you use to filter bitches will also aid you in filtering friends, allies, business partners, and even competitors.** A strong, responsible man pursues happiness through thoughtful, critical choices of his social connections.

Take some time and think about the ways in which you qualify and categorize new potential friends. What makes a man a good friend? Or a good business partner? What makes a man trustworthy or untrustworthy? Could you break down your filtering process for men, the way I've done for bitches here today? In what ways do you presently enforce your standards? In what ways could you stand to improve?

These are all important questions for you to consider in the long term, because sustainable happiness depends on your ability to filter a good social network.

But that's the long term. For now, take the night off. Go forth, and let your teasing stir a chorus of giggles audible in the Halls of Vajhalla, where the brave may slay forever.

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UPVOTES

Intel Finds No Pay Gap Between Men and Women - Uses REAL Statistics

boundlessmind8 · 8 February 2016 · Archived copy · Reddit

Summary:

This is a link I found elsewhere on Reddit. Providing a short commentary and opening up the floor for discussion.

<https://www.washingtonpost.com/news/on-leadership/wp/2016/02/03/intel-says-there-is-no-pay-gap-between-men-and-women-at-the-chipmaker/>

archive.is -- <http://archive.is/uzov5>

My Commentary:

Here is a great illustration of how we can take raw data and use it to completely destroy a feminist argument. When I saw this link, I immediately thought of this sub, and wanted to share it here.

So should there be a pay gap? Honestly, in most cases, probably not. *Unless a man is actually doing more or higher quality work*, pay grades should probably be one area that remains gender neutral. And these days, in most cases, **it is**. This is just another article to add to our list of facts and data we can cite to the ugly (or unfortunately attractive) feminists who tell us to 'check our privilege,' among numerous other bullshit irrational arguments.

In other words:

"WHAT FUCKING PRIVILEGE, BITCH??"

And that's really all I have to say about it. What do you guys think?

Conclusion:

This is just another useful link for us as we fight the war on feminism. Bravo to Intel for actually doing the statistics. I hope other companies will follow.

1,137
UPVOTES

Girl Who Accused College Football Players of Rape Charged With Lying

brinkleybuzz · 23 February 2017 · Archived copy · Reddit

Another RP horror story with a tragic ending.

CT Post Article.

Girl goes to football party at Sacred Heart University in Connecticut. She propositions two football players for sex. They go to a bathroom and she bangs both of them. Afterwards, she claims that the football players raped her. The players are charged with Title IX violations, stripped of their scholarships and kicked out of the university.

Here's where the story takes a twist. When detectives from the local police department questioned the girl her story unraveled. Turns out the detectives had evidence from witnesses that she initiated the gang bang. She later admitted to the police that she falsely accused the football players of rape because she "didn't want to lose another male student as a friend and potential boyfriend."

The accuser was charged with false reporting and evidence tampering and it appears that she will go to trial. One of the accused men has been allowed to return to the university but his scholarship was not reinstated. It appears that their college football careers are over.

So many RP truths in this story. Where do I start?

- College is the cock carousel on roids. I see a lot of AskTRP posters asking "should I be concerned if my girl is in, going to or was in college?" Ha.
- "When the going gets tough, a woman will throw you under the bus." Let this sink in. This chick was willing to send two men to rot in jail to cover up her slootness from her beta boyfriend. And she's not the first chick to do this. For many women, their feelings are more important than your freedom. Remember that.
- Women will not tell the truth about their past. I'm always skeptical about women who tell me about past sexual abuse. I don't want to minimize the trauma experienced by women who have actually been abused, but I've learned from experience and stories like these that a woman who reveals past abuse or exploitation is very likely trying to manipulate her new man by redirecting his concern for her past sluttiness into sympathy for her.
- If you are a male college student on a U.S. campus, you have a target on your back. Watch your six.

This story is like a RP case study. So many lessons to be learned and so little time to post.

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Duke opens one of the first male Re-Education and Feminization Camps in the US

G_Petronius · 3 October 2016 · Archived copy · Reddit

In the endless war against masculinity, which is a war against men, Duke University has now taken a leadership role. The celebrated university has decided to open a space where men are encouraged to self-flagellate, condemn their own masculinity and confess to the many sins that they personally and their gender collectively have committed and still commit against womankind[1]:

The Duke Men's Project, launched this month and hosted by the campus Women's Center, offers a nine-week program for "male-identified" students that discusses male privilege, patriarchy, "the language of dominance," rape culture, pornography, machismo and other topics.

There is, of course, no mention of anything that concerns the interests of men. Everything, absolutely everything, is about how men must behave in regards to women, both in the social and the sexual sphere. And just in case you're wondering whether this isn't just a dishonest summary by Heast, here's how the program describes itself[2]:

The Duke Men's Project is a nine-week long, storytelling-based program starting Wednesday that aims to discuss **masculinity**, **feminism** and **intersectionality**. It hopes to "create a space of brotherhood fellowship dedicated to interrogating **male privilege** and **patriarchy**," according to its Facebook page.

Of five descriptors here, four directly involve discussing how men treat women, and the fifth evidently must be interpreted in their light i.e. there is going to be no discussion of masculinity that doesn't involve women and female interests in some way.

Here's how the male feminists on the "leadership team" (I wonder how much leadership these low-testosterone ultra-betas can put together) describe the program[3]:

Junior Dipro Bhowmik, who sits on the leadership team, recently said the goal of the Duke Men's Project is for male students to "critique and analyze their own masculinity and toxic masculinities to create healthier ones."

Alex Bressler, another junior on the leadership team, said the program would help men "proactively deconstruct our masculinity."

Yes, these people are sufficiently far gone that they see no problem in leading a program where people are asked to deconstruct their own identity. The idea that you should take a person and shame and humiliate them into believing they are not who they are, don't believe what they believe and don't want what they want is a classic tool of totalitarianisms[4] and cults[5].

As always, a thick dose of doublespeak is employed to hide, misdirect and rationalize the disgusting purpose of this camp. Even then, the project's very own supporters have it so clear in the back of their mind what this project is, that they feel they need to pre-emptively dismiss the association[6]:

The Men's Project is novel because it provides males a space (a safe space even) in which they can discuss their own gender. **It is not a reeducation camp being administered by an oppressed group in the service of the feminization of American society**, but rather a space by men and for men.

I'm even wondering if an infiltrator of ours hasn't gotten on the Duke's student paper editorial board and snuck that sentence in there. It's almost too precise and self-aware a description, whereas feminists would generally completely avoid the thought of what they really are.

Regardless, be assured of this prediction: it's gonna get worse before it gets better. Programs like this will spring up like festering mold in most colleges, especially the more prestigious and media-centric ones. Much like "consent classes", in many cases they'll be made mandatory after being snuck in as innocently optional. They will never even recognize the existence of male issues if not in a perfunctory way, always and only for the sole purpose of dismissing them as relatively unimportant beside feminine imperatives. If you're in college, keep your eyes and ears over, steer clear and protect yourself; they **are** coming for your balls.

[1] [3] <https://heatst.com/culture-wars/duke-offers-men-a-safe-space-to-contemplate-their-toxic-masculinity/>

[2]

<http://www.dukechronicle.com/article/2016/09/deconstructing-masculinity-duke-mens-project-aims-to-facilitate-discussions-of-male-privilege-and-patriarchy>

[4] https://en.wikipedia.org/wiki/Reeducation_camp

[5] <https://en.wikipedia.org/wiki/Disconnection#Policy>

[6] <http://www.dukechronicle.com/article/2016/09/engendering-gender-harmony>

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I finally fucked my first 9

EnthuMotivInspir · 2 May 2019 · Archived copy · Reddit

Preface

For years, since sexual maturity, I thought I would never be good enough to fuck a 9. I would hear the hot girls talk about the douchebags that they were fucking and how ‘attractive, confident, talented’ those guys were. But when it came to me it was “aww, EnthuMotivInspir, he’s ADORABLE!”

I’m no schmuck, I know she might as well be saying “aww, EnthuMotivInspir might as well not even have a *penis!*” and from high school on through my 20s, I began to resent hot girls because of the condescending way they treated me. I learned to settle for 5s and 6s, because they are who I ever thought I would be good enough for. If I came across a 6, I would LTR her, and then I would get feelings of regret, knowing that deep down I wanted more.

I discovered TRP after my last breakup in my late 20s. I rejected the concept at first but slowly things started to make sense. The first thing I did was learn to lift – CONSISTENTLY. Then I started dating 5s and 6s and learned to not LTR the first girl to show interest in me, graduating to the occasional 7.

Through these experiences I learned how to interact with women. I learned to ask questions about her and respond with legitimate interest about the topic she chose, because that’s what she wants to talk about. I learned to notice IOI’s and to make a move as soon as you notice the IOI. Most of all I learned to just fucking go for that first kiss because you have nothing to fucking lose.

Aside from building up my experience, I’ve been building my body and I look good now. The 6s and 7s I lay have to catch their breath when I take my shirt off. I feel good about myself and my confidence is up, but I still have a mental block that I only deserve 6s and 7s.

The HB9

So this girl, HB9, is at a bar that me and my friends frequent. She walks by us and all my friend can muster is “whoa...” She’s the kind of girl that that gets served first and doesn’t pay for a drink the entire night. “I already don’t like her. Bitch.” That hot girl disdain started boiling in my body again (fuck that girl, she has the whole world served on a fucking platter, didn’t pay for a drink the entire night, and served first no matter what).

Whatever. She’s a bitch. I’m having a good time with a good group of friends. Good mix of guys and girls, and all of us are attractive (I’ve been lifting for 2 years at this point and I look good).

I notice she looks back and does a double take. On me! Whoa, an IOI from a 9, who would have thought? I know that I look good, and I was advertising my good looks on this particular night but despite this, I still think I don’t deserve anybody higher than a 7. My friends and I have a good night and leave. I’m left with this unsettled feeling that I should have at least made a move. Oh well...

The Approach

A couple weeks go by and I’m at the same bar with the same group of friends and lo and behold, there she is. World still served to her, drinks still bought for her, still surrounded by a harem of thirsty ass orbiters.

This girl is a total smoke show, and now I know what I need to do. I am a man who makes moves, and who will take on tasks, no matter how much they intimidate me. I go up to the bar to order my next drink and stand next to her as she’s waiting for her next drink, so I strike up conversation:

Me: “Hey, I’ve seen you here before, you come here often?” (tell me it sounds stupid or cliché, I strike conversation based on my observations of the current situation, this is what I had to work with, and I wasn’t going to delay any longer just to find that *perfect* conversation started)

Her: “Hi, yeah I come here sometimes, I’ve never seen you before, are you new in town?” (Of course, she doesn’t

remember me, despite the IOI a couple weeks earlier)

Me: “heh, no, I’ve been coming here much longer than you I’m sure of it”

We have a very short and lighthearted conversation. I can tell she’s extremely well versed at responding to men approaching her, but I’m nonchalant about this. I have zero investment in this girl, and I couldn’t care less about which way the interaction goes. We talk about the bar and how we like it, and how they do drink specials for heroes (Medical, teachers, police, military, etc.) on Thursday nights, and how we were both “Heroes” because of our professions. She says that its cool that we are both “Heroes”

Her: “stop by tomorrow night and I’ll buy your first drink on Hero night!”

And off she goes...

I have zero intentions of showing up to a bar, by myself, for a girl that I have innate disdain for, that I didn’t even get her number.

As I tell this story to my friend, he says he wants to see this happen. He’s down to go to the bar with me, just to see if this girl would even show up. He brings up the old IOI she gave me, and that she seemed interested, so I am convinced.

To my great surprise, she’s actually there, surrounded by yet another group of thirsty orbiters. She sees me and jumps up and says “whoa, you actually showed up!” gives me a hug and buys my first beer.

Wow. I did not see that coming. She was nice to me and bought ME a beer. Maybe I jumped the gun a little on assuming she’s just an entitled bitch.

We have good conversation and get sufficiently buzzed, continue hanging out for a while and I get her number. We make plans to meet up that weekend.

F-Close

That weekend, we hang out, get lunch, and I invite her over to my place to watch a movie. At this point I still don’t know my worth and am psyching myself out. But while we’re watching the movie, I notice her body language next to me on the couch. It’s pretty angled towards me. I take this as a good sign and do some kind of touch to escalate. I don’t remember what I did exactly, I tickled her ear or kneecap or something. She tries to tickle me back, so I grab her arms, lock eyes, and go for the kiss.

Hot damn. Just like that I’m making out with the hottest girl I’ve ever interacted with.

Despite my lack of internal self-worth, I am very confident in my social interactions. I was faking a lot of that confidence around her, but I was emulating my real self, how I act when I am around 5s and 6s. Sounds weird to say, but gaining an abundance through lower tier women gave me insight on how I should act as a man ALL the time, regardless of who I’m with, even an HB9.

I take her shirt off, then mine, and she checks my body out. I know that I look good. I really do. I’ve worked my ass off for the last 2+ years to achieve these results. And I do it for me, because it makes me feel good. But nothing, absolutely nothing validates all your hard work more than a total smoke show hot bod looking you up and down.

I take her upstairs to my bed and we are nearly naked and then it hits. That last minute resistance. “we shouldn’t do this...”

I casually brush it off “we’re not doing anything” I back off a little and continue to make out, reassessing a little bit later but she’s still not feeling it. I back off completely. I stop touching her and start playing on my phone. Bored.

Don’t you hate/love it when the shit you read on here is right?

She rolls over on top of me and starts making out with me and is much more sexually aggressive now. We get back to hot and heavy, about to put my dick in annnnnd LMR. Again.

Fine. I roll back over and play on my phone again.

3rd times the charm and we fuck. And it was everything I ever hoped and dreamed it would be.

Lessons Learned

- We can get these mental blocks due to years of conditioning and lack of attention from the opposite sex. I was raised to think that women would approach me if they were attracted to me, and when they didn't, I thought it was my own fault and that I didn't deserve women because they did not 'choose' me.
- I was raised to respect the shit out of women. I respected them so much that I never assumed attraction. I respected them so much that if they didn't overtly ask for more than a hug, I would never give it to them.
- So many years of my young adult life was wasted on inaction. So many girls that I can now recall that showed so many signs of interest, but due to my 'respect' for them I passed all of them up unless they legit said "kiss me" or "Let's have sex"
- I now know that *I* am the one that does the choosing. *I* am the one who escalates physically. That entire interaction was up to me, and it was left to be my decision on whether or not we kissed.
- It is said in every single thread, but I can't emphasize it enough. Lift weights. I was skinny in high school and lacked any sort of confidence. In my 20s I at least learned how to interact with some people, but I was overweight. Finally, in the late years of my 20s I learned how to be confident with everybody, but I could not achieve this without a fit body. People treat you differently when you are muscular. They see you as a strong foundation, someone with convictions and motivation.

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PSA 2: Do not post shit about hitting women. EVER. One and only warning.

RedPillWatchTower · 19 November 2014 · Archived copy · Reddit

Hitting women is NOT Red Pill. I just removed two posts literally within a 5 minute period about some dumb Asian bitch on WSHH advocating woman beating.

- First of all, **nothing demonstrates a more catastrophic loss of frame** than beating the shit out of a plate or LTR. If you suck so bad at overcoming a shit test that you have to resort to violence, YOUR GAME SUCKS and you have more reading to do.
- Secondly, ANY TIME a post like this pops up, it is almost immediately ripped from this sub by SRS and other anti-TRP subs and pointed to as "TRP believes in beating women". I don't give a shit if you were just anecdotally pointing "wow, look how delusional and messed up these hamsters are, they take beatings, lol." They will not address the context, they will not address the underlying meaning of your post. They will simply run to the admins with it. I wouldn't be surprised if these posts haven't already been c/p'ed onto TBP.

No more. We aren't "thuggish niggas", and we aren't interested in that shit.

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Don't Kill her fantasy, a guide to building mystery

SlySoothSayer · 21 July 2019 · Archived copy · Reddit

A guide to Building Mystery

This community is a gem of knowledge that I have been drawing off of for over three years now I felt it was finally time to give back and start posting some of what I learned along the way.

Preface

Most people are like an open book, constantly babbling about: hobbies, their job, who they hangout with, what they do on the weekends, information they gleaned from a YouTube video, thirty second long snapchat stories. They are always brimming with advice that no one asked for.

After asking a few leading questions this individual will divulge enough of his life story that you can paint a picture of him as a boring, basic, common man. Once this individual is figured out and categorized by your brain there is nothing left to learn about him and your brain is bored by him. Your brain now imagines him spending his time on the weekend playing xbox and jerking off.

Your brain likes to fill in the gaps where it has no information, it has fun doing this. Given little information (and thoughtfully dropped breadcrumbs) our brains will generally paint a much grander and greater picture of what actually happened. When we have the full story our brain suddenly gets bored and gives up trying to figure it out.

When you first meet a girl your “mystery scale” is at an all time high. You know you’re a basic fucking dude but she doesn’t. You look her in the eye and say “hey”, she likes what she sees and immediately she begins imagining you doing cool things: Going to foreign locations ,making money ,living dangerously on edge, fucking other woman etc.

Then you proceed to slaughter her fantasy by telling her every little fucking detail of your life

“I work at X”

“I hangout with X”

“I Do X on the weekends”

“I Traveled to X last year to do X”

With every bit of information you divulge your mystery scale takes a blow. Her smile begins to waver as her brain is now painting a picture of you as the *average* guy you really are.

With a flick of a switch she suddenly has you all figured out. Her brains image of you is now grounded in reality. An hour ago you were inscrutable but now she realizes she met someone just like you last week. She just moves on to the next guy she imagines has it cooking (he probably doesn’t, no guy can live up to a female created fantasy)

A fantasy can be killed in one conversation if you really know the ~~Right~~ Wrong things to say.

Never let someone “figure you out”

Thought experiment: Think about how a Janitor spends his weekend vs. how James Bond spends his weekend

Imagine the things each of them are doing

You probably imagine the janitor doing nothing fun, probably paying bills in his small home.

You probably imagine bond racing some cool as fuck car, shooting guns in a suit, and taking the girl home.

Imagine the power you would have if you could instill in her a mental image the likes of James Bond. She would always believe you were up to something totally cool and the fuel for this image is simply the tidbits of information you throw her.

So now that we understand the concept of mystery and attraction how can you leverage it to you're advantage

1.Shut the fuck up and listen

Most blue pill guys are going to meet a woman and begin qualifying themselves to her. Just imagine for a minute that you flip the table and get her to begin qualifying herself to you.

You remain at peak mystery and now she is giving you valuable information that you can leverage later on in the evening.

How do you do this? Begin asking her leading questions.

“What do you do”

“What do you like”

“How do you spend your time”

let her ramble on about herself while you kick back and observe the situation at hand

Bonus points if you don't even ask her questions and she just begins telling you want you want to know for free. More bonus points if she begins qualifying herself!

She will begin divulging her mystery while you keep yours intact.

2.Indirect and vague

In General the questions you ask will be flipped back on you (This is how conversations work) so expect to answer your own question; if she is not self obsessed and can't stop talking about herself that is.

The key to answering a question and not killing the mystery it is to remain *indirect* and *vague* with you're answers.

Ex.

Her: “what are we going to do tonight”

RP You: “Show up at eight and find out”

BP You: “ we are going to be going to X, and then maybe to X, and then back to my apartment”

Her: “how often do you go here”

RP You: “occasionally”

BP You: "I come here every Friday and Saturday, Im friends with all the staff and they know me very well"

Her: "How do you know all these people"

RP You: "I get around"

BP You: "I did school announcements in high school and people we're used to hearing my name over the intercom every day"

tell her much less then necessary, leave her with unanswered questions so she can fill in the answers

3.Bread crumbs

Discretely drop details about your life that create more questions then answers.

Her: "you want to hangout tonight"

RP You: "can't I'm in the city"

Her brain: Why is he in the city? What could he possibly be doing without me?? I wonder who he is with, he is probably with other hot girls.

Ever see a guy with a Rolex or a status symbol he has like a Porsche or Ferrari?

We like these items because it starts our brain on a rationalization obstacle course to try to figure out: what he does, who he is, and what is he doing here.

Status symbols open up a box of unanswered questions that's why girls flock to the guy with the Porsche (to figure him out) not the guy with Subaru.

Drop tidbits of information that produce many questions and then withhold the answers, this is peak mystery!

4. Effortless

Don't talk about how many hours you studied for the grade.

how many hours you "grind" in the gym to look this way.

Don't talk about how much effort went into your PowerPoint presentation.

No one fucking cares how much effort you put in, they only care about the results.

You know that you worked hard, but to other people make it appear as if it was effortless. When it appears that everything is effortless to you, people will begin attributing you positive qualities and an air of mystery and heightened skill.

Everyone will think "Why is he so good at that if he never practices, he must be a natural "

Her: "wow, how often do you go to the gym??:)"

RP You: "occasionally"

BP You: "every day I do 15 minutes of HIIT cardio, followed up by two hours of grueling 5x5 strong lifts. And I haven't even gotten to my diet yet"

Reminder, the girl doesn't fucking care

5.Don't Give unsolicited advice

If someone doesn't ask you for help or an opinion, don't give it.

Generally people don't give a fuck what you think and they will only resent you for knowing more on the subject than themselves.

You're plate start talking to you about climate change and how bad it is for the earth but can't properly explain the greenhouse effect?

Laugh to yourself, but let her think she knows all the answers. It would do you no good teaching her about *the fucking green house effect* on a ride to the bar.

Peace brothers, Truth sayer out

TLDR; don't kill her fantasy

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Wanting Women to Love You for Who You Are is the Male Equivalent of Fat Acceptance

ShitsWithTheDoorOpen · 22 April 2015 · Archived copy · Reddit

Attention all anger-phasers, this post is for you. This post is here to remove the self pity associated with your role in society. Do not resist this post. Resistance is futile. Massive wall of text incoming, grab some caffeine and let's begin.

Ok, repeat after me: **Humans are not attracted to losers. Humans will never be attracted to losers.** Repeat until firmly lodged in skull.

Both men and women will never be attracted to sexual market failures. No matter how many #movements are created to do it. No matter how many "men go their own way". Women will never be attracted to your Betatude. You should accept this without judgement or anger or resentment.

AngryBeta: But why shouldn't you get angry about this?!?! Men have so much more work they have to do! I have to become the top 20% to even get noticed and even then I have to compete with every other Chad Thundercock out there trying to poach my girl. All women have to do is put on a push up bra, short skirt and some pumps and every dude is drooling over her, heaping on truckloads of validation like its going out of style.

SWTDO: Easy, now. *Eaaaaasyyyy*. Settle down there little buddy. Daddys got ya now, daddys got ya. *Its aaallllllllll right. Its all right.*

AB: *resisting* GET OFF ME! Get off me. Oh...ok, well... fine... *wwwaaaahhhhhhhhhh AB cries*

S: Let it out buddy. I'm right here.

AB: *Sobbing*

S: Ok. Now you're ready. Listen, Women don't have it any easier than guys. Your world is not inherently unfair. Long ago there was a time, when men did not bitch about having to be men. Men THRIVED in the struggle to be a dominant man. They embraced the battle with their own calls to be weak and lazy. They loved it. They laughed while doing it.

Now we live in a world of convenience and convincing lies. Dont want to remember to bring your own water with you? Spend hundreds on convenient bottled drinks. Dont want to take the time to cook your meals? Buy microwaveable instant mac and cheese. Dont want to take the time to self improve? Dont worry, we live in a society of yes men, they'll pretend like you're awesome already. But one thing, one final thing can never be negotiated. One thing can never be socio-politically goaded out of a human. And that is ATTRACTION.

No amount of shaming and internet brigades is going to make me pop a boner for a fatty. The part of my brain that controls my boner-level doesnt understand or care about social justice movements. That part of my brain doesnt even understand language. It is my autonomic nervous system, meaning my ego or thought stream that I identify with does not control it. It works on its own.

Similarly no amount of Male rights movements (as justified as they may be) will make women get wet for betas.

This is a core part of the truth that we want to accept here at the redpill. That you cannot force someone to like or be attracted to you.

So when a beta learns about this reality, and awakens to the truth that there is no disney princess out there waiting for him to just claim her, he gets angry. He pouts. He cries. He says woe is fucking me. Life is so goddamn hard that I have to compete with other men to gain sex and female attention. Then he spends his time alternating between denial, trying to say "Oh those redpill guys dont know it all.... I'll meet my princess one day and she'll just love me for me." and some needy, sick form of bargaining where he thinks "If I can just never flinch and walk tall with my head up and go to the gym 6 days a week and force myself to pretend I'm an alpha for long enough, then

my disney princess will love me for me and I'll finally stop having to try. I'll finally get to be the lazy piece of shit I always wanted to be." But both of these strategies subtly avoid the simple truth of value as a men.

If you're currently a beta you can not be a lazy fuck and have success with women. It will require some amount of effort to become alpha. If you are currently an alpha you will have to put in some effort to resist laziness and continue to be alpha. You will be tested, and you will have to struggle but you dont have to suffer. The beta who says woe is me is choosing to suffer. He is resisting the truth, and I'm here to tell you the truth isnt even that bad. So what you gotta work a little harder to get sex than women? Big fucking deal, you are born with more physical and mental power than women. It only makes sense that you would have more expected of you. And as for the misandrists and SJW's out there fucking shit up because your male and/or white. Fuck em. They are a small crazed minority. Who fucking cares. Go about your life. You dont have to be Sir StoicsAlot and never flinch or show weakness. You dont have to be some cartoonish version of the perfect redpill man. You just have to put in some effort to improve and sustain your value. And honestly you can enjoy this process. You can enjoy the fact that life isnt easy for men bc the universe saw fit to make us the stronger sex.

"I ask not for a lighter burden but for broader shoulders"

Life isnt so bad as a guy. It can be a pretty fucking awesome experience.

And lastly lets remember to keep it playful here. To those who take issue with the tone of this piece, I say chill out buddy. Don't get too serious with your strategic maneuvering through life. Laugh a bit, you have a pretty cool experience ahead of you as a man if youre up for it. People will look up to you, they will remember you were the man that showed them how to be one themselves. Yes you will have some bratty women who dont appreciate your work but thats just part of the game. And yes there will be some crazies who try to make you feel bad for being a man. They dont matter. Create your reality. If you think shit is just gravy then your life will be gravy. If you think you have some impossible Sisyphean task of a life, then you will suffer needlessly. Keep trucking, stay strong, and stay happy.

Peace,
SWTDO

TL;DR: Life as a man in the west isn't as bad as you may think. The universe saw fit to make you strong so that you could handle its challenges and the infantile shit tests and tantrums of women/society at large. Sure there is some injustice towards dudes but there is no reason that should stop you from developing into the badass man that you want to be or more importantly enjoying the process of getting there. Embrace your challenge, embrace your dharma as a man.

Edit: Changed a word. Thanks for popping my gold cherry homie.

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The best defense against oneitis is to learn how to love women. Appropriately.

CainPrice · 13 September 2018 · Archived copy · Reddit

Summary: The best defense against oneitis isn't to remind yourself how much women suck or to kill your emotions. It's to embrace your emotions and learn to actually like women, but like them appropriately.

A chronic problem for men who are not accustomed to having a lot of casual sex is over-investment. Colloquially, this situation is sometimes referred to as "oneitis". When a man who isn't usually successful with a woman is suddenly graced with the favor of sex with her, he convinces himself that this woman is special and he is in love. After all, in his universe, she is special. Every other woman on Earth won't have sex with him, and this one woman will, which makes her special. So his mind begins to play tricks on him and convince him that in addition to the relatively minor fact that this woman chose to have sex with him, this woman is also outstandingly beautiful, kind, loyal, loving, or any other litany of positive traits. He is then surprised and extremely hurt when she doesn't turn out to be an amazing girlfriend, or sometimes even a girlfriend at all, because in her universe, the fact that the two of them had sex isn't that big of a deal. Many men desire sex with her. She has sex with many men. The fact that they were having sex was only special to him, not to her.

This tendency to over-invest is one of the reasons men who suck with women do poorly. If a woman is kind to a man who is not accustomed to having a lot of positive interactions with women, his mind will make a very big deal out of this interaction. After all, most women are not kind to him, so the fact that this one woman is being kind must make her special. Because she is special to him, he begins to invest time and attention and emotions and resources into this woman. The very fact that he invests too much too quickly is often what drives women away from him. An inappropriate level of investment that a woman has not earned is creepy. After all, the fact that she was kind to him is not special to her, only to him. Many men are kind to her. She is kind to many men. So in her mind, he is over-investing in her for no reason at all.

It is a deceptively difficult feat for a man that has been mostly unsuccessful with women for his entire life to suddenly stop over-investing. When sex and kindness from women have been extremely scarce for so long, our tendency is to dig in our heels and do whatever we can to keep a woman around, so we never have to go back to a life of sexlessness, unkindness, and loneliness. Obviously, that comes across as desperate, needy, and creepy behavior and can be the very reason we lose women who would otherwise continue to have sex with us and treat us well.

One way to attempt to overcome this self-defeating tendency to over-invest is to educate ourselves regarding the true nature of women, men, and intersexual dynamics. Once we learn how things actually work in the world of sex and relationships, we can spot bad patterns in our behavior and address them. For example, learning some basic "game" to help us emulate the tactics of guys who are part of the casual sex culture can go a long way toward increasing our success. Acting confident, aloof, uninvested, outcome-independent, and even a bit like an asshole tends to attract women, because these behaviors mimic an appropriate level of investment for a woman you've just met.

Other ways we attempt to defeat oneitis before it starts is to remind ourselves that women are opportunistic, manipulative, slutty, and dishonest. And that all women are like this. No woman is ever ours forever, no matter how we behave or how good-looking we are. It is only our turn until she finds someone else or gets bored. Part of the reason we adopt the "all women are like that" mentality is to help ourselves remain emotionally detached. To avoid feeling "love" for a woman, which is what would naturally occur if a man for whom sex has been scarce his entire life allowed his feelings to take their natural course. But one consequence of constantly reminding ourselves that women are opportunistic, manipulative, slutty, and dishonest is anger. Even hatred. In our effort to remain constantly aware of their negative traits and make sure we never place too much undue trust in a woman, we end up

disliking them.

Men who have been having casual sex with women for most of their adult lives don't hate women. And the slutty women they have sex with don't hate those men. In fact, these people like each other. You're supposed to like the people you have sex with. Not marry them, obviously. But like them. Enjoy them. Enjoy their company, their human characteristics, their behaviors. Have fun with them.

If sex were solely about the orgasm, we could masturbate and avoid dealing with women entirely. But sex is more than just the orgasm. Sex is all about the involvement of another human. Not just the validation or the sense of power, but also the fun and the human connection. Other humans can be fun. Every woman is unique. While most women share certain traits, obviously, it is fun to recognize the things that one particular woman has in common with most other women, as well as the things that set this one particular woman apart. To enjoy her as a human. To enjoy her company, the way she interacts with you, the way she fucks. To really let yourself like her.

It's okay to like a woman who's having sex with you. It's okay to like a woman who's kind to you. It's okay to connect with another human being and enjoy it. It's okay to let yourself feel things for a woman.

The best defense against oneitis for one particular woman isn't to become some kind of stoic, aloof asshole who feels nothing for women and simply uses them as friction for his penis. Sure, that leads to orgasms and a sense of power and validation, but not a lot of fun or connections with humans. The best defense isn't disliking women.

The best defense against oneitis is to allow ourselves to like the women we have sex with. All of them. When you have sex with ten different women and enjoy all of them as humans – the things they have in common, the things that make them unique, the things they do that are fun, and even the things they do that are annoying – then you are truly protected against over-investing in any particular woman. When you can learn to like somebody as a human and a sex partner, but appropriately, as just a human and a sex partner, not only do you avoid over-investment, but you also have better sex and better connections.

Many men complain about the emptiness of casual sex and find it unfulfilling. The fix to that is to have healthy casual relationships and actually connect with partners, enjoy them as humans, like them, and maybe even love them. But to learn to love appropriately, without over-investing. Don't get married, but learn to love women for what they are and truly connect with them, and the sex is better and more fulfilling. Plus, you don't chase women off by being too invested. In fact, the lack of over-investment tends to get the women to chase you instead.

1,126
UPVOTES

The Only Real Reason for School Shootings

redpillschool · 16 February 2018 · Archived copy · Reddit

You know we see this tired argument trotted out time and time again, each time bringing us no closer to an answer on school shootings.

It's the guns that are at fault! No, mental illness! Clearly parenting is at fault! No, it's video games! Surely something can and should be done!

Of course the problem will never truly be addressed because the nature of our fem-centric society forbids looking behind the curtain and makes the general populace completely blind to the nature of the shootings. To make it worse, the common thread is right there for you to pull but it's all-but-invisible unless you shed your blue-pill conditioning.

It's always curious to me when society as a whole throws up its hands and declares they do not know what causes senseless crimes such as these and pretends there are no common factors or identifiers that can be seen. It's similar to Scott Adam's analogy, that we're watching two different movies on the same screen. They see random acts of violence that have no cause, no trigger, and therefore no way to stop it other than removing freedoms from all citizens, lest any one of us suddenly become as randomly angry as the last guy was. Watching the conversation unfold, it's as though the gun control nuts themselves aren't sure if they might become a school shooter, so the safe bet is to get rid of all guns!

But I digress, this is not a topic about gun control or medicating children. This is about the REAL cause of school shootings.

There is a common identifier that may clue you in to the nature of school shootings. And it's not hard to see. It is done entirely by **male students** who have been **ostracized** and have no sense of belonging... and they **don't have girlfriends**. They are, by all accounts *losers*.

It should be painfully obvious to anybody here what's happening but I'll spell it out.

Men only go to extremes like this when they are exceptionally desperate. It's the reason why young sexless virgins are easily recruited into terrorist organizations with promises of sex with virgins when they die. It's the reason why you don't see Chad from the football team that gets his knob slobbered on by a different cheerleader each night stocking up on guns to teach other students a lesson.

Why are these boys so upset?

Factor number one is probably poor social skills, perhaps no father figure to teach them. Couple that with some level of autism or physical malady, or maybe just an ugly face. They get shunned by the popular kids and girls, forever hopeless and forever alone.

Of course at that age you don't exactly have a roadmap to direct you where to go. Many of us relied on fathers to explain to us what matters in life and how to navigate social hurdles. But in today's culture of unbridled hypergamy, there are record amounts of public and direct hatred and lack of sympathy for male losers. It's not that women fail to understand the male plight, it's that they openly mock it. Meanwhile mainstream media does its best to delegitimize the actual issues these boys face.

Elliot Rodger comes to mind when looking at the full picture. A sexless autistic kid desperate for female attention but with zero understanding and know-how to make it a reality. So angry he was that the Disney fairytale of "be a nice guy" didn't work that he lamented both the popular kids as well as pick up artists who claim to have the secret, as neither fit into his narrow world-view. Of course, when the evidence doesn't match your belief, some might consider re-examining their beliefs. But you throw in a case of autism, raging hormones, and lack of father figures and you might just have a ticking time bomb on your hands instead.

Gunning to ignore the male plight, the mainstream news painted him as a red-pill misogynist, reporting that he murdered girls because he hated them so much. Of course, the news downplayed the fact that he killed more men than women, or that he did so because of jealousy and rage that they should be so lucky to experience female validation that he so desperately craved. No, this was simply misogyny at play, nothing more, nothing less. No mention that he hated pickup and red pill. He was a member at PUAHate, a site dedicated to disagreeing with us.

The collective response was "no wonder women didn't like him, what a loser!" This was the country, banding together under the banner of the fempire, sticking out their collective tongues and doubling down on their open disgust of males and their stupid vulnerabilities and needs. A response so tone deaf that I'm surprised some women didn't simply load his weapons for him.

Now, at TRP we preach personal responsibility, and I'm absolutely not saying these boys are not at fault for what they do. I'm a strong believer in personal responsibility. But that doesn't mean you can't identify trends. And a trend school shootings have become.

Do mental illnesses play into the outcomes? For sure they do. But you don't see every emotionally disturbed teen shooting up a school. You don't see teens with girlfriends doing so either.

The real reason for school shootings is because boys have been raised as the enemy by a society that hates maleness. These boys never learn how to become men from role models that don't exist, and fathers who have either given up or have legally been told to stay away.

And I don't see this trend of extremism changing until our culture changes its attitude towards men and boys. But the femtrain is a strong force and I don't see it slowing down, so I won't hold my breath. But if anybody wants the real reason to the meaningless murders, you don't have to look any further.

As for prevention, here's an idea- an inoculation against school shootings if you will. Get the cheerleading team together and simply give blowjobs to the losers in your class. Do it once a year, and finally once again at graduation. Though I jest in suggesting this, I would put my life savings on a prediction that student bodies that participated in this would have a 0% school shooting rate. As impossible as this sort of policy would be, it would completely solve the question that all those experts haven't been able to answer.

And it should shed some light on the male condition. Even a blowjob from somebody who barely tolerates your existence, and the promise of a future one would be enough to change the mind of a would-be mass murderer. Hell, downgrade blow job to simply hand holding and I bet you'd get similar results. Fuck- a phone call now and again would probably be it for 90% of these guys.

Hell, a guy in the desert would drink piss.

1,123
UPVOTES

I think I broke her...

tsudonimh · 6 August 2014 · Archived copy · Reddit

So the wife and I were out to dinner last night with some interstate friends of hers from school. Both girls were spinsters, one by choice after swearing off marriage early, the other the typical cc - riding empowered girl.

After a few reds, the conversation swung around to how men are clearly intimidated by sexually experienced women. No points for guessing which of the three women at the table held that view. My snort of amusement attracted her ire like a laser.

She railed at me for a while, making no particular point beyond the fact that no guy she dates wants to marry her and that was proof that I was wrong.

I just flat out stated that a woman who had sex with a thousand guys a year was not marriage material, but a woman who had sex with one guy a thousand times a year would have men lining up to marry her.

Cue goldfish face.

The guys at the next table offered to buy me a beer.

The remainder of dinner was not really enjoyable, because of the rampant misogyny at the table, I was informed. I don't know, I enjoyed it. The tuna tartare was to die for.

1,122
UPVOTES

Overthinking: The Beta Male Trait That Is Holding You Back

TrenGod37 · 12 August 2017 · Archived copy · Reddit

No matter how long I hang around TRP, and implement the principles in my life. No matter how much growth I experience or lessons I learn. Every now and then I will find myself questioning myself, or falling back into my old ways. It's always a wake up call if I can take something out of it. It keeps me on track. I'm sure we have all been there and will continue to go through these stages of growth.

Overthinking

This is what all our problems usually boil down to. If you're over at asktrp, asking what you should be saying or how you should be acting in certain situations. This is what is holding you back. It's a beta male trait that lives in all of us and we need to learn to tame it. Thinking is good, overthinking isn't.

We all weren't born with the answers, but we were born with the ability to find them. The problem comes when we are afraid to make a mistake, when we dwell on making the perfect choice. Whether it be a text to send, A job change, a boundary to create, whatever. You already have the direction inside of you, you just need to learn to get in touch with that direction. That direction is instinct, it's your masculinity. Learn to listen to it, act on it, and question it later.

A lot of times you will see on this sub, to ignore your emotions. You shouldn't ignore them, you should get in touch with them. Know what they mean, and what purpose they serve for you. I'm not telling you to walk around crying like a little bitch. I'm saying experience what you're feeling and figure out why you're feeling it and what purpose it's serving. Use it to your advantage. Maybe your anxiety is being mistaking for excitement. Maybe your fear isn't trying to save you, but showing you to get out of your comfort zone. Once you learn about your emotions and what they mean you can use them to your advantage. All your answers live on the other side of fear. Your overthinking is causing you to hide from your fears, instead of acting on them.

You're so worried about the perfect text to send to her. What should I say? Should I wait to send it? Then you send it and she doesn't text back right away and you beat yourself up over it. We need to knock that shit off. The red pill talks about putting yourself before the women so why do we constantly do the opposite? You should be doing what you want. When I say this I mean what your inner gut wants. What your inner beast wants. What your testosterone is telling you. Not what your mommy is or has told you.

Take a look at yourself. Do you want to send the text? Then do it. Do you want to approach? Then do it. Is it scary? For now, it is. Will it be awkward. at first. But that's normal. What's the right thing to say? Ask yourself what makes you chuckle. That's what you say. Whatever pops in your head. That's what you say. Stop taking yourself so seriously. And stop being afraid of fucking up.

We are these fun and cool dudes around our boys and once the woman comes along. We freeze up and get up in our heads and turn into this serious person all of a sudden. That's what's fucking you up. Deep down you're cool, you're fun, you're whatever you are and that's good enough. As long as it's coming from the roots of your being. Don't question it, just be it. Then see the results in comparison to your goals and adjust accordingly.

My student was as beta as they come, he is a changed man. Complete 180. What happened? He's still the same person, he just learned how to be free. How to get In touch with his masculinity and do and say what HE wants to say. He had it all along the only problem was he was trying to be cool. He was overthinking every little thing. He was programmed as most of us are before discovering TRP that he had to act a certain way and couldn't act the way his inner beast wanted him to act. He would talk to me normal as day but in the presence of a female say some stupid shit that he thought up in his head for the last 15 minutes.

Stop overthinking and just do what your gut is telling you. When you walk up to a woman. You shouldn't even be thinking what to say. You should know you have all the "right" words already in you. You should feel what makes you happy, and have fun and go with it. When I go up to a woman. I shut my mind off and say whatever pops into

my head. Do I always have the right thing to say? Fuck no. Do I care? Fuck no. Most of my best interactions with people were when I was nervous and "didn't know what to say" and just said fuck it and winged it. You'd be surprised at the results. The woman who are supposed to be in your life will be there no matter what the fuck you say. As long as you're congruent With your masculine energy and not thinking of what is perfect.

You will succeed far more from learning and failing on your own than reading a canned thing to say on here. You're not helping yourself by saying things someone else told you to say. Guess what fellas we all don't know what the fuck the "right" thing is to say. Some of us are just more sure of ourselves. If [u/GayLubeOil](#) came on here and told all of you to squawk like a chicken at women and it will get you laid. I'm sure a bunch of you would do it. And guess what? It might fucking work because you're not thinking about it, you're just doing it and trusting in it because you trust in him. Learn to trust in yourself. He isn't some God he's just a man like me and you but he has put this shit to the test. He walks to his own beat and learns from his own mistakes. He isn't afraid to fail and learns along the way. That's the mindset you should be aiming for.

TL;DR Go out there say what you want. Do what you want. Feel what your body is telling you, act on it (as long as it's legal) and learn from it after. If your thoughts aren't serving a direct purpose to a solution you need to listen to your body and quiet your thoughts

1,121
UPVOTES

Seeing people die

War-rrior314 · 17 September 2021 · Archived copy · Reddit

I don't really know where to begin. I work as a firefighter for 2 years, got on at 24, now I'm 26 years old. I've seen a lot of bad things happen. I've seen a lot of people die in just 2 years of my career so far. It's one thing to see it on the movies "woah! Look at his head split open!" Or playing video games "dude did you see that thing explode?!" But once you actually see a dead body, watch someone die in your hands.. it kills a part of you.

You come home after trying to cut a man down from a tree because he hung himself, you do your job, knowing he's already dead, you still try, and your family asks you "how was your day?" You respond "today was great! You know the usual."

When you read about male suicide statistics and how suicide is the top 10 killer of men. It's true. I've seen 2 hangings and 1 gun shot wound to the head, all of them were men just from last year.

I probably have PTSD. I haven't spoken to a therapist and I don't want to. I don't talk about these things. You might ask why don't you talk about it? I don't know.. just.. people don't understand, you know? They might judge me, tell me to man up, or say "other people have it worse." Sometimes my mom would tell me "just let it go." I wish it were that easy. I wish I could make the nightmares go away and the anxiety to disappear. She doesn't understand. A lot of people don't.

When you spend 30 mins performing cpr on someone's father. You're doing everything you can, their family is waiting across the street, you know he's dead already but you keep going.. the call is made. You stop. You tell the wife "I'm sorry for your loss..", you see in her eyes how her world is falling apart. You get in the truck, exhausted, take a deep breath, trying to keep your composure together. You see the mother walking her sons over to the house. Lost their father at 40.

We men don't talk about how things don't bother us but they do. Deep within us, a wound bleeds. We eat, drink, do drugs, jerk off to porn. Act out. Fight. Arguments. Just so we don't have to face the guilt within us. It festers and cuts deeper within our soul until we become a broken shell of a human being. Than... boom.. suicide.

I thought about killing myself a lot the last couple of months. I would stay up all night long, can't sleep, anxiety through the roof. Thinking about the people that died, how I'm sorry I couldn't save them, just.. guilty. I was trained to save lives and.. all you can do is do your best.

The Redpill gave me hope that my life will get better. For a long time I thought I was trapped.. that my life would never get better. That I had no control over my life. The nightmares and anxiety would never stop. That I was fucked forever.

Than I realized the only thing I can control is me. I stopped abusing the drugs, stopped drinking to escape, stopped eating junk food, stopped jerking off to porn. I stopped numbing myself. I faced my demons, I faced the truth. The truth is I did everything I could, I did my job, and I should be proud. The next time something bad happens, I wanna be there because I have the experience to help those that need it. I know I'm gonna see worst things further in my career and I wanna be there.

I didn't let the guilt bury me, I didn't let the nightmares haunt me, I didn't let the anxiety overwhelm me. I conquered myself. I'm proud of myself.

This is what it means to be a Man. To struggle, to endure, to survive, to fight and win your life!

There's some bad days and there's some good days. Lifting has become my therapy. Nothing is better than to feel the iron around your hands and your muscles swollen after a good workout.

I just wanna say thank you to this community for giving me hope. In a world where men don't have a voice. Thank you for being here. You saved a lot of lives and mine included. I want to contribute to this community and

transform my life as an example to all Men, life does get better.

1,119
UPVOTES

Lost my virginity. Thank you TheRedPill

BlackPhoenix01 · 6 April 2020 · Archived copy · Reddit

TL;DR: I finally popped my cherry at the old age of 29 after years upon years of self improvement, eating healthy, working out, and building up confidence and becoming more assertive. It is thanks to the advice of this subreddit and the material that you guys have recommended.

I grew up in a Chinese immigrant family that prioritised academic success above all else. As I got older (middle school/high school) I was interested in having a girlfriend but my mother was dead set against it as it would distract from my academic performance. My mother was also physically and emotionally abusive. I was never taught to love myself and I grew up with zero self-esteem. This was worsened by getting bullied.

Suffice to say, I did manage to go to a good University. It was also a University that was known for being a matchmaker. "You'll find your spouse here" they said. But I had no social skills. I didn't know how to talk to girls. The girls I kept asking out kept flaking out on me or preferred to be friends. I suppose on top of my lack of confidence and social acumen, I was also fat and unhealthy.

Fast forward a few years later. I started to notice a pattern in all the women who took advantage of me. My abusive mother, my close female friend who had gone down the path of radical feminism, the girl who constantly kicked me in high school.

They saw me as worthless and saw fit to treat me like trash. I contemplated suicide seriously at one point, and my family intervened, but negatively. They didn't tell me how much I meant to them, but how much of a bastard I was for even thinking of doing it.

One day, I decided that I would not tolerate it a day longer. I decided to stand up for myself and put myself first.

There was so much pent up aggression and anger. And the media does make a habit of telling young men like you and me that it's never OK to be angry. At that point, I no longer cared. You can't force someone into a corner and not expect him to start fighting ferociously for his life.

So that's what I did. I started going to the gym. I cut ties with friends who did not contribute to my self-esteem and who were a negative influence (and I enforced a no-female friend policy as well, as most of them were negative). I started reading material that was constructive, such as Mark Manson's *Models*, *The Rational Male*, *No Mr. Nice Guy* (*amazing* book for anyone starting out), and the *48 Laws of Power*. I forged more meaningful friendships. I started putting my foot down more, allowing myself to not be so nice to those who weren't deserving of it.

Most of all, I decided to start believing in myself. If I didn't, who would?

The results did not come instantly. I was still getting flaked on and rejected. A girl who I felt like I had an intense connection found love somewhere else. People my age were beginning to get married.

But I persevered. I kept going to the gym, pushing myself to run faster and lift heavier. I stopped eating junk food as often and started gravitating towards healthy food that I liked. I stopped seeing people who put me down and started hanging out with emotionally supportive (but still able to constructively criticise) friends. No matter what, I was going to keep calm and carry on.

2019 was a very sad year for me. It was the year most of my friends turned 30. Most of the girls I liked were born in the late 80s and by the standards of this sub, already smacked into the Wall. Moreover, while I'm happy for him, my brother got married, and so have a few of my friends, making me wonder if the human race is truly going to abandon me.

But I kept going. And as fortune would have it, I met a nice, smiling girl one day. I gave no fucks at all, started being handsy with her, taking charge. I ended up kissing her and she kissed back passionately. Before I knew it, we were back at my flat and not only did I pop my cherry, I managed to do something that most people couldn't do:

make my first time special.

I didn't have sex before, but I did some research into how to please a woman, and I performed so well she wasn't really convinced that I was really losing my virginity to her.

But here I am, writing this post. I don't know if there's any logical value, but I hope this inspires anyone reading this to persevere on this path. If you're feeling down, depressed that no one likes you, or you're reading some dumb article on Salon about how virgins like you are dangerous and toxic to women and society, just remember: there are many like you out there and by taking life in your own hands, you are doing both yourself and society a favour.

But if you had to take any piece of advice from this post, I will say this: put yourself first. Learn to love yourself and accept who you are. Of course, that doesn't mean rest on your laurels and being narcissistic about your imperfections like the so-called Body Positivity Model, but understand that if *you can't love yourself, you won't be able to love anybody else*.

But above all, I want to thank this subreddit from the bottom of my heart. This group gets so much shit for being "toxic" or "misogynistic" and being labelled the "alt-right of gender politics". But in reality? You haven't just done young men a massive favour, you've done right by the young women who have benefitted from these improved young men.

I would have been a pathetic, angry incel had it not been for you guys. I probably would have done something very harmful, either to myself or to someone else and it terrifies me to the core even thinking about that. So thank you TheRedPill, you've saved my life, and I hope you'll continue saving more lives.

I made this account because I can't really be seen publicly endorsing this subreddit, and I might be deleting this throwaway soon. But I just wanted to express my gratitude and hope others will feel inspired by this story

EDIT: Post was automatically removed because I linked to this subreddit, which apparently isn't allowed. Hope this amended post is OK

1,118
UPVOTES

Don't bullshit yourself

An_Acorns_Life · 30 October 2017 · Archived copy · Reddit

I see this fucking everywhere, and i used to be like this too: People who are so insecure that they are completely incapable of any sort of introspection and personal responsibility. When you see women write about how amazing they are, but they still can't find a husband, they are doing this. But men do it just as much, and its just as cringeworthy.

In the end, the only metric that matters is your actual results.

It doesn't matter if you think you're an alpha or amazing. If you're still not getting laid, then you're not. It doesn't matter if you think you're working hard, if you're not advancing or getting promotions etc, then you're not.

If you think you're training hard, but you're not getting stronger, then you're not training hard. And this i see every single day, because i spend a fuckton of time at the gym so i see people both come and go and i'd say at least 75% of the people who come in half-ass their workout, and the remaining 25% actually have the kind of body that you wish you had.

People often ask me how i have time to do everything i do and tell me they don't have any time themselves, but when i poke around and start asking what they do with their spare time they either have no answer or change the topic. They're literally not trying, they've just convinced themselves that they are, because reality is too hard for them to accept.

If you're a fattie trying to lose weight, but not getting anywhere, despite counting your calories, then you're counting wrong.

If you think you're special, but have absolutely fucking nothing to show for it, then you're not special.

It doesn't matter what you think you deserve. If you're not getting it, your only options are to either work harder or work smarter. It doesn't matter if some people got the good genetics, or the rich parents. That doesn't help you. Your climb doesn't get shorter because you point out that others were given a head start. That's what Tumblerinas do, and they're completely fucking worthless and miserable.

And do you want to know the best part? When you finally bite the insecurity bullet, stop bullshitting yourself and start to actually put in the effort, you won't need to be insecure anymore because you actually have something to show for it, while all these other people will keep pestering you about how you got where you are.

1,116
UPVOTES

How I've Learned to "Shit Test" Women - A little test that I've developed.

starting_oveRP · 5 May 2016 · Archived copy · Reddit

Summary:

Women shit test us to find chinks in our armor. Since desire is non-negotiable, I've learned to "shit test" women to see if they see me as someone with sexual value. I want to share my experience and what I learned to perhaps help you with 'smalltalk' and add another layer to your frame.

Body:

The Intro

Women shit test us. They do in unintentionally and intentionally. There's plenty of literature on TRP about this, so I'll sum up the best way to look at it from a comment someone here left once.

"Imagine someone hands you a crystal ball and they say it's unbreakable. What's the first thing you do? You throw it on the ground to see if it breaks."

When a woman shit tests you, she's trying to see if you break. In fact, You're unbreakable until proven breakable, and once you're breakable, it's over. She's testing your frame, your viability as an alpha, assessing your ability to procreate.

So why might I shit test a woman? I'm not trying to test her frame or whatever. I'm trying to see if I can fuck her. Or rather, if she sees me as someone she wants to fuck.

I'd like to be able to know sooner rather than later if she's interested, because if she's not, I'm moving along.

I saw [this](#) video from RSDTyler a while back. It's worth a watch, but in short, the betabux making sexual and lewd comments was dismissed and vilified, while Tyler (alpha) said similarly sexual and lewd comments and was smiled with and flirted with.

He goes on to explain that the women see the betabux as the provider, and not in a sexual way. When the beta says something sexual, he's told "no, you can't say that." The women were trying to force him back into the little betabucksbox where he belongs - he's so beta he's not even supposed to be sexual. They don't even SEE him as someone who could even possibly BE sexual. He shouldn't even be TALKING about sex.

Hmm, I thought to myself. I wonder....maybe.....if I make a sex joke, or a joke about sex, or a sexual comment, her reaction would tell me everything I need to know about how she's seeing me.

The Experiment

I remember the first time I gave this a shot. It was in my summer of TRP discovery 2 years ago and I was on a Tinder date.

I've always been a pretty witty guy so coming up with comments right off the top of my head isn't an issue for me, but saying them definitely was.

So I'm out with the girl (first time meeting), and we're talking, having a beer or two, and eventually I say:

"I really like going to bars for trivia" "omg me too!" "really?" "yeah!"

I think about the RSDTyler video and go for it.

"ok, well, maybe after we've had sex a few times, if it's not too awkward, you can come."

and....she smiled, and laughed, and said OK. I made a sex joke. Not even just a sex joke, a joke about SHE and I having sex, and she liked it. I got away with it, which meant she saw me as sexual.

We fucked that night. And she was a plate until she moved away.

The Test

Thus evolved my strategy. When interacting with a girl, I find a way to insert something playfully sexual into the conversation, even innocuously. It's always possible. Talking about "Game of Thrones"? Accuse her of being into midgets. Jokes and playful accusations are the best ways to go. If When she shit tests you, agree and amplify with something sexual.

If anything about sex comes out of your mouth, you have a chance to evaluate her. Eventually you'll get better at making it seem natural.

If she laughs, has a positive reaction, or even a neutral reaction: you're good. She likely sees you as someone with sexual value. Build on it.

If she has a negative reaction, says "ew, that's gross" or "don't say stuff like that" you're more likely being seen as without sexual value. Escalate in other ways and give it another chance if you want, but it's probably a next.

But if she says something negative in a positive manner, like "OMG you're sooooo naaasssttyyyy" and playfully slaps you on the shoulder, that's great. That's my favorite.

Anyway, you get it. You've got nothing to lose. If a comment lands, congrats. If it doesn't land and she throws the drink in your face, well, you weren't getting laid anyway.

In Conclusion

Definitely don't abandon kino and other classic escalation things. This is a supplement, not a replacement.

This "shit test" has worked really well for me and for my friends who I've encouraged to give it a shot. Desire is not negotiable, so figure out how she sees you as early as possible. It's amazing what you can get away with down the road when you know that she sees you as alpha.

Eventually it will just become part of your game and you won't think

execute	sexual comment	gauge reaction	success?

As for the reverse, the Tinder dates where my comments were not accepted in strides ended with a wry "ok yeah nice to meet you, see you soon....!"

Eventually I evolved this little test to be used during sex, but I'll do that in a part 2 because the post got long (if people like this one)

Lessons Learned:

She won't fuck you if she doesn't see you with sexual value.

Shit test her your own way - joke about sex or say something with sexual undertones to gauge her reaction. If it's positive or neutral, you're on your way. If she recoils and reacts negatively, she might be seeing you as provider and you must reassess.

You cannot negotiate desire. Find out if she desires you early and exploit it.

Thanks for reading! I welcome any insight, criticism, experience, etc.

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UPVOTES

You can't sidebar and monk mode your way to success - eventually you have to step out into the real world. And the real world is not as easy as it seems. A guide on how to make the transition.

mallardcove · 9 April 2018 · Archived copy · Reddit

I know when I first found TRP, its been over 4 years. 4 years ago I was still in the early phases of it all. I was making a move to another state over a thousand miles away to start a new job and life. It was the perfect time for me to go monk mode. Having been a total blue pill beta for the first 26 years of my life, TRP made a lot of sense to me right off the bat because I finally was able to figure out where I was going wrong all those years.

Background

For about 3 months all I did was go monk mode. I read the sidebar multiple times and basically had it memorized. I also read all the top posts here on TRP. I read all the manosphere blogs, memorized the most common shit tests and the best retorts to them. I internalized all the core principles and the way to do things. I thought when I finally got out there, it would be easy. Why shouldn't it be? I did all my homework and all my reading. Applying it should be a piece of cake.

You will fail

Just going to put it out there. When you first go out in the real world to apply your newly learned red pill knowledge, tactics, strategy and game, you are going to fail. Expect it. Don't go out there assuming you are going to hit it out of the park and bang multiple women right off the bat. Mistakes will be made. I just got into the saltwater fish tank hobby. I had watched videos, read articles and done my research for years before jumping in. I thought things would go smoothly, but damn I am 2 months in and I still make mistakes, even rookie mistakes, what seems like every day. It's easy to get discouraged when you inevitably fail at first, but learn from your mistakes. Trial and error is the only way you will improve. You aren't going to be Chad right off the bat.

Game Speed vs. Practice Speed

Sometime in the Summer of 2014 is when I finally put my foot in the water. I went out with friends at work. I didn't shit where I eat so I tried to game the friends of their friends. It wasn't a complete disaster but it was apparent quickly that this shit was going to be a lot harder than I thought it was going to be. The thing that jumped out to me the most was how quickly everything happens. It reminds me of when I played football in college and we would always hear about practice speed vs. game speed.

An opponent we played every year was Air Force. They ran a unique gimmick offense that was one thing to practice for, but in games they ran it and executed it a hell of a lot faster. It was one thing to defend it in practice, it was another thing to defend it in the game.

Same thing with gaming in real life. It's one thing to read about scenarios and play through imaginary scenarios in your head. It's another thing to do it for real. The speed at which everything happens is extremely fast and its tough for a newbie to keep up. This is why actual real world experience is far more important than monk mode and reading. A lot of people say that the sidebar and top posts and reading material is high school and real world is

college. Wrong. The side bar and top posts are pre school and the real world begins at kindergarten. You are just beginning and its a damn long way to go.

Shit tests aren't served up on a tee

So you have read numerous articles, blog posts and such about shit tests, you know all the common ones and the comebacks to them. That's great and all, you will encounter them. But the thing is, they aren't phrased exactly as they are in the posts you read. When going through scenarios in your head about being shit tested, you always pass them with flying colors because you are able to frame it in your head and frame the exact situation. Real life is different. Shit tests come when you least expect it, and are not always easy to spot. To this day, there are still times I go back to a conversation I had with a girl and realize something she said was a shit test and I was unable to realize it at the time. The common shit tests only make up a small fraction of actual shit tests you get. So if you think you will be able to beat them by memorizing the common ones, you are wrong. That's another reason why real world experience is so vital - so you can calibrate your shit test detector. Women will shit test you in so many ways, from so many angles, in so many styles, and at first it will be hard to recognize them all. Combine this with the above section, about game speed vs. practice speed, and you will quickly realize its not as easy as it seems. **Real world experience, men. It's vital.** Experience is needed to adapt to the speed of how quickly things happen and the infinite number of directions things will go.

Expect the unexpected

Gaming doesn't follow a script. It's not like you go meet a girl, you talk, you pass her shit tests, you escalate, you fuck. It's not a cookie cutter process that has a predetermined flow chart. There will be speed bumps, detours, obstacles. Adaptability is another reason why real world experience is so important - you have to be able to change your strategy and approach and adapt based on events that have already occurred. This is one thing that threw me off when I was still raw - I always envisioned things unfolding in a certain process and order, and never knew what to do with myself when things went off script. Learning how to improvise or change strategies in the middle of gaming a girl is a skill that will *only* be obtained by real world experience with trial and error.

With that being said....

There are 2 shit tests I get from damn near every girl who has ever been into me and who I have slept with. You *will* get these from women who are into you at some point, and you *have* to be prepared for them. If you get them, *it is most likely a good thing*. It means there is a good chance she is open to you.

- Do you have a girlfriend?
- Are you a virgin / how many girls have you slept with?

Agree & Amplify is the only way you should be answering these two questions.

There is a third shit test that is very common but those two are in a different tier in terms of frequency. That 3rd shit test is "I have a boyfriend". Ignore or A&A.

Slow Down

This isn't a race. Once you get the hang of things your natural instincts will be to go rapid fire and swat down all her shit tests and run game like a machine gun. This will make you seem a bit too fake, too eager, and out of control. This leads to a loss of frame. Slow down. Take a step back, take a deep breath and pace yourself. Don't answer her questions and don't pass her shit tests right away. Let a second or two pass before opening your mouth. Leave her hanging. The pregnant pause is a great tool in your arsenal. The pregnant pause is when you start talking, pause, and then resume. Don't sound like an auctioneer. The more in control you are with your words, the more you will be in frame.

Eye Contact and Body Language is half the battle

You can lose the game before you even open your mouth. Naturally when you open up to women, especially if you are new at this, you are going to get nervous. Your heart rate will jump, you will want to breathe faster, you will not be able to control the pitch and tone of your voice as well, you will be inclined to not make eye contact, and you will be tense. Women are very in tune to a man and will be able to sense all of that. You need to learn how to rein it in. Take a deep breath or two, gain your control and composure. As I said above, take it slow. Slow down. Get a hold of yourself. As time goes on and you get better at outcome independence it will be easier. But you need to train yourself. The best way to gain control is to maintain firm eye contact. Look her in the eye. Make her be the first one to look away, not you. Take up space with your body. If you are sitting down, spread your legs. Put your chest out and make sure your shoulders aren't slopped and collapsed inward. Take deep breaths and relax yourself before speaking.

Resist the Temptation

When reading on sidebar material and internalizing it all, and then playing through imaginary scenarios in your head, its easy to tell yourself you aren't going to resort to blue pill tactics, behaviors, and responses. But the real world is different.

dr_warlock had a good post last week titled Beware the Beta Bait that goes into detail about this that I think is required reading.

It will be very tempting to open up and tell too much about yourself. It will be very tempting to play the role of comforter. It will be very tempting to play the role of emotional tampon. It will be very tempting to play the role of white knight/helper. It will be very tempting to divulge information about yourself like your job, income, and other details best left kept to yourself. It will be very tempting to say too much. You will think "Well this girl is different" or "This situation calls for it" but you have to stay focused and not diverge from the red pill way of going about things. I can make an entire book of times I made an exception and it ended up costing me. I still make the mistake today.

Less is More

Too many men think they need to talk themselves up. Remember - you can't talk your way into attraction. You can't negotiate it. Opening up to girls and diverging all this info about you in an attempt to show her how awesome you are will not make her any more wet. All it can do is dry her. The 2/3 rule exists for a reason. I see so many posts on AskTRP asking why she doesn't want a 2nd date, and a common theme in those posts are that on Date #1 they went

somewhere and "talked for hours".

You need to let yourself and your frame do the talking. Say what needs to be said, in as little words as possible, and then leave it at that. Don't say more than you need to say to get your overall message/point across. Everything you say must have a purpose, and your purpose is advancing your end goal of fucking her. If it's not going to advance that goal, chances are you should think twice before saying it.

On the Hook

Eventually, after trial and error and failures, you will do things right and get far enough with a woman to where you know you have her on the hook and she is into you and all you need to do is close the deal. Fishermen, when they have a fish on the hook, ramp up the intensity and battle the fish all the way until he has it in the boat.

When you have a woman on the hook, you have to do it a bit differently. Your natural urge will be to have a sense of urgency, ramp up the intensity so you can get her in bed. This will lead to a loss of frame, make you look too eager and thirsty and out of control. I know the first time I hooked a girl, I got way too excited and that excitement became external. She flaked. It's like a game of poker - you have to maintain a poker face. When you have a good hand in poker, if you aren't careful you will give away via your body language and facial expressions that you have a good hand. You *must* keep that shit to yourself. You have to maintain plausible deniability and keep your interest and excitement hidden. The possibility of *you* flaking has to be in *her* mind. Ramp up the intensity, but in a way that appears like you are calm and in control and outcome independent. Do not show your hand. Reel her in without her knowing she is being reeled in. This is where your sidebar reading about kino comes into play.

Kino takes practice

Like with everything else, its one thing to read about kino and how to do it properly, its another thing to actually do it. The more you do it, the more natural it becomes, and you will find what works for women, and what doesn't. The overall number one key of kino is to make it appear spontaneous, natural and smooth, not forced, abrupt, and pre-planned. Where or how you touch her does not matter as much as timing. Yet another reason real world experience is so vital.

You must maintain plausible deniability until you stick your dick inside of her.

Do not drop plausible deniability until you are balls deep in her. Period. Even though you know the road will eventually end at sex, even though she knows it, you do not mention it. If she mentions it, fine, but play it cool. Do not show your hand. Period. There have been multiple times in my experience where a girl flat out told me she wanted to fuck me, and I was like "OK, lets do it" and eventually she flaked out once her LMR/ASD shield went up. Watch what they do, not what they say. Until your dick is inside of her, you can not ever let your intentions be known. Invite her over but don't give her a reason. If she asks why say its to show her your <insert thing here>, for me its my fish tank. The second she knows your true intentions, chances are its over. It's one thing for her to assume your intentions, which is in your favor. But if she *knows* them you are more than likely screwed.

Take it even slower once you are in the location you want to fuck.

Most guys here will end up fucking at your place or her place. Either way is fine. I've done both. Your natural urge once you are at your final destination is to escalate the fuck out of everything, rip your clothes off and fuck. No. Like I stated above, plausible deniability must be in play until the very end.

Chances are once you are alone with a girl that the hormones are raging and you will be extremely horny and dying to get things going. You must fight this and instead take a step back. Patience and timing is key. Being too urgent, too eager, will backfire.

For example, when I have a girl in my apartment, I don't go straight for the bedroom. I turn on the lights, check my mail, turn on the TV, act like she isn't even there. Trust me, this won't kill the mood. You already have her on the hook, you don't need to go for the reel in right away. Show her around. Pour her a drink. Watch some TV. Show her things. I am not saying do this for hours, but you need to let enough time pass to where plausible deniability can set in. You have to stay in control.

Escalate slowly

From there its best to slowly escalate to set the tone and vibe. Once you have set the mood, you can escalate faster with more intensity. Read her body language and emotions. Chances are she is horny and it won't take much, but you still have to be restrained and in control.

There will be resistance

No matter how into you she is, no matter how down to fuck she is, almost always she will put up a fight and resist before allowing you to fuck her. This is normal. Watch what she does, not what she says. LMR/ASD is always your final obstacle. The best way I handle it is to ignore, withdraw the intensity a little bit, then slowly ramp back up. Chances are you will get further along this time. LMR/ASD isn't a one and done thing either, there is a good chance you will have to burst through it several times before you gain entry to her vagina. Stay the course and be patient. You will know when she truly isn't interested and sex isn't happening. She will let you know, it will be clear, and it won't be a question. If this does happen, do not push further. You don't want to get hit with a rape accusation. Best to play it safe.

Unleash your inner animal and fuck her hard

Once the clothes come off and you know you have burst through the LMR/ASD its go time. I know my biggest fear when I started was that I would be disappointing in bed and sex would be awkward. It's natural to think this when you are inexperienced. Even if you are inexperienced, the best thing you can do is take total control and dominate her. Don't go too far to where assault and battery and rape charges will be imminent, but dominate her sexually like a man within bounds. Move her around with force, control her, make her do what you want her to do. Call her names. Slap her on the ass. Grab her tits. Have your way with her. Don't take it slow. This isn't a romantic comedy where the sex is slow and calm and smooth. If you go hard, then it won't matter how long you last or how good you are. Going hard will mask mistakes you make until you can get more experienced. I am not saying lasting long isn't important, but going hard can override the disappointment in other areas.

Take the proper precautions

By this point your biggest enemy is rape accusations. If you have security cameras at home, its best to have them going during your encounter. If you have ways of recording your encounters, do it, whether it be video or just voice. It doesn't hurt to send a text message afterward telling her you had a good time and if she does the same you can use that. Wrap up for any sex you have. Make sure your condoms are fully disposed of.

Avoid the Oneitis Trap

The first few successful sexual encounters you have will have you itching to do it all over again. The chemicals released during sex will cause you to want to bond with whoever you fucked, especially if it was good and she is hot. Feelings will arise for these women. The one thing you can't do is get attached to them. If you want to LTR them, you have to make them prove it over time, and not just because you and her had a good fuck. You have to fight your instincts here. A successful sexual encounter should be followed up with casting your net wider and expanding your options, not zeroing in on that girl you just fucked. One rule I gave myself is to never fuck the same girl twice in a row. Fuck at least one other girl before you go back to another one.

Despite my TRP reading and knowledge, the first girl I banged after swallowing the pill I got oneitis for. And I got jealous when she banged another dude. A bit too jealous and it took me about a month to snap out of it. Don't make the same mistake I did. The road doesn't end once you get a lay. It's just beginning. You have to continue to cultivate relationships with new women.

If its just one plate, is it really spinning plates?

From my experience, its not spinning plates unless you have multiple plates. If I ever had just one plate, it felt more like a pseudo-girlfriend than a plate. It's best to spin multiple plates instead of just one. For me I don't make a girl a plate unless I can make another girl a plate too. Options and abundance really is the key to success here and having two or more plates is infinitely superior to having just one. My experience speaks directly to this.

Uncharted Territory: LTR

This is an area outside of my expertise, as I have not dabbled in an LTR since swallowing the pill. There are desires to do so, but I have always resisted. An LTR for me would require extreme vetting, the right girl and the right situation. You shouldn't have to look for an LTR, the right LTR should fall in your lap without having to really try. If you have to find an LTR, you will always settle and make compromises.

I see so many guys here on TRP and AskTRP who are so quick to jump into LTRs. I believe this is rooted in a severe lack of abundance and they feel the need to LTR the first girl they have success with. Why? You are far better off being extremely patient and playing the field. Get experience. Bang a bunch of different women and see what you like and don't like. How will you know what woman will be right for you in terms of an LTR if you have limited experience playing the field? It would be like buying a house after just going to one open house. Yeah the house might work for you and be a good one, maybe even great, but is it the best you can do? That is the core of LTR patience. Is she the best you can do? How would you know if you didn't fully explore your options?

TLDR

- The sidebar, the manosphere, the blogs, the articles, the top posts, they are *starting points*. You will not become a successful Chad simply by reading them and then going out there. Success is cultivated by a lot of real world experience.
- Until you actually get out there, you will have no idea what is coming. The speed and variety of the shit thrown at you from women is something you can not prepare yourself for other than actually immersing yourself in the fire from the front line and learning from your mistakes and experiences.
- Shit tests are not served up on a tee. You will be shit tested in many different ways and not even realize it. Learn how to recognize shit tests quickly and respond to them quickly. There are far too many ways women will shit test you for you to be able to memorize a list of them and the common retorts to them. You can only master shit tests via real world experience.
- When gaming women you have to remain in total control. Lack of control = lack of frame. Control must be maintained via speech, body language, eye contact and facial expressions.
- Less is more. Say what needs to be said and keep it at that, and your frame will do the rest of the talking.
- Never ever ever reveal your hand(intentions) to a woman. Plausible Deniability must be maintained at all times until your dick is actually inside of her.
- The best way to compensate for a lack of sexual experience or fear of disappointing her in the bedroom is to fuck her hard like an animal and dominate her.
- The temptation of oneitis WILL set in when you succeed in fucking a woman. You have to do everything in your power to resist the temptations. It is imperative to maintain options at all times.
- Don't be so desperate and quick to LTR a woman. Play the field, you owe it to yourself. An LTR has to work for you and fit for you, not the other way around. Too many men compromise on LTRs by finding one that sucks the least rather than works best for them.

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UPVOTES

Give them what they want... Biological male dominates women's cycling event in historic first

redpillschool · 6 January 2017 · Archived copy · Reddit

<http://www.stickybottle.com/latest-news/biological-male-dominates-womens-cycling-event-in-historic-first/>

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UPVOTES

"Hi, Can I practice flirting with you for 10 minutes? I'm following this online guide on how to pick up chicks."

We_Are_Legion · 21 September 2018 · Archived copy · Reddit

Hi, I'd like to begin by saying I wasn't always the handsome sex-god you see before you.

I know... I know... As hard as it may be to believe, there was a time when I too was quite the Nice Guy. (<<< I'm told this is the standard way to open a guide on game.) In recent weeks discussions of game on TRP/askTRP where people asked "what do I say here" somewhat reminded me of the Nice Guy part of my life and I'd like to share some wisdom I gained which helped me escape that, for the benefit of men here, who are still wasting their time *thinking* rather than *acting* on the answer **they already have**.

Why the title?

The title of this post is a line that helped me understand the difference between these two states, and helped me stop searching for what to say. I said it while opening conversation with the hottest girl I could find in a large cafe, at the beginning of my RP journey. At the time, I was not fit nor muscular. Not handsome. Certainly not rich. But that day, I got my first genuinely cute girlfriend. And it seemed I could do no wrong. I have only gotten better in the years since, getting dozens of different women in 11 countries until my current gf today. I've said things that led to success that in mixed company might be considered really outrageous ("That bikini looks distractingly delicate. Can I pull on it?" and then she said yes, and I pulled on it, and it opened, and she laughed.) or really needy and tame ("I like you. I also need money for food. Please date me.").

The Meaning of Inner Game

To be clear, I **don't** want you to copy the line in the title. There is nothing magical about it. Its only the mindset behind it that is rare.

Let me ask you... if I subtracted all of your fears, (of rejection, failure and success alike)... what would you say to women?

The truth perhaps? Whatever you would say, congratulations, you are saying it in the mindset of a high status man. One not encumbered with a lifetime of anxiety and feelings of worthlessness that naturally accompanies being a bottom 80% man... at the bottom of the... dare I say... dominance hierarchy (don't ban me pls redpillschool). I imagine you would finally **tell women and the world what you're really thinking**.

The meaning of Inner Game is displaying your intentions, desires, interests, thoughts, and feelings without fear, and staying true to them no matter what (this second part is how I came to understand frame control). Remember this great way to visualize this: If you minus your fears and assume that women are not playing games, and that they *will* do all the ungodly things you want them to... if you assume you are a high status man with nothing to fear... and that nothing you say could be awkward or stupid... what would you say?

[This post was inspired by an answer I wrote on [this](#) thread where the OP debated the merits and demerits of conveying interest to a woman directly or indirectly]

Direct and Indirect isn't the differentiator for success, both can work. The real differentiator is...

Being true to your intentions. Fearlessly congruent.

If you truly in that present moment just want to tear her clothes off and have sex with HER right then, and you honestly can't contain yourself, then yeah, sure, ask her to have sex with you. And watch how it flows out when its honest, *it'll just feel right*. And from her end, it is **always** going to be very attractive. She might say yes, or no. But staying honest and saying what you're REALLY thinking is going to be attractive. The reasoning is that not only are you a seriously impressive dude for having the guts to put your balls on the chopping block, but the way you will do

it when you've stopped thinking and just started honestly acting on your inner being, is just infectious. Its going to be **new, exciting, fun** and just something she wants to be a part of.

She might still say no, to be sure. But in my experience, 9 out of 10 women will still revel in the attention of such a man. They will keep that conversation going as long as they can. They will laugh, blush, feign shock and outrage but will always remain intensely engaged with the idea of talking to you.

Of course, you will still not eliminate rejection from your life in doing this...

Even still...

This is still the superior way to act. Why?

- 1) It prevents wasting time.
- 2) When you're acting according to your true intentions in that very second, you are **always** going to have fun, *by definition*.
- 3) All women are attracted to this sort of behaviour. They may not always rationally like what you've just said or done but you can tell via tone of voice, body language, expressions, that she's intrigued and attracted.
- 4) *It prevents her manipulating you.*
- 5) It automatically passes you in all congruence tests.

Number 4 is the true game-changer though.

Inner Game prevents you from being manipulated

When I approach women while fearlessly displaying my intentions clearly and honestly, it prevents anyway for her to manipulate me. How? Manipulation is a two-way street. When I try to be a gentleman and become friends with her first before stating my interest, or even if I'm more forward than that, and say to her "Can I buy you a drink?" I am creating a covert contract of sorts. I don't want to buy her a drink. I don't want to be her friend. I actually want to talk and flirt with her, I'm just hoping to manipulate her chance of reciprocating by the promise of a drink or first maintaining a long friendship. Women are masters of manipulation and usually subconsciously, they realize what you're doing and use it as leverage over you. They realize that they're in control. And they use it to waste your time and shit-test you because they know that you're invested in them staying around.

So, instead of saying "Can I buy you a drink?", follow your intention, whatever it is. This is something only you can tell, **and it requires present moment awareness**. Lets say, my intention is to practice my approach game. In this case, I would literally go up to her and say "Hi, can I practice flirting with you for 10 seconds? I'm following this guide online on how to pick up chicks."

It will work. Trust me. As long as you're true to and self-assured of **your** intentions, your behaviour will be attractive no matter what you say. And there is no way she can manipulate you based off of that. Its just so straightforward. No wiggle room for her to operate. You will get what you're truly seeking or you won't.

What they mean when they say Rejection is a Good Thing

Even if you don't get what you want... even in that case, why worry? What's the worst she could say? "No"? So what. You saved your time from someone who was never going to fulfill your intentions anyway and you had fun. On to the next item in your intentions. If I'm really rooted in present moment awareness, I might perceive I want to keep playing. So I might say, "OK, so its a no. But can I practice my negotiation tactics with you instead?".

I realize many of you even reading that line will experience fear of awkwardness: "this will never work" "it needs to be more clever" "it needs to be less clever" "women have blown me off for much less". You have not yet seen the world from the eyes of a man with frame. Nothing will redpill you more than the night and day difference in how

women behave in front of a dominant man they like vs someone else.

Most of the time, you'll get intense engagement with the woman you connect with, both while you're there and promises to meet up in future (which they actually look forward to and are much easier to arrange because you never think "Must wait 3.4584 days to call her. Must write 0.45x the number of words as she does and 0.33x the number of "I love you's". Instead, you are always **acting** and speaking according to what you want. You don't even consider whether your formulas are OK or not.) In my experience, even women who aren't interested in sex or dating, even they'll still go along with you because your behaviour is so fun. In which case, **just enjoy the present moment**.

If she's the type who's persistently bitchy (which can happen), that behaviour will just naturally put you off (if it doesn't, your self-respect is a bigger problem), and following your intentions will lead you to next her like you wouldn't believe (like you're a millionaire rapper or something. It just flows out when you're genuinely not interested anymore)... rather than the teary breakups us Nice Guys are used to. "Onto other better, more promising prospects", you'll instead think.

What's more, you will never feel bad about her turning away because when a woman turns your true intentions down rather than wastes your underground tunnel-like efforts on manipulation, there will be no resentment. You will know that you weren't compatible on a deep level and it will genuinely be a mutual and amicable parting. It never feels like regret. Nor does it feel like rejection. Its a genuinely satisfied feeling, of you having fulfilled your intentions. And over time, as you expose more and more of your repressed feelings, desires, thoughts, interests, behaviours to the light of day... you'll naturally learn more about yourself and how to best make yourself happy. And find women who fit best with that.

As you make acting according to your god-given male sexual instincts a habit, you'll find yourself connecting with women you didn't even realize you were flirting with. There are more hot women in your city than you know what to do with.

Naturally strong frame

I almost forgot to mention, being fearlessly true to your intentions automatically passes you in the most common form of shit-tests a woman will give a man approaching her; the congruence test. Since you're already acting according to your intentions, and have already overcome your fear in order to do so, that's easy. You are already congruent.

Men who are fearful often fall into women's frame because they have no frame of their own. There is no real meaning or substance in their words as they're often just saying what might get them laid. So its easy to distract them. High value men's words are genuinely rooted in their intentions, which they're invested in, they *naturally* won't get distracted.

Why does this work?

Just like a woman naturally grows an attractive body and naturally knows girl game, you also know male game. Right now, this very minute. You don't need to learn someone else's routine. Just unleash what instincts you already have. ***Your instincts know how to flirt better than your rational, egoic mind.*** Though I've phrased it as "say your intentions honestly", I do think that is just a gateway to learning to unleash your naturally attractive masculine sexual behaviour and impulses over time. Why doesn't this happen more often? It does. A lot of the times you clicked with women, this was happening. Your healthy male sexuality. For most of us, fear and socialization creates a huge ego and prevents it. For me personally, fear from a life-time of bullying and other family troubles removed any confidence to assert my real desires.

I also don't think male sexual behaviour is encouraged in civilized society in the same way as low-risk female sexual behaviour. But trust me, you were born with those instincts just like women were. It's just that not every man can

actually act on those high-risk instincts. Fear inhibits vulnerable behaviour. There may be evolutionary reasons, I don't really know.

As Mark Manson wrote in his book 'Models' (paraphrased) women can smell your intentions. As long as your intentions are alright, the rest will follow, including the honest vulnerability that women find attractive.

Assumptions

Do pay attention to the things that create your fearful behaviours, which is wrong assumptions and terribly negative self-talk. Just stop self-talk altogether if possible. Don't think about past or future, only present. Do not assume women are playing games. Don't assume women will say no. The key is **present moment awareness, and just observing what you want to do** and naturally allowing yourself to do it. Don't think about whether something is weak or OK or not. Get to making mistakes. You *will* hone that over time. Its very important to start.

One key thing to stop doing is to analyze women's words. Fearful men only react to interest women show, rather than act on their own interest. In order to judge if a woman's interested or not, they constantly try to rationally analyse or see meaning in women's words. There is none. For her, words are a fluid trap. The same set of words can be turned into an innuendo by a high-status man and she'll go along with it, (in the comments I told the story of a woman who called me "like her big brother". I used this to kiss her on the cheeks. Later on, she went along with it, and had me pick her up and "take her home") **OR** turned into a clear display of disinterest to a Nice Guy, and she'll be astonished he didn't get the hint. (speaking generally ofc)

Further reading

Acting is always better than reading, but if you want, here are some recommendations. What I learned is all from men greater than me.

The Book of Pook (Pook is a great example of a guy who unleashed game from within, i.e. game he already knew. In the book, Pook claims to help you unleash a "Promethean fire inside you" which greatly resonated with me)

The Power of Now (this book is about present moment awareness. it's message of letting go of ego greatly strengthened my frame, This book is truly a key in making this practically happen in the real world. It helped me understand my inner state, as well as manage my fears)

One Key Step to Not Giving a Fuck (My favourite TRP sidebar post, all about letting go of ego, which is the source of fear)

How to get laid like a warlord (The all-time top TRP post. Very Good and somewhat similar concept, though wildly different approach. I also agree that tests are good for you, but I don't think you especially need to work hard to pass them. A good response to a shit-test is to dismiss her authority to test you in the first place which comes naturally when you're not fearful.)

No More Mr Nice Guy (all about unlearning Nice Guy tendencies, which is basically just repressing your desires and creating covert contracts)

Starting Strength (There is no alternative to lifting. Lifting somehow naturally unleashes your natural male behaviours. It moulds your attitude into fearless behaviours very effectively)

Mind Illuminated: A Complete Meditation Guide (meditation helps. A year-long practice will do wonders for your sense of peace, happiness and ability to remain a master of your reactions.)

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UPVOTES

What did you ever do to deserve being called a man?

Modified_Hackware · 15 June 2015 · Archived copy · Reddit

My friend was talking to me recently about how it all feels completely surreal and somewhat out of place that he is now a father. I did the usual thing you would do for your BP friends and suggested he was just a new dad and this was likely normal. There was something in his eyes though at the back that were restless and possibly bordering scared. Was he scared that he was a dad and 'happily married'? No, he is content with the girl for all that matters and loves his Son. What else then was driving these little moments in our conversation where for all his "happiness" his face was clouded in self doubt and questioning...

I don't know man it's just... I did university and got a job and now... This is it? Right? It just happened very quickly...

At age 30 scrolling through facebook I see father after father sat on their sofas playing Call of Duty or some other videogame with their 4 year old Son with all the typical comment trains running underneath...

Where was their rite of passage? What trial or ordeal did they have to endure to begin to raise a family? Nothing. Nothing at all.

What are they going to tell their grandchildren when they are old?

I used to be good at cod and drinking beer.

Great story.

There is a oft quoted passage in Fight Club - you've all heard it.

"We're the middle children of history, man. No purpose or place. We have no Great War. No Great Depression. Our Great War's a spiritual war... our Great Depression is our lives. We've all been raised on television to believe that one day we'd all be millionaires, and movie gods, and rock stars. But we won't. And we're slowly learning that fact. And we're very, very pissed off."

It's true, there is no purpose for men in these days except the ones we make for ourselves and between the television telling us what to think and chasing women we have no space or time to address this most important of issues - generationally we're not very pissed off about having no cause, we're wholly apathetic instead.

Since swallowing the pill you've started to lift weights, dress better and approach women, you're concentrating on your career and have learned how to say no. The truth is:

- *You should have always been in shape*
- *You should always have been well dressed and care about your appearance*
- *You should have always been able to speak to the blonde in the coffee shop*

Our generation feel they should be rewarded for just for tidying their room or leaving the house, turning off the video games or going for a walk... Achievement unlocked - go back to sleep.

The discordance I saw inside my friend was "Eating the bread of shame", he was just a taller, fatter version of himself at 9 years old with all the supposed luxury and privilege of a settled life. He had no rites of passage, no trial by ordeal, no cause greater than himself and professionally sat at a place earning a pension that looks increasingly like it won't matter by the time he comes to claim it.

We were warriors by birth, years of brutal exertion, bravery and commitment was the price of feeling entitled to

old age in front of the fire and getting fat. Now we are a generation of spiritually and physically fat and old men at age 20 wondering what this nagging feeling at the back of our collective heads is.

You haven't done anything. We haven't done anything. Short of military service or a committed effort to travelling what could you tell your grandchildren that they'd care for? What have you done to deserve being a family elder, someone to listen to, what have you seen or done that was in anyway remarkable?

I ask myself this as much as the community here and find myself lacking. I've never walked a great Dune in the Sahara, climbed a glacial ice wall, been in a bar fight in Dublin or done a line of cocaine off a Tokyo model, chased by a bear or been genuinely fearful for my life.

What will I tell my grandchildren? I lifted weights day to day and earned money, I partied and fucked girls? I was a wealthy ladies man? Is that it? By my own standards I don't deserve to raise children and settle down if that's my story to date.

What will you tell your grandchildren - what will you have done?

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UPVOTES

This is How You Should Escalate (most do it wrong!)

Bigjohnthug · 12 April 2017 · Archived copy · Reddit

PRELIMINARY

Clickbait title is a joke, I spend way too much time thinking of titles that don't even matter.

Escalation is not my strongest point in game... it is my game. Having gotten very good at it, I barely do anything else. The rest is all icing on the cake; so long as you can already open, are attractive and have a vaguely presentable house, etc, etc. The other stuff I've been over before so go and read that if you are weak there. Escalation comes *after* these, not before. If you're only good at escalation you are what is called a 'sex offender' so make sure you start improving yourself before you try something like this.

I'm assuming this will be used for one-night stands and the like so I'm writing for that. If you're using this during the day, just move slower but do the same things. The fundamentals are unchanged, I used ONS's because I can write it out as one interaction. Obviously meet-ups add extra steps, I'll go over those later. These are the fundamentals of escalation.

MAIN

The key to good escalation is gradually ramping the sexual tension. Everything is about building it up, making it palpable and letting it be the force which drives the interaction. Touch is great, but it isn't the king as commonly thought. The most important point is to *always* build that sexual tension, even if that means *not* touching the girl.

The first thing you want to do is **never break the sexual tension when you open**. You don't want to walk up and make the girl think with a logical question like "Who lies more, midgets or ethnics?" You want a low-to-no context opener, something that doesn't add pressure. The pressure should be coming from the sexual tension, anything in addition to that can cause too much and blow the whole thing up.

Secondly, it is good to establish touch from the outset. The quicker you start touching them, the quicker you know if they're interested or out for other reasons. It also stops it from becoming awkward later and will make them more bold in touching you. Just a hand on the waist, a hug or something similar is fine. Keep it basic. You don't need 10000 advanced kino techniques and secret PUA 'incidental undercover seduction sequences' or whatever is the rage now. Mostly anything is fine- the exception being aggressive stuff- because timing is the main thing. The 'wrong' touch is more often due to being too early or late to fit the moment. It's all about reading that vibe and slowly- or more accurately, gradually- increasing the level of intimacy.

Last, after you open hold strong eye contact *and wait for them to reply*. This is big: a huge part of creating sexual tension is just waiting for the girl to reply instead of trying to crush silence with witty banter. You want the girl to be giggling and saying "What? Why are you staring at me?" or some such. It's a thin line from here to "Why is this creep staring at me?" but it isn't hard to learn where it is. To give an idea, you want to be looking away from eye-contact with a girl 2/10 times and staring her down 8/10.

Note please that you will usually have to do 60%+ of the talking for the first few minutes. I've found there is a general correlation between how hot the girl is and how much you'll have to over-talk to start, but it hooks the same and they end up speaking ~80% after a few minutes. I've heard Krauser call it "the Russian minute" because apparently Russian girls lord it, but that doesn't jibe with my experience. I've found if I don't approach overly focused or zoned-out looking girls I just don't get this as much.

In Order of Importance:

- Proximity. Nothing beats proximity. Gradually 'floating' towards the girl; or pulling her towards you will do all the work. If ONE thing is responsible for my success it would just be being closer to the girls. If ever 1v1ing for a girl and the l33t Am0g tactix don't work good, just be closer to her. If there is a group of guy friends who want to take her away, just be closer to her (and befriend another girl). You can literally turn your back on the competition if

you're the one in her face. Plus it turns girls on immensely, for a lot of reasons that should be common sense here.

- **Eye contact.** You want to be the centre of her world; at least for tonight. You want her to be guessing about what you're thinking, because here is the thing: She will *know* in terms of raw intuition exactly what you're doing. She will know you want to fuck her and you're acting this way to turn her on. But 99.99% of guys can't keep a secret for shit and *even worse* can't keep their cool while sexual tension builds. Just not breaking it puts you ahead of all of them. Holding eye contact and saying "nothing, just thinking about my cat" or LITERALLY ANYTHING but mentioning that elephant in the room **is game**.

Sticky eyes: When you must break eye contact, try to do so as *slowly* as possible. You look away, but it takes 2-3 seconds to not be eye-to-eye anymore. You start turning your head first, letting your eyes linger and then slowly moving them away. This will *melt* girls. It makes them feel incredibly desired and I've had girls comment that *this* was the reason they fucked me. It also serves to build tension without risking creepy as much, because you aren't just staring at bitches like an axe murderer sizing up their neck. The writer I heard it from referred to it as having honey connecting your eyes, so it makes them move slowly apart.

- **Voice.** You want to be talking low most of the time. When you open speak up, but start to talk quieter and more intimately as soon as possible. Your voice gives you control over the tempo of the interaction. Occasionally you'll want to spike it. Sometimes it's right to do that before you pull them by excitedly talking about the after-party. Other times you'll need to entertain her friend for a minute so she knows you're not a psycho. On the other hand, it is *very* strong in louder bars with a quiet area to start whispering into her ear and turn your ear for her to do the same. A whispered conversation is super-sexy (seriously try it: feels awesome) as long as your breath is good. Buy some fucking mints, don't screw this up because whispering is boss and you should probably be doing it more.

- **Touch.** I put this late because I think the importance of touch is exaggerated. It is *very* important, don't get me wrong, but focusing on it *first* is a bad idea. It is what touch does for the interaction, not the touch itself, that matters. Basically you just want to be maintaining proximity, gradually getting closer to the girl and letting your touch grow naturally off that. At first it might be occasional light brushes of her arms and body. Then you might be sitting next to each other and you pull her legs over yours. Then your arm is around her.... Etc. You are gradually growing closer physically so of course touch comes off that. Proximity is the basis of escalation partly because it is the foundation for touch.

- **Pacing.** This is kind of a nebulous concept and really you need experience to gauge this. Keep the above in mind first, work on them, then over time you will start to see sometimes you can shift up a gear and escalate *fast* whereas other times you need to go slower than usual. It also changes as you go along. For example, beginners should try to open every girl and kiss any girl who likes them. For intermediates and advanced, I would say only open interested girls and *don't* kiss the girl in public. In my experience, it offers a release of sexual tension to the girl and takes away the sense of urgency that drives her to needing to fuck you. Instead she has a nice little ending for her story of the night, she goes home with your number and you go home with your hand. The point where I used to think "I should kiss her now" is where I say "It's hot in here, let's go for a walk."

Escalating to the Pull

Getting the girl home is pretty simple. Usually I two step it: I'll make an excuse to leave the bar/event and then try to figure out her logistics. At this stage I'll decide whether to pull home, go for a public pull or go to her place. Sometimes you realize here that it's a lost cause but that's pretty rare and you learn to avoid those girls very quickly- they usually respond well to everything up to kissing, but always try to be the first to disengage, hesitate to leave with you and aren't comfortable with sexual touch, like ass-grabbing etc.

Say something like "Let's get out of here, the music is too loud to talk." A lot of the time she'll bring up friends, just say "Let's go tell them we're going for a walk." She just wants you to take responsibility and let her friends know she is safe with you. It's often a good idea to take one of the friends numbers here- make a joke about chicks phones always dying from Facebook or something. This sets their minds at ease and if you say this before they

bring up excuses why she can't go, they usually won't. You're also subtly saying "I do this a lot, don't worry she's in good hands" without seeming like an asshole. The more often you can slyly communicate this the better, though overtly saying "I get so much pussy I'm drowning" will backfire.

Determine where you are pulling: ask her what her plans are for the rest of tonight. She might be staying with a friend and therefore you have an hour to have sex in public. She might have work early; you can go to her house but have to be quick. No matter where you *will* pull, walk somewhere semi-private, start hooking up passionately and then suddenly stop. Say "Do you want to come see my (macaroni art collection)?" IE some excuse to go to your house. Or walk past a potential sex-location and say "Hey, let's go explore that golf course." I obviously don't know where you will be having sex in public, so you should figure out your own here. Where I live most of the good bars and clubs are in suburbs, so I generally go for golf courses, football fields and the like. I've done construction sites a few times, once a hospital (didn't know, accidentally), a few schools, a national monument... just anything nearby, secluded and with an allure. Don't obsess over the perfect location, the girl doesn't give a fuck. I vividly remember one of my first public pulls being up a staircase of a condemned building at university where the maths students could see us. They had a second-story view of me pounding this girl from behind. I said "We have an audience" and she said "I don't care, let them watch." This has been repeated multiple times with about as much paraphrasing as I just used. For the most part girls don't seem to care about being seen having sex because the moment has taken over. What she cares about is being seen in the lead-up to that sex, so you just should be in private enough for the foreplay to be secret. Weird but true, at least in my experience.

If you want to see the girl again after public sex, the best thing to do is either walk her back to her friends and hang out for a bit or get her home safely. You should be maintaining a conspiratorial vibe, never break it and hi-five your bros afterwards. Just smirk now and again, maybe make a few jokes like "Yeah, we just went and played some golf." Everyone knows so don't be crude, that just makes you seem like this isn't something you're used to. You want her to wonder how often this happens for you, while you want to present the 'wow how crazy that this happened' face to her. She should have suspicions you're a player, not have you telling her that or seeming like you genuinely don't get this very often.

When you take a girl to your house, make sure you have it fairly presentable. I've said this to death so I won't go over it again. Putting in even 5% extra effort here is immense by the way: Having a candle, some nice music or a stuffed animal is often the difference between her letting loose and her feeling uncomfortable. The main goal is to make her comfortable so definitely do these things. *Actually do the thing you said you would do.* Don't drop the game yet. It becomes a conspiracy, she knows you didn't bring her back to see your etch-n-sketch self portrait, but you haven't made a move yet and you're actually showing it to her... Usually the girl starts just complimenting whatever you show her and lots of touch as you talk about sock-puppets is enough.

When you're hooking up, just make out and stay relaxed. Maybe grope her tits and ass if she's cool with that. Then hold her neck for a bit, pull her hair a little, trace circles on her thighs/stomach, breathe into her ear/neck ('oohs'=cold, 'ahhs'=hot)... eventually you'll do something and the response is *more* than before. That's when you flick the switch and start going for sex. Start kissing hard, squeezing and pulling apart her ass cheeks, grinding into her, biting or choking **softly** etc. Put her hand on your dick, start teasing her pussy and eventually she will start pulling your dick towards her pussy. She is telling you to put it in. Do so.

The above is how the vast majority of bedtime shenanigans go these days. I wish I could have seen that paragraph in 2011 and known what I actually had to do to go from the clothes on kissing on the bed to the clothes off penetration stage.

Also if you want ideas for new things to do that turn girls on and get them to *need you*, ask them. They're usually pretty open about it because they enjoy being turned on. I wish I started doing that earlier as well.

Summary

To rehash escalation is thus:

1. Don't make her overtly uncomfortable, don't rock the boat.
2. Do make her feel 'on edge' by ramping up the sexual tension.

It honestly is more about not fucking up then it is doing anything in particular right. Time and proximity will do all the work for you, she will fill in the blanks to turn herself on. Just talk the minimum amount, you should listen intently to her and keep getting closer. I say "don't talk much" because the less you say, the less chance you can say the wrong thing. Again- that is more important. This will work if you give it time, just give yourself that time.

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UPVOTES

The Three Rules.

Kolbath · 20 October 2015 · Archived copy · Reddit

This is my first attempt to discuss Red Pill theory. I'm looking forward to constructive criticism and hopefully this sparks some intelligent discourse and assists some of us who are swallowing the Red Pill for the first time.

TL;DR

There are three rules I attempt to live by. These rules are simple and can be followed by everyone. They are: 1. *Depend only on yourself for your happiness.* 2. *Treat others the way you want to be treated,* and 3. *Always be comfortable no matter where you are, what you're doing, what you're wearing, or who you're with.*

Background

In 1991 I entered my senior year of high school and terminated an on again/off again relationship with a long time girlfriend. It didn't take me long to find the absolute perfect girl. I won't lie. She took my heart in a way no other girl ever has. Unfortunately, I didn't see what was in front of me at the time, and I broke up with her for reasons I don't want to go into and are not currently relevant. Three years later, however, she came back from college and I was able to date her once again. I had about a month with her before she chose someone else. I was quite beta with her, and looking back I believe that was part of the problem, as she chose someone who had not treated her terribly well. She married him and has four beautiful kids.

Depressed, I locked myself into the trailer I was renting on my parents' property while I made a run at college, and did nothing but come out to work. I spoke to no one. One day I decided to write down every sentence I'd said all day and it came to something like 122 words. I even got out my AR15, cleaned it, oiled it, and cycled the action through a twenty round magazine. Carefully, I reloaded it, and put the barrel in my mouth. That was rock bottom. The only way I could possibly have been lower is to have been in a coma with one of the goddamn Kardashians making terminal decisions for me.

This was long before the Red Pill. This was long before MGTOW or Men's Rights was even a thing. All I had was a deep dissatisfaction with my fast food job, lack of prospects for advancement, complete inability to make a worthwhile girl attracted to me, and a feeling that I wanted more from life than living in a trailer on my parents' property and trying to come up with reasons not to put a 5.56 round through the back of my skull.

Out of this morass of personal pain was born *The Rules*. I have lived by them for about twenty years now. They had an immediate impact on my life. Within three months of adopting them, I entered a long term relationship with a low CC, very sexy girl just shy of her own graduation from high school. Despite her relative inexperience (I was her third cock, in a time before 'sex positive' was even a thing.), she was the most submissive slut for me that one could imagine. That relationship lasted for more than a year, and it set me on a permanent path to what would eventually lead to The Red Pill. Additionally, at the same time I was beginning this relationship I was offered a better job, with more upward mobility (and stepped from there to the military for even more and for college money). I've published books, coached sports teams, and taught classes for the Armed Forces and in civilian life, and I consider these rules to be the cornerstone of every success I've had.

The Rules.

Rule Number One: *Depend only on yourself for your happiness.* This first rule is the most important, and also the only one to have the language change significantly. The previous iteration was "Don't depend on other people for your happiness." While this is effective, I prefer to teach from positive rather than negative statements.

You are the only person that you will be with from this very moment until the day you die, hopefully in a threesome with supermodels. I sincerely hope that each of you reading this requires the services of a master embalmer to get the terminal smile from your faces, and I also believe that this will never happen if you place responsibility for your happiness into the hands of other people.

When I lost that “love of my life” I was depressed because I had not only failed to internalize **Abundance Mentality**, but I had also placed sole responsibility for my personal feelings of joy and pleasure into the hands of someone who could not handle that load. This is no personal slight to the girl in question; *no one* will ever be as effective at making you happy as you, yourself, can be. It is actually somewhat unfair to place such a strain on another person.

If we continue to examine closer, we'll find that much of my dissatisfaction with my employment was due to the same feelings of scarcity and internalized “knowledge” that I simply didn't *deserve* a decent job with a livable wage. I didn't *deserve* the finer things, like a drop dead gorgeous girlfriend who turned heads when she came into the room and begged for anal because she knew I enjoyed it. I was living with a scarcity mentality, and one of the side effects of such a mental block is that you feel like everyone else has control of your happiness.

This is not the case! **William Ernest Henley** said it best:

It matters not how strait the gate/

or charged with punishments the scroll.

I am the captain of my fate.

I am the master of my soul.

I first read these lines in Piers Anthony's book, *On a Pale Horse*, and they have become an important part of my daily meditation. I urge you to consider their meaning as well.

Rule Number Two: *Treat others as you wish to be treated*

Ah! The Golden Rule. The one rule that all religions are supposed to have and yet the one so infrequently followed. This rule is the lifeblood of The Red Pill. I can't speak for the moderators here, or the individual who started this subreddit, but I have a sneaking suspicion that part of why they did it was a sincere desire to help others because they probably wish they'd had a resource like this to lean on and learn from when they were trying to take their lives back. I look at the hundreds of thousands of words written by notable contributors such as **/u/GayLubeOil**, **Rollo Tomassi** and others, most of whom make little or no profit from the hard work they put in to drag their brothers from the sticky mud of failure and depression.

Why do so? Why put forth the enormous effort of putting pen to paper? Why risk the potential **outing and harassment** at the hands of feminists and their white knight followers?

The answer is complex and probably different for each one of them, and yet I find that one thing remains constant throughout this subreddit: a powerful and altruistic desire to improve others. It is almost as if the men who have reached the top of the mountain have looked back and said to themselves, “I would like my brothers here with me.”

Treating others as you wish to be treated doesn't mean being a pushover. I am kind and compassionate. I have spoken before that most of my life has been spent learning some form or other of self-defense system. I defend others. I treat the people around me with respect. However, and some have noted here that unsourced statements, inaccuracies, or fabrications are met with quick and decisive catcalls. The hidden side of this is that *this is how I desire to be treated!* If I am wrong, prove it to me and I will retract my statements. If I am right, acknowledge and we will move on together.

There is a well-known aspect of game theory called the **Prisoner's Dilemma**. The general gist of the game is that a prisoner who gives information about a fellow prisoner receives a reward while his compadre is punished. If both prisoners give information they are both punished. If neither gives information, they will be neither rewarded nor punished. Each of these decision frames is one set, and a game may be any number of sets.

One of the more effective ways to be successful in the game is to use the **“Tit for Tat” method**, also called the “Tough but Fair” approach. To explain it simply, “An agent using this strategy will first cooperate, then subsequently replicate an opponent's previous action. If the opponent previously was cooperative, the agent is cooperative; if not, the agent is not (Wikipedia).”

In practical, day-to-day form, Tough but Fair works perfectly with the philosophy of treating others as you desire to be treated. I greet everyone warmly. I make eye contact and smile to those I meet. I shake hands firmly. I trust-- but verify-- those who are unknown to me. In short, I give everyone a *chance* to prove they are worthy of respect. It is only those who demonstrate they are *unworthy* that incur my wrath, *and only until they redeem themselves!* (This philosophy works well in self-defense, I might add, since it limits the amount of force needed to establish a victory condition and reduces the overkill that can get you prosecuted for excessive use of force.) The moment an adversary alters his stance from disrespectful or contemptuous back to reasonable and respectable, my stance alters as well, returning to the respectful person I prefer to be.

And finally, we reach **Rule Number Three:** *Always be comfortable no matter where you are, what you're doing, what you're wearing, or who you're with.*

After ingesting the Red Pill, I would probably alter this to “hold your frame.” However, you should bear in mind that these rules were scribed some twenty years prior to my discovery of The Red Pill. It began with simply being comfortable in any situation. I noticed that I was closing myself off from my friends and family, locking myself away in my trailer, because I was unsure and uncomfortable in social settings. I am a “shell introvert” or “**outgoing introvert**”, which is essentially an introvert who seems to be an extrovert. Because of this, a curmudgeonly lifestyle becomes inertial. First, you stay home because you don't feel like going out, even though when you finally do go somewhere, you enjoy the company of people and you enjoy making them laugh and being a part of their joy of life. Then, because you're used to staying at home, it becomes harder and harder to leave for social activities.

Particularly after joining the Armed Forces in 1997, I realized that the travel I was required to perform put me in prime position to gather “ports.” (In another thread we have been discussing this term. A “port” is simply a long distance plate you see only when you travel to her area.) However, my natural inclination to refrain from social contact unless necessary caused problems. I was forced to add to my rules, deciding once and for all that comfort was a state of mind, not a condition of reality.

In the book *Starship Troopers* by Robert Heinlein, a History and Moral Philosophy teacher ridicules the three inalienable rights of the American Constitution. While I cannot agree with all of his points, there is **one that bears repeating:**

"The third 'right' -- the 'pursuit of happiness'? It is indeed unalienable but it is not a right; it is simply a universal condition which tyrants cannot take away nor patriots restore. Cast me into a dungeon, burn me at the stake, crown me king of kings, I can 'pursue happiness' as long as my brain lives -- but neither gods nor saints, wise men nor subtle drugs, can insure that I will catch it."

So too, with comfort. Comfort is itself a universal condition that cannot be removed from the man who forces it upon himself. The man who enters a bar as if he owns the place, *does so* for that moment. The man who comfortably and warmly greets a subordinate will gain his allegiance. The man who comfortably works with those placed above him by appointment or ability will gain their respect. Comfort is about more than wearing a certain fit of clothing. It is about wearing an event or a room with equal facility. It is about the recognition that all eyes may be upon you *and that is okay because you deserve to be seen!*

I find that many of those who are uncomfortable in certain social situations are so inclined out of a **deep seated belief that mirrors where I was when my long ago “One” walked away.** They feel they don't *deserve* the spotlight or admiration of others. They feel they didn't *earn* the respect they desire, and as a result, it makes them *uncomfortable* to receive it.

No! I sit here now at a desk where my grandfather, the most Red Pill Alpha I've ever known, once sat, and I tell you that you *do* deserve the recognition for the hard work you do. You *deserve* the spotlight and the admiration of others. You damn well deserve it because you have *worked for it.*

Accept it and own it. Be comfortable in it.

Summary Depend upon yourself for happiness. Treat others as you wish to be treated. Always be comfortable no matter where you are, what you're doing, what you're wearing, or who you're with. I hold these truths not to be self-evident, but buried within us all. They are practical, easy to follow, and constructive. They allow for simple self-reflection: *Why did I fail to gain a number close?* Because I was depending on *her* to make me happy (i.e: respond favorably to my approach) instead of seeking my own happiness from within (i.e: maintaining abundance mentality).

I hope they serve you well.

EDIT: Credit to [u/baleet](#) for correcting the text of *Invictus*. My quoted source was incorrect. Thank you!

1,107
UPVOTES

"I have no purpose, no job, no friends, am a 25 y-o virgin, play videos games and masturbate compulsively. What should I do?"

Malvorado · 8 February 2020 · Archived copy · Reddit

We see those pop up once a few times every day. Enters a guy, with nothing to live nor stand for, who after stumbling upon TRP, sees a glimmer of hope appear at the top left corner of his endless array of darkness. For the first time in their lives, they acknowledge this opportunity. This chance that, with no fear of judgment of others guessing who he is, he can get this massive rant of himself off his chest to a community that seems to be able to empathize with him.

He presents himself, *inserts the glory days of high school* before asking TRP how to get himself out of his shithole.

And lo and behold! He gets presented with some solutions.

Only, *those solutions don't apply to him.*

"I'm a special faggot with unique circumstances. You guys can't possibly understand what I'm going through, or what my problems are. *Lift?* Come on. I'm a fat piece of fuck with 8 different fuckable cavities. Or a skeleton. Everyone's gonna bend me over. *Read?* Fuck off. I'm contemplating suicide, I deserve more human attention. *Get out of the house?* I don't know anyone. And besides, fuck people. Fuck society. *And you know what?* Fuck you all too."

He rationalizes every single suggestion away, believing he's some special kind of snowflake, before taking his cock out and starting to furiously jerk to pictures of his high school crush. That glimmer of light seemed nice in theory, but he decided to look the other way.

Sigh.

Let's establish one fact. You're not special. Not your ethnicity, not your height, not even your experiences. You don't deserve special treatment, regardless of your circumstances. More importantly, you don't deserve our sympathy nor our respect.

And no, this ain't personal. No one knows you here. All we know is that you've been a lazy fuck delaying your problems to the point where, for a split moment, even your own indifferent mind couldn't handle it anymore. You've been living your life with the wrong mindset and approaching your issues from the wrong perspective. You're specifically asking because you greatly lack something within yourself.

Either admit it or get the fuck out.

We're on the same page now? Okay, I'm going to use whatever's left of your attention span to give you a crash course on the rationale behind our "out-of-your-paycheck" questions:

Foods & Glutes

You must keep yourself healthy. Your body is most the immediate component you have control over. While applying for a job and getting an interview might still end in you getting your application rejected, every single food you eat and every single rep you do at the gym has a **direct** contribution to your health. The difference is there, whether you notice it or not. And it compounds. In your current shithole where you don't have any control of your life besides your orgasms, you'll feel a significant bliss of seeing for yourself that you CAN have control over more than just the menial things in your life. If you don't see any results after a 3-month period of doing this consistently, then you can personally come tell me that I spewed bullshit. See you never.

The Books

The world can be categorized through two perspectives: a place of meaning and a place of things. Mindless

religious bigots will see the world through the 1st lens while scientists who publish endless studies must present them through the 2nd lens. Optimally, a wise person will correctly assess the things within his environment to derive meaning, and to act accordingly.

Your life has no meaning, and on top of that, you don't understand shit. But the more you read, the more you will understand *what is*. Asktrp increasingly harbors a cesspool of faggots who don't understand or can't accept what factually is. That's because they don't read. For starters, here's a neat list of books I highly recommend: TRM – by Tomassi, TSAONGAF – by Manson, NMMNG – by Glover, and EIF – by Manson. Dishing out \$50 is certainly worth the knowledge these books can bring.

Oh and sidebar.

GTFO

Get a job flipping burgers. Attend a conference on veganism. Whatever it may be, just get out of your home. There's an unspoken effect of "coupling" things that lead to undesired outcomes.

What this means is: *circumstances and desire are a delinquent duo*. In this case, I'm talking about staying home and wanting to jack off. If you're in front of your computer, and suddenly have an impulse to jerk off for the 5th time today, you'll be able to access porn and fuck your hand in a matter of milliseconds. This same concept applies to consumers who walk into a shop and "impulsively" buy shit. Or that guy who shoots another on whim during an argument because he had a gun in his back pocket. Or even bitches who go to the club and "let shit happen".

By removing the circumstance, *aka getting out of the house*, you remove one of the two main factors leading to plausibly deniable actions.

"Victims" of plausible deniability are simply little bitches who can't take responsibility.

So, are you going to stay the little bitch you are while thinking you're entitled to billionaires' tax money, believing it will solve anything? Or do you want the Title's labels wiped off of you through a display of your own strength?

1,106
UPVOTES

If you've Ever Wanted to See the Absolute Worst of a Woman, Just Refuse her sex.

Meat-on-the-table · 13 May 2017 · Archived copy · Reddit

It's been a crazy past two months for me. I have been busier than ever, balancing making money and having a healthy personal life. I had a very enlightening experience some time back, and whilst it's taken me longer than I thought it would to find enough time to sit down and share it here, I also think the amount of removal has granted me an additional bit of insight. So, here it is.

I've been doing a lot of consultancy work lately, as part of padding my income. It is actually in line with my degree, and has been more enjoyable than I thought it would be. I was consulting for one throughout April, which meant working at their offices. Now, I follow one of TRP's basic tenets, which is to never dip my pen in the company ink, even if the company just happens to be a temporary one. I have been making a consistent effort to widen my network and good relations, so any potential disturbance in the form of a bitter lover is the last thing I need.

April is, of course, where Easter falls, which means valuable days lost to a bank holiday. With this in mind, I spent the first half of the month busting my ass to try and get as much work done to ameliorate the days that would be lost to the holiday. The organisation I was consulting for of course recognised this as well, and decided to hire temporary support staff to oil the process along. This is where the fun began.

They hired two additional consultants to help with the work. One of them was a girl I went to varsity with, and had had a fling with before I met my current LTR. We had simply fallen out of contact, though we had hooked up once or twice when we bumped into each other. It had been over a year since we'd last spoken though. I thought very little of it when she came on board; I was grateful for the help, and this would at least save me time on getting accustomed to new co-workers.

We worked well together for the first two or so weeks. She is an industrious one, with a sharp eye for detail, and her contribution really helped move things along. Neither of us even mentioned our previous liaisons, which I took as a sign of her having moved on. An overheard conversation mentioning a fiancé confirmed this for me. Bully, I thought. On with the plot.

Fast forward to the last day before Easter. It's late and everyone else has gone home except for me, the former FWB, and the other consultant guy. Around 8, he goes home to his family, promising to do the work over the holiday. The girl and I both resolve to stay and finish as much as we can before heading home. She promises to drop me off if we finish too late.

We work well for another hour or so, before deciding to take a break. During the break, we have our first real conversation since starting work together. Turns out she's been engaged to this guy for about nine months now (which, according to my timeline means he proposed after a few months, or, more likely, he was already in the picture during our trysts--fun times). She says he's great, and she's really looking forward to the wedding and all that. Now, if you have been around women enough, you learn how to read them easily enough. I can tell she's holding something back, and I shoot her with a casual 'You sure?' She hesitates, but eventually spills that she's not sure whether she's ready to be someone's wife and all entails. She tells me that she still wants to have fun and maybe wait until thirty. Says she's got a bit of "unfinished business" she has to take care of, too. That last bit is delivered as she's leaning against the boardroom table, giving that look girls from the movies always shoot when they're trying and failing at being subtle about wanting you. You know the one.

The conversation steers to me and I inform her that I'm still with my LTR. She is amazed at this, cause I never seemed like the type, or "maybe it was just her". I shrug, and tell her it's no big deal. She asks if I still make time for fun on the side, and I shrug again, because I'm really not enjoying this conversation. I tell her she's gonna have to find out for herself, and settle back into work. In hindsight, I really shouldn't have said this, because I'm 99% sure this was what gave her encouragement.

We grind out the work for over another hour, before we're both satisfied enough with the work to be able to leave it for Easter. I tell her to get ready as I go to the bathroom to freshen up before we leave. I get back to the boardroom, and she hasn't put on her coat or grabbed her stuff or anything. Instead, she's sitting on the boardroom table *right* by my stuff, feet on one of the chairs, texting on her phone. I don't need to tell you what this means (If I do, then please, get more experience with women.) I go to get my stuff and she tells me we can't leave yet because she has to pick up a friend from somewhere and it'll be a few more minutes. Another moment of hindsight: I really should've just called an Uber at this point, but my brain was so fried it just didn't occur to me. Instead, I just sit down, lean back, and close my eyes. I start dozing off a little, till I'm woken up by a sensation running up my leg. Our girl is sticking her toes up, tracing up the outside of my thigh. She says she's thought about me a lot, and that us working together brought back a lot of feelings she didn't realise she still had. She wonders if we can have some more of our old fun. (We had a lot of public sex back when we hooked up regularly.) I tell her that's probably a bad idea, given where we are. She tells me that that's what makes it more fun. She moves to come and sit right in front of me, leaving no real room for interpretation. My mind is going through all the possible scenarios here. Truth is, I'm too tired to really have clear thoughts. I do know that I have zero interest in having sex with this girl, regardless of the context. But I need to steer this so it doesn't seem like I'm rejecting her. I bring up her fiancé and she says that I was a round before he was, and 'first come first served' (huh?). I bring up that it's a bad idea, and she mentions how we used to do this all the time. I realise I'm making no progress here and excuse myself again, telling her I just need to freshen up again. I try to regain composure in the bathroom, and head back to the boardroom. She has a couple of her shirt buttons undone at the top now. *Subtle*

Me: Look, this really isn't a good idea. Her: I know, which is what makes it fun.

She gets up and slides right up to my face on her tiptoes. She tries to kiss my neck, and I gently slide away (benefits of being tall).

Me: We're both in committed relationships. You're getting married, for fuck's sake. Her: Let me worry about that.

She slides up to me again, and runs her hands up my obliques and lats. She whispers something about how I've been putting in more work in the gym, and she can't wait to see it all. At this point, I abandon all diplomacy and tell her straight up that I don't want to sleep with her. Ho boy.

She recoils, look of disbelief in her face. She asks if I think she's not pretty anymore. I don't answer, because that is a classic little bit of bait. My silence just seems to anger her, as it does for all women. She goes on a freaking tirade. Calls me all sorts of names. Accuses me of lying about having a girlfriend, and says that she never wanted to believe the rumours about me being gay back in college, but I'm probably getting "plugged in the butt like a fucking daffy." She spits out some more choice words about me. Tells me that she only ever slept with me because she just wanted to find out what it was like to be with a **golliwog**, but I couldn't ever satisfy her because I have a tiny dick anyways. She tells me to go fuck myself with my little dick, grabs her stuff, and storms out.

I'm left standing there, a sort of numbness over me. What on earth just happened? I gather myself enough to call an Uber, and I'm home in about an hour. I'm so tired I just go straight to sleep.

Aftermath: She acted normal after the holidays, kept everything strictly professional. Avoided me like I was the black plague; left after the assignment ended.

I didn't take time to really reflect on what happened until life became less hectic. This girl is the epitome of an open-minded, liberal person. Always in support of equal rights for women and minorities and all that. And yet, all it took was simple rejection from a guy in a relationship for her to sink to calling me the most offensive names available--the basic equivalent of nigger.--and accuse me of being gay. She was so riled up about me not wanting to sleep with her that she turned into an incredibly ugly person in a matter of minutes. Rejection was such a novel experience that she couldn't even process it in any rational form. And they say we're the ones who don't take being told 'no' very well.

1,102
UPVOTES

I animated some RedPill side-bar content. Hypergamy, Shit-Tests, AWALT.

briggs-D · 13 October 2015 · Archived copy · Reddit

<https://www.youtube.com/watch?v=M8aT6uE3QFs>

This is an introduction to Hypergamy, Shit Tests, and AWALT which I found through side-bar content.

I needed to do similar content for one of my side projects and figured I'd go ahead and animate some content from the RedPill sidebar. I'm looking for any feedback and to gauge interest on future videos. My next goal was to do a two part series on the Misandry Bubble and possibly one on Michael's story.

Don't worry. There's no ads and I don't make any \$\$ from the video. Just thought as a long-time lurker (about a year) I'd give back to the community in a way that wasn't, "TIPS ON HOW TO WORKOUT."

1,101
UPVOTES

Don't fall into the trap of binary thinking, there is such a thing as a middle ground

BITCHES_LOVE_ME_ · 5 June 2018 · Archived copy · Reddit

When we discuss men, women, alpha, beta, nice guys and assholes, this sub tends to speak as if these are diametrically opposed, mutually exclusive binary states. But that's not precisely true and this belief will hold you back and make you unhappy.

I'm not gonna turn this into a post about psychology, but there is research that states that depressed individuals tend to speak more in absolute terms such as always, never, all, none etc. I'm sure you recognize this phenomenon here on TRP, it's even in our motto, AWALT. It's no secret that a lot of the guys on here are unhappy because of their experiences and the state of society today. It's understandable, but do you really want to model your view of the world after someone who is absolutely miserable?

Binary thinking limits you, it makes you miss subtle nuances and it also makes the world you inhabit a miserable black and white place where everyone who is not your friend is your enemy. You should avoid this at all costs. There is a nearly unlimited amount of information and you can only process so much. If you look for the signs that all women are out to get you then you can easily find more than enough information to back up this idea.

Just as you are an individual, so are the people around you, and yes, this includes women. I'm not saying that you should go hunt for a magic unicorn, in fact I think you shouldn't. What I am saying is that you should put a little more effort into understanding the people around you, men and women, and your relationships. Don't automatically go to the heuristics and maxims of TRP to explain your experiences. Many people will live up to the stereotypes we throw around here, maybe even most. For some it will be a partial fit, but for some, dare I say it, it will not fit at all.

Furthermore, some of these categories are not always mutually exclusive. For example, alpha and beta; it is possible to provide the assertiveness and raw sexual attraction of an alpha while also providing the caring and providing qualities of the beta in one individual. As an upside, this will confuse women because they won't be able to put a finger on your true nature. You defy all stereotypes, which is immensely intriguing to them.

Just like the 'nice guys', who are obviously both betas and assholes (when they don't get what they want, which they don't, because they are weak), it is possible to be an assertive alpha without also being an asshole. Example: I forbid my girlfriend from eating sugary snacks like ice cream. She thinks this is because she is getting fat (she's not, because I make her eat healthy), and gets upset. Instead of amplifying this and invoking some dread, I assure her that it's because I want her to live a long and healthy life with me, and that I also don't eat ice cream despite working out 6 times a week and not running any risk of becoming fat.

Of course, I care more about her physical shape than her health and longevity. But I don't want to be a manipulative asshole and cause her more psychological anguish than necessary, so I frame my subtle manipulations in a more positive light. I'm still assertive and dominant, and I assure you that she's eating out of the palm of my hands and begging for my dick several times a day, but I don't need to be an asshole to do it. Of course, if she's out of line I will set her straight, but I'm never mean about it because I don't have to be, nor do I want to. She likes that I check her when she's acting out and that I sometimes tell her what to do, because she knows I am older and wiser than her. She is attracted to dominance and assertiveness, not cruelty and abuse.

There is a place for the alpha/beta and the nice guy/asshole stereotypes, but they are just that. Stereotypes. They are heuristics to allow us to quickly make snap judgements and communicate an archetype that we all instantly recognize in an efficient manner. It's a tool for communication and fast initial judgements, NOT a complete model for understanding or explaining reality in its awesome complexity. Don't fall into the trap of binary thinking, or you and those around you will suffer for it.

In closing, I'm not sure what I should flair this. Leaving the decision to the mods or any suggestions in the comments.

1,100
UPVOTES

Raising a glass to a fallen brother

CasaDeFranco · 13 August 2018 · Archived copy · Reddit

This week a 29-year-old aviation bag thrower stole an empty commercial plane, performed a barrel roll before crashing in an apparent suicide. **Audio** traffic of his conversation with flight control reveals a young man frustrated with the world, but surprisingly relatable to all of us.

Richard Skyking Russel was married, well-liked by his colleagues, and was passionate about aviation and travelling the world.

Many men express a lack of purpose, where one has no choice but to serve the machine and be extracted for their worth before they are discarded. No personal achievement. No fulfilment. No feeling of even being alive. We all suffer under the crushing weight of industrialised life

We are all Richard.

If only for a brief, beautiful moment, Richard truly lived as a free man, living Man's oldest dream, completely, utterly free.

It's important for men to identify our disposable nature in this society, and take mitigated risks towards pursuing our passions.

Find small challenges that can be achieved through discipline and concurrently pursue broader life passions that change one's circumstances. If you are not moving forward, you are moving backwards.

Lessons Learned:

Pursue your passions above all else.

Live a life worth living.

Keep a journal.

Lift. Healthy body, healthy mind.

Talk to your friends, ask if they're okay.

If you're feeling the call of the void, speak to someone, be it a friend, a colleague, a moderator here.

Blue skies and tailwinds, Skyking.

1,099
UPVOTES

Being A People-Pleaser: what it actually means, and how to rid yourself of this disgusting condition

Derek1382 · 18 April 2018 · Archived copy · Reddit

If you've ever read even the milder self-help/personal development texts, you've certainly come across the notion of the people-pleaser: the person who fucks himself over in the attempt to make everyone around them happy.

I'm here to disabuse you of the notion that the issue is that simple and superficial. People who **consciously** strive to please everyone have a very easy problem to fix, simply requiring conscious effort in the opposite direction. But that's a pretty rare situation.

The **far** more common case is that of the *subconscious* people-pleaser: someone who's always trying to please, appease or put-at-ease those around himself, and doesn't even realize that he's doing it. Let me tell you about this unfortunate character.

Our people-pleaser is someone who started out with good emotional intelligence. It may seem counterintuitive, but the people-pleaser is actually someone that can read people very well: where they fuck up is in what they do with that information.

Your typical people-pleaser grew up, whether by innate predisposition or learned skill, with a strong ability to read other people's expressions, tones of voice, gestures and so on. He could, especially, tell when people were attentive or distracted, engaged or bored, happy or angry.

Crucially, the people-pleaser learns to use this ability to **adjust his own behavior** in order to always elicit a happy response in his interlocutors. He doesn't do it because he's a dumb indoctrinated beta or some other catastrophic issue; he does it because we all naturally want to elicit a positive social response, and the people pleaser learned that he could do it by reading others and modifying his behavior accordingly.

The people-pleaser is not necessarily a whipped beta. In fact, strangely enough, he can also be a brash asshole. But what's important is that his behavior is **constantly informed** by his reading of his audience's reaction, and he modifies his behavior to elicit a positive response. The brash asshole people-pleaser will *always* seek to shock and entertain his audience with his asshole antics; he doesn't do it for his own amusement, and if he doesn't get the desired reaction then he's very much not happy.

The most important thing that you can understand about people-pleasers is to not expect them to be a stereotype. They come in all shapes and sizes, in all forms of behavior, and the only constants are, once again: **strong ability to read others** and **automatic tendency to adjust their own behavior to elicit a desired positive response**.

If you want to figure out whether *you* are a people-pleaser, ask yourself: am I constantly scanning others to see how they react to my behavior? am I very sensitive to this? do I constantly, and often without thinking, change my behavior so as to elicit a different reaction?

Of course, we all engage in this behavior to a point. The ability to read others and adjust our behavior accordingly is fundamental in a social species. But the people-pleaser overdoes it: he's **constantly** adapting himself to the world, to a great and self-harming excess.

There are two key things that people-pleaser doesn't realize. The first is that **other people's reactions are not fully determined by what we do**. If I'm telling a story and someone yawns, it might be because the story is boring (this is what the people-pleaser would automatically assume), but it might also be because that person is sleep-deprived,

because he has something else on his mind, because he's a halfwit with the attention span of a goldfish, and so on.

The healthy way to handle this situation, a way that would not even occur to the people-pleaser, is to take the yawner's action as *one of* the inputs in your evaluation of the situation. If you judge that the story is good, if other people seem engaged, if the moment doesn't seem inappropriate, then it's likely that the yawner is yawning for their own reasons, which are none of your concern. The people-pleaser would, instead, make it his concern, and try to change his behavior accordingly.

The second thing the people-pleaser doesn't realize is that **sometimes you need to make other people feel bad** (or not-good). Other people aren't entitled to you laboring to always make them feel good. They simply aren't. Even when it's in your power to appease them, sometimes you just ought not to.

This thought would be completely alien to the people-pleaser, because he tries to appease others automatically, without thinking. If he sees someone that appears angry, upset or otherwise not happy, he automatically endeavors to make them so. **Even when he purposefully makes people mad**, the people-pleaser is actually doing it to then achieve a happy state: the people-pleaser can be someone who teases, roasts, pranks, but he's only happy if the other person is a good sport and has fun with it.

The healthy way to approach this is, instead, to realize that other people's emotions aren't any more right than our own. If someone has their panties in a bunch over something, it's not your job to un-bunch them. If they are unreasonably upset with you over something, then it's their problem to deal with their unreasonableness. Always appeasing people will only teach them to be more unreasonable, if anything.

If you think you might be a people-pleaser, then Dr Derek prescribes you this therapy:

- **notice** how you change your behavior in response to your reading of others' reactions
- **consciously** tell yourself that you ought not to change your behavior, because the reaction is not necessarily due to your behavior, nor is it necessarily a reasonable reaction
- **decide** if your behavior needs changing; err on the side of not changing, because your natural inclination (you're a people-pleaser after all) would be to alter it

You won't cure yourself immediately, but even in the first few days you'll make impressive, noticeable improvement. You'll feel far less burdened by the constant labor of people-pleasing, your interactions will become more genuine and, even though you might initially elicit some surprised negative reactions in people who are used to your people-pleasing, you'll then have a far more effective social and relationship life than before.

(Incidentally, this is a great part of why the "adopt a DGAF attitude" mantra works: people-pleasers take it on faith that they should stop striving to please people, which helps them overcome their natural tendencies. The problem is that they don't understand, notice nor counteract the subconscious mechanism that made them act as people-pleasers, so inevitably their people-pleasing sneaks back in somewhere. Hence why DGAF is only a stepping stone towards actually building solid frame.)

1,098
UPVOTES

Bad things will always happen to you. Use adversity as motivation to succeed, not an excuse to self destruct

ebaymasochist · 4 August 2018 · Archived copy · Reddit

We see it everywhere around us.

"It's been a hard day. I'll just have a few drinks, sit on the couch and watch tv."

"I have no energy to cook something that sticks with my diet plan. It's a good day to order a pizza and skip the gym"

"My girlfriend dumped me. Probably my fault. I should quit self improvement and take a 3 month depression vacation from my life"

And we all know that group of people who will be there for us when we're down. They're always available to wallow in each other's misery.

Self destructive people always find an excuse for bad behavior. They put their goals on the back burner and lower their standards every opportunity they are given. I'm sure there's some scientific explanation of why stress lowers our inhibitions and creates cravings for carbs, alcohol and nicotine, among others. The dopamine hit from binge watching television. That doesn't matter because we can control these actions. If you really want the best out of life, you need to create structure in your life that fights this effectively. You are supposed to be working towards your goals, not living like a drug addict seeking instant gratification.

The cells in your body give exactly zero fucks about excuses. They just do their job of processing whatever shit you decided to feed them. If you are feeding them protein and vitamins, they will grow muscle. If you are feeding them garbage, they will build a garbage body for you. The human body is like a car. A car that needs premium gas to run properly. Would you try to explain to your car that you were upset one day, got drunk and took a piss in the gas tank? No it's fucking stupid. Stop making excuses for doing the same thing to your body. You can't go out and buy a new body when it breaks down.

Your mind is no different. Stop feeding it garbage. The effects are not something you can pick and choose. Neural pathways are formed and reinforced without your consent. The subconscious mind will fuck you indefinitely. You may be fully aware of what you should be doing but can't stop.

Every time something shitty happens to you, use it as motivation to become even stronger. Don't give in to the voice in your head that says "It's ok, just one little fuck up today.. Everyone will understand.. You earned this" <- Most dangerous part.. You EARNED it. You earned the right to mistreat yourself, to set yourself back.. Instead of working on your education or your business or whatever you really want to do, you "earned" the right to sit on the couch with crumbs on your beard watching someone else live life? Ok, just remember what you earned, when three months from now you have not accomplished your goals.. And remind yourself how it's okay because a lot of other people do it too...

Every bum on the street is not there because they lacked talent or intelligence or ambition. The local bar is full of regulars who had dreams and goals. If you ask them, they will assure you that they still do. Something happened to them and they used it as an excuse to reward/punish themselves with cheap highs or needed to kill the pain instead of facing things head on. Over time the habits take over. If you think there is some huge gap between them and you, you're mistaken.

It's small choices that separate losers from average, and average from winners. It's a series of seemingly insignificant decisions that add up over time.. They sneak up on us in the span of years.

Do you really fucking want it? We all say we do, we all want that next level lifestyle. Then life throws a curve ball and it can either be an opportunity to rise to the occasion and prove yourself worthy of what you want or justification for why you lost.

This does not mean never enjoy life. Or never take a break. The point is to be aware of temptation and Decide to make better choices that are in your long term best interest so you have something to show for your trouble, in spite of your problems, instead of another sad story.

1,097
UPVOTES

While you're talking to her about TRP, I'm fucking her in the ass

tr0n_cat · 17 August 2017 · Archived copy · Reddit

Here's a quick anecdote that I hope drives the point home to a specific man lurking this sub who hasn't gotten the fucking point yet.

I met up with a 7.5-8 I met online for a second date. While we were talking, Reddit came up and she mentions a male *friend* she has who won't shut up about this thing called "The Red Pill."

I laugh. What a bunch of nut jobs, I say.

"I know, right? He's so bitter. He says women are sluts until they turn 30 and then they want nice guys. He keeps trying to show this Red Pill stuff to me."

"Sounds like they're just angry at women," I reply, "but at the same time they're probably just a bunch of harmless virgins in fedoras. Who can blame them." All the while I'm maintaining frame, somewhat indifferent to the whole topic and keeping game strong. I pivot on the "virgin" point and move the conversation in a more sexual direction. An hour later we're fucking at her apartment.

We fucked again last night and I even put it in her ass. I hope you're reading this, whoever you are. I'm not trying to rub your face in it. I'm trying to help you understand the difference between talk and action. Don't just read RP theory. Don't sit around waiting for Chad status to come fall into your lap. And for FUCK'S SAKE, don't cry like a bitch to women you're orbiting and try to educate them to RP truths.

1,096
UPVOTES

Young men who come here to create value in their lives, please stop smoking weed.

rp614 · 20 August 2017 · Archived copy · Reddit

I aim this mostly at college students. I started smoking weed early in high school, and stopped completely near the end of my sophomore year of college. Currently going into my senior year.

I have by no means achieved the levels of success that I want from practicing TRP philosophy, but I have come to see how much more productive and fulfilling life is without weed. I know you may smoke and still be very in shape, very productive, good grades, and good game with women. However looking back I can see ways that this shit took hold of my life at various points. You get complacent, you schedule your day around when/if you can smoke. Weed drove me to bad bouts of anxiety that made achieving my goals a monumental struggle. I have tried many kinds of drugs, but weed is so dangerous because it is so easy.

I know some people here view alcohol in the same regard, and I understand. I do drink on some weekends. But for the majority of the people, that is the norm. Plus sometimes not drinking can lead to social suicide, no matter how much you want to try and deny it. Excluding alcoholics, no one can go to work drunk, go to the gym drunk, have any kind of productive day drunk. But many people fall into the mindset that they can "easily" do all of these things high. And that's because you can easily get away with these things high. "Get away with". We aren't looking to just "get away with" things here, we are looking to take life on at full force and make the most of what we do.

After a year of reflecting on my drug use, I have seen how much time it wastes. Weed becomes your hobby. Weed becomes your sleep aide. Weed takes your money, because you always feel the need to have some with you. I know life is about compromises, and sometimes we just need to relieve stress and enjoy it. Yet I know so, so many people who started out with this mindset and then the "once in a while" turns into every single day.

Please young people, as someone who used to be a pothead, weed brings no value into your life. I cannot speak for people older than me, but I imagine they may say the same, but I would like to see some opinions.

edit: grammar

1,095
UPVOTES

There's A Hidden Supply of Hot Girls All Around You that No One Else is Gaming Effectively

ForeverKarlMalone · 5 January 2021 · Archived copy · Reddit

Intro:

Well, it's official. Covid 19 will still be a big part of your life in the first part of 2021...

Which means depending on where you live, still no bars...

Still no clubs, Still no lounges, Still no places you can reliably find hot girls to approach.

And if you've been in the game for a while... then you know that whenever you get out of a long term relationship or even just decide to take a break from game for an extended period of time - **your skills deteriorate...**

Game is a muscle that needs to be actively exercised or your skills will atrophy... just the way it is. You either use it or lose it.

So does that mean you have to drive to the mall to cold approach 10 girls a day??

DAYGAME MUTHAFUCKA!!!!

Not exactly.

What if I told you there's a "hidden" supply of hot girls all around you that you can walk up to and game... that just about no one else is approaching effectively?

Body:

Have you ever noticed that your eyes automatically move towards hot girls while you're walking down the street or going about your day to day life?

Sometimes you and the hot girl walk past each other. Sometimes you walk past them from behind, sometimes they pass you if they're in a hurry.

Point is, have you ever considered that you can actually have a conversation with these girls walking past you every day instead of just staring at them for a brief moment? (And even avoiding eye contact if you're beta enough lmao)

The only problem is, it's not that easy to stop a girl that's on the move... Sure you can approach them, but most of the time they'll just keep walking... after all, it's Covid-19... and strangers are dangerous! Sigh...

Meaning you'll have to chase after them and walk with them like a low value beta.

Don't believe me? Try it out. Try approaching a girl on the move in 2021 and you'll see how difficult it is to get them to stop and have a conversation with you, unless you live in a rural area or something...

Until a week ago, I thought that girls on the move were off limits. I mean, they have places to go right? And besides, they all have masks on... they're probably scared of Covid-19...

And every time I approached them, it only seemed to reinforce that fact. The majority of them didn't stop when I approached.

They just kept walking... and walking...

And these are girls that seemed open to being approached, not the ones with earphones on lol

Sometimes, I'd follow after them and continue talking to them, walking side by side, but I don't think a single approach like that worked out.

I mean, I was clearly chasing after her and the girl could see that... she's not stupid, she knows she's higher value than you if you chase that hard and follow her around like a dog on a leash...

I tried a bunch of different approach strategies too.

I tried walking up and tapping them on the shoulder. I tried walking up and telling them they're cute, walking up and talking about something interesting in the environment...

Nothing seemed to work. Everything I did only seemed to reinforce my belief that these girls walking around from place to place were not meant to be approached. They had places to be... people to see...

And that's when I met Dan: The Salesman from Costco who single handedly taught me that there's a better way...

If you ever met me, you'd know that I almost never stop when homeless people ask me for money on the street, or salespeople approach me at Costco.

I had the mindset that I don't have time to deal with that shit.

So looking back, I probably missed out on some cool offers from the Costco reps that I genuinely would have enjoyed. Probably missed out on interesting conversations with homeless people too.

Dan from Costco was different though.

Dan was able to get me to stop and listen to his sales pitch...

(I think it was home delivered water or something)

When it first happened I didn't even know what hit me. I just sat there and answered question after question about how I pay for water, how much water I drink a month, etc.

I was like, how the fuck did I end up in this sales pitch? This usually never happens...

And then it hit me. Something about Dan's approach compelled me to physically stop walking and listen to what he had to say.

I waited for him to finish his train of thought and immediately told him what was on my mind. I told him that I almost never stop when salespeople approach me. And I told him I wanted to know how to do exactly what he just did to me.

Dan looked at me like I was autistic. LMAO

I laughed and told him I'm utterly serious. I wanted to know his secret on how he could get people to stop what they're doing and listen to his sales pitch.

I even offered to buy a 3 months supply of his water delivery service on the spot no questions asked if he was willing to help out.

So there I was jogging back in the middle of Costco and walking towards a very confused Dan again so I could try to figure out exactly what he was doing differently from everyone else.

I noticed several differences immediately.

1. First, he waved to get my attention when I was like 8 yards away. This meant that I noticed him from a distance already
2. Second, he held out his hand in a stop sign 🛑 about 4 yards from when I was on top of his sales booth, and delivered his opener. "Excuse me real quick, I have a question. How much are you paying for your water every month?". This meant that I had plenty of time to stop instead of continuing to walk like I usually do.

Do you see how intelligent this kind of approach is?

Usually homeless people just ask for money at the last second when you're right next to them, making it super easy to just keep walking past them.

Dan, on the other hand, waved to grab my attention from a good distance away, and delivered his opener from 4 yards away, meaning it would be socially weird for me to not stop.

He turned the tables.

For all those homeless people on the street, it would take active effort on my part to stop and engage them in conversation.

With Dan, it would take active effort on my part to keep walking.

People LIKE taking the path of least resistance. Myself included. That's just the way it is.

The funny thing is, Dan himself didn't even know how brilliant his approach was. He was just doing this shit naturally.

I didn't care though. He taught me everything I needed to know. So after I paid for a 3 month supply of his water as promised...

I immediately tried this out on a hot girl who was walking into Costco from her car.

Like I said, usually girls on the move are very difficult to stop and have a conversation with, especially during the Pandemic.

But this time, I followed all the steps.

1. I waved at her from 8 yards away and smiled. She smiled back.
2. I held out my hand in a stop sign ☹ and opened her indirectly, "excuse me real quick, I was on my way to the XYZ restaurant it's supposed to be right here but I can't find it."
3. Blah blah blah, "oh by the way, you have a creative and artistic vibe. Are you an artist?"

Boom!

I kid you not. Full 20 minute conversation in the Costco Parking lot. Tons of flirting and swapped Instagrams at the end.

I repeated this exact technique on 5 other girls over the past week (making sure they noticed me from a distance, and delivering my opener from 4 yards away with my hand held out.

Every Single One Of The Girls Stopped In Their Tracks. And had a conversation with me.

Already have dates lined up with 2 of them

Covid-19 made it so the path of least resistance for a hot girl is to keep walking when a stranger approaches them.

But when you simply make sure they notice you as you approach, and give them enough time to stop, **They Will Stop Every Time.** They won't know why they stopped, but they'll stop.

Because it would take active effort on their part to keep walking. And almost everyone takes the path of least resistance.

Lessons Learned

If you're too scared to even approach a girl, then this technique isn't for you. Learn the basics of daygame first by approaching girls waiting in line or girls standing still that smile at you as you make eye contact with them.

And if you're too scared of Covid to approach, then by all means continue monk mode. I don't have anything against men who try to do the right thing to keep others safe.

But if you've been at it for a while...

If you're sick and tired of this lockdown bullshit...

If you want to exercise your daygame skills on women who were previously off limits because they're walking too quickly, I urge you to use what you learned to immediately get every single girl you approach to at least stop and have a conversation with you.

Nobody else is approaching them in such a calibrated way.

So Why Not You?

1,095
UPVOTES

A young mans FULL self improvement guide (Taking action, responsibility, mental health, building an aesthetic physique, addictions & productivity, relationships, finding your purpose)

Simptopimp-co-uk · 6 March 2021 · Archived copy · Reddit

This is an actionable post. If you truly want to improve your life, make sure you follow the **actionable steps as soon as you read them**.

This is a very long post. If you would prefer to watch rather than read, here is my 1+ hour video:

<https://youtu.be/PYaixyrzDOK>

"I was about to watch a movie but I decided to watch this vid and it was totally worth it, seriously if your 14-20 please watch the full vid and take action it can change your life"

"This is literally a book worth of value"

Chapter 1: Taking Action

Taking action must be addressed first. You're going to learn how to proactively take action so that the other things you learn in this post you can actually do.

Taking action is a skill.

Like a skill in a video game you have to get XP training the skill, overtime, to level up.

But real life is like hard mode, your Taking Action Skill goes down in levels if you haven't trained it. Use it or lose it.

So that means you currently have a low level in the Taking Action skill. You're a noob. So what can a noob do to level up a skill? Should the noob come and train like the big boys and slay some dragons? No. The noob starts on level 1 chickens. You are a noob, so go kill some chickens.

In other words, since your taking action skill is so low right now, you have to start by taking action with extremely easy things. These things are going to seem below you, like you're better than doing them, like your time could better spent elsewhere. Don't listen to those thoughts, that's your big fat ego annoyed that we've lowered the bar for you.

This is why all of those motivational videos say "Start with making your bed". Start with making your bed.

Seriously, here's the first actionable step, go to your bed right now and just make it look 10% neater. Tuck it in. Go and do this literally right now, we're starting easy so that you get used to following the actionable steps of this post.

If you want this post to help your self improvement, start by taking action here, put your phone down or step away from your computer and go make your bed.

Well done, you probably weren't planning to make your bed right then. This is an important concept, doing the work even when you don't feel like it. In fact, in over 2 years of journaling this is what I have stated is the most important sentence I have ever wrote:

"Do the hard work even if you don't feel like it"

This is the secret to taking action. It's acting without motivation. It's forgetting about your emotions. We're so used to waiting until we are motivated to do something... but did you know that you can do something without feeling like doing it?

You have to practice this. Gain XP in your Taking Action Skill by doing the hard work even when you don't feel like it.

A fantastic way to do this is by doing any kind of exercise first thing in the morning, I'm talking literally 2 seconds after waking up you explode out of bed and drop down to do a few pushups. We're not trying to make muscle here, we're trying to level up our Taking Action Skill. You want your mind to say "I don't want to do that, I want to stay in bed under the covers" and then, you do that hard work anyway.

Override your emotions, act without motivation.

You can always take action... when you feel like it. The problem is that we don't feel like it most of the time. Therefore the real skill is specifically taking action when you don't feel like it.

This is motivating, those moments where you don't feel like working hard are now opportunities to level up your Taking Action skill. Look forward to those moments.

Wait until you don't feel like doing something, then challenge yourself to do it anyway, because you aren't going to listen to your feelings anymore since they haven't got you to where you want to be.

Therefore you need a new indicator of action, if not your feelings then what?

Responsibility.

Chapter 2: 100% Responsibility

You are responsible for 100% of the things that happen in your life.

Internalise this belief and you will become successful, masculine, happy, fit, strong, and social.

Say it with me "I am responsible for 100% of the things that happen in my life"

If it's in your life, it's your responsibility. This is another skill to train. Your Responsibility Skill is at a low level right now, because you haven't been given much of an opportunity by society, teachers and parents to actually be responsible for important parts of your life. When you don't take responsibility for something, you let someone else claim the Responsibility XP. That's like purposely letting someone 'last hit' your enemy on a game so that they get all the gold and glory.

When something arises in your life, whatever situation or problem that needs to be solved, remember that you are 100% responsible for it. So don't let anyone else claim the XP to level up their Responsibility Skill. Figure it out and try to fix it to claim the XP yourself. The higher your Responsibility Skill, the easier it is for you to solve problems and change your life.

But this is uncomfortable! I don't want more problems to deal with!

It's exactly this act of dealing with random problems that creates you into a man who is good at problem solving. This mentality will create you into an independent, confident person who actually has done things and feels competent in himself. You must feel responsible for everything, so that you can be responsible for the things that truly matter.

The opposite of that is feeling like you aren't responsible for anything, like everything that happens to you is someone else's fault so they should fix it.

My family/friends/coworkers made me feel stressed and so now I stress eat junk food because of them! I'm overweight because of someone else so it's their responsibility.

If this is your mentality then you probably won't ever lose weight because you've put the responsibility onto someone else and there's certain things in life that other people cannot do for us. If you do not remain responsible

over your own life, you won't be able to change for the better.

Take responsibility over everything that happens and its like you give yourself permission to change.

But what if you can't cope? What if life seems too hard to be responsible for 100% of the things that happen? You're too stressed, you're having battles in your mind with your thoughts.

We're going to move on to the most important chapter.

Chapter 3: Mental Health

Good mental health will make everything else line up.

Let's imagine a scenario in which you had 'perfect' mental health, in that you felt happy almost all day everyday, fulfilled with your achievements and the path you're on, grateful for relationships that felt full of love.

In this perfect mental health scenario, do you think you would have an issue with nofap? Would you be jacking off 3 times a day? Probably not.

Would you be scrolling on your phone and just overindulging on instant gratification for so many hours of the day? Again, its unlikely.

In this perfect mental health scenario do you think you would struggle to go to the gym? Nah, it would be pretty easy to exercise and in fact, I bet you'd be happy to do so.

Flip the script. What if you have poor mental health? What if you have symptoms of major depression? Would it be easy to go to the gym then? No definitely not, it would be a struggle, if not literally impossible.

You can see that mental health really changes everything in your life. Improving your mental health just makes everything feel more achievable and enjoyable, like you're a child again. Not having negative thoughts and being able to enjoy random things in your day is a privilege that honestly not many young men are experiencing right now.

The good thing is that we can improve our mental health with practical techniques, and an even better thing for YOU... is that you are reading a post from a guy that has been very focused and invested into this topic of improving mental health everyday for many months, and here is what I have concluded is the 4 steps you should do to improve your mental health:

Watch The Science of Well-Being course by Yale University professor Laurie Santos on the website Coursera.

<https://www.coursera.org/learn/the-science-of-well-being>)

Seriously, enroll into the class for free right now and get obsessed with it. If you make this your main focus and go through at least 1 lecture a day, you will be so glad you did.

I could teach you so much stuff about mental health but Laurie Santos does it better than I ever could. She's went through so much scientific research to tell you exactly what works to improve your mental health and what doesn't. And you would never believe what the research actually shows you, because our entire lives we've been pushed to get good grades, a good job, a big house and in terms of well-being, there's other things that are significantly more vital.

If there's just one thing you do from this entire post. Make it this. **Go and enroll right now and maybe even watch the first lecture.**

Get consistent with the lectures and do all of the practices she recommends. It will change your mental health. It did for me, I was classified as having major depression, 20 points on the self assessment scales and now I barely even

score 1-2 points after completing this course.

And so the next 2 steps I recommend to improve your mental health branch off what I have found is the 2 most important practices of The Science of Wellbeing Course for young men.

That is... Increase mindfulness and gratitude.

These are the practices that you can literally spend a few minutes on every day and it'll make everything in your mind feel better. Your thoughts will just feel nicer to you, your mind won't be all bumbled up, mindfulness helps with nofap and all other addictions, gratitude is the secret to feeling happy.

What's mindfulness?

You probably suffer from mind wandering, in that your thoughts and focus keep drifting away. You keep thinking about random stuff when you're supposed to be focused on work.

That's because of our excessive internet usage. I think, particularly social media because you scroll and you see information so damn quickly. And now our brain acts the same way where it just thinks random stuff every second.

Mindfulness will reduce this and help you stay in what's called 'flow' which helps you achieve a deep focus. It's like what athletes call being 'in the zone'.

You really want to be experiencing this everyday if possible. Increase your mindfulness and you will find that you are in the zone / in a state of flow more often.

How do I become more mindful?

Meditate.

Think of meditation like the gym workout and mindfulness like the muscle. We meditate to improve our levels of mindfulness.

Make 5 minutes of meditation a daily habit and over some months you'll learn more and more.

Here's the most important mindset to start meditating: You will feel like it doesn't work for you, like you're just sat there and you keep getting deep in thought. That's fantastic, that's exactly what we want you to experience right now. Beginners get so annoyed and always say:

"I tried to meditate but it just didn't work for me"

To that I always ask them "What would you say to the fat guy who went to the gym 3 times and was annoyed that he didn't lose any weight yet?"

And of course they answer with:

"Well the fat guy needs to get consistent and keep going for a longer period of time"

And that's exactly what all meditation beginners need to do as well. Right now, you don't deserve the results of meditation. Just keep showing up to practice and soon you will.

And please trust me, as soon as you feel the benefits of mindfulness, you will be preaching it to everyone and being so confused as to why the majority of people don't meditate.

How do you improve gratitude?

I tried a few different gratitude techniques for a month at a time and I've concluded that a simple gratitude journal in which you just bullet point stuff you feel grateful for is the best.

It's nice and easy to do everyday, takes literally 2-3 minutes and it has the biggest effect because you go throughout your day keeping in mind what you would write about in your gratitude journal so it feels like you savour experiences and memories to write down later.

Lets do this right now, get a notepad if you have one or just the notes app on your phone or comment on this post. **Seriously do this right now and you'll be more likely to make this into a daily practice that improves your mental health.**

Title it with todays date and write this question "What do I feel grateful for right now?"

Now answer this question in a couple different bullet points. I'll do this with you. Here's my answer.

1. I'm grateful for the internet
2. I'm grateful for the gymnastic rings I bought 9 months ago. I've had so much fun training with them
3. I'm grateful for the salmon and potatoes I just ate. Peng
4. I'm grateful for [u/foreverkarlmalone](#) for giving me that pretty +1 flair next to my Reddit name on this sub

Have you wrote down what you are grateful for?

Literally do it right now before continuing to read this post.

You can see how quick this was and when you really focus on doing it, you'll find that it will always make you smile, because you're recalling positive things that you have in life.

We spend so much of our time thinking about things we don't have, especially in the self improvement community our focus is on getting more and doing more.

Gratitude allows you to take some time to appreciate what you have right now. And that makes someone happy.

If you watch The Science of Wellbeing Course, you'll learn about the research on gratitude and its very promising. It's like a mental health hack. Finally the 4th step to improving mental health is to reduce social media use.

That includes Reddit. This stuff is not good for us.

Not only is it causing information overload and the mind wandering that I mentioned earlier, there's real evidence that shows simply just reducing your time spent on social media significantly improves your mental health.

That's because you get away from the social comparisons in which you see people who look better than you or people who have more friends than you.

This is a difficult step and many, many people struggle here. I did as well.

Here's an extremely quick way to reduce your social media use:

Disable all social media notifications. Right now.

Here's the message you've been waiting for to take action. Step away from this post and go onto Instagram, Snapchat, Twitter, TikTok, whatever apps you have and go into the Settings, then into the Notifications tab and finally disable all of the notifications.

You'll still end up on the apps but you'll be on there significantly less, which is awesome progress.

Secondly (this is a really good idea) move the apps on your phone to somewhere else so that muscle memory doesn't take you back there.

Simply tap and hold the app and then relocate it to a different spot. It's funny, you'll catch yourself trying to go onto the apps without even realising it and now you'll end up clicking on a random app instead. Use that moment as an opportunity to ground yourself and realise the importance of mindfulness. The more you meditate, the less stuff like this happens.

If you just do the bare minimum of these mental health steps you will see great improvements. It's all about doing a little bit everyday.

Here's an insanely important question for you...

Do you want to have positive mental health for the rest of your life?

Don't be a dumbass and sarcastically say no, of course the answer is yes.

If you want the benefits of these mental health practices for the rest of your life... you have to do the practices for the rest of your life. Common sense right?

Take a minute right now, close your eyes and visualize yourself at 65 years old, still meditating and journaling every single day.

And so therefore, with increased mental health, you will feel able and competent to do so much more in life. So that's why we have covered mental health first. And now let's move on to my favourite chapter which started my self improvement journey.

Chapter 4: Building An Aesthetic Physique

"It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable" - Socrates

You put in the work. The literal blood, sweat and tears. And you are rewarded with a sense of pride that very few men feel. You will smile every single time you see yourself. Every time you're reminded at how much progress you made.

Exercising, specifically building muscle through resistance training, gives you and the entire world a physical indicator of the efforts you have put in. Everyone can see this, and everyone, whether or not they have the confidence to admit it, respects that effort.

There's two parts of this chapter, exercising for our physical health and building an aesthetic physique through resistance training.

Physical health:

Young guys frankly don't care about their physical health anywhere near as much as they should. I know because I was in that same position. We're so focused on making money, trying to get girls and playing video games that we forget health should be a priority above literally everything else. Because if you don't have your health, you don't have anything else.

Spend time and effort thinking about what you could improve on, because we all have some kind of symptom of some ill-health that we've kind of just been putting off.

You may think you don't have any kind of symptoms of ill-health but I'm sure that if you give this time and effort by thinking without distraction, you will remember some random thing that is negatively impacting your health that you've just lived with. Think about it, research it, book a doctors appointment or try techniques to improve your health yourself.

One of the best ways to improve your physical health is to eat for nutrition, not pleasure. Tasty foods and snacks should be a treat, like a small handful every day that you enjoy. You shouldn't fill up on this junk food.

This is very difficult because you will only experience the negatives of a poor diet as you get older. And then the older version of you would be wishing he could go back in time and tell you today, to eat for nutrition, not pleasure.

Aerobic exercise, in other words cardio, has so many benefits. Its like training your heart. In the most simple way, move more. Go on more walks, cycle, run, skip, swim, hike, play sports.

There's a reason why you probably haven't been doing cardio at least 2-3 times a week recently, and that's because you don't enjoy the forms of cardio that you have tried.

So in a practical sense, you need to spend time and effort specifically trying to find the form of cardio you actually

enjoy doing.

It's different for everyone so you have to put in some intention to find out which one it is for you. For me its running and cycling and recently I've been getting into skipping.

Do not be like one of those internet bodybuilders who think skipping cardio is funny. The older version of you will suffer. Find a form of cardio you enjoy and then the older version of you will be benefiting.

Stop reading this post right now and just sit there for 1 minute without looking at your phone, or computer and just think about what form of cardio you remember you enjoyed the most. Do this thinking practice right now.

Building an aesthetic physique through resistance training:

It's said that we make our first impressions of each other in just a few seconds.

In just a few seconds , do you think they know your story?

Do they know your good intentions, everything you've been through?

No.

In just a few seconds, they have seen what you look like and what your body language is like. Maybe you've said 2 words in this time.

Physical attractiveness is becoming ever more important. Your looks are like your lens of the world. If you're attractive you see the world so differently than if you're unattractive.

This hurts. We should be judged on our core values.

But that isn't what life's like and if you don't play the game, you automatically lose.

So win the game.

In this part, we're going to go over building an aesthetic physique that improves your physical attractiveness significantly AND even improves your face which a lot of guys say you can't improve, that's false. Packing on muscle and reducing body fat % will improve your face too (especially more so if you train your neck muscles).

It also serves as a great feedback loop to increase confidence. The more you improve your physical attractiveness, the better the world treats you. The better the world treats you, the more confident and happiness you feel. You get opportunities and experiences that you wouldn't have believed were possible before.

And improving your physical attractiveness is not that difficult. It. Just. takes. Consistency.

Forget everything else about wanting to have the most perfect diet or training routine. If you aren't currently training, just focus on hitting a workout 3 times a week. Don't get into that information overload just yet. For the first 3 months, just show up and do a bunch of different weight training (if you have access to a gym right now) or bodyweight exercises. Find a random workout routine online and just commit to it.

3 times a week, that's your goal.

Just this action of going to the gym 3 times a week is going to massively improve your physical attractiveness and confidence overtime. And that's the important word. Overtime.

It takes consistency, not intensity.

Don't go all out by doing as much as you can and quit in the first few weeks like you normally do. Beginners do more than they can handle because they have the mindset that they are very far away from their body goals and

want to make progress as fast as possible.

Make this a consistent effort by actually doing less than you can do for the first couple of weeks. You want to be leaving the gym thinking that you could have done more, that's a fantastic mentality because then you're excited for the next workout.

If you're consistently leaving the gym feeling extremely fatigued, as a beginner, you're very likely to end up quitting and messing around for a couple more months before you attempt this grind again.

That's a waste of time so just focus on consistent workouts instead of intense workouts.

But let me give you a little bit more info on building an aesthetic body. Focus on these areas and you'll get the most bang for your buck:

Neck - upper chest - lateral delts - lats

It's quite a weird set of muscles which are kinda hit in normal routines but if you just add a couple of sets that hits these muscles on top of your beginners routine, you'll find that your physique will grow much more aesthetic because it focuses on that V taper that is extremely attractive on a man. The V taper on a man is like the hourglass shape on a woman. And you get the V taper by training these muscles.

But the most important thing you should learn about this chapter, is building a fantastic exercise mentality that leads to a lifetime of exercise.

Because that's the point, we never want to quit this.

Remember that visualisation practice for the mental health chapter? Answer a similar question...

Once you build your dream body, do you want to keep it for life?

Do you still want to be fit and strong when you're old?

Well then you're going to need to be working out consistently even when you're old.

Close your eyes right now and imagine yourself at 65 years old still popping into the local gym a few times a week, resistance training and looking good.

So now we're thinking of an incredibly long period of time. Here's an important question for you:

What form of exercise would you be happy to do 3+ days a week forever?

Have intention, research and learn how to optimise this form of exercise. Find humour and interest in this exercise. Identify with it, merge it within your personality.

Most guys on this subreddit choose lifting heavy weights. That's cool, but honestly? It's not for me. I love to lift light weights with higher reps and feel that intense burn that turns you into a man. I also do gymnastic rings workouts which are insanely fun as you work to hitting cool skills like the muscle up and front lever. So your exercise goals have been set:

Find a form of cardio that you actually enjoy and do it 2-3 times a week for the rest of your life.

Hit a form of resistance training 3 times a week for the rest of your life.

As the months and years go on you'll automatically learn more about building an aesthetic body and you'll naturally want to increase your training volume. Start small and remember, consistency over intensity.

This seems easy and simple enough but it's likely that you will struggle to maintain this. Why? Because you are addicted to things that are ruining your productivity.

Chapter 5: Addictions & Productivity

You are addicted to the internet. I don't even think I need to know who is watching this. If you're a young man you're probably spending most of your day mindlessly scrolling the internet on social media or hours grinding on a video game.

(If you don't play video games as you read the rest of this chapter replace 'video games' for the substance you know you're addicted to)

The young men who are levelling up in life, aren't levelling up in video games.

Think about why every young guys transformation starts with "I used to spend all my time on video games, I quit and then everything in my life started to improve".

There's a reason why this act of quitting video games (or any addictive substance) results in real life progress.

To make improvements to your life takes time and effort. Both of which are drained by video games. I know playing games seems easy and comfortable but they often leave you feeling fatigued, unable to think straight or feel physically strong after a long gaming session.

Video games are carefully designed to be addictive, they make them to reflect real life achievements, getting XP, making money and climbing the ranks to a higher level.

When you're getting these virtual achievements, real life achievements seem less important because you're already getting that dopamine spike that rewards hard work.

So to have a better life, consider reducing your video game / internet usage. This is easier said than done but a whole lot of guys have accomplished this.

Let's think exactly how and why some guys, like me, have successfully quit playing video games whilst many others want to quit but feel unable to. Essentially, how do you overcome an addiction correctly?

The first thing that comes to mind is actually having something to do that replaces the video games. I quit playing video games after I discovered weightlifting.

This seems to be the case with so many guys online saying they quit video games and then moved onto something that actually benefits their lives.

And it makes sense. Maybe there's certain people who have an addictive personality so if you're going to be addicted to something, make it something that makes your life better, something that makes you happier in the long run instead of something that just gives instant gratification.

The general concept I've been teaching on my channel is reducing instant gratification in favour for delayed gratification. Video games, Netflix, porn, junk food are all instant gratification. They feel easy, fun and comfortable right now but you almost always feel slightly negative afterwards. The more you indulge in instant gratification, the worse your life gets.

Playing an hour of video games isn't a problem at all but imagine playing 6 hours a day every day for an entire month.

Is it likely that at the end of this month you will feel fantastic?

Would this be a month that makes you feel proud?

I doubt it.

Delayed gratification on the other hand is activities that make your life better tomorrow but they feel hard today.

Exercise is the ultimate delayed gratification. It's uncomfortable pushing your body but as soon as the workout is done, you feel so proud of yourself. And if you get consistent with exercise or other types of delayed gratification,

you notice long term benefits like increased positive mental health, confidence, fulfilment, pride, more muscle, less fat.

Instant gratification gives you pleasure for an hour but **decreases** your long term happiness, delayed gratification is uncomfortable for an hour but **increases** your long term happiness.

The thing is, you probably have always wanted to commit to delayed gratification. You've probably wanted to exercise consistently, work hard in school or on your business and develop skills. But there's a reason why you may not have been doing this...

We struggle to commit to delayed gratification because our minds are in a haze due to the internet and other substances.

It's hard to go to the gym after a long gaming session.

It's hard to stick to a healthy diet when you've got the munchies.

It's like instant gratification makes you forget about the delayed gratification goals you have.

What we need is structure. We should consider structuring our day in a way that prioritises our goals but still allows us to enjoy the instant gratification activities that we find the most fun.

I tried so many productivity tactics, I'm telling you I have found the most optimum strategy for guys like us.

Write up a daily timetable and stick to it as best as you can. Remember the timetables we used to have in school? You just knew what lesson was next because it was all structured.

Here's my timetable: <https://imgur.com/a/rVWG2Ye>

Don't create your timetable just yet, keep reading to learn the mindset first.

The mindset is to make this timetable like your ideal day. A day you could imagine happily sticking to forever.

So it has the work that you feel is necessary for you to grow and become successful, but also has rest and unwind periods so it doesn't feel like a challenge to stick to this ideal day. This way you include all your goals into the timetable. What do you want to achieve? Set aside time for it every day by including it into the timetable.

It's inevitable that sometimes life will get in the way but if you just try your best to stick to the timetable you'll find that you'll be doing a lot more than normal, which is progress.

Because let's be honest, if you write up your ideal day in this timetable and you end up only following it for around 50% of the day, that would be huge progress compared to your normal days wouldn't it?

And now you enjoy the insanely huge benefit of this timetable: You have the confidence that you're working towards ALL your goals simply by following the timetable. So now you have just 1 goal: Follow the timetable.

Write up your timetable now. Here's mine again for inspiration: <https://imgur.com/a/rVWG2Ye>

Just copy how I've structured it and then input the timings and behaviours you want.

Be sure to include the delayed gratification activities that will get you to your goals like exercise or learning a skill and then also include 1 or 2 blocks for instant gratification unwind time.

Give it a try right now and it may help your life as much as it has done for me.

Make this timetable right now. This is your call to action if you want to see improvements in your life, which you obviously do, don't wait any longer. Just make the timetable as best as you can, it's for your own benefit.

Great so now we all have a timetable wrote up.

Get addicted to it. Get obsessed with this timetable, read it a thousand times. Then start to follow the timetable as

best as you can.

Remember that earlier mindset - If you even follow this timetable just 50% of the day, that's huge progress. Life is inevitably going to get in the way and mess some things up, that's ok as this is our ideal day which we can't expect to have all the time.

Overtime change up the timetable and optimise it. You'll know when to do this.

The previous chapters so far have gotten you improving all parts of your life to make you into the the version of yourself. Now is the right time to start meeting new people.

Chapter 6: Social Skills & Relationships

You will make the best relationships when you've already committed to your self improvement. You want new people to meet you when you have improved your mental and physical health, built a body that gives you confidence and when you aren't addicted to substances.

So its like we're making you into the best version of yourself, and then putting you out there so that the people you now meet are aligned with your new values, timetable and goals.

To get quality relationships with family, new friends and romantically you should consider levelling up your social skills.

It's right there in the name, social SKILLS. Its a skill that you can level up just like we do in video games. You can learn, practice, and improve your social skills and it is a very worthwhile grind. Something you should put effort into.

Straight away I'm going to recommend you the cheat code to improving your social skills: How to Win Friends and Influence people by Dale Carnegie.

If you do nothing else, either read this book or watch a summary video you can find on YouTube.

Take a minute right now to either order this book, find a free online PDF or watch a summary on Youtube. Dale Carnegie is called the father of self improvement for a reason.

Specifically there's a chapter of 6 ways to make people like you:

1. Become genuinely interested in other people
2. Smile
3. Remember their name
4. Be a good listener / Encourage others to talk about themselves
5. Talk in terms of their interests
6. Make them feel important

It's these 6 principles that if you can internalise, remember, and improve on, you will become one of those guys who just seems to make friends everywhere he goes. I'm sure you've met a guy like this before, like such a charming confident guy who speaks to everyone he meets. It's like a superpower because any one of these people you meet through the 6 principles could be a future best friend, girlfriend or business partner.

Seriously, this is the action step right now. Did you take action previously and order the book / find a free PDF / watch a Youtube summary? If you didn't, this is your reminder that following these actionable steps (even if you don't feel like it) will mean that you'll actually be getting some real life value from this post.

If you took that action step and have either quickly watched a summary of this book or have ordered it to read soon, brilliant, you will be so grateful you did. This is a book I will read every January for the rest of my life. I

suggest you to do the same.

Now I can add something from my own personal experience to improve your social skills.

Practice approaching and initiating conversations with strangers.

It's this exact phrase that has levelled up my social skills and with that my experiences with new friends and girls I meet.

I wrote a whole post on this titled "Make friends by being the initiator" which you can read by going onto my Reddit profile.

This is the act of walking up to someone you don't know and speaking to them.

You shouldn't just approach people who you think you would become friends with or girls that you are attracted to because then you wouldn't have practiced this skill when you need it most.

What you want is the skill, the ability to be able to talk to an attractive woman when you see her, right?

Well then imagine how much easier it's going to be to speak to that woman when you've already been speaking to strangers consistently for a few months.

It will feel like just another approach when an attractive woman or potential new friend is there. This is 'old man vibe'. Talking to everyone, being interested in them and knowing that they have something to be admired. Being that social butterfly.

Chapter 7: Purpose

A man needs a purpose.

Something bigger than himself that he works towards relentlessly.

Your purpose must be self-transcending. That simply means that it's bigger than you, that it helps other people, animals, the environment etc.

This is hugely important because when you're hit with the trials and tribulations of hard work, the thing that's going to keep you going is not that you're just working for yourself and to make money. It's that you're working hard to support your family, to help a community that you are a part of.

How do I find my purpose? I can't think of it.

Of course you can't. Please answer this question...

Would philosophers and deep thinkers be as effective if they tried to think of stuff whilst distracting themselves?*Of course not.*

The reason why young guys can't think of their purpose is because they often don't actually do any real thinking. You're trying to think of your purpose right now as you read these words on your screen.

Your mind is scattered.

Do you really want to find your purpose? Close everything. Turn off your phone, your computer, every single distraction.

Sit around with a pen and a piece of paper and dive deep into your thinking.

Write these questions down on a piece of paper and then sit around answering them without any distractions. Turn. Your. Phone. Off.

What would give my life fulfilment?

Who do I want to help?

Who relies on me?

Who inspires me?

What am I grateful for?

What causes do I care about?

What gets me out of bed in the morning?

How do I want to be remembered?

This won't be quick. You can't find your life's purpose in just a few minutes of journaling, but you can certainly find the first direction to move towards.

Your purpose will also change as you experience more of life, so keep that in mind. All you have to do right now is to figure out what your current purpose in life is. And then work towards that purpose relentlessly.

When you have improved yourself and achieved significant success in your purpose, you will feel self-actualized: The main goal of self improvement.

My friends, my name is Hamza and I am self-actualized. My purpose is to help young men with their self improvement because reaching your potential gives you the opportunity to help others. And I have reached my potential. I wish that for you.

1,094
UPVOTES

Time's precious. How long do you think you've got? Not much at all. 3800 weeks / 900 months / 27000 days. And they're are gonna fly faster than you think.

SKRedPill · 27 May 2018 · Archived copy · Reddit

TL DR : If you're able to read this, you really don't have much time left. Of that, your best years won't even last that long. The future is earned.

<https://understandinguncertainty.org/why-life-expectancy-misleading-summary-survival>

Look at that graph. As a man, you're most likely to die by the age of 86. Let's go nature's way and assume you hit puberty by the age of 12-13 (which is when nature expected you to start manning up, and you start doing stuff on your own. Till then we can forgive you for being dependent). **Do the math and you've got just 27,028 days remaining from the age of 12, including leap years, give and take a few. That's just 900 months. Or 3861 weeks.**

EDIT : For those who like hours, the number is 648,672 hours. Take it as ~ 649,000 h if it makes you feel better. This way you can REALLY see your time fly

If you were thinking you had a million hours or more to live, sorry, it's not even 700,000 hours - it's in fact short of that by nearly 6 years! I didn't put that up on the title as I thought it sounds like a lot, but it really isn't. **If you were paid \$24 a day, \$2 every hour, to work for 12 hours every single day till you die, you'll get to that number. That's how small it is.**

When I change my unit of time for a life lived from years to days or weeks or hours, it totally changes my perspective. Putting this up on a countdown timer or an app that counts the days to / since a particular date, you can see for yourself how much time you lose everyday, and how rapidly.

When you see how quickly a day flies, you'll respect how small these numbers are. Days fly, and then it's Sunday again. Then it's the first of the month. Wait, didn't we just celebrate my birthday last year? Oh yeah...

And you WILL find your days and weeks absolutely blasting by when you're binging in pleasure addictions - the internet (ESPECIALLY the internet), porn, masturbation, video games, unproductive time, social media, your smartphone, busy for just filling time. Before long, it's already midnight, and there's a tiny little voice in your head that asks you, "So what all DID you achieve today?"....

In contrast, one minute is an eternity in the world of racing - 1 second is huge - because they respect the clock like no one else on earth. The clock is objective, but our value of time as an experience can be changed. **The more you respect your time, the more time you've got.**

I'm turning 30 in a year and a half, and in a way it means where I stand, over a third of my life is gone - not one second, one minute, one hour, one millisecond of that, not one calorie of wasted energy is gonna come back.

Every minute you spent on unproductive shit that felt pleasurable but made you depressed at the end of the day because you look back and realize you didn't make a damn piece of progress? Not one second is gonna come back. You'll never be 18 and feel immortal again. I think back to vacation days in college where after the exams, I'd binge watch shows and realize it was 2 a.m., go to bed, get no good sleep, spend the next day at half strength -- **well, it's been 10 goddamn years since then. 3652 days, 88000 hours.**

If the 10,000 hour rule was correct, and I only spent half of my 24 hours working and sleeping 8 hours a day, I could have mastered 4 different domains by now since my 18th birthday and almost half way through a 5th. But did I?

That depression is your inner soul trying to warn you to evolve. Our brains evolved to treat pleasure like white sugar (i.e. extremely scarce) and body fat. Even an 80:20 split of your time assuming you're awake for 16-17 hours means

over 3 hours of pleasure - TV, internet, porn, games, wasted gossip - daily. The amount of pleasure we're bombarded with daily is way too much for our minds these days -- we could go without any of this and we really wouldn't need any more. It's made our brains obese and sick, just like our bodies. **Pleasure is sweet poison.** It's the root of all modern unproductivity, and the loss of all your time, energy and value.

Wanna lift, spend time with your loved ones, read, improve your SMV, travel the world, learn new skills, game girls, raise kids, make money, create opportunities for yourself, do yoga, build an empire, become a monk, whatever? Quit pleasure. Get productive. Get out of the internet and those smartphone apps - they're making us autistic. I am sorry to say that when I look back, I was most productive only in the gym where no BS was entertained - they do not allow phones inside for a reason. **But pain (growing, healthy pain) and hard work felt so good when you were done and the results were there to show.**

Say I only saved Sunday for enjoyment - even if I worked my ass off rest of the week and was 100% productive for all the 16-17 hours I was awake, that's still an 85:15 split between productivity and pleasure. In reality, no one's 100% productive all the time, not even 75% of the time.

Why? Because we've got finite energy - physical (the body), mental (the mind), emotional (the heart), spiritual (the motivation, the beliefs, the why). If we need to manage our time well, we must manage these energies better. **The absolute best thing one can do for one's happiness, is to keep one's energies high.**

Side Note : Some of my most unproductive and lethargic days ever, as a teenager was when I fapped too much. Yes. There was one time where I went without it or the internet for a week and got good sleep, and I was getting up before sunrise fresh as a rose. Of course, after that the sex drive just got too high...

Pleasure ain't the purpose of life - we've got 1000x more pleasures than any of our ancestors ever did - my grandparents didn't see electricity until 1950. And with all these pleasures, I can't smile like my 1 year old niece who has no idea how to binge on netflix or Youtube.

Look at kids, naturally confident, don't know what failure is yet, and happier than adults who've got more pleasure than at any point in history. **Happiness is already within.**

Then the purpose of a man's life is simply - **becoming the best version of himself.**

The biggest drive underneath it all is the drive to evolve, be better than yesterday at some level - physical, mental, emotional, spiritual.

I realized this when the world labelled me 'low value' for the first time in my life, when I lost attraction, when my ex hated me with every fiber of her being, and got divorced - the shit hit me like a freight train at 100 mph when people with less than a quarter my ability mocked the old beta me as '*not even half a man*' - and I wasn't even a slacker. Yeah I made all the BP mistakes (that's another story), but I also realized that I had fallen into unproductivity hell at some point in my life and that was by far the most burning problem.

But somewhere along the way, the pleasures of the world tempted me, and while I did make progress, made a decent amount of money, worked for 6 years since leaving college, I also made a few wrong choices about which way my life should go, and I became unproductive enough that when I look at the guy in the mirror, I see the chasm between what he could really do and where he ended up. It's no longer belief when you feel it like someone stabbed you on the inside.

If you really wanna be happy and fulfilled in life, you need to feel proud of the guy in the mirror. I don't recall who said that Life's biggest regret is to look back, and see it wasted - but I felt it. I look back today, I'm not at all happy. And I wasn't even that unsuccessful compared to a lot of people, but still I was a laughing stock. The thing is - does your conscience respect you?

Yeah, I believe in karma that I'll have to answer for and I believe in my next life, that what I do in this life decides what my next life will be - now I'm not debating if this is true or not. But there's a reason for that. **It keeps me grounded. It makes me respect the life I've got now.** 10 years ago, when I told myself I live only once, it made

me a hedonist, doing low value stuff and binging on pleasure addictions (especially the internet) - many others around me at that age believed everything ends in the grave and were in quite a hurry to get there, with pleasure. :)

Well, beta me learned a very harsh lesson down the road on what respect means to a man - the universe rubbed it in my face in a way I'll never forget. My spirituality was fucked up - fixing it was the best and first thing I needed to do for myself.

I told myself that if I kept going down this route, I ain't getting this opportunity next time, not even in this life. I've got to earn my future, whether this life, or the next. Beliefs are our programming, whether they're true or not, our beliefs dictate everything we do.

At 28, I'm not nearly old, and yet if I live till 86, I have only 21000 days before I will most likely be dead (if modern lifestyle or an unfortunate event hasn't killed me sooner). That's just 3000 weeks, or 700 months or almost exactly 500,000 hours.

UPDATE : Since I wrote this article, about 3 of those hours are already gone and counting, so I don't even have 500,000 hours left. I just passed a milestone then. I have 499,999 hours remaining. That feeling when you see that 5 change to 4. NOOO!

86 is above average in my family - only my great grandma really managed to hit it. If I don't quit low value activities that don't make me better than yesterday, there's no chance I'll have this energy when I'm 70 and still have 16 more years to go.

In conclusion - as one of the veterans wrote : <https://illimitablemen.com/2016/04/26/the-sanctity-of-time/>

I don't have a minute to lose, never did. Or a calorie to waste. Neither does anyone else.

My goals await.

PS : I reposted as I wasn't happy with the title. Sorry guys.

*Edit : For people who're wondering, if I started from age 0, it would be close to 31,100 days, 4490 weeks, 1050 months and about 754000 hours. But for 12 of those years, you'll be a kid and I assume your parents are there for you and you have a normal childhood. This is not to deny the importance of a strong foundation in childhood, it's a critical stage where you observe life and people and learn the most. Many prodigies have started earlier than 12. **Still, you only have just over 1000 months, about 750,000 hours and not even 4500 weeks to live.***

If you have kids, keep that in mind, but make sure they get a good childhood and eventually see the truth.

1,093
UPVOTES

Private Facebook group of women married to deployed soldiers is infiltrated, shit storm ensue.

warracer · 9 September 2016 · Archived copy · Reddit

Here's the link : [Shitstorm](#) Im not good at writing in english, so I'll keep this short. Somebody found a Facebook group called "Mommy wars" which is private and has about 23'000 members. The person gets accepted and first thing he see is women who wants "support" on cheating on their husband while he's away. They reply with stupidities like "he left its his fault" or "spread those legs girl, it doesn't matter if he isn't on the same land mass". Absolutely disgusting, while you're out there fighting for their freedom you get cucked by these sub human being you called your wife at one point... As always AWALT, don't wife fuck material and keep your eyes open at all time.

1,093
UPVOTES

ATTENTION: Visitors from VICE

bsutansalt · 30 August 2017 · Archived copy · Reddit

This goes for anyone visiting us because of this bullshit of an **article**. Ask yourselves "why am I here?" In my opinion it's because the author is either an idiot, or outright lied to you. I'm leaning towards the latter because everyone knows the men's rights subreddit is over here --> **/r/MensRights**

My thinking is that the author committed what's known as **Yellow Journalism** and tried to write a hit piece on the men's rights movement. This isn't the first time this has happened pointing to TRP and holding it up as something it's not. Now in all fairness we do have our own threads on the subject now and then, which can be searched on by the **"men's rights" flair**.

If you wish to post in this subreddit, first you must have an account in good standing that's been around for a while, so no non-attributable throwaway accounts, and you must first read the sidebar, which I've made a **guided tour of for newbies** who want to know what we're really about.

We thank you for boosting our traffic and adding to our readership, but post in good faith or you will be banned. This is your one and final warning to behave.

1,093
UPVOTES

Don't do easy dopamines

M_Hamza · 17 June 2018 · Archived copy · Reddit

This topic has been posted to death, but it worth it

What is dopamine? It's a neurotransmitter used to reward your good behavior (IDGAF about its other uses now).

Imagine a caveman wandering around all day for food and finally hunted a beast, his body will experience a dopamine rush rewarding him happy for his hard work.

His brain also register what he just did in 'fruitful work' category so he will do this again & again.

So what you do?

You play games, you watch porn, listen to music, drink, eat junk food ...Why? So you can get a dopamine rush that the poor caveman spend all the day working hard to get(let alone risking his life). You're stealing his hard work.

So should we care about a now-dead caveman?

No, but listen, when you did these things you instantly reward yourself for doing almost nothing (easy dopamine), so now you don't need to work hard to get anywhere in your life. It's all here, a click away from you, why bother?!

Why ask that girl out when I can watch perfectbody girls on porn sites, or just tease some on social media.

Why invest in yourself or go to gym/ build social skills when you can dress like the world CEO in GTA

Remember the brain is not good at differentiating between real and virtual.

And that's when all started to fuck up.

We have no motivation to do right things that get you somewhere in real life, you feel down all the time, actually activities that were once interesting and engaging are now lame and dull because you are now desensitized, it's the reason why addicts crave more 'easy dopamines', even these become not enough to get the thrill, so they crave more intense forms of it

Can you live with only easy dopamine? Yes you can, but unless **this** is your role model, it's not the best idea.

What can you do?

Don't escape. Fix your current situation and do something now (even the slightest) on the path to what you really want to be in life, don't go the easy short term way, always choose what benefits you in the long term.

Go a week free from all these artificial pleasures, replace them with productive activities, want to play game? read a book instead. want to go on social media? Go out and socialize instead. Try to force yourself on this for a couple of days, with no "easy dopamine" at all, I promise, your brain will reset its natural state, you become more social, confident, basically you get reward doing what you find hard and tedious now.

Try to make the boring work rewarding by any means, look, willpower is not enough, yet. At least it's not for one whose entire life revolves around 'EDs', you still need dopamine anyway, so let's take studying as example, you can make it more rewarding by making flashcards, you turn them to find that your answer is right => feel rewarded, or by explaining what you just studied to friend or family, they understand it => you feel rewarded, you make a to-do list and physically check every item you finish => you get rewarded => your brain is happy. It's just a hack to trick your brain to release that necessary chemical to make you love and continue the work. You get the idea, apply it on every aspect of your life you want to develop. After a while, your brain needs no hacks anymore, it gets used to the work.

Want to show how science proved what I said, but just trust me.

1,089
UPVOTES

Emma Watson: Star SJW Linked to Panama Papers Leak

Su-Wu_Red · 11 May 2016 · Archived copy · Reddit

TL/DR: Emma Watson spends time campaigning for social justice, and is one of the most prominent faces of the new generation of feminists. Right now she is employed by the UN as the "Women Goodwill Ambassador". Because of the panama papers we have learnt that she is employing the same financial tricks used by the neoliberal elite that is not paying their fair share of taxes and bleeding societies dry. This reinforces the red pill principle of how SJWs don't actually care about the social welfare of the masses, their true interest is in maximizing their power/influence, and they will hide behind causes while doing this.

I literally cackled with glee when the notification flashed across my phone: Emma Watson had been named in the Panama Papers leak. For those who haven't been following, the Panama Papers are a massive data leak that showed how some of the richest people/corporations in the world hide their money in off-shore companies based in Panama, often using these entities to reduce their tax burden or launder money.

This leak is so big it's going to take a year+ for us to figure out who is all in it. So far, major figures have been implicated e.g. David Cameron's father, Putin, the King of Saudi Arabia etc. Today we learnt that Emma Watson owns her London apartment through an off-shore company created by the same Panamanian law firm that helped many of the global elite to launder money/avoid taxes.

Now, offshore companies are not illegal per se. However, this is because the world's powerful write the rules to not make them illegal. If the masses truly understood the big picture and had control the legislative process, these entities would be regulated way tighter than they are now, possibly banned. You do not get one of these entities unless you are trying to hide some sort of information about your money.

One of the big issues in our world today is wealth inequality. Worse than gender inequality I would say, because, if SJWs want more gender equality, then fixing wealth inequality will go along way to help. Money is literally being vacuumed to the top, and social programs are not being sponsored. For decades, people have been cheating societies by being able to use community owned resources, while not paying the appropriate fee that maintains those resources. Of course, the working schmucks (upper middle class and below) are left with the bill.

It is amazing that somebody who runs around preaching to us about social justice, and how we have to be better etc., employs the same oppressive techniques used by the supposed patriarchy that she is supposedly pushing back against.

This is her explanation. Tell me if it passes the sniff test:

UK companies are required to publicly publish details of their shareholders and therefore do not give her the necessary anonymity required to protect her personal safety, which has been jeopardised in the past owing to such information being publicly available

Oh, so your *only* way of protecting your anonymity just so happens to be buying a company from Panamanians that are world renowned for their money laundering and tax evasion expertise. Totally makes sense.

Lessons learned: It's always about power.

News Story: <http://archive.is/22505>

Edit: Wowzers! I clearly struck a nerve here! I am happy that we could get some discussion going. I appreciate that 150K of people are not going to perfectly align on political views. A diversity of viewpoints is a good thing. Putting the ideological differences aside, the key takeaway here is that Emma Watson is a hypocrite who advocates for big government for her social justice agenda, while at the same time hiding her money from said big government. Rarely do SJWs get caught out in such a way.

Edit 2 The feminist defenses have started to come out. General argument: "She did good for women, so the author

doesn't care about her potential tax issues." I wonder if this defense would work for a man in the same situation.

1,084
UPVOTES

All Red Pill Sidebar In One PDF

_aroo · 17 August 2015 · Archived copy · Reddit

After the whole week of staying up late, working late in the night, battling with formatting hell and typos, I have finally finished compiling all the information from the sidebar into one e-book.

Like every new user, I was too, guilty of procrastinating and not studying the sidebar material. One of the things that turned me off was that the sidebar material was all over the place: different blogs, websites, fonts, color schemes (I took care of that now by making this e-book). I just couldn't concentrate. The length of the posts didn't help too.

But the way I see it now, you have nothing to do here, if you are not prepared to sit, read and study the sidebar. If you're not prepared to read hundreds of pages of eye-opening material - your loss.

There has been big drop in the quality of the posts (this is throw-away account, I've been here for a year or so) lately. What I would suggest to everyone is to sit and start reading the sidebar again (or especially for the first time!). Sometimes you just need to return back to the basics. It's a really long read, but it's also worth it! After all, this is the best red pill knowledge that is out there and you may read just the sidebar and nothing else ever again on this sub, if you want.

So, click on the link. Download the sidebar and start reading it, I've done my job.

PDF Link: <https://infotomb.com/7udz0.pdf>

EPUB Link: <http://www.fileconvoy.com/dfl.php?id=g302d6245dedddd59999708084965c2903ef32d456> (thanks to /u/Bibosas for the formatting)

MOBI Link: <http://www.fileconvoy.com/dfl.php?id=g302d6245dedddd59999708084965c2903ef32d456> (thanks to /u/Bibosas for the formatting)

1,084
UPVOTES

Ditch "cold approach" in favor of "learn how to initiate conversations with strangers" without having a goal other than the initiation itself.

_do_not_read_this_ · 2 March 2020 · Archived copy · Reddit

tl;dr: To get over "approach anxiety", learn how to *initiate* conversations with people without any other goal to the interaction than the initiation. Practice it. Then approaching the beautiful women will just be a natural part of your already developed habit of just initiating talking to people.

Intro

It's Sunday night and I feel like writing. This post is based on my answer to a question posed a few weeks back in some comments about "how do I learn how to approach strangers?"

As an older dude, going out in public for the sole purpose of looking for cuties then rushing up to them trying to convince them to give me their numbers - "cold approach" - is just unseemly. But I'm an older dude, that's how I roll. Others have great luck with it. But many seem to struggle with the process.

The Problem

I see a lot of posts here and on / ask about either how to cold approach the pretty women (the "cheat code" method); or how the poster has gone out and cold approached *x-hundred* number of women and totally failed. The way I see it, the problem is that these kinds of "cold approach" exercises give off a vibe of "I'm trying to get laid" and "I'm desperate to get laid." Women sense this - they're good at that.

The problem, then, is that you haven't learned how to *sincerely and naturally initiate* a conversation with someone. You get butterflies, your palms sweat, your voice chokes in your throat, your eyes get shifty.

Fake - that is to say, insincere - opening lines with the goal of getting a phone number then exiting is an unnatural way of going about meeting your next future ex wife. It will have you unnaturally pushing the conversation toward the number close - your unspoken goal - rather than having a natural end to the convo that may or may not have you deciding to accept her number.

The Natural Way to Meet People

Take this wisdom from my 50+ years of breathing: you have to want to meet and learn about new people, sincerely. I was blessed with an uncle who could talk to anyone - literally he spoke with governors and big-city mayors and men of importance on a daily basis, but would take 20 minutes to discuss the night's sports game with the guy taking the tickets or parking his car. I asked him his secret once and he told me that he just genuinely likes meeting new people. No purpose, no hidden agenda, in talking with people other than that.

This can be learned, because when I was younger, "other people" were just nuisances or there to be exploited. Now I see the wisdom in meeting them, learning about them, getting to know them even if for a brief 30 second fun chat. *I've become that man who can start a conversation with anyone about anything or nothing at all.*

But it has taken years of practice before it felt natural and sincere.

What Is this New Theory, Do Not Read This?

It's not a new theory you silly reader. "Approach anxiety" comes from putting too much pressure on the incipient

relationship *before it's even begun*. Gotta get the digits - Gotta get the digits - Gotta get the digits.

I was at a networking event back in [my old city] and some random dude zooms through all the little groups shoving his business card into everyone's hands, then books it out of there. He had learned that if you trade digits, you're succeeding. But did he get the business equivalent of "laid" from those insincere digit exchanges? Of course not, nobody knew anything about him, why would they send him business?

"Cold approach for digits" is an *outcome* based way of meeting someone, and it requires that stranger to meet the expectations you've created for the relationship, but haven't told them about. And when they don't meet those unspoken expectations that you haven't told them about, you get disappointed. Approach anxiety comes from anticipating that disappointment (also known as rejection) because the number of disappointing outcomes starts to pile up quickly.

What If I Told You Your Success Rate Could Be 100%?

So what to do? Come at it from a different perspective, that is, learn how to *initiate* conversations. That's it. That's your goal. Don't worry about the digits, don't worry about what you're going to talk about three minutes into the convo, don't worry about *just the right moment* to ask for the digits. That will happen.

When your goal is to *initiate* rather than number-close, you win **every single time you initiate**!

Just learn how to initiate. *With anyone and everyone*. That's an important part of it. Not just the pretties, but the store clerks, the bus driver, the guy taking your ticket as you go into the hockey game, the waitress, the lady standing next to you looking for eggs in the store ("When did buying eggs get so complicated?" and lolz ensue).

Why? Because do this 10,000 times like I have and it becomes second nature. *Initiate* mini-conversations everywhere, and you'll find yourself doing it without even thinking. Woman I'm going out with now rolls her eyes when she sees me gearing up to initiate - but she loves the social proof that I know someone *everywhere we go* after years of doing this in my new hometown.

How, Dude?

Glad you asked.

Talk to everybody. *Everybody!* Even if it's just "have a nice day" to the checkout lady at the supermarket, say something to a stranger every chance you get just to get used to *initiating* talking to strangers and getting out of your head and past that lump in your throat and that rush of adrenaline that stops you from talking to strangers. Inure your body to it and it will eventually stop happening - you'll train yourself to not react when you're about to initiate.

Learn how to do it in a natural setting; that is to say, in every day affairs. It's normal to talk to the cashier at the grocery about your groceries; it's not normal to run up to a pretty girl at random and start talking (remember that dude rushing around passing out his business card - was that you "cold approaching" last week?). Having some canned chatter that's appropriate to a dozen circumstances is great; even better is if you learn to improv based on your then-present circumstances.

Here's Some Bullet Points Because People Like Bullet Points

By "canned chatter" I don't mean a corny opening line that you use on everyone. "Chatter" has to be (a) situationally appropriate, (b) get their attention and interest, *and* (c) be geared to get a response. All three.

Examples of *initiating* a conversation (and please, **smile** when you say this):

- To a cashier: "I'll bet I'm the [rudest/funniest/best looking] person to come through your line today". This will

get you a minute or so of banter.

- To the guy taking your ticket: "I sure hope [our team] can beat [rival team] tonight" (yeah, that simple - you just started a convo with a stranger, man!). This will get you anywhere from a minute to three hours of banter.
- What's your favorite team? If you see someone with a ball cap or shirt with your team's logo on it, smile and say "Go [your team]" and when they smile back, ask about the team - how are they going to be this year, boy they stunk last year, do you think they'll beat [rival] next week, how's the new coach going to work out? Likewise, if someone is wearing your team's rival's logo, smile at them and say "Boo [rival]!" and have the similar conversation.
- Two ladies at the tea shop the other day had the same unusual color shirt on - me, walking past them: "Did you two coordinate outfits to look nice for me today?" Smile! They said some clever response, and we all moved on with our lives.
- To the waitress last night, "Big crowd tonight, huh? You would think the cold would keep people at home." Chatter chatter smile chatter.
- Girl in line behind you at the store wearing yoga pants, "what's your favorite yoga pose?" They **always** answer that one. Tell 'em "that's easy, pick a harder one!"

Talk to men and women, young and old, pretty or ugly. It's all about practice and comfort to desensitize your body from that jolt of anxiety you get right when you formulate the idea to initiate. Learn how to initiate and it will become second nature.

You get the idea - it's not "pickup lines"; it's just having something clever to say to start them talking with you. Talk for a minute then exit the convo.

But Do Not Read This, How Do I Get The Precious Digits?

That's for another post. For now, I'll say it again - go out there and practice *initiating* as your goal, not having a stranger fulfil some unspoken requirement you've put on them which then results in multiple "failures". As soon as you open your mouth to instigate some chatter, you've already won, Champ!

1,083
UPVOTES

Things My Father Taught Me: Advice for guys raised by single moms

VasilyZaitzev · 7 June 2017 · Archived copy · Reddit

So in various conversations on TRP, guys raised by single mom's have mentioned that they'd like a list of lessons that father's teach. Here are a dozen that I put down on paper (or electrons) some from my dad, some from other dads, etc.

Best of luck to everyone.

Believe in Yourself. In order to reach your goals, you have to *believe* you can accomplish them. Don't worry, there will be plenty of people around to tell you that you *can't* do something. Those people are talking based on their own limitations, not yours.

Take risks. It's ok to make mistakes. Learning from mistakes is important. Push yourself. Dare to do great things. And if you fail, get up, dust yourself off, and get back at it. Don't play it safe all the time. Columbus wouldn't have found America if he never left the harbor.

Face your problems. Call them by their names. Learn to solve them yourself. That's what brave people do.

Life is tough. You are going to be knocked down more times than you can count. It's not the number of times you get knocked down that matters. What matters is that you get back up, and keep fighting for what you believe in.

Work Hard. Work hard, and rest afterwards. Be responsible. If you do a half-assed job of something, expect to get called out for it. A lot of people miss out on opportunity because when opportunity knocks on your door, very often it's dressed in overalls and looks like "Work".

Always get the other guy's side of things. There are two sides to every story, and while those sides can be "Right" and "Wrong" that's not often completely the case. When you're wrong, admit it. If you owe someone an apology, make it and mean it.

Make Your Own Decisions. Just because someone is more educated than you are, doesn't mean they know what's best for you. If you make mistakes, let them be YOUR OWN mistakes, not someone else's.

Loyalty is Not a Character Flaw. People remember who was still their friend when things got rough. Hold on to those people, and shred the assholes.

Keep your word. Once you break it, it's broken forever. The day will come when you need the benefit of the doubt, and if you have a strong reputation for honesty and integrity, you will get it.

Respect is earned. It's earned through keeping your word, and doing what you said you'd do. You can't buy character, and money is a shit way to keep score.

Don't Quit. Winners *win*; losers *whine*.

Never Put That First Cigarette in your mouth Then you will never have a problem.

1,082
UPVOTES

Female acquaintance "breaks up" so that her bf will chase her. He does not. She OBSESSES.

wyattedge · 26 July 2017 · Archived copy · Reddit

A distant acquaintance of mine has recently broken up with her boyfriend, intending for him to chase her. She expected to have him begging for her back so that she could feel justified in having some fun before returning to him. Now, this guy is no slouch. He was active combat in the military for a few years, he puts my deadlifts to shame, he likely doesn't have time for this bullshit, so he's not exactly what I'd call beta. His response to her "I think we need to be done," was basically "OK, bye."

Cue the hamster. I've never witnessed this much hamstering first hand. She is absolutely obsessing over him, saying she loved him so much, apologizing over text, yelling about him ignoring her... It's quite the show. Here's a sampling of the hamstering gold I overheard from this girl during a big group hang out the other day:

"Well, obviously, we're going to get back together. He totally misses me." "Does he look like his eyes are red in that picture? Do you think he was crying last night?" "Did he fucking block me? Why won't he respond to my texts!?" "I just, like, need to have a threesome or something really crazy." (Then, 5 minutes later:) "I don't think I'm gonna have sex for a while. I probably won't even masturbate." "I dunno. I think I'm just going to move on." "I think we are supposed to be together but we just jumped in too soon so, like, we're on break." "Well, [some military guy she Facebook stalks] is pretty hot so maybe I'll date him instead." "Well, [beta orbiter] is nice and all but he's just... I dunno, he's just kind of gay. He sounds so gay. He'd be gay in another life." "I think I need to go back to my home town for a few weeks and find myself." "Why the fuck is he on Tinder!?"

Some of her friends, who I know better than I, confirm that he is all she can think about, and the only thing she talks about. She's always texting someone about him, or checking her social networks, or somehow obsessing... this guy consumes her thoughts.

You'd think, after all this time, I would stop being amazed at how true all this TRP shit is. But it always ends up being so goddamn true.

TL;DR: Girl breaks up with boyfriend. Boyfriend says "OK, bye" instead of fighting for her. Her world is suddenly consumed by him. TRP is real.

1,081
UPVOTES

LTR: The Bare Minimum You Need to Know

Whisper · 9 March 2018 · Archived copy · Reddit

I've avoided teaching about this, because learning to spin plates is more important. But now the subject has come up, and people are talking about it.

Here are the Basics. Not a comprehensive guide, not even a primer. Simply the absolute minimum you need, to avoid shooting yourself in the foot.

What is an LTR?

If we read the single most important piece of Redpill literature ever, [/u/humansockpuppet's Bitch Management Hierarchy](#), we learn that there are four level of sexual intimacy with a woman.

- *Level 0*: One-Night Stand
- *Level 1*: Plate
- *Level 2*: Friends with Benefits.
- *Level 3*: LTR/Significant Other/Girlfriend

The Guide itself touches on the distinctions, but focuses on when and why to promote. Of a clear explanation of what the difference is, we turn to the [Cliff's Notes](#), which makes it clear that:

- Rank 0 is the rank of sex.
- Rank 1 is the rank of repeated contact.
- Rank 2 is the rank of non-sexual social time.
- Rank 3 is the rank of emotional investment.

So, **an LTR is a sexual partner you have voluntarily allowed yourself to become emotionally attached to.**

That's it.

That's all.

It doesn't mean monogamy, necessarily. (Don't give that away unless you want to, and never for free.)

It doesn't mean promises made to her, or publicly announced status, or cohabitation, or investment of material resources (all of these are also gifts if you choose to give them).

It just means you emotionally invest in her.

This has additional benefits, and carries additional risks.

What are the benefits?

Men may be the gatekeepers of emotional connection, but this does not mean they derive no joy from it. Just as women, who are the gatekeepers of sex, still crave and enjoy sex, men can and do feel real affection for the right sort of woman, and will actively want to do so.

Most of you, this already makes sense to. If it doesn't, and you are still asking "why?", then this urge is weak or non-existent in you. Stop reading and go spin plates.

What is the major risk?

When we *invest* money in a business enterprise, we risk losing that money. When we emotionally invest in a woman, we risk losing that investment.

If the idea of losing this girl doesn't bother you to some degree, then you have an FWB, not an LTR. Thus, you lose the *total outcome independence* that you would have with a plate.

The effects of this are easy to imagine.

How do I capture the benefits while minimizing the risks?

Simple.

First, *invest wisely*. The **Bitch Management Hierarchy** deals very comprehensively with how to do this.

Second, *actively manage your investment*.

This means **abandoning your strategy of indifference for a strategy of control**.

You no longer get to not care if she stays or goes. You no longer get to say that "*she's not yours, it's just your turn*". These are tactics of indifference. If you are invested, you are axiomatically not indifferent. Investment and indifference are opposites of each other.

You must actively **control your woman** to prevent things from going pear-shaped. It's not just your turn. She is yours, and you damn well better be able to enforce that.

This principle is why Chad gets turned into a bitch by his LTR, and divorceraped by his wife. "Naturals" have only indifference game, and no control game.

"But Whiiisssssper, it's heeeeeeeeeeeeeer job to secure commitment! I'm just supposed to be attractive, and any effort to keep her is BETA! YOU are talking like a BETA right now! The Vanguard are getting WEAK! (I'm terrified of being a beta. Someone please hold me.)"

Yes, it is her job to secure commitment, and keep it. **But since when can a woman do a job without a man to tell her what to do?**

She does the work to keep the LTR. *You* control her so she does the right work.

Your control of your woman rests upon three pillars:

- **Attraction**

You must, at all times, keep her believing that you are *it*. That you are the best thing she could possibly get, and if she doesn't hold onto you, it's all downhill for the rest of her life. She must mate-guard *herself* whenever she is capable. This means that unless she is being strong-armed, you shouldn't have to step in.

- **Obedience**

You must instill her in the expectation that her job is to do what you say, when you say it, because you say it. She must explicitly and consciously accept her role as the subordinate in the relationship. This is easy to do if you start early. (Read some porn written by women, they touch themselves to this stuff.) Be sure not to let obedience stop at the bedroom door, use the habits she gets into there to give her instructions in her daily life. Use compliance tests frequently. Explicitly punish her for minor misbehaviours.

- **Non-Entitlement**

You must make sure she regards anything you give her as a gift given on a whim, not a normal aspect of your relationship that she is now entitled to. Gifts (generally small and inexpensive as a rule) should happen when you feel like it, not on Christmas, her birthday, Valentine's day, etc. Never respond to "I love you" with "I love you, too". Give her attention and pets as a reward for good behaviour, not as a pattern or habit. If she ever approaches you in a fashion that comes off as demanding, never give her what she wants.

She should always be working to keep you, and to keep you happy.

You should always be giving her clear and unambiguous guidance on what is expected of her.

If I'm not outcome independent, what do I do if it goes bad and my control strategy doesn't work?

He who cannot cast away a treasure at need is in chains.

While you must be invested, you must also be willing to write off a bad investment and cut your losses. Major misbehaviours (cheating, deception, ultimatums, deliberate disrespect, etc) must always result in a hard next. There is no "saving the relationship". If a relationship ever needs "saving" rather than a minor course correction, it's already a write-off.

It is important to keep your game strong, so you can get back into it as soon as possible after you write off a bad one.

I like relationships better than spinning plates. How do I get one?

You don't.

If a woman who practices reciprocity is a unicorn (because unicorns don't fucking exist), then a feminine, submissive woman who is willing to work is a "snow leopard", an animal that exists, but is so rare that if you see one, odds are it will already be captured and in someone else's zoo.

Don't hunt snow leopards. It's a waste of your time. Simply be prepared to recognize one if you see it, and know what to do with one when you recognize it.

Just as girls have no control over whether you are sex-worthy, you have no control over whether the girls you meet are relationship-worthy.

Plan accordingly.

1,080
UPVOTES

Your struggle and pain? Women neither understand nor give much of a fuck.

IllimitableMan · 2 October 2015 · Archived copy · Reddit

Got a bunch of requests to make a comment of mine in another thread into a post, so here it is.

Some men are prone to thinking "if women could just understand, they'd work with us." No. Just no. Stop. That's wishful thinking. Women will never work with us, because what they want and what we want are similar but different. The way we think, the way we want to do things, **the fact women want to constantly fight you for control whilst secretly subconsciously hoping they don't win means we're in a perpetual state of war.** (war = maxim 6)

In the **"men aren't taught to be attracted, women are born into it" thread** the OP sounds a little purple pill. Don't get me wrong there's a lot of gold in there, but because he's trying to logic a girl there's a lot of "meet me halfway here" sentiment in his explanation and she doesn't budge a fucking inch. This is testament to the notion women see any attempt at male self-improvement that may possibly undermine their monopoly on social power as nothing but a threat to be thwarted.

Women don't want a work in progress they want a winner, the work in progress is ugly, the rage, the insecurity - all of it - bitches aren't cut out for that. TRP is like a machine shop where cars are in pieces being assembled/repainted and whatever, and bitches just be like "I don't want to see that, they're ugly, show me a shiny lambo, that car probably doesn't even start!" Women want the product with the perfect presentation and to be completely ignorant of the underlying layers that go into creating it.

TRP is a fucking hospital for fucked up guys. And guys aren't even allowed to be fucked up, are they? Society fucks men up, they try to do something about it by utilising TRP, and apparently that's a bad thing too. Everything they do is wrong. Bitches come here, pass judgement and then act like they know shit. These women are fucking clueless and their snooping enlightens them not one iota. Where we see progress and catharsis, they are just revolted and trying to get in our heads. Not so they can help us, but in some petty female attempt to outsmart our knowledge of their biology/psych (again, IM MAXIM 6.) A futile endeavour, but there you go.

They don't even try to understand "the WHY" behind TRP. They are just filled with discomfort and suspicion at the thought of men coming together to discuss women and society in the very way that they do. Women do not like the idea of male autonomy, women always want to be in the picture, having a say and influencing men. Men specialise in influencing the world whilst women specialise in influencing men, that's always the way it's been, whether it's been through feminism or using her looks/submission to charm a man into commitment (that's RPW.)

TRP is one of very few places where women have NO POWER WHATSOEVER. And they fucking hate that. No power, lots of "work in progress men" that aren't currently at a "fuckable level," unspoken societal mechanics out in the open being plainly spoken, this shit offends and fucks with them. They can't understand. They can't care. They're not in that fucking world. **They're not men so they don't understand the struggle, the grind, the sweat that takes to become a man worth a fuck.**

Plus there's the little double standard that's it's fine for her to artificially enhance her SMV, but if you don't "grow up that way," and instead have to consciously try to fix yourself, you're clearly a damaged tryhard rather than a natural and you belong in the beta box society has already assigned you. Women like to stereotype men as bitch boys and fuck boys and they're very black and white about that. They don't want to see any crossover, the mere concept fucks with them epically.

Truth is, women would be happier if men got their balls back and started leading again but they've been brainwashed too and just aren't cognisant of it. It's a huge mind fuck that women are constantly try to feminise men and feed them disinformation that fucks up their chances, but will eagerly fuck any guy who ignores all of that and

knows what it takes to be an effective, dominant and successful man. Which is all any man here really wants to be.

The worst thing you can do is show the enemy your play book and trust them to empathise or get on board.

Women are not your friends, but neither are they your competition. They are not your equals, they are your prey. You hunt, and if you know what you're doing, you snag one. You lead the relationship, if you fuck up, there is no relationship. There is no equality and no understanding, there is simply you being a leader picking/attracting/maintaining a relationship with a woman of your choosing. That's it.

People like to think they can use TRP to get a girl and then "just be themselves" but the reality is, the "gaming" (manipulating) never stops. And women will never stop manipulating you, testing you to make sure you're strong/better than them. That's just the way it is.

You all need to accept this instead of hoping otherwise.

If women gave a remote shit about men, life from a man's viewpoint or even helping men, feminism wouldn't be a thing. Open your eyes. We're on our own with this. Woman on TRP will never empathise with us, they are just here to enhance their own manipulation. Women have an edge and they don't want men to take that away from them.

Lucky for them, even a woman knowing about TRP doesn't stop TRP working on her. It's all human behaviour. Women like what they like, they are who they are and they're attracted to what they're attracted to. But we don't need them having any meaningful presence here.

Bitches don't belong in the locker room and they know it that's why they lurk. Women having any say or presence within TRP will be the death of it, just as it was with the seduction sub, askmen, and all the other previous male spaces that women took over.

All relationships are war, yeah I know that sounds fucked up but just think about it. If it wasn't this thing you had to win and dominate, you wouldn't need TRP because bitches would work with you and not against you. Truth be told, the irony is, bitches only work with you when you're winning - which means dominating life AND them. But they will try to jostle you for power, and if you give in, you sign your own death sentence. Heed me.

1,080
UPVOTES

My Insane 3 Year Journey - From Short Hardcase Asian to Slayer

Loreing · 3 September 2019 · Archived copy · Reddit

Let's start at the very beginning. I was a kissless virgin all throughout High School and College due to doing nothing but playing video games like WoW and League of Legends all day. Once I graduated, I spent about 2 years wasting time playing video games and trying my best to hold down a job before snapping and deciding enough is enough and that I need to make changes in order to not end up a 30 year old kissless virgin or 40 years old and beyond... I started out by losing a massive amount of weight through rigorous diet and exercise. Keto diet combined with stronglifts 5x5 with one cheat day a week was the magic pill for me. The pounds came right off.

To give you an idea of where I stood at the time, here is a brief summary of my advantages and disadvantages when I started to approach girls and trying to apply the pickup stuff I read about online.

Disadvantages: Short, Below Average Face, Poor social skills, Asian Race, Overbearing Parents, Lived at home so no pull location

Advantages: Decently high paying job, extreme levels of persistence beyond what is mentally healthy (What I mean by this is I feel it's totally normal if someone where to give up after approaching 100 girls and getting blown off by every single one, but to me, it just motivates me and lights a fire in my soul to keep going and going until I get the results I'm looking for)

I started posting on RedPill asking anyone in shouting range for advice because it was clear that whatever I was doing was not working. Looking back at some of these threads, I can now laugh at how stupidly aggressive and retarded I was.

It took me 300 approached to get my first lay, 300! I set up 10 dates with absolutely no results, the one lay I had came from a random club girl that I pulled home the same night.

After finally moving to my own place, I thought that I would be able to skyrocket my results by having the ability to pull girls back to my place instead of restricting myself to only going to their place. Little did I know that 2000 approaches later, and I would only have 2 more lays. This was getting beyond ridiculous. 2000 approaches to get 3 lays? In what Universe is that remotely a good trade? A normal person would have just accepted that maybe he's just not good looking enough or smooth to succeed but like I stated before, this really didn't bother me too much and I kept digging for solutions wherever I could find, including RedPill, and various other online forums and groups. Year 2 consisted of me struggling hard, approaching girl after girl with extremely low success rates that never got much better. I even paid 3 grand for an RSD bootcamp and while it was great listening to Owen talk and talk, it turned out to be all hype. My game stayed more or less the exact same, while my excitement factor went up 5X. So instead of going out every weekend and failing like normal, I would go out every weekend super pumped up with energy levels way beyond normal and still fail. This was where even I started to get discouraged a bit. Hard not to feel like a loser when you dropped 3 grand on a bootcamp that was supposed to fix your sticking points but didn't actually do shit.

In year 3, I finally had my big breakthrough. Everything I was learning started to come together and I got to a level that I didn't think was possible, even in my wildest imagination. I've fucked hot girls from every race, from gorgeous blonde twitch streamers, to smoking hot latinas, cute Asians, exotic African women. I got to the point that if I decided to go out, no matter what, I would never leave empty handed. I would always go home with a woman. If you look at my growth chart, it would be almost no results in the beginning 2 years followed by an explosion of results in the final 6 months. I finally settled down with a blonde girl that I've been with for over half a year now and couldn't be happier. She cooks mean dishes and I don't think we've even had one verbal argument throughout our relationship, we just click.

Here are my biggest takeaways from my 3 year journey for all you future slayers and pickup artists in the making:

1. **Do not post your dates or listen to any advice on RedPill** - Occasionally, you will get good comments from people that know what they're doing but let's face it, you're asking for advice because you suck with women and if you suck, you have very little way of distinguishing good advice from shitty advice. There is so much feel good mindset advice out there that sounds amazing but does not deliver results in practice. Don't get me wrong, RedPill is amazing when it comes to personal development advice. Lifting is awesome, Spinning plates is awesome. Just don't post your field reports here and expect to be able to tell what's good advice from an actual slayer from shitty advice from a newbie like yourself.
2. **Make sure your looks, fashion, hairstyle, and accessories are as maxed out as they possibly can be.**
Maybe if you're a naturally tall and handsome white or black guy, you can get away with just putting on a white t shirt and jeans but as a short Asian, trust me, everything adds up and you CANNOT AFFORD to have bad fashion or hairstyle. Maximizing looks is unbelievably important and will help you convert the girls that would normally autoreject you immediately upon approach. Get some blazers and trendy jeans from Zara. Get a fake rolex watch. Get a nice white guy haircut (especially important for Asians. I never see Asians with fobby haircuts doing well with other races. Get a pompadour fade and slay with every race of girls). If you're short, elevator shoes are a must. Even one inch of height makes such a big difference, you have no idea. I would recommend this as the starting point for every aspiring PUA. If you're fat, go on a keto diet and lose the pounds. If you're short, get elevator shoes.
3. **It's not what you say, it's how you say it and how you look while you're saying it** - This is one of the biggest takeaways from my entire 3 year journey. As a beginner, it's only natural to see Pickup as a game of who can come up with the wittiest lines and comebacks. The newbie often focuses all his efforts on coming up with the perfect line for everything the girl says, which is completely wrong. The vast majority of issues in game would be solved by simply maxing out looks and perfecting TONALITY and BODY LANGUAGE. This is extremely hard to explain on text but the basic idea is that women don't really give a fuck what you say. How they determine if they like you or not is based primarily on what kind of vibe you give off. The vibe you give off is almost completely determined by your vocal TONALITY and BODY LANGUAGE. Some of the biggest mistakes of vocal tonality are not talking loud enough and talking too fast. I can almost guarantee that your results would go up a lot overnight by simply being conscious of talking 2X louder, 2X slower, and with a deeper more masculine pitch. Take your cell phone and record what you say to the girl in the bathroom mirror. Pay close attention to any nervous ticks in your facial expressions. When you first listen to your recordings you will be shocked at how bad they are. You think you sound confident but when you hear the recording, you'll see that you're talking so fast, in such a high pitched voice, and so quietly that the girl can barely understand what you're saying. No wonder you're getting rejected by so many right off the bat! Body language must be as straight as possible. Stand up against a straight wall at home and make sure your back, neck, and the back of your head are perfectly lined up in a straight line with the wall. It will feel awkward at first compared to your hunchback stance that you're used to, but soon it will feel more natural and trust me, it makes a world of difference to women. Girls can also tell if you suddenly straighten up before approaching them. Make sure you have straight and confident posture throughout your entire day, not just right before approaching girls. The easiest way to correct this is with a video camera and tripod stand. Record yourself going up and say what you'd normally say to a girl. Make sure that everything regarding your tonality and body language are perfect. Like I said, maybe if you're a tall good looking guy, you can get away with shitty tonality but as a hardcase short Asian, EVERYTHING has to be perfect.
4. **Practice your eye contact and use indirect observational openers** - It took me a very long time to realize that direct openers do not work unless you are good looking. I get the value of direct openers, they save time and energy on both parties when you go up and say "Hey, I thought you were really adorable and I wanted to say Hi, My name is Loreing". Direct openers are more masculine and establish a man to woman frame from the beginning, if you are conventionally attractive, then by all means stop being a pussy and go direct! The problem is that unless you're conventionally good looking, the girl has NO IDEA who you are. In her head, a random

ugly dude just approached her in the street. The natural thing to do is reject you. Of course there are exceptions but the easiest way to go 2000 approaches and only 3 lays is to use Direct Openers. A much better opener is "Excuse me real quick, I have a question. I was on my way to [Starbucks or any other location]. Would you mind helping me out?" When she responds, say "Thanks so much, by the way, I just noticed something about you. You have this [positive and happy vibe / any other fashion or vibe observation]. The important thing is to make sure your eye contact is ABSOLUTELY ON POINT. Focus on one eye and one eye only and make sure your eyes are laser focused on that one eye. The difference between proper laser eye contact and indirect openers and direct "I think you're adorable" openers is night and day. You will get blown out of MUCH LESS SETS, and the girl will at least hear what you have to say. You will still fail with a lot of them because you don't click but at least you won't get autorejected anymore. You will get better and better at making accurate observations and there is nothing like an accurate observation to kick off a conversation on the right foot. As long as your EYE CONTACT, tonality and body language are on point, you don't have to do much crazy game stuff. Just be natural, see if there's a connection. If there is, escalate and try to go for an instadate or grab a number. Not rocket science.

5. **Do not take any courses or even watch any videos from RSD** - It will get you pumped up and hyped up to give them money but in terms of actual results, you'd be far better off buying a video camera with a tripod stand and taping your body language or buying an audio recorder and recording your approaches in field and METICULOUSLY pulling everything apart until it's perfect. Just about the only thing I agree with them on is that using canned pickup lines is not as good as using a more natural style of game. Other than that, it's mostly hype.
6. **You do not have to Go Monk Mode** - There is no reason you cannot advance in your professional career and succeed with women. You do not have to sacrifice game in order to climb in your career or vice versa. There is more than enough time in the day to get good at both and you'll find that they reinforce each other. As you improve your lifestyle, your game goes up and vice versa. As your game goes up, your ability to make social connections with the people at work that matter for your long term career go up. Game and work naturally reinforce each other. No reason to go monk mode and spend years only working on yourself.

These are my observations about game from over 3 years of experience. I started out getting almost no results and constantly getting blown out of every set I approached. I ended up being able to get a girl in bed pretty much whenever I go out. My last recommendation is that you don't use the knowledge I just laid out to hurt women or manipulate them into doing things they don't want to do. Girls are people too. It's incredibly easy to get cynical and jaded after getting rejected by everyone you approach when you go out but if you keep plugging away at your weaknesses, you will solve them one by one until you become good. You will never get good by blaming women. You only get good by criticizing and working on yourself. The first time you hear yourself talk and see the way your body language comes off, I guarantee it will become abundantly clear why women autoreject your creepy ass when you approach.

1,077
UPVOTES

The pre-fuck conversation is one big autism screening test

Archwinger · 15 December 2016 · Archived copy · Reddit

The path to getting laid is actually pretty simple when you break it down into its fundamental parts.

1- Look hot. Get yourself some muscles, dress well, have awesome hair. That way, you don't get shooed away two seconds after walking up.

2- Escalate. Actually say flirtatious things and touch her and gauge her response instead of sitting there chatting like one of her girlfriends.

3- Don't say loser shit. Loser shit includes being socially awkward, investing in her too much or too early, not having anything interesting to say, and so on.

That's it. That is how you get laid. Be hot, escalate, don't be socially awkward.

1 is easy. Well, actually it's hard work, but there is a very clear and very well-defined path to success for #1. If you eat right, work out, groom, and wear clothes that fit, it's pretty much impossible to not be good-looking enough to get laid. Unless you're a grotesque burn victim, 4'6" tall, obviously handicapped in some way, or the like. There is no mystery about how to be better looking. None. Just do the work.

2 is harder, but still easy. You just have to have balls. You have to say and do things that the old you would have been afraid to say and do out of fear of rejection. You have to actually look women in the eye, say things that guys who fuck women say, and touch her, then see what she does. Maybe she rejects you, but that's why there are 3,499,999,999 more women out there. The first time is hard, but once you just start doing this, it gets easy.

3 is the tough one. A lot of men out there are socially retarded. They say stupid shit to women and think it's the right shit to say. The reason for this is actually very fundamental: Most men do not understand the purpose of the pre-fuck conversation with a woman.

So many guys approach girls with the best of intentions, then start talking and talking, trying to find some kind of common ground with the woman. Something to talk about. To make a friendly connection. To try to establish some kind of emotional intimacy. To actually chat with her, like you might with your friends. They think that this makes a woman comfortable with them, makes her like them, and makes her more willing to go home and fuck them. And that seems pretty logical, because we've spent our whole lives thinking women are supposed to want emotional intimacy before having sex, and women have spent their whole lives convincing themselves that emotional intimacy precedes sex. And it sure would make sense if emotional intimacy preceded sex.

But the huge majority of the time, this type of approach leads to the man thinking he's hit it off with a girl, but the girl just wanting to be friends. Maybe she gives him her number, but then never responds to his follow-up text or flakes on their next date.

The man failed the test because he didn't understand the purpose of the test. The pre-fuck conversation is not an attempt to make friends with the woman or establish emotional intimacy. That comes after you've been fucking her for awhile. Sex is a prerequisite to love, not the other way around.

The entire point of the pre-fuck conversation is to screen for autism, mental illness, under-confidence, and other sources of poor social skills. The pre-fuck conversation is your chance to flex your social muscles and demonstrate your social fitness. This is exactly the same way that your actual muscles demonstrate your physical fitness. A woman does not want to fuck a socially weak man, so she needs to screen men that pass the appearance test for social fitness. The last thing her subconscious wants is for her to go home with a hot guy, then find out that he's weird and socially awkward and she might be pregnant with autistic loser genes.

Don't treat the pre-fuck conversation as a friendly chat, because it isn't. The pre-fuck conversation is how you present your social fitness, just like your gym body and clothes present your physical fitness. Most game aficionados

will tell you that a pre-fuck interaction with a girl is night-and-day different than a normal conversation, because you're not having a conversation. You're exchanging demonstrations of social aptitude.

It is deceptive and offensive to women when you chat with them and try to make a friendly connection, then surprise! You actually wanted to fuck. Don't talk with women like one of their girlfriends unless you actually want to be friends. It's disrespectful. Respect women enough to actually try to fuck them.

Check out this and other content at The Red Pill's off-Reddit site. Here's a [link](#).

1,077
UPVOTES

Posture Fix is Changing how People See Me

JFMX1996 · 19 March 2017 · Archived copy · Reddit

Hello RP.

Today I wanted to speak to you all of the big difference I've noticed from how people have been treating me lately after I started reading more on human anatomy, biomechanics, and muscular imbalances.

Being 20 years old and almost 3 years into lifting, I've made much progress. My numbers on the PFTs are getting great in terms of push-ups, pull-ups, and so on and also my lifts are progressing fairly well in terms of relative strength if I do say so myself.

However, I started really getting interested in actual biomechanics and reading online about human movement, posture, and others things of that sort. Through this reading online and self-evaluation, I came to the conclusion that I had an **internal rotation of the shoulders** due to an imbalance of my back muscles and chest muscles, a **forward head posture** issue, and an **anterior pelvic tilt** that also through everything even further off balance.

Biomechanics can get pretty complicated, and I am no chiropractor nor a kinesiologist but I believe we can save ourselves a few couple hundred bucks by looking into these issues ourselves and stretching and workout on these issues.

So first off, I started looking into **forward head posture**, which you can get a quick glimpse of [here] (<http://thewellnessbank.com/wp-content/uploads/2014/12/Forward-Head-Posture.jpg>) and also [here] (<https://modernchiropractic.files.wordpress.com/2015/06/head-weight-posture.jpg>).

If you would like a full article on the subject of forward head posture, you can read [here] (<http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=54612>).

Next time you're out just look around. Most people from looking down at their phones all day, sitting around on their computers, or watching TV and looking down at desks have developed this problem.

Some YouTube videos on the subject that helped me out in fixing it:

[Fix Ugly Forward Head Posture] (<https://www.youtube.com/watch?v=htuCUJmfsdw>)

[Corrective Exercise for Forward Head Posture and Upper Crossed Syndrome] (<https://www.youtube.com/watch?v=JA3O0NVb-sk>)

Doing the stretches from this video made me feel like a damn new man, around the 7 minute mark the stretches begin... [Fixing Forward Head Posture] (<https://www.youtube.com/watch?v=UvTakqZ-9WU>)

Now, for the **internal rotation of the shoulders**. For a long time I thought deadlifts and weighted pull-ups were enough for back, and I half assed the rowing movements and never did barbell rows. I got to the point where I was getting compliments on my back being shredded and was benching twice my bodyweight, but the stabilizing muscles that pull the shoulders back were too weak and resulted in me having a bad posture. Strong front delts, weak rear delts=bad. You look submissive when you're hunched over and kind of like a little chimpanzee more than a strong man. A lot of people simply tell you to try and roll your shoulders back, but this often dismisses the actual underlying problem and gives you a quick fix. We have to put conscious effort into strengthening the weak muscles and fixing the muscular imbalances compromising our structural integrity.

I started incorporating rows and learning to do the movement properly, instead of just throwing weight around and pulling the barbell to to my stomach without proper muscle contraction.

Instead of thinking of your hands pulling a barbell to your stomach with barbell rows or any rows, think of your elbows touching behind your back. Don't forget to retract your shoulders and squeeze as you do. Check this video out: [7 Dumbest Barbell Bent Over Row mistakes] (<https://www.youtube.com/watch?v=WkmlAp776Bk>)

In this Athlean-X video, he has a good point of not simply pulling your shoulders back, but thinking of your sternum as a glass of water. Thinking of your chest as like an empty space, like a microwave, and thinking of keeping it straight up so that no water spills is a much better cue. Keeping the sternum upright will lead to your shoulders naturally rolling back so that your thumbs point straight ahead of you.

[Perfect Posture in 5 steps] (<https://www.youtube.com/watch?v=TQqgf8kB6R8>)

Great, now we're looking good!

Our last little issue: **anterior pelvic tilt**.

Here are some quick pictures to give you an idea of what it is: [example 1]

(<http://www.somastruct.com/wp-content/uploads/2012/07/anterior-pelvic-tilt.jpg>) and [example 2]

(<http://dannykennedyfitness.com/wp-content/uploads/2016/04/Anterior-Pelvic-Tilt.jpg>)

This definitely isn't an optimal position, it causes your butt to stick out, along with your stomach and gives you a very awkward look. This is also very common.

Here's a good article explaining the whole issue and its causes with some videos of corrective exercises and stretches you can do. [4 Great Exercises for Correcting Anterior Pelvic Tilt]

(<http://www.somastruct.com/4-great-exercises-for-correcting-anterior-pelvic-tilt/>)

Alright RP, these are some common muscular imbalances and issues people have with posture. When I fixed these on myself, I had people constantly telling me I look buff as hell and that I beefed up out of nowhere. In reality, all I did is change my posture and fix some underlying issues. Quick fixes of just being told to tuck your chin in and pull your shoulders back often aren't enough, and with the complexity of the anatomical network one can find himself feeling very confused as to what to do. Luckily, we have the internet and sites like YouTube to guide us.

After fixing this, I noticed people treat me a lot differently. I believe it's that difference between feeling really confident inside and also being able to portray it with a powerful, strong way of carrying yourself that signals good health, strength, and confidence. I'm getting a lot more looks from people in the gym and approaches by girls.

I hope this has been a great help to you all and will take the necessary steps to correcting these issues to not only prevent injuries or degenerative issues down the road, but be able to portray the attractive, strong, masculine figure that you all are.

Edit: March 20, 2017:

Some of you guys have been messaging me on further ideas for the forward head posture issue, I came across a good page with a few corrective exercises and ways to strengthen certain muscles, which you can check out [here]

(<http://posturedirect.com/forward-head-posture-correction/>). Another good page is [this one]

(<http://www.lumobodytech.com/blog/how-to-prevent-and-correct-forward-head-posture/>). Some of you may benefit from learning to sit properly at your desk jobs by observing [proper desk posture]

(http://share.upmc.com/wp-content/uploads/2014/05/CRS412054-posture-illustration_v5.jpg) and preventing [this position] (<http://neurohealthchiro.com.au/wp-content/uploads/2015/12/bad-posture-guy-desk-300x190.jpg>) which may have lead to you guys having developed forward head posture.

Also, take a look at proper ways of holding your [smartphone and browsing]

(<http://cbsnews2.cbsstatic.com/hub/i/2014/11/21/d1309389-7734-48be-b321-74a530368141/43a07381556f4e85746147fe16136542/bad-posture-620w.jpg>), some of you guys do this for hours at a time so it is worth a look. You may have to hold it a little higher and rely on using your eyes more, so it will feel a bit awkward at first but remember it's worth it, for your spine's sake. Otherwise, sitting like [this guy]

(<http://i2.cdn.cnn.com/cnnnext/dam/assets/120919070215-text-neck-forward-head-posture-story-top.jpg>) for extended times is going to wreak havoc on your neck (as you may be doing right now). If that doesn't put it in perspective, [check this out] (<http://healthyhabitshub.com/wp-content/uploads/2015/03/posture.png>).

Remember, we may be correcting years of bad postural habits. Depending on how progressed your issues were, it may take a little more persistence and work through muscle releases and development of underdeveloped muscles. The key is to be consistent with it and be patient, and the proper posture will start coming to you. Constantly checking yourself throughout the day and getting in proper posture when you catch yourself slouching or tilting down or staring really low at your phone is a must, but it will become natural to you eventually. Best of luck.

1,075
UPVOTES

NEWSFLASH: 45% of white women with COLLEGE DEGREES voted for Trump.

momomotorboat · 12 November 2016 · Archived copy · Reddit

Summary: a significant number of white women voted for Trump, to the surprise of everybody but us.

Body:

45% of white female voters who earned a college degree voted for Trump (plus 62% of white women without). Read about it in the Washington Post [here](#).

The article is ok, with some conjecture here and there, but many of the conclusions should surprise none of us.

This is directly from the population of "basic bitches", the easily triggered feminists who deride the "patriarchy" and find all things male as oppressive, sexist and wrong. But let an Alpha walk on the scene, and boom, the tone changes.

This is the guy who's shamelessly treated women like objects, has owned the Miss America pageant and was recorded saying he'd grab women by the genitals. Let a weak man say any of this, and imagine the kind of firestorm.

Lessons learned: How many should I list? Feels over reals, AWALT, etc. If women hated men and the "patriarchy" as much as the world leads you to believe, no chance in hell he's getting 45% of the white female college degree vote.

Be strong, hold frame. Obviously we can't all get his level of fame, money and power, which totally helps him. But If he was meek, apologetic and beta, he'd still be getting roasted alive.

Women don't hate chauvinists and "jerks". Those are only shit tests. What they hate, what they will destroy, is weakness.

EDIT: I don't want to make it a race thing, either. I'm staying specific to the facts of the article. What I'm getting at is that this same demographic produces a large number SJW's with vitriol for the "patriarchy" and the oppressive white male. But let a dominant Alpha arrive, who actually does so many of the things that the men they complain about do, and look at the outcome. Did they vote for the college degree holding woman? Nope. A strong man showed up, and they got the tingles. So he got their votes.

1,075
UPVOTES

Turn off those damn screen. Go to fucking sleep.

flashcash12 · 23 September 2018 · Archived copy · Reddit

You look over at the clock and its 3 AM. You hopped into bed at 11 PM to go to bed but pulled out your laptop and phone and spent the next 4 hours mindlessly surfing the internet on social media, YouTube and Netflix. This is a big common occurrence for a lot of us in high school, college and young professionals.

So, you turn off the lights at 3 AM, and try to fall asleep. If you're a good sleeper and tired, you're out instantly. If you're like me, the average person, it'll take you a while to fall asleep. Thoughts will be racing through your head; what happens in the next episode, what's the next YouTube video about and when will I get another notification. Eventually you wake up the next morning early if you have to go to work, or late and miss class but will feel like shit regardless.

Studies show that screens are one of the most addicting things in the world. The average American watches almost 3 hours of TV every day. 3 hours! Don't be the average American. Did you know that apps were designed so that when you pulled down the screen to refresh for notifications, it was supposed to mimic a slot machine? I have found myself subconsciously refreshing my email constantly while waiting for one. We all have. Technology has also been linked to the astonishing rise in ADHD, depression and anxiety among young people. And we wonder why the decline in society especially among men has been happening this past generation cycle.

So how does link to sleep? When using electronics, the screen mimics blue light. Blue light is supposed to help regulate your circadian rhythm and sleep cycles. However, the exposure to blue light past certain hours causes your body to become confused and push your natural cycle back. This is called delayed sleep phase. A disorder predicted to affect over 50% of this current young generation.

The lack of sleep or later cycle sleep has been linked to many health issues. One of the biggest TRP advocates is lifting. Yet a long list of people won't make any progress in the gym. One of my friends (Tom) recently came to me and asked why he wasn't making any progress and plateaued. I asked him

1. Are you lifting consistently. Yes
2. Are you eating the proper food and hitting macros. Yes, for the most part
3. Are you getting a quality 8 hours of sleep every night? Well, I get 6-8 hours but go to bed at 2-3 AM.

This is where Tom failed. He was getting 8 hours of sleep but it wasn't quality. Your body naturally releases HGH from the hours of 11 pm – 5 am. During this time your body rebuilds muscle growth and regenerates the cells and brain. This means you should be asleep during this time. I suffer from rosacea so when I don't sleep well my skin turns red and I get heavy eyes. Not a good look. A shit circadian rhythm also throws off the natural production melatonin, testosterone and cortisol, hormones that regulate mood, muscle growth and weight. Based on body type, poor sleep can cause severe weight loss or weight gain. This will impact your overall life.

Down the line serious health issues occur. The main cause of premature death is poor sleep. This is because it increases the risk of heart disease, cancer, accidents, the list could go on.

Next time you have a paper or report due in the morning and its 10 pm, just go to bed. Procrastination happens, I procrastinate and produce some of my best work. At night your body has a false sense of confidence, you waste time for a few hours and then realize its 1 am and start burning the midnight oil. You finish the report at 4 am and get to bed. Instead you could go to bed at 10, wake up at 5 and churn through the report in 90 minutes because the false sense of confidence isn't there and you have lots of energy flowing through you from a good night's sleep.

There will be nights where you are out late. There is nothing wrong with going out with friends and having a good time. Be selective with how you spend your nights. How many nights have you had where you don't want to go out but do and have a crappy time. Or how many times where you say one more episode and next thing you know you

finished the season and its 4 am. You curse at yourself saying what a waste I have shit to do tomorrow. Be mindful of your time and how it's used. Don't be a mindless zombie trudging through life with terrible posture, dead eyes/face and their head buried in their phone like the average chump I see on campus every day. If you can develop this habit, you'll learn to value the nights you do get out and maximize the amount of fun you have.

A good early night sleep for the next day will help with overall clarity, mood, confidence, strength and sex drive. The most successful people in the world go to bed early and wake up early. They discovered one of the big keys to life. It isn't secret or hidden. It is well known. People are too dependent on technology to follow it. Don't listen to the stupid BuzzFeed or Deadspin garbage that tells you it's good to stay up. Sure, you can sleep when your dead, but you'll also die early and have a long list of problems while you're alive. You know from this post the reasons to go to bed early and wake up with an early start of the day. Set the example and don't be like everyone else. Turn off those screens, wind down and hit the sheets.

Edit: I put this together quickly on a plane and I will be away for the next couple of days or so. Let me know in comments if you find any errors or have any questions.

Second edit: 3 my mom taught me lessons in life

1. Don't be like everyone else. I used to detest this until I realized 99% of people are losers who will detract you from goals. So many "friends" have called me a pussy for not wanting to go out and for going to bed early. So don't be like everyone else.
2. An hour of sleep between 10-12 is considered 2 hours.
3. Nothing good happens after midnight. Her words the night I turned 21; bars become sausage fests, guys become aggressive and violent because they can't get laid, crime significantly rises and DUIs/accidents quadruple. This is gold standard in CA.

Also assuming people mentioning the blue light blockers or night modes, sure they block out blue light by your brain (not 100%) and still being stimulated by what's on the screen. When this occurs it's hard to put things away.

1,074
UPVOTES

Liking Sex Doesn't Make A Woman A Slut; No Self Control Does.

TheeRyanGrey · 22 April 2016 · Archived copy · Reddit

I don't like being a contrarian, but I try and exist as a moderation for the extreme nature of what we do here. It's a shit job, I get trolled and yelled at by both sides---Blue pill trolls who don't like my traditional conservatism and Red pill Fanatics who want anger and vitriol at women to be the norm---but I feel it's necessary.

I say that because lately there's been a lot of success around here sexually and then men blaming it on women being sluts. This is wrong for a multitude of reasons but I'm here for the most important of them.

1. Blaming others for your success is worse than blaming others for your failures. It removes all responsibility and credit for one's hard work, a cruelty and vulgarity beyond measure.

She fucked you because you're awesome, because you demonstrated your worth and value and made sure she felt she could do no better. It wasn't fate or destiny or (god forbid!) luck, these are just words women and children attach to things they can't possibly comprehend because the world has agency over them.

2. Women like to have sex. Duh. It's the first lesson a red pill man learns. Women are capable of multiple orgasms and when combined with hypergamy, makes them capable of endless sexual desire.

This does not make every woman a slut. I've slept with women fresh off their first high school boyfriend, I count on their belt, and after 3 weeks with me they're willing to accommodate any of my sexual desires.

Return to #1. I'm awesome. I'm confident in my wants and desires and because women garner happiness from pleasing men they deem worthy, they do things I like doing.

3. Self Control is the single most attractive trait in women. period. It is the single most important quality for you to weed out during dates and hang outs. Self control.

See if she orders another slice of cake. See if she can maintain a diet and workout. Give her chances to escape her self control. It doesn't matter how long it takes for you to feel satisfied, do it.

What a slut is, is a woman without self control. It's not that a woman sucks a man's dick, it's that she sucked his dick when she didn't want to, she just couldn't control herself.

I used to not believe it, thought all women were liars, but then I saw it for myself; I saw a woman who genuinely didn't want to fuck me, but I was on my A Game, I was on the perfect blend of molly and scotch and coke, I felt like God and acted like his father.

She shit test me like no woman before, she wanted so badly to prove I wasn't better than her man, that she could knock me off my pedestal, but she couldn't. I pitched a perfect game and there was nothing she could do about it.

I can say for 100% certainty she didn't want to fuck me when the night started. She didn't come out looking to fuck anyone. Her problem was that she didn't have enough self control.

Self control is the basis of loyalty and honor, which, as we've discussed, are male traits. Fathers exist to teach these lessons to their sons and daughters---which is why I also warn men to only date women after you've met her dad and sized him up.

You as a man must demonstrate these traits to the world for it has no clue what they are without such examples. A lot of men are lazy, they want to be men but don't want to put in the work it takes. They don't want to have to be the oak that people lean on for support.

And guess what? That's ok. You don't have to be a man in 2016. You can join rappers and hipsters and lesbians and just be well crafted facsimiles of them, caricatures of what men are supposed to be based on television and movies.

Just don't get mad and vent about how women aren't women anymore. It makes you look feminine.

1,071
UPVOTES

My fucking head hurts. This ain't fucking Cryptos

Rian_Stone · 26 June 2018 · Archived copy · Reddit

This sub is a laboratory, a locker room. The *take a penny, leave a penny* dish for men. Help a fallen chad when he's down, help a Guy get up, guide a poor kid out of his self imposed hell of dry-dicks **chineseese have a lot of hells**

So I say this as my penny into the dish.

Get out of your fucking head

It's been a problem all the way back to the Mystery days on BBS networks. Mental Masturbation they called it, a nod to the idea of a guy jerking off because he isn't getting laid. You do it, yes you, the guy who is getting mad, or has all kinds of justifications why it's required. I'm specifically talking to you.

Get out of your fucking head. I'll bet you think you have some grand plan, and just that one piece of the puzzle and everything will fall into your lap, right?

I was that guy, when I was 10. We would till a field every few years, turn the soil. Brought up a lot of rocks, so I spent many summers picking rocks out of hundreds of acres of fields. I had some great plan to efficiently move as little as possible and move rocks. It was convoluted, and I could speak at length to my cleverness.

I remember my stefather grabbing me by the scruff of the neck one day and giving me a shake. And you know what? I get it,

I wasn't clever, I was lazy. I noticed in all these wise plans, the one commonality was, it involved some reason I wasn't needing to pick up a rock and put it in the bucket of the tractor.

You're not picking up rocks, you're coming up with reasons not to. Know why you're so convinced that you need to reduce risk when gaming chicks? Because you're weak. I don't mean mentally, I mean physically. I'm convinced that testosterone increases your ability to accept and enjoy risk. the reason you don't, is because you have too little of it. the more you want to 'monk mode' MGTOW, sex doll, or 'observe the human condition' the more you're bullshitting yourself into avoiding risk.

so a quick solution, lift, eat, and lift some more. I'm serious. You need to beat that woman-like risk aversion out of your body. I'm talking about lifting until you're sore all day. Lift until that walk back to your car makes you dread.

Know who doesn't sweat the small stuff? A guy who is too sore to move. Know who doesn't stress about a cold approach? A guy who is on the way to the gym/mountain and has no time to care.

this sub cannot quash it in you, there's too many chodes who want to jerk each other off, so you'll always find friends. There's too many to ban, and they keep coming back anyways. It's all on you.

If you're worried about fucking up, don't. you will fuck up, you'll fuck up a lot. You'll come off as creepy on occasion, you'll have a shitty workout program, you're 1rm numbers will be embarrassing.

Not caring isn't meant to be a coping strategy, it's meant to avoid sweating the small details.

This shit?

This shit?

This shit?

This shit?

Fuck off, seriously. Quit wasting everyone's time. And if your first thought is to comment on my writing about it without 100% apathy (seriously bro, why you so emotional, why care? Why so angry?) then you can fuck off too. Go waste away somewhere else.

This is as easy as you want to make it.

1. Lift heavy stuff as often as you can
2. eat good food, as much (or little) as you can so you aren't a skinny/fat fuck
3. talk to women as often as it comes up. expect nothing, take every opportunity.
4. **After you fuck up**, I repeat **After you fuck up**... then do the navel gazing and sort out why you did, and how to stop doing it.
5. Stop bullshitting yourself

1,071
UPVOTES

Here's a whole mess of relevant quotes from Patrice O'Neal's Black Phillip Show.

ZR6X · 5 October 2016 · Archived copy · Reddit

I spent a couple weeks listening to the show and typing this up. Had some free time.

This was only from a couple episodes.

You got to understand, this is not her fault. What women do when they pressure you to marry them is not their fault. That's what the fuck they do. So you have to dismiss what she wants, dismiss that whole thing where she wants to get married, because that's what she wants to do anyway. But them saying they want to get married is like me saying I want to eat or wake up and look at something. That's what that marriage thing is to them. What you have to do is reestablish your shit. One thing you have to do is you have to be able to take an "L". Not afraid to take a loss to get your point across. So when she gives you that marriage ultimatum, if you look like you're sweating, and you're blinking, and you're nervous about her leaving, she will take advantage of that.

Stop having negotiations with women. Stop trying to give her things to make her happy so that she lets you go out to fuckin hunt and let you go out to drink. You have to say "look sweetie, this is how it is" and you have to be ready for her to walk out of your life.

One thing women need from you that if you don't give them they fuckin flap around like a fish out of water, is emotions. If she goes "I gotta get married! And I don't want you to go hunting!" You go "Oh sweetie we're not gonna get married for a while, I don't know when. And I'm going hunting right now. I'll see you later. You don't have to be here if you don't want" And kiss her on the cheek and be really cold because now her emotions have to eat on themselves.

She's not walking out of your life unless you're crushed. They never walk out if you're indifferent on the couch. If you go "goodbye, nice talking to you, I love you but you have to live your life" That bitch will not take a step. Trust me.

(Advice given in response to a caller who says his wife only fucks him once a year) Nothing helps a marriage more than cheating. Nothing makes it easier. When you're cheating there's nothing she could say that would upset you after you get home. You have to say to yourself "you can't love a woman, like a woman loves you. You can't give energy to her the same way she gives energy to you. You can't go booby-bear, you can't hold her hand because she's holding yours. It's a distance thing. Stay gone for a couple of days, have other things to do besides worry about how much she loves you and you love her. You gotta get a life. You don't have a life if you're worried about going to a bachelor party and cheating.

They don't want what they can have. And right now I think she has you.

Most loser women, all they have to barter is their pussy. They don't have anything else. Men have so many other things to barter when it comes to the sex game, and the relationship game. If you're an ugly motherfucker with a hunchback and you walking with some type of swagger, everybody could be laughing and going "look at this

hunchback motherfucker” but a woman might go “how could this motherfucker with a hunchback look like he should be fuckin’ me?” There are other things that make us attractive to women. Initially there’s only one thing that makes women attractive to us, and that’s fucking them. And then it builds from there. But they like us more than fucking us on the front end. We like to fuck them on the front end and then go “wow, she’s kind of cool” on the back end. So basically, you gotta understand that when you’re meeting these women, essentially, they’re losers. She has to get something out of her pussy, she has to get dinner, she has to get a movie. How can she function if she doesn’t get something out of what she has? Our bodies are not as important to us as their bodies are. So when you’re taking her out to dinner and spending time with her, you gotta understand that that’s her way of fucking you. If you take her out 5 times, she fucked you 5 times. And you haven’t fucked her yet. So basically what you’re doing is driving down a one way street, behind this bitch. And you can’t pass her. So if you find yourself getting stuck behind a chick on a one way road, you turn off the first available exit, and you get the fuck off that road. You can’t let a woman whore out your time.

She’s going to try and gradually take your manhood by small steps and before you know it you’re sitting in the shoe store carrying her bags. You gotta first decide what you want out of this and if what you want is sex, then that has to be obvious. And if that’s not what she wants, fine, there will be somebody else.

Fundamentally, it’s the nature of women to bitch you up. That always happens; the degree may be different from woman to woman, but it’s all about bitchin you up. And it’s organic. You cannot be angry at how they do it with such ease. It’s like brushing your teeth. Your manhood is constantly under siege, and you can’t be mad at them. It’s like being mad at a fuckin snake for biting you. If you got a rattlesnake in your hand and you’re like “this rattlesnake is the shit” and it bites you, you can’t be mad at the motherfucker. You just have to go “shit, it’s a snake”.

Women have no skills to get what they want, so they hope what they want just kind of walks in. What gives you the balls to sit and wait for Mr. Right? What skills do you have to get Mr. Right?

You have to take away what she wants (emotions) until you get what you want (sex)

She’s only powerful if you let her be powerful.

The amount of time it takes for her to pussy you up is the amount of time she sticks around to enjoy you being a pussy. And then she’s going to leave you.

(In response to a man calling in claiming his wife wants him to be a stay at home husband) All a woman has in this world is that her man is cool. For the sake of your marriage, do not get put in a position where she thinks you aint cool. If she can’t look at you like “my man is the shit” then your marriage is over. How can you look at him like he’s the shit if he’s a stay at home fuckin’ dad?

My girl said the other day “can you get off that pimp shit for once?” I go “if I do bitch, then what?” You need an opening to fag me up. Don’t let her fag you up.

A woman wants to be protected by her man, and if she can punk you up, how are you going to protect her against another man? She's always looking to upgrade the protection.

Do the whole dating thing once or twice at the most. Because you don't wanna do what other motherfuckers don't do. You don't wanna be taking her out and other motherfuckers just fuck her in the mouth on the first date. You take her out on 1-2 dates, and then you start pushing up on her. If she don't wanna give you no pussy, you don't go "fuck you" this and that. You always love em' and leave em'. Just give her a kiss on the cheek, pet her on the head and say "thank you sweetie, but I don't feel comfortable going out with you 2, 3, 4 times because I'm a viral young man who needs to fuck. I wanna be spending my time fucking you, not trying to fuck you. I know I want you now, do you want me?" You gotta make her ante up.

A happy man means a happy woman; it trickles down from the man. A happy woman doesn't mean shit. She doesn't know how to be happy outside of how a man makes her feel. If a motherfucker is sitting there playing Xbox 360 and you say "I'm not gonna bother this motherfucker at all". He could be on there for 8 hours and I'm just gonna exist in my own place for 8 hours until he wants to exist with me, you just earned yourself 8 hours of happy. That motherfucker would be like "sweetie, what do you need me to do? Cause you left me alone for that 8 hours I wanted to be left alone for." You were selling me what I wanted to buy. I wanted to buy some Xbox 360 time and you gave it to me, so you know what? I'm going to figure out how to make you happy. I'm gonna tune into you now instead of tuning out because you tried to force me to spend time with you, or force me to love you, or force me to talk to you.

You should encourage the whore-ness in every bitch. The reason men don't like women is because of what you put us through for pussy. The fact is, you could fuck me now but you're not, just because of the "unwritten rule" of not fucking on the first date. If a chick says she doesn't know me before we fuck, you don't know me any better if we talk for a year.

Pussy is only valuable to whoever is fucking it at the time

Any woman is going to push your boundaries until you stop her

Women hate being in charge. They don't wanna win, they want a winner. And that's what women test constantly, is this nigga the winner that I think he is? So you come at us and try to make us losers. And what a loser is, is a guy that lets a woman make his happiness. If you look at any woman who's in charge, she's not happy. She thinks she has to be mean to be the boss, she's copying what she sees bosses do. Women don't want to run shit, it makes them miserable. They want a man who runs shit so she can go "that's my man".

I'm not going to bite my tongue, I'm going to tell you how I feel. Ok sweetie, I'm not going to take you out on another date. I've been on three dates with you. I know I want to fuck you, I don't know if you want to fuck me, but I already know I want to fuck you. If you don't wanna fuck me, figure it out, but were not going on anymore food excursions so I can do something for you and you're not doing shit for me. The more you make me wait, the less it's worth.

Women want to look at a guy and believe that he will lead them where they need to go. But they're gonna test him like he's a weak ass second mate.

If I'm the king of the castle and I marry a useless bitch, do you know what she becomes? The queen. She becomes the highest level that a woman's title can be, in the world. Just by marrying me. I make you the best you can be. Now, if a queen marries a motherfucker that ain't shit, what does he become? He's the motherfucker who ain't shit who married the queen.

Guys, the only thing you really have to deal with is the threat of rejection on the front end. If I see you on the street and I go "hey what's up" and you go "I don't like you", all you had to do was deal with that. And once you apply that to yourself you can go "you know what, I'm just gonna stick fly paper everywhere and see what sticks."

Here's the problem, I have to be a good lover, have decent money, have decent clothes, be funny, I gotta be happy. I gotta be everything, for your vagina. Now where the resentment comes in is now you look at me, like I'm supposed to love you like you love me, and you've don't nothing loveable. Why should I love you because I'm loveable?

Let's boil it back down to pussy. Let's say we had something that women were after every second of the day. What if God has cursed us or blessed us, and every guy had 10 G's in his pocket every day. And every day women were out there going "hello" and in our minds, were going "man this bitch is just after my 10,000 dollars" Now, just because she's after our 10,000 dollars, does that make you special? Cause she's chasing your 10 G's? And here's the thing about my 10,000 dollars, I'm better than my 10,000 dollars. Bitches are not bigger than their pussy.

You're gonna love him before he loves you, because he's showing you the best of him. You're not showing the best of you before he gets pussy. Before he gets pussy, it's him auditioning for pussy, so you're getting the best of a guy. You're gonna love him first.

Women are looking for a General they are comfortable fighting for. They're looking for a guy they can believe in. Women really want to have no job, they want to support a man that they believe in.

Remember, a happy man is a happy everybody in his life.

Women have no skill to get what they want. You survey the land and go "he's nice" and your skill is to stand there and go "I'll get his attention so that he comes over with his skills." Because you have no skills to get a man. Your skill is your beauty. You don't know how to get a dude. You don't choose a guy, a guy chooses you and you choose to go "yes".

1,070
UPVOTES

20 and lost? Advice from an old guy.

Triadis3 · 3 January 2018 · Archived copy · Reddit

I'm old, wealthy and have a lot of kinky sex.

Which means I got pretty good at translating womanese. Seeing the patterns in the code.

Been here on TRP/MRP for 2 1/2-3 years, Didn't even comment for a year... I was learning. Reading. Seeing what theories matched up with my real life experiences. Putting it all together.

TRP is an extended release capsule... you can't crush it up and snort it.

Wish I had this resource when I was 20.

So, if you're 20.....beginners guide to life...

If you are here and willing to do the work, you'll be drowning in pussy.

The best advice I can give you is put your own oxygen mask on first. That means putting yourself first. If you don't you become part of the problem, not the solution.

Nobody is going to hand you an amazing life. You have to do it.

You are a man. The world will try to twist you to accomplish their goals instead of your own. Recognize this, do the things that YOU want to do.

Develop your frame. Be aware of the intrusion attempts. Everybody wants something.

Lift. My submitted history has a long post on the benefits of lifting. It's not just about getting jacked. But it kind of is. But not really...Just read it and get your ass to the gym.

Get your career and finances sorted out, and start saving. This is KEY. It's a true shame there is no standard education about becoming a financially secure adult all through school - should be a HS course like math.

Compound interest means the sooner you start saving, the sooner you'll be a millionaire. 10% of your income. You won't miss it.

Use this resource. Absorb it. Yeah, it's big and fragmented and full of conflicting information, but you need to realize the sub is trying to describe complex intersexual dynamics - not an easy task when everybody wants a shortcut.

This sub IS the shortcut. Don't look for the cheat codes, there are none and a lot of what you read you need to go practise/tweak/modify to match your individual life. Make the effort in real life.

Consider your sources. The vast majority of guys here are just getting started or are angry at something. Watch for flaired members' posts, check post history, and realize that points and upvotes here mean NOTHING (since the vast majority of voters don't know TRP yet, they vote with their opinions, not their knowledge). Opinions are common, everybody has one and you never need to defend an opinion. Knowledge, you need to work for that, and you will need to defend your base. Few have knowledge.

That's why you see pandering feel good posts upvoted to the moon, but zero flaired comments in the massive "attaboy!" comment section. See if the EC's agree. Otherwise realize there are a lot of blind here who are unwittingly leading more blind, often in the wrong direction.

When it comes down to it, this place just describes the tools necessary to build what you want to build. Your job is to choose the right tools.

Without a man or a plan the best toolbox in the world is useless. If you don't practice with the tools on a regular basis, they get rusty and your skills diminish.

Finally, you're young. You're BOUND to fuck up. You'll fuck up multiple times and in multiple ways. That's expected. What is not tolerable about these fuckups is if you don't learn from those mistakes. To the point where your mindset should be..

"There is no lose, you win or you learn."

How bad do you want the life you want?

1,069
UPVOTES

Serena Williams has a meltdown at the US Open - and the rest was expected

SKRedPill · 9 September 2018 · Archived copy · Reddit

TL:DR - The hamster quickly reframed the issue from on-court coaching and code violations into a woman's victim issue, totally throwing out the rulebook. Talk of solipsism and shaming tactics!

Tennis is one of the best sports you can watch if you want to know what great champions are made of. A lot of masculine lessons can be learnt from it - mental strength, dealing with one emergency after another, what to do when things don't go your way, how to live right on the limit of controlled power and intensity, what separates the greatest from the merely very good, and more. The mind of a player is palpable in a match. It's an individual sport, so you're responsible and can't blame anyone else.

A peculiar thing about tennis is that, even the tiniest percentages in performance make for a very significant difference as seen on court, matches have been lost where the first player had match points and couldn't close it out, and the 2nd fought back. Close matches can be separated by as little as 1 point in 150, and the best players do that extra part consistently better than others.

So tennis is in fact one of the best sports to highlight the differences between men and women, where the 15-20% difference between men's and women's at peak performance (we're comparing the best of both, not the median or mode, otherwise that gap would be a lot bigger) can put them in 2 other universes of performance. Just watch John Isner serving at less than full power against WTA players as an example.

So for a change, I watch the US Open women's final yesterday. Half way through, Serena's coach is accused of coaching during play and the umpire Carlos Ramos gives her a code violation for receiving coaching during the match (her coach actually admitted to it btw and hamstered that 'everyone does it' - so this wasn't just pulled out of the umpire's ass). Later on she got another penalty for racket abuse as well and finally a 3rd one that cost her a game for yet another spat. As per the rules, a second violation gives you a point penalty and a 3rd consecutive one gives a game penalty. A 4th (which didn't happen) is disqualification from the match.

Just open up Youtube and see for yourself what happened after the 2nd penalty.

She went nuclear, basically accused the chair umpire of insulting her character (projection), calling him sexist, a liar, a thief, partial to men doing worse things (nope, I've been watching men's tennis, and even Nick Kyrgios isn't this bad, and yes men do get penalized).

She makes it into an issue of her being a woman and being black and what not, threatens the umpire that she'll ruin his career and that he owes her an apology. Eventually when everything failed, she starts the waterworks - makes it all about discrimination and victimhood (the ego loves victimhood, it's the hamster's best weapon), that she's a mother and has a daughter, wow. And when it was all over she claimed that she'll continue fighting for equality.

"I just feel like the fact that I have to go through this is just an example for the next person that has emotions, and that want to express themselves, and want to be a strong woman. They're going to be allowed to do that because of today," Williams said. "Maybe it didn't work out for me, but it's going to work out for the next person." -- that's what the issue of on court coaching finally got re-framed into.

She also melted down in 2009 after the umpire gave her a double fault for stepping over the line while serving, and was disqualified for threatening the line judge.

Men usually argue with line calls, late challenges, time violations on serve, medical timeouts, illogical decisions and things related to the game. Usually men smash rackets (like Baghdatis, Dimitrov, Safin, and Paire smashed all their spare rackets and forfeited - and for some reason it actually becomes hilarious when overdone).

Women however, always make it about them (solipsism) and their victim cards.

You know what's worse than this? Check out the twitter reactions. Google highlights these in my search results specifically. The hamsters are unbelievable.

"... Serena Williams didn't have a meltdown. She defended her honor on one of the grandest stages in a sport she's dominated for her entire adult life that continually disrespects her. Don't reduce her justified frustration to sexist behavioral stereotypes ..."

"... (2/2) When a woman is emotional, she's "hysterical" and she's penalized for it. When a man does the same, he's "outspoken" & and there are no repercussions. Thank you, @serenawilliams, for calling out this double standard. More voices are needed to do the same..."

"...The hypocrisy of the umpire to penalize @serenawilliams in a sport that celebrated the antics of John McEnroe and Ilie Nastase is a blatant display of sexism #usopen..." - seriously just how does this shit pass muster?

McEnroe has been disqualified from matches and penalized numerous times. David Nalbandian was disqualified for kicking a line judge (unintentionally yes, but he apologized). Even Federer has been booed for breaking a racket. Andy Murray has melted down a lot until 2016, and he's been plastered for it. Djokovic would have nearly been disqualified from the French open in 2016 (which he eventually won) as his racket came within inches of hitting a line judge. The thing is that the men are aware enough not to get 3 code violations (which results in a game loss).

The worst meltdown I've ever seen was when Victor Troicki went mental over whether or not the ball fell on the line (and even there it wasn't as personal - there was no Hawkeye and it turned out he was right). Safin holds a world record, having smashed nearly a thousand rackets (it sounds funny now though). Hot head Fabio Fognini was kicked out of the US open in 2017 with a \$24,000 fine for verbally abusing an umpire (a woman in fact), and lost all his prize money (over \$72000) and points as well, and was hit with a 2 grand slam ban (ouch!) - but he apologized later and accepted he'd behaved unacceptably. Nadal is one player who never melts down - he hasn't even broken a racket till date.

However, regardless of what google says, at least Youtube commenters have more sense. The thing here however, is that google search results are becoming biased now. As if the media wasn't enough.

Meanwhile, Osaka, the winner, was reduced to tears at the end despite having won her first grand slam. Well, she's Japanese and shows conventional femininity. The crowd didn't treat her well, and she's not a Djokovic that she can just shrug it off with stoicism.

The umpire, Carlos Ramos, who's officiated both the men's and women's matches at all 4 grand slams, kept frame throughout, didn't say much about it, but admitted he stayed indoors for a few days for his own safety. And he didn't get a shred support from anyone, zero. Well, now they've apologized to him, but the whole apology thing was 'hush-hush', behind closed doors, nowhere near the publicity level of the comments made to him.

So typical isn't it...AWALT! The umpire argued with a strong independent woman, and the result was spectacular.

And the man got absolutely no support nor sympathy, was called names regardless of his standing and was essentially left to fend for himself. Even the apology wasn't made in public.

And before we say double standards, it takes 3 code violations in a row to be docked a game penalty. If this wasn't Serena's 3rd violation in a row, it wouldn't have happened. So much for rules. Once emotions are involved, women throw out the rule book.

It also serves to prove a point that I first came across in a "A billion wicked thoughts". Women with higher testosterone can often act more masculine and outdo other women, but this also turns them into AWALT on steroids, boosting all their feminine behaviours as well. The result is volatile. I have an aunt who I swear must belong to this category. It's like that girl inside is bottled up and comes out explosively.

And the worst part about tennis isn't even this incident. It's the fact that women get equal pay for playing 3 set matches matches that are shorter than the entire 4th set between Dominic Thiem and Rafael Nadal in the

quarterfinal. In fact if I was being truly fair, I say that the fact women don't play 5 set matches means you never see the legendary battles and comebacks that you see in men's tennis, which are on a whole other category of epic and that's the real problem with women's tennis - there are no epic matches. The days of Graf's generation are long gone. Even technically the men are far superior to the women right now as well.

Maria Sharapova or Billie Jean King came up with a shit test that men also need to play only 3 sets in Grand Slams when asked about it, and it doesn't take a genius to understand that this would completely pull down the sport and make grand slams irrelevant. I think BJK even claimed that the AO final between Djokovic and Nadal took a year off their careers -- well, they're still playing at the top. That is what female egalitarianism does to societies in the long run.

I don't hate women players -- I just wanted to point out that AWALT is an inescapable reality despite what an egalitarian society popularly likes to believe in, if anything, in today's climate it's gotten worse. This incident became a good example of what happens when you start arguing with a woman - the issue of on court coaching aside, it very quickly veered off that, descended into shaming tactics, got real personal and another reason to claim victimhood, sexism, etc. And it's very good mileage for the media. This instant ability to reframe an event into victimhood is an excellent tactic, one that totally took the focus away from being a sporting event and into a women's issue and also totally took the focus away from her opponent, who won.

In consolation, there's the men's final between Djokovic and Del Potro tomorrow, and I am sure I will not be disappointed.

EDIT : And it was an excellent final - that 2nd set was longer than the entire women's final! Djokovic is back, and now he's on par with Pete Sampras. He's equivalent to playing against a wall on the other side now that can also attack, with inhuman flexibility and defense - but I wonder when the crowd will ever start to like him.

The only problem with that match? My SJW friend (a girl) posts about Del Potro crying and says "It's ok for men to cry" ... and a bunch of guys totally approve, one even admitting how he's mastered the waterworks. I wrote "Bullcrap" - no reply yet. Society now has gone beyond 'feminine correct' -- it now believes that feminine expressions are the only ones in existence at all.

EDIT : As it turns out, the statistics reveal a completely different story altogether - men players are penalized 3 times as much as women, and outnumber women 8x in the racket smashing department, but in the coaching department, women are penalized twice as much!

<https://www.telegraph.co.uk/tennis/2018/09/13/carlos-ramos-returns-chair-serena-williams-row-statistics-back/>

That's more proof of the reality of RP human behaviour right there.

PS : Guys, Serena Williams' husband is the co-founder of reddit... just hope this doesn't get TRP shut down.

1,068
UPVOTES

Nice guy over on the dating advice sub respects the shit out of his date and doesn't understand why she ends up grinding on another guy in the club

CutLiver · 29 January 2018 · Archived copy · Reddit

The original post is at the top of the dating advice sub right now.

I don't think I've ever seen a more perfect example of how a nice guy thinks and how little he understands women.

The date started out well enough for him from the sound of things. They're out getting drinks, she's flirting with him, and when he suggests dropping off his car so that they can drink more she asks to leave her jacket and purse at his place. He gets excited because in his mind it means she's going to spend the night with him. Sounds like everything is going swimmingly. Annnnd then his blue-pill tendencies kick in and he drops this bomb:

"In an effort to try to feel the situation out (and also an effort to be a decent human being) I told her that if she needed a place to crash, she could sleep at my place without me trying to have sex with her."

So much respect. She must be dripping wet with all the respect he's showing her. What a great guy, right?

He continues on:

"She thanked me and said her legs weren't shaved so it wasn't going to happen anyways and I explained to her that I don't sleep with people for the first time when they are drunk anyways."

Totally understandable. A woman isn't just going to go out of her way and shave her legs before a night out drinking with a new guy. And what kind of monster would have some drinks with a woman then expect to possibly have sex at the end of the night? Only sexual predators, of course.

At least this guy's the life of the party though. Maybe his fun personality will make up for his niceness.

"We had a drink, got in the uber and started making our way downtown. (insert piano music here) Here is where things start to go downhill. I HATE busy bars and clubs. My idea of a good time is drinking a couple bottles of wine at home with a friend or two. Clubs are just loud. You can't talk to anyone and you can't do anything other than having strangers sweat all over you. I didn't tell her this of-course because she loved bars packed with people."

Ok, maybe not...

"As she drank more, she began spending more and more time on her snapchat. This is another thing that bothers me. A few snaps would have been fine but it quickly became a constant thing. And they weren't snaps of us, they were just snaps of her."

As if that wasn't enough to tip this guy off, here's the best part:

"At this point we were only half way through our scheduled bars for the night so after what felt like hours I asked her if she was ready for the next bar but she said she wanted to stay at that club for the rest of the night but I was free to leave and meet up with her again later. She was my date for the night, so of course I opted to not split up. I probably should have though because before long this big guy with a square head walked up to me and asked if she was my girlfriend. I foolishly said 'no' and he proceeded to grab her by the waist and began grinding on her. She was totally into it. So at this point, I didn't want to be the jealous date that breaks it up and I sure as hell couldn't dance with her from the front anymore so I just stood there, dumbstruck, and watched them 'dance'. I swayed back and forth with the music so as to not be the only person standing still on

the dance floor."

Not only does he stay when she's already told him to leave in a nice way, he awkwardly "dances" while his date is grinding up on Chad. But that's ok... He puts up with it because he doesn't want to look jealous. That is, until another guy comes up and reminds him of what's taking place right in-front of him:

"I couldn't tell if she liked it or not. A guy came up next to me and asked 'isn't that your girl?'. This snapped me out of my panicked trance and pushed me into action. I put an arm around her waist and locked eyes with squarehead. He backed down and quickly disappeared into the crowd. She seemed disappointed but, to be completely honest, I don't know how she felt about the situation."

It's always a good idea to make sure other guys know she's yours, especially on a first date. Obviously she'll be all over him and eager to make sweet tender love after that display of bravery.

"We danced for a while then left because it was bar close. We silently rode an Uber back to my place at which point she informed me that her roommate had called her another Uber to get home. She took her stuff, said she had a lot of fun, then left. I sat on the couch and had another drink, emotionally exhausted"

Alright, alright, in all seriousness. This is a bummer for the guy, and he made a lot of mistakes. He didn't treat her like a lover; he took sex off the table when she was clearly a little into him because he wanted to look like he respected her; he stayed at the club when she tried to get rid of him; he stood by while she was grinding up on another guy right in-front of him; and he got jealous and claimed her as his own when he sensed the date slipping away. A lot of guys have had moments like this. The movies tell us this is how we should act if we want to get the girl, but as we all know, life isn't a movie. At least this guy learned a valuable lesson, right?

...

"I don't know what lesson to take from this or how to interpret the meaning of it but I thought I would get it off of my chest and share it with you guys. I hope I don't come across as too negative or entitled. Thanks for reading this huge mess."

God damnit.

1,067
UPVOTES

You will never be ready.

4nt43us · 22 March 2019 · Archived copy · Reddit

As I have gotten older I have learned a valuable lesson. If you are waiting to be ready before doing something you may never end up trying that thing. This goes for approaching women, applying for that job, applying for that degree, showing up to that interview, starting that new hobby. I missed out on so many opportunities during my 20's because I was waiting until I was 'ready'.

The real truth is that you will never be 100% ready. Accept this. Remember this. Do not let this stop you from doing that thing you want to do. Ever. The moment I realized this my life changed.

If you are waiting until you are 180lbs 8% shredded to start approaching women you will miss out on so many opportunities on learning and even hooking up and finding someone you like. If you are waiting on your job to settle before starting your new business idea you might never start your business. If you are waiting until you have more experience before applying for a new job you might miss out on the job of a lifetime.

Successful people in this world know this. They don't wait for opportunities to come, they just go out and do and opportunities come to them. Winners take the leap when they are not ready, fall flat on their face, keep getting up until they win.

Real 'alpha' men are not afraid to make mistakes, they are not afraid to take calculated risks, and learn from experience not from reading about other people's experiences. The guy who sits there, reads 100 hours of redpill before he decides to approach women will lose out 100% of the time vs the guy who spends 10 hours reading and 90 hours going out there and doing. The first guy is waiting until he is 'ready' the second guy knows he will never be ready and best teacher is experience.

TLDR: Make calculated risks. Realise in life, no matter how old you get, no matter how many books you read, how many push ups you do, you will never be 100% ready.

1,066
UPVOTES

[Meta] SJWs are reportedly working with admins to develop a stricter "no harassment" policy at Reddit. We should have an action plan in place for when TRP is banned

WaynesCotting · 3 February 2015 · Archived copy · Reddit

According to [r/undelelete](#) a Reddit co-founder and other members of Reddit are working to develop a site-wide approach to address what they define as harassment and non-civil behavior. You don't have to be a genius to know that this includes anything they perceive as anti-women or remotely critical of feminism, liberalism, etc. A feminist power grab will obviously target groups like SRSSucks, MensRights, and TheRedPill. With nearly 100k members I believe the censure of this subreddit is approaching, either with its outright banning or forcing the mods to implement an admin-approved behavioural policy.

I can't link you directly since TRP already suffers under strict rules linking to other parts of the site (hint: we're already second class citizens), so if you want more background information go to [r/undelelete](#) and [r/SRSSucks](#) to see posts about "DiscussTheOpenLetter"

The titles of the posts in question are:

- What is up with [r/discusstheopenletter](#)? And why are admins bowing down to sjw demands regarding sitewise hate speech rules. (<https://archive.today/raryF>)
- Is Reddit about to Digg™ its own grave? Leaked discussion from private sub-reddit showing that Reddit admins, including co-founder [u/kn0thing](#), are meeting with, "experts and activists" and may be looking at limiting site freedoms against people or groups deemed offensive. (<https://archive.today/hMusq>)

Google Cache searches for [r/DiscussTheOpenLetter](#) show that they're referring to things like [r/MakeUpAddiction](#) and their recent "[you'll be banned if you disagree with us, because that's harassment and body shaming](#)" policies.

My point is that TRP will obviously be targeted, if not by this than by something else that comes along with the winds of politically correct intolerance. We should have an action plan.

- Valuable posts here and the sidebar should be archived. I don't know if there are any efforts to do this.
- An alternative Reddit should be used. I've seen people recommend the following safe-haven from SJWs: <https://voat.co/>. To date this is the best alternative I've seen, and the format of Reddit is perfect for the type of content we post.

1,066
UPVOTES

Struggling with building habits? Try this.

realrickbrewer · 11 July 2018 · Archived copy · Reddit

TL;DR: -- Read the post you lazy fuck, it isn't that long.

Most of the people visit this sub to learn how to get better with girls, but for me this sub is about becoming better as a man. To improve as a man, you need to start actually doing stuff instead of mentally masturbating on the internet. You need to build yourself up as a man, and you need habits to do that. For some people, a habit can be built through sheer willpower, but for some people that are used to the "high-dopamine, short attention span, play Fortnite everyday" type of lifestyle, it is difficult. There is a way to make building habits enjoyable. People normally look at a way too large goal and will start off extremely dedicated, but when they notice they aren't making progress as fast as they would like to, they quit. This is very common among the New-Year's resolution goals.

Set smaller goals

The secret behind building habits is **setting smaller goals**. Want to learn how to meditate for 30 minutes every day? Start out with meditating for 1 minute a day for a week, then 2, then 5, etcetera. Building habits isn't about reaching your end goal immediately, it is about engraining doing that one thing you want to achieve every day.

Now, for some people, setting smaller goals will be enough to actually start achieving something, but there is a tool that you can use to actually feel good during the process as well. It is **the tool that got me from a lazy gamer to meditating every day for a year straight**. I will explain how it works and what you need.

The technique

All you need is a piece of paper and a pen. That's right. For the price of less than a buck you can build a lifelong habit. You grab a piece of paper and write down the habit you want to build. Let's grab lifting as an example. You write down 'Lifting' in the middle of the piece of paper and write the benefits of consistently lifting around it. **It should look something like this.** You can add as many benefits as you want, I like to keep going until I really *feel* passion for learning the habit. When you have done this, flip the paper and make 49 squares on the piece of paper, **like this**. Now, the one thing that will transform this piece of paper and feel-good bullshit is **doing** the thing you want to achieve. With lifting for example, every time you hit the gym, you draw a big, fat, satisfying cross in one of the boxes. Let's say you want to hit the gym 5-times a week, that means you must at least have 5 x's per row. You must NEVER miss a session if you actually want to build the habit. The only exception is if you either break your whole body or if you fucking die. Let's say you pussy out and actually miss a cross. Well, you don't stop going. You continue your journey like it never happened. Make sure to keep the train going, because if you start skipping workouts, it won't work. **Here's an example of a filled out card.** Every X will remind you of a step closer to your goal.

If there is a day where you really don't feel like doing it, flip the card and read every benefit you're doing it for. The energy will start rushing through you and you will do it nevertheless.

This whole technique is called the **x-effect** and it helped me implement a couple of habits into my life, such as meditation. This isn't a magic trick or a shortcut, it will just make the journey more enjoyable. You won't believe the satisfaction when you have a card full of crosses. You can do multiple cards at a time, but I advise to start out with just one so you don't overwhelm yourself.

Give it a try, but don't expect magic. In the in the end, **you have to do it yourself**.

Now get to work

1,066
UPVOTES

She's just your Girlfriend, she's not your Siamese twin. She's not your partner on a mission to Mars. She doesn't control your oxygen supply. (How to do a LTR.)

whatsthisgarg · 25 September 2018 · Archived copy · Reddit

Long-term relationships ~~are~~ can be a great thing. The adoration you can get in a LTR is much more intense than with a casual partner. Ideally, there should be a lot less hassle and a lot more high-quality sex. It doesn't always turn out like that, it seems, because a lot of guys are adopting the wrong model.

How many millions of times have you seen (or been) the guy who gets into what looks like a good LTR, and then gets complacent and neglects the things that made him a fun, attractive person? And then starts overcompensating by spending all his time and energy on the girl, who gets bored and bitchy and then cheats and/or leaves?

This is why all these jerks keep chanting the defeatist cuck mantra *She's not yours, it's just your turn*. **If you accept this, you have thrown in the towel.** Go ahead and let some little girl decide the terms and when and under what circumstances the relationship continues or ends.

Here's a model for how to avoid that and still garner the benefits of the LTR without the drawbacks:

ALYAS. Act Like You Are Single.

Forget all that garbage you read in the usual posts about how to do LTRs: **a humorless list of rules, virtual mate-guarding, and cyber-stalking the woman**, all of which indicates a **pointless investment of time and energy**, which in turn implies an **emotional investment** which itself is a powder-keg of disappointment when the relationship inevitably ends.

~~ALYAS: Act Like You Are Single~~ No that's dumb, we don't need anymore acronyms. But it does roll right off the tongue, doesn't it?

There are very simple reasons for recommending this strategy. First, you maintain attractiveness. It's not a consensus view but my experience has been that women's sexual preferences are stable over time, meaning **what attracted her in the first place will continue to attract her**. Secondly, by acting like you are single you will **create more attraction** via mystery and dread. And third, **it's just fun. That's why you were doing those things when you were single**. Keep doing what you were doing.

For the autists and bloopers, I did not say "Pretend you are single." You can't make phone calls to other girls with her right there. You can't leave her at a bar and go off with some other girl. **Have some human decency**. You can't go home reeking of strange pussy. *Although I have done that*. But you need to be sure you can hit the shower real quick. (Also take charge of your own laundry. Don't be a babyman who expects his mommy/wife to wash his underwear.)

I don't mean this to be necessarily 100% all-in. You will not likely get the benefits of the LTR, which are substantial, by being *completely* aloof and unavailable. But you can take this as literally as you like, see how much she puts up with it, or wind it back a bit. Whatever works. At a minimum, acting like you are single should be your *mindset*.

This means don't stop hitting the gym, that's the first thing. But also don't stop doing all those good things you did when you were single. You want to hit the bars or go camping with your buddies, do it. You have solo projects, do

them.

And, if you want to spend the entire weekend alone with her fucking like rabbits, getting room service and watching cable, do that; that is something you would do if you were single and you had a woman up for it.

When she asks "I'm going to visit my sister; come with?" you say "Have fun. I've got shit to do here."

This is not a hypothesis that I dreamed up and want to try out. This is how I have lived for decades. And yes, a quality woman will not only tolerate it, but she prefers it.

A word about ordinary human emotions: there is such a thing as mutual infatuation; it's a wonderful feeling (did not prevent me from fucking other women, though, which is a beautiful inoculation against losing your head). That can turn into what you might experience as love and devotion. I recommend cautiously indulging in it, if the opportunity presents itself, because it's fun. But know that it doesn't last forever.

You can enjoy this without the emotional investment that is so dangerous. You realize that she is actually not special. She is replaceable. You will also most likely notice that you are the one creating all the fun and excitement. She's just along for the ride, and to enhance the experience, as long as she behaves and you're not sick of her. **This is my model for a long-term relationship.**

I will now field questions from the peanut gallery.

Question: *If you're supposed to Act Like You Are Single, what's the woman there for?*

The woman is there to get fucked in the many hundreds of ways that a sexually creative man can think of. And she's there to be fun, pleasant, and interesting, which is possible despite all the rumors. Also, if you want to have kids, the woman is generally required at some point in that process.

Question: *So you're saying Act Like You Are Single in the early stages of a relationship, but then when it starts looking real, you get serious?*

No, that is not what I'm saying. I'm saying **Act Like You Are Single while she gets serious.** What she does shouldn't affect you, and if she doesn't like it, she can walk.

Question: *So, Act Like You Are Single through the middle stages of a relationship, but if you decide to move forward and live together, then you start acting like a couple?*

No! **Living together is when you need to Act Like You Are Single the most.** You need to get out of the house, stay busy, and create mystery. And if you weren't acting like you were single before moving in together, you might find it difficult to switch it up after.

Question: *Okay, so Act Like You Are Single when you're living together, but then when the kids come along, you have to settle down, right?*

Wrong again. Let me tell you just how extreme this can be: **Act Like You Are A Single Father.** Take the kids, go to the library, go to the park, kick around in the woods, go visit the other kids and their hot moms. When mommy comes home, have dinner, and then *it's YOUR time.* Do whatever you want, go to your workshop, to your office,

leave the house, go to a buddy's house, to the gym, to a bar, go see another woman, whatever. It's that easy.

Question: *What if she wants to act like SHE is single?*

Not a candidate for a LTR. That is just a woman you are fucking.

Question: *How do you keep HER from cheating on you?*

You can't stop her. Stop trying, and stop caring.

(Cue up the MGTOW Tabernacle Choir, singing *A Mighty Fortress Is Our Cuck*. Guys, I don't care, I really don't. You don't have to play, but I have had my fun.)

You can never be absolutely certain, but if you aren't 95% sure that she adores you and is devoted to you, then that relationship will not make it past the one-year mark. And **if you're STILL worried about being cheated on: you didn't invest anything in her, did you?**

(Cue up the Crab Bucket Chorus, singing *Divorce Rape and Half Your Assets Brah!* I don't care about that either. Nobody said get married, and if you're worried about the money, NO woman in your life should last longer than a few years, to avoid common-law claims.)

Last question: *So, basically Alpha Fucks, on a long-term basis?*

Yes. My experience is that women don't really care about money as long as you are a stud, and, as I've said many times, the need for comfort is really way overstated on TRP.

To be protected from the hard edges of life and to have fun is all women really want. If they want more, I really do not care.

1,065
UPVOTES

Absorbing the Loss of a "Good Woman" is how you get Rpilled

Lord-of-Circles · 16 September 2020 · Archived copy · Reddit

I have written below my most valuable lesson in the Game and what seems to happen to all DJ's sooner or later.

There's a popular concept in PUA/Redpill that women are AWALT, without any exceptions.

However, life tells a different story for most of us DJs. You eventually come across a girl who is different from all the rest. You want to keep her because you objectively note her high value and the way she makes you feel (mind blowing sex, great company, chemistry, great shared experiences/memories, intellectual/spiritual/emotional connection etc).

This Good Woman comes into your life. You didn't necessarily plan on it. You were just doing your own thing, spinning plates and leading a free existence.

Months go by and you realise you've been spending a lot of time with this One girl. She has made it so easy for you. She arrives at your door every day with her eyes sparkling. She is besotted with you. Your other plates start to dissolve into the background and you fall into a bubble with your "good woman" - you enter co-dependency and Oneitis. You don't even notice it at first. It's usually a slow process to reach a point of "needing" her in your life. This happens through spending all of your time with her and isolating yourself from your options. You are now in scarcity. You have naively fallen under the feminine spell of your Good Woman.

Because you're a player and you know you could bang other women, you may feel frustrated from time-to-time that this "good woman", through her feminine magic, has isolated you from your options. However, you accept the isolation because you have fallen in love with her and the thought and fear of losing her eventually eclipses your will to act on your desires for other women. You have allowed this isolation to take place because nearly all men have one fatal weakness - an addiction to feminine affection that far exceeds our addiction to sex. The love and devotion of a Good Woman is the most powerful feeling a man can experience. You become her superhero and she worships you, you become her God.

Soon, you begin to notice this Oneitis is weakening you. You feel lazy and complacent, intoxicated by your woman like a junkie languishing in an opium den. You begin to make concessions to your woman. She has pacified you. To regain power and your sense of self you may temporarily act on your desires for variety and cheat with other women. All this does is serve to remind you of how special your Oneitis is. You go back to her, after cheating, feeling even more affection and love. She is none the wiser and is she is also intoxicated by your subliminal indecisiveness. You are her caged animal. She senses it. She doesn't fully own your soul yet, but she will soon.

She slowly but surely dissolves your masculine fortress and she becomes a part of you. A part of your identity. You are in serious trouble now. You can't leave her. You need her. She has become essential to your world.

You project your Oneitis onto her and assume, naturally, that she has Oneitis for you too. This is where the unravelling begins. The balance of power begins to subtly shift. She senses that you "need" her. Her subconscious starts to question your true worth - "Why does this man need me? I'm just a little girl, lost and scared, and this man is relying on me for his validation. He is so nice to me. Why??"

She begins to subtly sh!t test you. Little things like passive non-compliance. You fail a few of these tests. You lose your temper with her. She then starts to sh!t test more, desperate to see if you are a man who doesn't react to her feminine capriciousness. After failing more tests, she begins to build a new subconscious image of you. You are now a weak man in her eyes.

Then the distancing starts. A woman's true power comes from the giving and withdrawal of affection. It will be subtle at first. She will begin to express desires to do things outside of the relationship. She's no longer fulfilled by your presence in her life alone. The challenge of taming the savage bull is gone because you are always there and

she senses your devotion to her. You are no longer her bull.

During the distancing process she may ask to go travelling somewhere, to go out on the town, to visit new places, to build more friendship circles. Alongside this, she will start to criticise you subtly, then openly. Little things at first. It might be as simple as telling you to take your shoes off at the front door (little compliance tests). She will start engaging less with your opinions and points of view. She will start questioning your masculine opinions and expressing scepticism. She has started to rebel against you and lose faith in your leadership.

Her admiration for you as a man is starting to fall.

If you are a good lover, then you can confuse this process for her because the sex is still great. You can make her come easily. She loves your sex, but her emotional/ intellectual connection to you is waning alongside of this. Great sex is an excellent bonding tool, but it is not enough if your woman also senses that you've fallen deeply in love with her. Her hindbrain can't be satisfied with this display of weakness and neediness. She senses your misguided male idealised Love and your failure to recognise her hypergamous, opportunistic feminine Love. She only loved you because she saw you as Above Her. She now feels she is your equal, or better than you. She can't control her inner disgust as this becomes realised. How can you be her best option if you need her so much? This must mean she can do better, and she starts to see the green grass on the other side of the fence. A rich, emerald sparkling shade of green. Your relationship has become a muddy paddock.

When your relationship has entered this dynamic where she KNOWS you love her idealistically, then the relationship is fragile. You may be able to maintain this dynamic for years, but your relationship is terminally vulnerable to outside influences:

- She meets an alpha at work who gives her tingles.- Her single friends start to tempt her towards "muhhhh freedom" and "YOLO Independent Womanhood".- She starts building a life and support networks away from you (this will become her go-to when she leaves you).- She starts spending nights with friends, family. She has stopped mate guarding you. You find yourself at home, while she is out. You begin to wonder what she's up to and waiting for her call.

Then, one day, a fight happens. You are frustrated with her rebellion. She's not the woman she used to be anymore. You make a power move and try to pull her into line - maybe you even instigate a fake break-up to scare her. She goes to her friends and tells them what a controlling and abusive boyfriend you are. They empower her to block you and cut you off. This was too easy for her.

The woman and the relationship that you've invested months and years in is gone in the blink of an eye. Seemingly overnight she has flicked her mental switch and has re-written you as a Nobody. Briffault's Law comes into play - your only value is how you're making your woman feel in that moment. Your history together and your past investment in her is not taken into consideration. She is a creature of "The Moment." No history, only the Now. Women are slaves to their present emotional state.

You are shocked by her strength and her ice coldness. She withdraws and disappears. Often she will be unreachable - either she's blocked you on all devices, or she is unresponsive to your calls and messages. Maybe she will communicate with you, but she's cold as a corpse. Your attempts at re-attraction fail dismally and your self esteem plummets. This was a woman who was once your Love Slave, and now she won't even talk to you. This is the hardest experience a proud man will ever face.

Some men never recover from this ego-shattering experience. Your mind tortures you with imagined scenarios of how you could have acted differently. With the benefit of hindsight, you see the relationship's decline with clearer eyes (something your proud ego was previously preventing you from seeing while you still had her - "She'll never leave me").

The dreaded "If Only" - If only you'd intervened earlier when she started distancing. If only you'd followed the rules and distanced even more when she began the distancing process. Why did you pursue her and try to negotiate

attraction like a needy beta? You know better than this! How could you have been so stupid? You KNEW the rules, but you were lost in Oneitis and you thought the rules didn't apply to you - "This girl is different"-Syndrome.

You live with the regret. You broke the rules of attraction. You lost her. This is the archetypal story of Man in his journey of Idealised Love and Oneitis. This is the darkest shade of the Redpill.

1,064
UPVOTES

The 300lb invisible man.

powerpuffters · 5 December 2016 · Archived copy · Reddit

28/198lb/5'11 sorry for the long post

Long time lurker, first poster. A little history: I'm 28 and I've been with my wife for over 8 years now and for as long as I can remember I have been over 300lb and, in a dead-end job. When you are morbidly obese and are filling your body every day with so much sugar and carbohydrates I suspect it alters the balance between testosterone levels and oestrogen levels. As well as that I was ashamed of the rolls of fat and man boobs.

I started university in 2010, graduated in 2013, and started my first job a few months later. I was the only male worker on an entire floor of 60+ people and after a few weeks in the new job I was systematically targeted by the majority of the women on my team. I hit an all-time low and suffered from a bout of depression. I left after 3 months and started working in a minimum paid post. Words cannot describe how sick and ashamed it makes me feel looking back. I'm not angry at them. I am angry at how pathetic I was.

I actually remember the exact moment that the lightbulb in my head turned on. Two years ago I went to Amsterdam for my stag. It was amazing and it remains my Mecca to this day. Like every tourist who goes to Amsterdam I visited the red-light district. I have no interest in using prostitutes for sex however I find the whole red-light district interesting.

What struck me the most about the women wasn't their massive boobs, tight bodies or sexy outfits. It was their eyes. How they looked you up and down. How they were filled with this ravenous desire, even if it was more for the money in your pocket. I giggled like a little schoolgirl when I passed the first window.

It's hard to explain to people, but when you live a lifetime of obesity you never experience people looking at you like that. You never experience people looking at you at all really. People don't want to look at you. You feel invisible. It was at that moment I decided I was sick and tired of being invisible. At that moment it felt like I had been hit by a bus.

As soon as I returned from Amsterdam I started running- if you could call it that. It took me 4 months to complete a 5km jog and even then I still walked half of it. After another 4 months I managed to finish my first 10km jog, again still walking half of it. I had also started dieting and religiously counting calories on my fitness pal. I lost more than 50lb in three months and my sex appetite had suddenly gone up, my wife was more than happy.

I was still 250lb however, my life was slowly getting better. The more weight I lost the more confidence and cockiness I gained. I started a new job- one that needed a degree. It was only part-time and although I shared an office with one other person I had my own computer and desk.

I kept running and dieting. I lost another 20lb in two months and had gone from morbidly obese, to obese to overweight. I neglected lifting. It would have been useless between 220lb to 300lb. I continued to drop more and more weight. I started applying for fulltime jobs at the top end of my career ladder. I attended interview after interview, failing them had stopped bothering me. I had developed an IDGAF attitude- even though I had yet to come across this subreddit.

Eventually I was successful and I was offered a fulltime post in a job with my own office and my own fucking name on the door. I was now at 200lb. Even though I was in the overweight category I had developed a substantial amount of muscle. I don't know the science, and I hadn't been lifting but maybe running around with 300lb builds a lot of muscle.

When I started my new post I was a different person and people were treating me differently. Women were actively going out of their way to help me. They were bringing me cups of tea and coffee telling me how skilled I was even though I was only two weeks in the door. I was no longer invisible. It was like living life on easy mode. Three months ago I hit the GYM with SL5X5 and started building some decent muscle- especially in chest. My man

boobs had disappeared and I started dressing to impress.

Now I regularly catch girls looking at me. d. Last week I went out with some work colleagues, most of them women and for the first time in my life my wife was terrified that something would happen.

I can't say that I thank this subreddit. I changed my life around long before arriving here but I can honestly say that this is probably the most accurate sub in terms of understanding women and how to be successful at life. The worst thing I find about this sub is the toxic posts which come up every now again from angry men after a breakup/divorce. I can see why they are angry, but personally I find little to be learned from these posts apart from "*arrgh, don't ever get married. I hate all women etc etc!*"

What I will say is that there are some real gems of information to be found in this sub. What I like about TRP is that TRP psychology and TRP discourse is cutting to the fucking bone. That is what psychology is supposed to be...accurate and based on observation. We live in a world which is dangerously dominated by the PC brigade and feminists who run around screaming at the top of their lungs without any due respect given to observation or analysis. After this journey I feel confident in saying that 100% of people in life are vain. **Looks matter. Lifting and Exercising matters. A good body matters. IDGAF attitude matters.** You want to do well? Follow the advice on this sub, I'm just sorry I didn't arrive here five years ago when I needed to learn about this the most.

TLDR: prostitute looked at me, lost 100lb and counting.

1,063
UPVOTES

Trickle Down Media Whore

GayLubeOil · 18 March 2016 · Archived copy · Reddit

This week I accomplished my dream of bringing my trolling to **national television**. If it wasn't for the Red Pill, and its culture of shitlord excellence my dream would never have become a reality. For the past two years you guys were by my side critiquing, encouraging and helping me grow from cultural critic to Black Knight Juggernaut. I've had the unique opportunity of speaking with many of you face to face and learning from your experiences.

When the producers of *Full Frontal with Samantha Bee* contacted me to be part of their show, I immediately recognized it for what it was: a trap. Samantha Bee has been tearing people down on television for the past twelve years. Having watched the *Daily Show* I knew that gotcha questions and deceptive editing were par for the course. I also knew that without preparation I would end up a casualty like **Peter Schiff**.

However, I had a weapon of my own: The Red Pill. I leveraged the contacts I had gained from my fitness consultations. I contacted marketers, advertisers and speech coaches to help me develop a strategy for surviving the ambush. The consensus was that I should speak in short powerful sound bites, so that my words wouldn't fall victim to deceptive editing. I was advised to keep a calm neutral demeanor, ignore her bait and that the best defense is a good offense. My mentors imitated Samantha's persona so that I could practice going up against it. **I knew that I only had one shot, one opportunity, to seize everything I ever wanted**, which I why I practiced until I felt confident.

On the show, with the cameras rolling and the microphones on, I recognized that the other guests were unprepared. They were enthusiastic to be on television and didn't think how their words would be used against them. Samantha Bee had a two part strategy. She had a script of loaded trap question and reframed the conversation in her favor with snarky responses. My strategy was to avoid her traps and use *agree and amplify* to turn her snark against her. Samantha was ready to tear down Trump supporters but nothing could prepare her for **Red Pill Superstar GayLubeOil**.

There are times in life when you have a shot at winning big by playing a stacked game. Maybe its a nailing television appearance. Maybe its negotiating a promotion. Maybe its winning a divorce. Or maybe its just pulling hypergamous sluts off Tinder. The Red Pill is an invaluable resource that can help you accomplish any of these noble tasks. It is a collection of the experiences of 140 thousand men. There will always be someone here to help you. You just have to find them.

Support your favorite Troll, grab an **Alpha shirt** or **Juicy tank**

Follow me on **TRP.RED** or **Twitter**

Or just PM me for fitness advice

1,062
UPVOTES

A Beginner's Guide to Meditation

Mattalec · 14 November 2017 · Archived copy · Reddit

Introduction

Meditation—just like reading or exercising, it's something we've all been told we *should* be doing regularly.

You will often hear people giving blanket prescriptions for daily meditation without providing any compelling reasons to do so, accompanied by some shoddy write-up about “focusing on the breath.”

While their advice isn't wrong, it is repeated ad nauseam and doesn't help beginners who are unsure of how to begin.

In this post, I will attempt to cover as many bases as I can in regards to the **whats**, the **whys**, and the **hows** of meditation.

Why Meditate?

1) Changes in neural composition

When we meditate consistently, we actually change the composition of our brains.

Over an 8 week period, participants in a study of mindfulness meditation showed:

- Increased gray matter in the left hippocampus (information retention).
- Increases in gray matter of the the posterior cingulate cortex (willpower and meta-cognition).
- Increased gray matter in the temporo-parietal junction (empathy and compassion).
- Decreased gray matter in the amygdala (stress, anxiety, fear, and anger).

These changes in brain composition pay huge dividends in increasing mental function in the mentioned areas while reducing our proclivity towards negative emotions.

2) Emotional detachment

Consistent meditation helps you develop the skill of detaching from your emotions.

No, this doesn't mean becoming an emotionless robot. It means freedom.

Freedom not to be driven this way and that by pain, pleasure, desire, or loss.

As you begin to pay closer attention to the thoughts that go through your head, you start to realize when it's your emotions that control you, rather than you controlling them.

Our minds override our rational thinking with negative feelings of fear, jealousy, desire, loneliness, and anger.

With meditation we suddenly have the power to choose whether these emotions have any effect on us.

3) Inner peace

As you get deeper and deeper into a meditative state, you become overwhelmed with a radiating sensation of peace that flows through your body—the peace of *being*.

By bringing your consciousness to the present moment, you will feel a deep sense of tranquility that carries over into your everyday life.

Marcus Aurelius said it best:

For nowhere either with more quiet or more freedom from trouble does a man retire than into his own soul, particularly when he has within him such thoughts that by looking into them he is immediately in perfect tranquility; and I affirm that tranquility is nothing else than the good ordering of the mind.

4) Freedom from anxiety and depression

Two elements must therefore be rooted out once for all—the fear of future suffering, and the recollection of past suffering; the latter no longer concerns me, and the former concerns me not yet.

-Letters from a Stoic, Seneca

Depression comes from what you have already endured.

Anxiety stems from the uncertainty of what you are *about* to endure.

When you are truly in the present moment, it is impossible to feel any regret about the past or anxiety about the future.

As you develop a steady practice of sitting meditation, you will find yourself naturally transitioning into this peaceful state whenever you start to feel the onset of negative emotions.

5) Discipline and self-control

Meditation makes us more aware of the thoughts that take hold of us.

When we are tempted to indulge in instant-gratification activities, the mental awareness gained from meditation cuts through your mind's bullshit rationalizations for cheap pleasure.

In addition to helping you avoid sabotaging your capacity for willpower with toxic activities, meditation trains your discipline.

It takes an iron will to meditate every single day.

Let's face it: sitting for 10-20 minutes doing nothing but being present and aware of your thoughts and emotions is *hard*.

To make matters worse, there is no quantifiable measure of progress per session like there is for something like losing weight or getting stronger.

In other words, *there is next to no gratification when you complete your session*.

This leaves many people thinking they did something wrong or worse yet, turns them off of meditation altogether.

Sticking to an unshakable habit of meditation for weeks before seeing any obvious results will train your discipline like nothing else.

How to Meditate

Position

Positioning in meditation is all about maintaining an optimal balance between comfort and alertness.

1) Body

No, you don't need to sit in full-lotus position to meditate.

Some people like to sit with their legs crossed on the floor.

Others like to sit in a Japanese seiza position.

It's up to you.

Anything that's comfortable enough for you to be relaxed and not too comfortable that you start dozing off works.

Personally, I like to sit in a chair.

Somewhere between laying down and standing would probably work best.

2) Hands

Up to you.

I like to place the back of my right hand on top of the palm of my left, thumbs touching.

This helps me maintain a bit more alertness than I would if I just let them hang freely.

Really anything works as long as you're not clenching your fists or sitting on them.

3) Posture

Upright is better but if it's too uncomfortable, lean against a wall or backrest.

4) Diaphragm

Relax and stick that Buddha belly out with every breath.

5) Mouth

Tongue suctioned to the roof of your mouth.

Teeth gently touching or slightly apart.

Lips relaxed, mouth closed.

6) Eyes

It's up to you.

I like to keep mine closed and relaxed most of the time.

For some, keeping their eyes closed causes too much sleepiness.

Meditating with open eyes is perfectly fine.

Meditation

Optional: Deep Breathing

Sometimes if you're feeling a little restless or anxious, a few minutes of deep breathing will help ground you and bring your heart rate down.

I like to do the 4-7-8 technique.

Inhale for 4 seconds.

Hold it in for 7 seconds.

Exhale for 8 seconds.

Rinse and repeat.

1) Begin by breathing

The goal here is to become aware of the breath.

Feel each breath coming in and out.

Use the technique that Buddhist monk, Thich Nhat Hanh lays out in his book, *The Heart of the Buddha's Teaching*:

"Repeat with each breath:

In, out

Deep, slow

Calm, ease

Smile, release

Present moment, wonderful moment"

Don't try to control your breath, just observe it.

Become aware of the unconsciousness that breathing is.

You **will** lose your focus and get lost in thought.

Simply become aware of the fact that you are thinking and return to the breath again.

This is the essence of meditation.

2) Feel the body

Shift your awareness to your body.

Try to feel each body part all the way from your toes to the top of your head.

Is it hot, cold, tense, painful?

Feel the force of gravity working to push you into the ground.

Feel the weight of the air above your head.

After you do this for a while you will start to feel your body as a separate entity rather than just being inside it.

If at anytime your focus drifts away to your thoughts, simply become aware and return to sensing the body.

3) Embrace any emotions that arise

If at any point you feel any sort of emotion arising, shift all of your attention on it rather than ignoring it or hoping it'll go away.

Feel the way your body responds. Does your heart start beating faster? Do your muscles tense up?

Show the feeling with mindfulness. Try to understand how it manifests itself, learn to recognize it, and become aware of what thought caused it.

4) Shift your consciousness to the present

By now you should be feeling pretty grounded and aware.

Try to shift your consciousness to the present moment.

Some people like to open their eyes for this.

What sounds can you hear around you? The ticking of a clock? Distant cars?

What does your mouth taste like? What can you feel touching your body? The ground? Your clothes?

If you open your eyes, what colors do you see?

Keep these sorts of questions in mind.

Become hyper-aware of your surroundings and do your best to **be**.

Daily Practice

If you are new to meditation, start with 5-10 minutes a day.

Increase to 15-20 minutes once you start to get the hang of it.

Use a simple timer with an alarm and try to meditate around the same time every day if possible.

Sometimes you'll have amazing sessions and you'll feel like a zen god, sometimes your mind will feel like a hyperactive monkey.

Most times will be nothing special so don't go in with any lofty expectations.

Go into it like you would a workout: try your best, do your time, just don't give up if it's not going well or spend any time dwelling on it.

Go out and start meditating today.

Until next time,

TMM

<http://www.themillennialmonk.com/beginners-guide-meditation/>

1,059
UPVOTES

Jury rules against dad trying to save his 7-year-old from gender 'transition'

redpillschool · 22 October 2019 · Archived copy · Reddit

<https://www.lifesitenews.com/news/breaking-jury-rules-against-dad-trying-to-save-his-7-year-old-from-gender-transition>

1,058
UPVOTES

Stop reading TRP

zav25 · 1 January 2020 · Archived copy · Reddit

Guys, here's my honest, real life, own experience advice to you. I'm not a writer or good with words. I'm just another grown man with some childhood issues trying to get them fixed, like most of you here.

Stop reading red pill material, completely.

Read the sidebar, Rollo's book, the top 10 articles of all time on this subreddit and everything on Woujo's blog (really, read everything this guy has ever written, you might as well read only what he has to say and you'd still be good, he knows his shit).

Internalize everything. Get a pen/paper and take notes while reading. Write out some main ideas you get from each article/book. And then re-read all those main ideas you wrote, weekly, to remind yourself of them in case you start slipping.

That's it. Now completely forget about TRP. Stop visiting this subreddit. Stop reading and asking questions on askTRP.

All you're doing past this point is called mental masturbation. It'll fuck you up. Trust me. You'll start becoming paranoid of anything a girl does. Don't go down this rabbit hole.

Most of you are nice guys and you'll become obnoxious assholes trying to fake alpha. Been there done that.

Every interaction you'll have with a girl, won't be natural... in your head, after doing a certain thing, all you're gonna hear will be "was I beta or alpha for doing this? I think this was alpha enough for her to think this of me" etc etc, because you have too much theory and not that much experience.

Just read enough so that you can understand the evolutionary/biological/social mating mechanisms between men and women. Accept them deep down to the marrow of your bones, since they are true, rational, and these mechanisms don't give a fuck about you and they'll still be the same and indirectly have influence over you, even if you don't want to admit it.

I write all this because I've been there and done that. Got with a girl, started reading too much into everything she was doing, due to excess of theory, became paranoid, then came back to TRP community to try and find a solution to my paranoia and insecurity.

Fell into this loophole, like everything had to be perfect. I started categorizing everything in my head related to this girl, as either beta or alpha. Did something... was that alpha like the guys on askTRP write? Said something... fuck I think that was beta considering that article I just read last night.

Forgot to be my own man and have my own opinions and stances. But most importantly, learned my lesson.

TL/DR: Read TRP foundation books and articles. Take the good stuff (there's a lot of bad stuff in here, don't be blind). Internalize it. Get the fuck out of here and start living your life.

1,054
UPVOTES

It is literally 2017

GayLubeOil · 1 April 2017 · Archived copy · Reddit

As many of you know I GayLubeOil have long been a cog in the Red Pill hate machine. Since 2013 I have been writing articles promoting toxic masculinity, fat shaming, transphobia, and sometimes even psychological manipulation. Well guys, its *literally* 2017 and that has to stop. I understand that I am *literally* a fucking white male and that I have a lot of privilege to check and reparations to hand out, but change has to start somewhere. I know that I can't take back what I've done, but I can at least try to fix it. Today on April 1st 2017, I am going to be the change I want to see in the world, because after all change starts with me.

Women are Wonderful: The only thing that you need to know about women is that they are all wonderful. When I say all women I mean *all* women, *especially the ones with penises*, after all its the current year. The only way a man should ever interact with a woman is through praise and admiration. A man should never risk damaging a woman's self esteem. How can a woman be strong and independent, when internet trolls are constantly triggering her? A woman should never be disparaged even joking. Men need to accept women for who they are without judgement. What's that honey muffin? You sucked off a dude on the subway? I respect your decision. Let's put another *sticker on the board*. Five stickers and you can have an ice cream party.

Women and Men are Equal: Women are just as emotionally and physically strong as men. Anything that suggests otherwise is sexist. Pull up bars? **Sexist. Flight Simulators? Sexist.** Spacial Reasoning, Logic, Math? All incredibly **Fucking Sexist.** Women can play any game just as well as men. The game might need to be changed to be less sexist, but men and women are definitely equal 100%.

Men are the Problem: Remember when I said that women are equal to men. Forget that you shitlord. Women are more equal. According to my role model and spiritual guide Hillary Clinton: women are the primary victims of war, and as someone who came under *sniper fire in Bosnia*, she should know. *Everything* wrong with the world is the exclusive fault of men. Women deserve credit for all that is good, even if they didn't create it themselves, they inspired it.

Rape is Like Very Serious: There is nothing more serious than rape and when I say rape I once again mean *all* rape. Internet Rape, Imaginary Rape, I Changed My Mind Rape, its all rape. Rape is rape! A woman shouldn't have to *drag a mattress* around Columbia University to remind everyone that literally begging to get fucked in the ass does not constitute consent. According to Andrea Dworkin all heterosexual sex is rape and its about time that university policies change to reflect this fact. Please note because it is literally 2017 Middle Eastern Refugees *forcefully grabbing* and inserting their penises into European Women is no longer considered rape, its cultural enrichment. That kind of rape is highly exaggerated, completely made up and probably the women's fault for not embracing diversity fast enough. It is literally 2017.

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UPVOTES

The Red Pill App

GayLubeOil · 12 June 2017 · Archived copy · Reddit

As many of you know last April, the chief strategist behind The_Donald CisWhiteMalestrom was doxxed. However most don't know why or how it happened. So have a seat on papa GaylubeOil's thick muscular quads and let him tell you a story.

The reason The_Donald became the largest Trump community on the internet is because it utilized a Red Pill publicity strategy and was run by Red Pill Endorsed Contributors. The basic premise is that the left is far more numerous on Reddit and has more time to bitch about stupid shit. So the fastest way to grow a community is to write something deliberately provocative and make sure lefties hear about it. Then when lefties show up to virtue signal about your thought crimes, provoke them further by baning them and telling them to choke on your semen. Pretty soon lefties will tell other lefties about the injustice creating a positive feedback loop of publicity. Eventually Righties will hear about it and join your community.

This strategy worked really well and The_Donald subsequently grew so big that it began to challenge the Left's monopoly on political discourse on Reddit. The first strike was when The_Donald called out r/news and r/Politics for censoring blood drive information after the Orlando shooting. While the Left loves claiming moral superiority there is nothing moral about censoring blood drive information after one of the largest terrorist attacks in American history. This was such a blow to the narrative that the admins had no choice but to shut down the entire discussion and manually remove threads themselves.

However the admin's heavy handed tactics allowed CisWhiteMalestrom to create an Us vs Them dynamic between his userbase and the Admins further driving The_Donald's growth. The admins had no choice but to dethrone an effective leader and hope for someone less aggressive. CisWhiteMalestrom personal information was leaked to SJWs who immediately began placing threatening phone calls to his entire family including his pregnant sister.

The admins can and do read your private messages, modify your comments and collude with their SJW allies to create leadership transitions. In fact they recently tried this with the Red Pill but were unsuccessful.

For this reason we are building a secure communication platform whose servers will not be housed in SJW Cuck Shacks. Communication and the exchange of ideas is the basis for all power, which is why we can no longer afford to allow Aids Skrillex and Trigglyphuff to rifle through your personal messages. Our goal is to create a secure platform that will allow our members to form private groups and eventually coordinate in person meetups.

Features Include:

- iPhone and Android chat apps.
- Online browser chat interface.
- Private groups similar to Facebook but with privacy and anonymity as the default.
- Specialized features for vetting members and preventing infiltration.

In order to accomplish our objectives we either need a team of Alpha programmers to volunteer their time and talents or half a Bitcoin to buy the necessary scripts.

Send programmer volunteer inquiries to: redpillschool@trp.red

Send Bitcoin donations to: 1NeqAW41zBf1ujMzNMAZVuhRmkpB8CQL2X

Thanks for your help. May your erections be strong. May your list of accomplishments be long. May you have ample opportunity to get the friction on.

Edit: Since Red Pill men are probably some of the least altruistic people on earth and aren't the best donors. I'm launching a [Hercules Tanktop Fundraiser](#) to upgrade our community infrastructure.

1,049
UPVOTES

Indicators Of Interest Suck - This Is The Real Way To Tell If A Girl Likes You

Aghayden · 4 August 2018 · Archived copy · Reddit

Women will rarely tell you they're attracted to you. Instead, they show interest through their actions.

One of the most common things a girl tells me before I bring her home with me is, " We're not having sex tonight." I've heard this at least ten times. Every time I heard that phrase, I ended up getting laid.

If I took what these women said literally, I never would have invited them back to my place (why waste my time?) But I knew they were interested in me, not because of what these women said, but because of how they acted.

Indicators of Interest

Women will show their interest in a variety of ways. They will:

- Make strong eye contact with you. -Ask you questions (instead of making you carry the conversation). -Touch you. -Laugh at your jokes (even when they aren't that funny).

Knowing the above list of indicators of interest is useful, right?

Well, actually, relying on indicators of interest can handicap you're dating life. Every girl is different: one girl might show interest by making strong eye contact, but another might show interest by shyly looking away.

Some of the women who I've brought home from bars or clubs didn't make strong eye contact, they didn't ask me a lot of questions, and they didn't even touch me (until we were in a room together). If I relied on indicators of interest, I would never have brought her back to my hotel room.

So, if you can't accurately tell whether a girl likes you based on what she says, and you can't tell based on how she acts, how the fuck are you supposed to tell if a girl likes you?

Compliance. The best way to determine whether a girl likes you is to give her the opportunity to either reject or accept your advances.

The shy girls from the above examples didn't give me many indicators of interest, but when I asked these women to dance with me, they agreed. When I invited them back to my place to get a drink, they agreed.

If a girl is interested in hooking up with you, it's very likely she will give you compliance when you attempt to move the interaction forward.

Here are the most important ways a girl will show compliance:

- She sticks around while you're talking to her (as opposed to making an excuse to leave the interaction) -She accepts your touch. -If you invite her to go somewhere with you, she agrees (I.E. to go to another area of a club or back to your place). -When you lean in for a kiss, she responds enthusiastically.

As a rule of thumb, a girl who likes you will comply to the above requests because she wants the interaction to lead towards sex.

Of course, compliance only works within the bounds of common sense. If you invite a girl back to your place five minutes after meeting her, she'll probably say no. If you make a large request too soon, you might not get compliance even if a girl is attracted to you.

How To "Test" Compliance

In the early 2000's, pickup artists taught elaborate methods of getting compliance called, "compliance ladders," and although the theory behind them is solid, they're too complicated to be practical. I've created a simplified system for

using compliance to determine whether a girl is interested in you below:

1. When You've Just met: She Stays

If you approach a girl and she doesn't like you, she will most likely find an excuse to leave the interaction within the first few minutes. She'll need to "Use the restroom" or "Go find her friends."

To be fair, a girl might stay and talk to you even if she's not attracted to you. You can't be 100% certain if a girl likes you within the first few minutes of meeting her. This is partly because she's not 100% sure if she likes you, either. As a rule of thumb, if a girl doesn't make an excuse to run to the hills— you've got a chance.

The most common mistake guys make in this stage of an interaction is that they don't ask for further compliance (this is sometimes referred to the 30-minute conversation to nowhere). Even if a girl likes you, it's unlikely she's going to make the first move. You must take responsibility and lead the interaction in the direction you want it to go – that's why step 2 of this system is so important.

2. 10 minutes into the interaction: She Follows Your Lead

If you offer your hand and say, "Let's go get some fresh air for a minute," a girl who likes you will most likely take your hand and go with you.

Asking a girl to move to another area with you is a great way to determine if a girl is interested in you because it's subtle. You're not telling the girl she's beautiful or asking her on a date, you're simply moving to another area with her – this technique allows you to find out if a girl is interested in you without showing your hand (and giving away your power).

If a girl complies to this type of request, there's roughly a 90% chance she's interested in you. Women rarely leave their friends to hang out with a guy they don't like – and why would they?

To be clear, if a girl rejects your request to move to another area, it doesn't necessarily mean she isn't interested. It's important for some girls to stay with their friends – they won't leave the group even for a guy they like.

If you're relatively inexperienced with meeting women, you should just move on if a girl declines your request to go to another area of the club/campus/mall with you. You don't want to waste time with a girl who's probably not interested (and there are plenty of other women you can meet who will be interested).

If a girl you like rejects your request to move to another area, your best bet is to continue the conversation for a couple minutes before grabbing her number to set up a date with her later. That way, if it turns out she did like you, you won't be missing an opportunity (but you also won't be wasting your whole night talking to the wrong girl if it turns out she didn't like you).

3. 1 hour into the interaction: She Enters Your Home

If a girl is following your lead from one area to another, and she stays in conversation with you for about an hour, the next step is to bring her home with you.

If a girl you just met agrees to hang out with you in the privacy of your home, you can be fairly confident that she likes you. You can invite a girl back to your place any number of ways, my go to is simply to say,

"Hey, it's too loud here, let's go somewhere we can have a real conversation."

Some other lines I've used to pull include:

- "Rock Band after-party, let's go!" - "You haven't seen X movie?!? You need to see it, it's amazing. Let's go, right now." - "Let's get pizza!" (The pizza is in my freezer)

You don't need a great reason to bring a girl to your place, you just need an excuse that isn't "let's fuck" (saying that puts too much pressure on the girl). If a girl is interested in hooking up with you, she will agree to go to your place

for whatever silly reason you come up with.

To be fair, a girl who likes you might refuse to go home with you. Some girls just don't do one-night stands: they might be religious or abstinent. Other times, a girl can't go home with you because she has somewhere to be early in the morning or she has to sleep in the same room as her friends.

If a girl won't go home with you, you have two options:

You can stick in the interaction until the end of the night and go to her place at the end of the night. Before doing so, ask yourself the question, "What would happen if she and I were alone in a room together?" If the answer is, "We'd tear each other's clothes off," then, going with her has a good chance of leading to sex.

To go with her, ask, "What area of town are you headed to?" Reply to whatever her answer is with, "Oh, I'm near there, we should split an uber." If she's unenthusiastic, then she's probably not that into you, but if she says something along the lines of, "Yeah, that sounds like a great idea!" Then you can go with her at the end of the night.

When you're in the Uber with her, you need to create an excuse to enter her house. The easiest way to do this is to simply ask if you can use her restroom while you wait for another Uber to your place.

When you're in her house, one thing should lead to another. You'll both forget that you were "waiting for your Uber".

If you're thinking, "This sounds creepy," well, it is creepy if she's not into you. However, if she is attracted to you, you're creating a logical excuse to do what you both want to do.

You can't tell a girl, "Oh, you have to go home with your friends? Can I come along so we can fuck when you get home?" That wouldn't be relatable, so, if you want to go home with her, you have to create a situation where it makes sense for you to do so. Again, you should only do this if you're confident that it's on between the two of you, otherwise, go with option 2.

If you invite a girl back to your place and she declines, sometimes the best option is to make plans to go on a date with her later and to then go meet other people. Say something like, "It's been cool talking to you, we should get coffee sometime."

When a girl rejects your invitation to go home with you, it's often not that she's rejecting you, she just can't go home with you at that particular moment. That's why you should always make plans to hang out with the girl later in this type of situation.

4. In the Bedroom: She Has A Good Time

Once a girl is in your house (or you're in hers), the last form of compliance you want to get is, well, sex.

Start by giving the girl an excuse to hang out in your room. For example, you could say "Have you seen Arrested Development?" (or any show/movie). If she hasn't seen it, say, "Oh, you have to see it, let me show you." Then bring her to your room and put the show on.

Sit on your bed, and she'll most likely follow suit. If she doesn't, say something like, "You can take a seat," I've never once had a girl say no to this request. (If a girl responds negatively to this, it's a sign that she wasn't attracted to you in the first place, which is something you can work on:

<https://redpilltheory.com/2018/03/31/how-to-be-an-attractive-man/>.)

When she gets in bed with you, you can start watching the show and physically escalate at your own pace. The vast majority of the time, when a girl gets into bed with a guy, she knows something sexual is about to happen. (Obviously, if she does give resistance, respect her wishes and stop what you're doing.)

If you are nervous about kissing a girl in your bed, you can make it a bit easier by first saying, "Close your eyes for a second," then, when she closes her eyes, lean in for the kiss.

When you're new to having a girl in your bed, it'll probably be a nerve-wracking experience. The first time I had a girl back at my place she massaged my entire body head to toe, but I was so nervous that I said, "Well, I'm getting tired, we should get some sleep."

When we woke up in the morning, she said, "Well, that's not what I was expecting," before heading out. I never saw her again.

It was awkward. It was frustrating. But the next time I was in a similar situation I gathered my courage and leaned in to kiss the girl (and one thing lead to another). So, bringing a girl home might be uncomfortable at first, but if you want an abundant dating life it's a necessary step.

The only way to get over your nerves is to put yourself in the situation that makes you nervous (having a girl in your bed) repeatedly until you get comfortable with it. I know, it's hard work getting multiple attractive women in your bed

(<http://www.returnofkings.com/173558/2-reasons-why-you-should-always-try-to-sleep-with-a-girl-on-the-first-date>), but it'll pay off.

Wrapping Up Indicators of Interest Suck

Those are the four key points of compliance in any interaction with a woman:

-She Doesn't Leave -She agrees to follow your lead from one area to the other. -She's willing to go home with you. - Sex.

It's far more practical to focus on whether a girl is giving you compliance than to focus on whether she's giving you indicators of interest.

Thinking about whether a girl is giving you indicators of interest (I.E. "Is she making strong eye contact? "What's her body language saying?") doesn't directly lead the interaction towards sex.

Testing for compliance, however, helps you sense whether a girl likes you while simultaneously leading the interaction towards sex.

Looking for signs that a girl likes you can also backfire because it's a defensive strategy. When you're looking for signs that a girl likes you, the fundamental assumption is that she doesn't like you unless she's giving you certain signs. This can lead you to falsely assume a girl isn't attracted to you when she actually is.

Furthermore, we interpret indicators of interest through the filter of our emotions. If we don't feel confident in our attractiveness to women, we're likely to be ultra-sensitive to signs that a girl doesn't like us while ignoring the signs that she does like us. If, for example, a girl doesn't make strong eye contact with you, you might think it's a sign that she's not interested, but it might actually be a sign that she is interested, she's just too nervous to hold strong eye contact.

Indicators of interest are unreliable, by following the above compliance-based system, you will be able to consistently move interactions towards sex with the girls who like you. Yes, you may get rejected sometimes when moving an interaction forward. But remember, not trying to move an interaction forward is getting rejected by default.

Follow the system for getting compliance laid out in this article and your dating success will skyrocket.

I'm going out every night and I just started posting my adventures (approaches, make outs, leading, etc.) on Snapchat. You can follow me there if you'd like, my username is: AveryGHayden

Footnotes:

1: To be clear, if a girl says she doesn't want to have sex when you're in bed with her, you need to back off.

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You're not a beta becoming an alpha. You're an alpha recovering from a fucking disease!

zav25 · 9 May 2020 · Archived copy · Reddit

Today I had a fucking epiphany.

I've always thought of myself, deep down in my subconscious, as a beta. No matter what I was trying to do, I was a beta, because I was thinking so of myself.

I made some money... still a beta, cause why not? I somehow fucked some girls... still a beta, cause why not? Worked out, dieted, turned my body into a fucking ancient greek sculpture... still a beta in my mind, cause why not?

No matter what I did, I was a beta. No matter how better I got and how much I advanced, I was still a beta and I was to remain a beta, whatever great achievement I might've had.

Because I was brainwashed into it!

This my simple epiphany. We are brainwashed by the society to think very lowly of ourselves, the government wants us as manipulable as possible, so they instill these thoughts in us ever since we're kids.

We, as men, we naturally are alphas, thanks to our biology, thanks to our dick, balls and endocrine system and thanks to our anatomy, we're BUILT BY NATURE to conquer, or at least to relentlessly try to conquer as best as possible.

There's not one single motherfucker out there, who's a natural born beta, there isn't such a thing.

Think of it this way: you start out as an alpha by nature the moment you're born, and your anatomy is there to confirm it. Then, with each passing day, society, friends, family, the government, the massmedia, social media, start fucking with you, a little here, a little there while you're growing up, instilling certain retarded, against your nature thoughts in your brain, which don't benefit you, but benefits them, until you forget your true, masculine, animalistic, conquering nature, thus, you become a little puppet.

This is why you always feel an interior conflict, this is why usually you feel anxiety and depression. You KNOW who you are, deep down. You very well know what the fuck you feel like doing and saying, there's a little voice and instinct in your head that you feel like you should follow because it's gonna turn out good. But just before starting to follow that instinct, you start thinking... "but what if he thinks I'm a weirdo cause I didn't laugh at his joke? Better start fake laughing", "but what if she thinks that I'm not a good boy that she can trust, better not tell her how retarded she sounds", that's the voice of your fake beta that has been instilled in you, taking over your natural alpha instincts.

Retarded ideologies which go against rationality and biology: feminism, gay acceptance, veganism, fat acceptance.

Cheap pleasures such as: 24/7 pornography, junk food, sugar, on demand pointless entertainment (netflix, youtube, tik tok).

Stupid bandaids: anti-depressive pills, pushing any sort of medicine down your throat, getting you addicted to xanax and all that shit.

Mind games: the purposeful lack of certain education, the purposeful miseducation in some areas, slave 9-5 working making you believe you're a champion, meanwhile you're making some other dude rich.

They want you to be a mindless zombie. "Don't brag, be humble" "Stop judging people" "Accept them for who they are". They want you to have no personality. To be like a falling leaf, floating in whatever direction the wind blows.

They feed you cheap pleasures. Junk food. Stupid entertainment. Crap medicine. Filling your brain with cheap dopamine. Keeping you docile, like a tranquilized lion in a cage.

You think you're a good man, because you believe in God, you go to work, you get your monthly salary, you fuck

your wife and raise your kids, which you do... but you're doing it on their terms. You're not free, you're theirs, until you break out of this mental pattern.

Fuck them. The only way out of the cage is by forming your OWN opinions. You don't like fat people? Good, me neither, fuck them, fat shame them until they lose weight. You don't like hobos? Good, me neither, fuck them, they should go to work and not beg like some losers.

STAND FOR SOMETHING. If you don't stand for something, any fucking thing at all, there's gonna be an empty spot inside you waiting to be filled. It's gonna be filled by something else and someone else, unless **YOU FILL IT FOR YOURSELF.**

You're not a beta trying to become alpha. You're an alpha recovering from a fucking disease!

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How to Flirt with Women: Flirting 101

AmericanHistoryAFBB · 5 September 2016 · Archived copy · Reddit

Summary: Flirting with women is a concept that is lost on most guys. Let's face it - most men are clueless when it comes to HOW to flirt with women effectively.

So what we're going to discuss today are my three hottest bits of dating advice for men that will expose the mistakes men make when trying to flirt with women.

Flirt mistake 1: Waiting too long to approach or start the conversation.

If there's any dating advice for men that stands the test of time, it's this one. Women are estimating your confidence level based on how long you wait until you approach. The longer it takes, the more interest and attraction she loses for you.

The second she notices you, and knows that you have noticed her, a timer starts in her head. And if you hesitate, that tells her you're not as confident as she wants you to be. And if it takes TOO LONG, she's going to find it creepy that you're looking and not doing something.

So here's my advice for men who want to avoid this mistake:

The second you see an attractive woman, your mind is going to try to stop you from going over to meet her. And there is no logical reason why for this, other than you feel a natural hesitation.

Just get into the habit of walking over within 3 seconds of seeing a woman you want to meet. 1-2-3. Showtime.

You don't need a clever line to get her to talk to you. (In fact, using 'lines' on women often makes them more reluctant to talk.) Say hello and get right to it. Don't try to be smooth.

Flirt mistake 2: Flirting with your mouth instead of your whole body.

Guys often make the mistake of being a bit too direct when they talk with women. The most important thing to recognize about women is that they like "indirectly direct" communication. Meaning that you can flirt-talk with her, but you have to give her "plausible deniability" the whole time you're talking with her.

What is "Plausible deniability"? It's the ability for a woman to deny that she had taken the lead or initiative in flirting or leading you on. She wants to hint to you that she's interested, but she often can't because of the amount of social pressure put on women to not be the pursuer. She also wants to be chased herself, so you want to give her the ability to write her own story about how it all happened.

So here's my dating advice for men who want to avoid this mistake:

Instead of saying things like: "Wow, you sure are beautiful..." or "God must be missing an angel up in heaven...", find ways of communicating your appreciation with your body language.

One of the best ways you can make a woman feel cherished and appreciated is simply to use more eye contact. Just look from eye to eye, and occasionally let your eyes stray down to her lips - or to her hair. This shows that you're taking her in and find her attractive without sounding like a dork.

Just remember that appreciating does not mean "ogling." You can visually appreciate a woman without looking like you're imagining her naked. (Save that for later...)

Flirt mistake 3: Asking for a date instead of just a small "upsell."

This is a frequent mistake guys make. They will go talk to a woman, get things going, and then end it with: "Hey, you want to go out on a date sometime?"

You can see the complete change in her eyes and her expression when he does this.

Asking for the date is a big turn off when it's done too soon. It's like walking onto a used car lot, and after only 2 minutes of small talk, the salesman asks you to come in and fill out the paperwork. Whoah!

Even on the phone, you don't want to jump in too far, too fast. Remember that a man represents a whole bunch of "what ifs" to a woman, and your goal is to not start dancing in the minefield of her anxieties and blow things up.

Instead, the best dating advice for this situation is that you go for the easy "upsell." So here's my dating advice for men who want to avoid this mistake flirting with women:

If you've ever gone to McDonalds, you've been offered an "upsell" at one point or another. You probably heard it like this: "Would you like fries with that?"

It's a brilliant marketing strategy that has increased McDonald's revenues massively. Just by offering a small add-on, we're more likely to agree to it.

Don't ask for the date. Instead, just ask for a quick cup of coffee or tea. A small meeting like this is non-assuming, and will get a much higher acceptance rate from women. They won't see it as threatening, and they'll see it as a legit way to actually get to know you.

PLUS you'll radically reduce the amount of flakes you get. (Most women flake on dates because she just forgets if she was really into you in the first place. She cooled off.)

So there you go. Three of my hottest flirting tips for men that you can put to use RIGHT NOW.

The Lesson: Flirting in a nutshell.

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Addiction is not holding frame.

WhitePhillip · 3 April 2017 · Archived copy · Reddit

So you've quit smoking weed for two weeks. Except when you're with friends. Wicked progress, dude.

If you can't stop smoking weed, boozing, jerking off, overeating, whatever... You're not truly free. That doesn't mean you're a loser. But none of those things improve your life. They just keep you stuck in the same loop you're in right now.

When you were young, you found things that made you happy and pursued them. The dopamine you got from real friends, relationships, sports, and goals was your reward for doing it. Maybe you got your heart broken. Maybe you lost your job. Whatever the reason, you took something that gave you false happiness. And it made you feel good. Real good. So you did it again. And again. For months. Years.

And while you were busy making false happiness, you forgot how to make real happiness. So you have another hit. You stuff your face with flaming hot garbage and jerk off into the bag. You lose another month. You lose another year.

Addiction is dehumanizing. It takes away all motivation to get out and succeed. "Why should I put in all that work when I can just jack off and play video games? They make me happy!" Because it's not happiness. It's an unearned drip of dopamine. It doesn't matter if your Orc is doing high level raids. It's not real. It doesn't matter what starlet is doing VR porn. It's not real. There is no true reward for anything you don't earn. The struggle we go through is what makes success so sweet. That is real.

I challenge each of you. Drop a habit. Level up your own life. It won't be easy. Probably the hardest thing you've ever done. But the rewards are real. And once you learn how to look at your life objectively and overcome your faults **THERE IS NOTHING YOU CAN'T ACCOMPLISH**. There's a man inside of you that's been beaten down, sedated, and forgotten. But he's still here. You are still here. Let that count for something. Show the world what you're really capable of.

If you don't feel like you can do it on your own, it's ok to seek help. There are a number of resources available to help ending addiction. Find one that works for you. However you go about it is up to you, but take whatever steps you need to get started. Take back your life.

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She Said, "We're Not Going To Have Sex," Three Times. You Won't Believe What Happened Next.

Socialinception · 25 June 2018 · Archived copy · Reddit

There were hundreds of beautiful women in the Vegas Nightclub, Omnia. I scanned the balcony for potential prospects. I approached an attractive blonde girl in a sun dress standing next to her friends and said, "You don't really look like you belong here."

She replied, "What do you mean?"

"Well, you don't look like a party girl. You're dressed too classy for a Vegas Nightclub." I continued, "But that's a good thing. I'm not a party girl, either, so we might just get along."

She laughed, told me her name was Carly, and started asking me questions about what I do, who I'm with etc. (always a good sign).

As we continued talking, Carly told me she was a published poet and the valedictorian at her high-school (when a girl tries to impress you, it usually means she likes you).

I said, "Who would have thought we'd end up talking about poetry in a nightclub? This has turned out to be interesting." She agreed, and I continued, "Let's head to the dance floor for a minute." I took her hand and brought her to dance with me.

After dancing for about ten minutes, we returned to the balcony and I asked Carly what she was doing later that night. She replied, "Not sure, what about you?" (When a girl says this, it means she wants to hang out with you later.)

After a few more minutes of chatting, I said, "Hey, it's too loud here, I want to be able to have a real conversation with you. Let's go back to my hotel and have a drink." (Credit goes to Russel Brand for this line.)

She replied, "Sure, that sounds like fun. But, I want you to know, we're not having sex."

I didn't acknowledge her comment (because to do so would make it seem like it affected me). I simply said, "Ok, let's go."

As we waited for an Uber outside of the club, she said, again, "We're not having sex tonight."

I said, "Okay." and then return the conversation to the previous topic.

We got out of the Uber by my hotel. As we walked towards my room, she said, "We're not having sex tonight." I reassured her by saying, "I know," and we walked into my room.

As I filled my shot glass with Jameson, I said, "You know, I generally don't like meeting women at clubs because although there's plenty of beautiful girls there, almost none of them are smart enough to really intrigue me." "She said I totally agree, I'm actually a sapiophile" (Every girl who knows what the word sapiophile means thinks she is one.)

I continued, "Yeah, so I'm really glad I met you, you're an exception to the rule."

I paused to give her a chance to make googly eyes at me. Then, I said, "Yeah, you're the total opposite of most club girls. Very smart. Not the most attractive, but you know, it's inner-beauty that matters."

For a moment she looked dejected, then she said, "Screw you, do you want to get slapped?"

I gave her a sarcastic grin before saying, "I'm just kidding, obviously. You're not just smart, you're beautiful too. Stunning. You know that, don't you?"

Then, I leaned in to kiss her. The kiss quickly escalated into making out, and within a few minutes, she exclaimed,

“Are you going to fuck me already, or what?”

After saying, “We’re not going to have sex.” three times, she asks whether I’m going fuck her already. Part of me wanted to give her a lecture about boundaries and honest communication, but a bigger part of me (wink, wink), wanted to fuck her brains out. So, I picked her up from the couch, walked her into my bedroom, and threw her on the bed. What happened next, you can probably imagine.

Key Takeaways:

We’re Not Going to Have Sex

Oftentimes, when a woman says, “We’re not going to have sex,” she’s only saying it because she’s been considering having sex with you. The emotional part of her brain wants a good plowing, but the logical part of her brain is telling her that she shouldn’t have sex with a guy she just met. She verbalizes that she’s not going to sleep with you to relieve herself of cognitive dissonance.

But she wants to fuck you. If she becomes sufficiently aroused (I used all the strategies in this article to arouse her: <https://redpilltheory.com/2018/02/27/arouse-girl-youre-even-bedroom/>) , her silly logical reason to not have sex with you will fly out the window as quickly as her panties drop to the floor.

On the surface, having a girl tell you, “We’re not going to have sex,” is one of the worst things that she could say (unless you’re a celibate monk, in which case you should probably stop reading this), but in actuality, it’s one of the best things she could say.

Create Sexual Tension with Push-Pull

A pull is anything that makes a girl feel validated (I.E. complimenting her, giving her your attention, or buying her a drink).

A push is anything that makes a girl feel invalidated (I.E. making fun of her, taking away your attention, or refusing a request she makes).

Pulls are important because they show a girl that you like her and want to spend more time with her. But too much pull without any push makes a girl feel like you’re putting her on a pedestal to get something from her. If you regularly compliment a girl and agree with everything she says, she’s going to think you’re spineless. And depending on her personality type, she may even take advantage of you (I.E. letting you buy her things even though she has no interest in sleeping with you).

At the same time, if you constantly make fun of a girl, interrupt her, and are generally dismissive of her, she won’t feel that you see her as anything more than a sex object, and that will make her distrust you.

Your interactions with women should have a good mixture of push and pull. You compliment her, but you also tease her. You show interest in what she says, but you’re willing to disagree with her.

The combination of push and pull creates a dynamic where she enjoys being around you, but she’s not completely sure whether you’re interested in her. This doubt creates sexual tension.

With Carly, I created a strong pull when I told her she was much more intelligent than most women who go to clubs. I turned the pull into a push by telling her, “You’re very smart. Not the most attractive, but you know, it’s inner-beauty that matters.” This riled her up because it took away the validation of the previous compliment.

Then, I flipped it again by telling her she really was beautiful. That’s the basic formula for creating sexual tension. A pull makes a girl feel good, but it also gives away your power in the sense that it lets her know she could “get”

you. A push replaces that good feeling with doubt and makes her want to get the good feeling you gave her earlier, back.

I know this sounds manipulative when it's explained so bluntly, but this is the basic dynamic underlying all good flirting: whether or not you're aware of it. Push pull is what "naturals" (guys who are good with women without needing to learn about it online) do instinctually.

Most guys who aren't good with women either pull too much (this is the stereotypical nice guy who bends over backwards for a girl he barely knows), or push too much. But a good interaction needs both push and pull, that's what makes a woman want to start actively pursuing you, instead of just putting up with your advances. An easy way to make sure not to do too much pull is to adhere by commandment v

(<https://heartiste.wordpress.com/the-sixteen-commandments-of-poon/>), only give her 2/3 of what she gives you - let her do most of the investing in the interaction.

Capitalize on Good Logistics

When a girl goes out to a Vegas nightclub with a group of two other female friends, there's a very good chance she's out to flirt with guys. If you ask a girl to dance and she doesn't object by saying something like, "Okay, but I have to tell my friends," that's another good sign.

The less attached a girl is to her group of friends, the more likely it is she's open to going home with a guy that night. When a group of girls are clingy, it often means they plan on going home with each other, not with guys. A great way to find out if a girl is open to the possibility of going home with you is to ask, "What are you doing later tonight?" If she says she isn't doing anything or asks what you're doing, it probably means she's down to go home with you.

When a girl's logistics are good, capitalize on them – it definitely makes things easier. However, if a girl has bad logistics, you can still make something happen if she really likes you. Logistics are good to be aware of, but bad logistics can usually be overcome.

Conclusion

Sometimes when a girl says, "We're not going to have sex," what she really means is, "I want to have sex with you, but I don't want to feel like I'm easy to get into bed." When it comes to dating, what a woman says, and what she means, are often two very different things.

It can be frustrating when a woman sends mixed signals, but that's the whole point! If a girl tells you, "We're not having sex," and you get visibly upset and reactive, that tells the girl that you're not very sure of yourself and that you're not in control of your emotions – which means you're probably not a guy she should be having sex with. If you understand why women test men, those tests will actually be reassuring to you. When a girl says, "We're not going to have sex tonight," you'll know that in an hour she'll be saying, "Are you going to fuck me already, or what?"

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Going to an event where you don't know anyone [FR]

Bulk_king11 · 4 October 2016 · Archived copy · Reddit

I had posted this in another post on askTRP and it was suggested to me to make it a post on its own. Maybe a couple of you can get some value from it. I'm going to keep it short(ish) and sweet with some examples.

I was invited to a wedding as the date of the maid of honor and I didn't know one other person at the wedding. I knew my date but I didn't see her for 90% of it because she was part of the bridal party. She literally text me the next day and said I was the life of the party and the grooms whole family was talking about me and my dance moves. Here's my field report:

Talk to everyone. I actually made a post about this a little while back if you're interested check it out. I was late to the wedding because of getting out of work late. I found people who were also late. Right away I asked them if they were there for the same wedding. They said they were and the conversation continued from there. We had to stand apart from the actual wedding given the way it was all set up. I continued to talk to these people and told them I only knew the MOH and no one else so I deemed them my new friends.

I suck at tying ties so I asked the one guy if he knew how to tie it and could tie mine because his was done well. He did it for me, we exchanged names and small talk. So now I have connected with like 5 people already. Wedding ends and we go inside. I wait in the cocktail line. I talk to the people in front and in back of me. Don't be afraid to listen in on people's convos and if you can add something just jump in. (Obviously don't do it if it's personal) but I think the people in front of me were talking about Casinos or something and I just go "are you talking about casinos?" They said lol yes. I've done quite a bit of gambling and love playing craps so jumped in and joined the convo. It may seem weird or rude but if you can relate to people they will really like you in the long run.

Next I find my seat at the table. I don't know anyone. I introduce myself to everyone and ask them about themselves. I find a dude at the table I'm with and tell him come get a drink/food with me. In line we chat and end up having some good laughs and a lot in common. He's now my boy for the night. So at this point I have formed a pretty good social circle of people. Through out the night when I see people I met in the beginning of the night I'll talk to them. Ask them what they're drinking or how the night's going, and shoot the shit.

By this point my date shows up I'm talking to 2 girls at my table and then I start talking to her. I have a buzz by now and am ready to dance. This is my fucking go to move man. And it works. Dance with older ladies. The grandmas who are just sitting. The divorced milfs. They want to have fun. And they love when a young stud drags them to dance. The woman will also think you're awesome for getting people to join the fun. This will make people like you. And flock around you, be in your own world and bring people into it.

At this point I have 3 chicks who are interested in me. One who is practically obsessing she's telling everyone she wants to fuck me and they are telling me. My date even says to me. "I've never seen a guy have chicks fighting over him like this" I shrug and take her to dance. She's hot and I want to fuck her so after we dance for a little, I take her outside and we go for a walk to isolate her, make out with her and share a couple laughs. I end up taking her home and fucking the hell out of her, twice that night and once in the morning. My point is you don't even need a date, that could have been any of the 3 chicks. Just talk to everyone and have fun while trying to join everyone else in on the fun.

Side Note:

I know someone's going to ask "what exactly did you say to these people" I didn't post that because I hate doing that. That's always the first questions I get. You need to learn to vibe and talk to people naturally to get to this point. I wasn't always like that I was once awkward, and shy. I started talking to everyone, and when I say talk to everyone I don't mean interview type questions. I mean make comments on what's going on around me or the person. That's the best way to start a convo and make it more natural. You have to practice being present. "Is this place always this packed?" "I guess you come here a lot"

Small talk is necessary but only to get to much deeper stuff. Your goal should be to find a common/shared interest(s) with people, be curious about them. Don't just talk for the sake of talking. Talk as if your generally interested in them. Also when you first meet someone talk to them as if you've know them for a while. It'll make them feel more comfortable and you. This takes practice but once you get the hang of it, you'll be able to talk to everyone this way.

I know a lot of guys struggle with conversations and I think a lot has to do with being in your head. I have been all over the place. From being so into my head, To making conversations weird, to vibing, etc. I feel like if I don't put any expectations on a conversation and can manage to be present that's when I have the best interactions.

I'm sure you've had conversations with people where you didn't even think about it. You didn't even realize it was a thing. You were just naturally doing it. You didn't think about a response, an answer, you didn't judge yourself, you just talked. That's the point you want to get with all conversations.

This got me thinking how I achieved this and honesty part of this answer may sound weird. I started to not always talk. No trying to fill the silence with words. I just let it be. I learned to just be present and comfortable. This opened my eyes to a lot of things. That people are really in their head also. They would try to fill the silence. If it was a woman or a beta male. They would get nervous. This would actually put me at ease. Because I knew I can get like that too and there's nothing to be nervous about. I would listen to people, I wouldn't speak so much. Once I got comfortable with this. It allowed me to relax more in conversation. Then when I was more relaxed I became more present. When I'm present that's when the magic happens.

I also stopped asking interview type questions. Like I said I talk about what's going on around me. Do I still ask those questions? Of course but it's just to scratch the surface to a deeper conversation. You want to find common interests. You shouldn't be asking questions for the sake of asking. There should be a purpose behind your interacts.

Dancing

If you can't dance that's okay, I used to be stiff and dance like a typical white boy too. PRACTICE. Practice in the mirror. In the car. In the shower. When you're cleaning your place. The key is to let loose, loosen your whole body. And move to the music. Vibe to it. Bend your knees. Slide your feel. Shake your shoulders. Swing your arms. Don't be afraid.

What helped me also was to watch a few intro videos on YouTube. Footwork is everything. Once you learn to dance with your feet you're set.

This was a lot longer than I planned it to be but I hope this helped some of you. Go out there and kick ass.

TL:DR

Go out. Talk to everyone about what's going on around you. Join in on people's conversations. Create your own good time and bring others in on the fun

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UPVOTES

CorporateLand: How to Kill it in Your Job Interview

VasilyZaitzev · 21 December 2015 · Archived copy · Reddit

CorporateLand: How to Kill it in Your Job Interview

TL;DR: A guy who interviews candidates tells you what he looks for in job interviews, and how not to fuck yours up. Based on the reaction to my last two "CorporateLand" threads, I thought this might be useful for RPMen navigating the interview process.

Related posts in the "CorporateLand" series you may find of interest:

[CorporateLand: How to Handle Salary Negotiations.](#)

[CorporateLand: A Rat Race Survival Guide For New Rats](#)

Introduction:

So here is my view from the "hire" side of the desk. What I will tell you will have general application, but I work in commodities, so for tech (as an example) somethings will be different, I'm sure. This, like all my articles and posts, is the product of my own, meandering experience and may be worth what you paid for it (free on the internet).

People get fucking weird in job interviews. And I mean interviewers. They ask weird ass fucking questions, posit bizarre scenarios and attach massive over-emphasis to things that they never would in the real world. I've never understood why. Probably I should have taken more psych classes.

What to do Before:

Tailor Your Resume to the Company Don't overdo it, but tweak it here and there. That said, some people cannot cope with a resume that is not chronological. I have no idea why, but that's the case.

Research the company. And do more than just go to our homepage. Listen to the last few earnings calls, and read the last few 10-Qs. I mean, don't bother if you don't really give a shit about the gig, but nobody does this, so when someone says, *"I listened to the last earnings call, and I was impressed/blown away/scared shitless by..."*

Research the Interviewer. Many folks are easily accessible online, such as at LinkedIn. That's fair game. Don't make it awkward by discussing what a big fan you are of their daughter's Jr. High soccer team.

Best Days. If you have any input into the weekday chosen for your interview **AVOID MONDAYS & FRIDAYS.** Mondays everyone is busy as fuck. I have three standing meetings on Mondays. The last gawddam thing I want to do is interview someone. The problem is that HR sits around with their thumbs up their asses all day, every day, so they don't think about that shit. I'm perfectly fine with Fridays, personally. I like to avoid afternoons, because I come into the office for interviews, and I hate the commute. Other people have checked out completely, so best to avoid. If you can pick a time, shoot for 10am or 2pm. We do all-day interviews, so no need to avoid lunches, because we're either bringing it in, or taking you to lunch.

Clean up your social media. I don't give a shit how you spend your free time, what your political views are (mostly; if you're a freakazoid who can't shut up about politics, I'm not going to like being around you), or that you pop bottles and get high on the weekend. I'm not going to go looking. You know who is? HR. And they're petty little fucks.

What to do During:

Show up 15 minutes before, and be prepared.

Be polite to the receptionist. I am friendly with ours, and if you're a dick to her, she'll tell me.

Stay calm. Just like with women, think "**Abundance Mentality**". Maybe you get the gig, maybe you don't; take your best shot at it and it comes out how it comes out. Learn from the experience. I got out of school during a

recession and I went on a shit ton of interviews. It got to the point where I was more relaxed and better prepared than basically every interviewer I met with.

It's ok if you bring a leather portfolio. Don't bring a briefcase. You haven't earned it yet. Have at least 3 - 5 extra copies of your resume with you, as well as a few copies of your references sheet. I doubt anyone will ask, but if they do, you look smooth. Also, sometimes I get sent in to interview people I would not otherwise, and I might not have been given your stats.

Oh, and don't have a stupid email address. "Huggy-Pooh(at)numbnuts.com" is just not a percentage move. And this seems obvious, but I've seen some weird ones. Again, I don't judge, but HR does.

When we meet, shake my hand. Your handshake should be firm—but please, Jesus, God, *DO NOT* be one of those guys who feels like he has to try and crush my hand—and dry. It's ok if you have to surreptitiously wipe your hand on your trousers first. I prefer that to a clammy handshake. Three pumps, no more, and then a clean release.

While this has mostly gone away, there used to be rules for shaking a lady's hand, which I still observe.¹ I had one woman call me on this in an interview, and I explained my rationale, and she was fine with it. She was a lady lawyer, and I think her icy, black heart actually warmed up, slightly. Still frozen of course, but moved off of zero, Kelvin.

It's totally ok that you wore a suit. I will be in jeans and a polo, and loafers without socks. On a Monday.² If you express discomfort about it, I will tell you it's ok to take your suitcoat off, if you want. It's not a trap; I don't really give a shit whether you do or not. I'm not inherently a mean guy and a lot of folks are nervous in interviews and I prefer them calm. I also like to put people at ease, so they think "*Hey, this guy's cool! I can tell him anything!*" and then either (a) show me they are cool, too (win!) or (b) fuck up by telling me shit they shouldn't, so I can ding them and not waste my time or theirs.

Try and maintain good eye contact. Not the no-blinking, "*yes, I'm a total coke fiend kind*" but the normal, good kind. While I do not overtly look for your body language, it will register, subconsciously.

Only accept my offer of water or coffee or whatever if you can drink it without shaking like you have cerebral palsy. Unless you actually have cerebral palsy. Then it's ok. If you have to use the can, that's ok, too, but try to do that beforehand. If you're in an all-day interview, the best time is either at lunch or in between interview sessions. Unless you have explosive diarrhea, in which case I will totally understand, and I will be your blocking back on the way to the restroom, if only so I will be in front of you, and not behind.

We are going to start by talking about what I want to talk about, which is you. I always lead with "Tell me about yourself" because people have no filters these days and they will say stuff they shouldn't.

Some other tips:

Be honest. If you lie, I will figure it out, and it will sink you, even if we otherwise would have hired you.

Be Concise. I'm on the right side of the desk to tell long stories, where I seem to lose the point, but then tie it all up with an nice bow on top at the end. You're not. Don't be abrupt, but don't make me lose the plot and have to go hunting for it.

Have examples. If you tell me you're awesome, I will want you to prove it. If I ask you to walk me through your resume, be able to do it and also tell me some things/skills/anecdotes that aren't on your resume, but are relevant.

Show me that you are employable. One of the best ways you can do that is to tell me how you would go about doing the job that you are interviewing for. It's rare that a candidate does this. Usually they're more passive. When you're more experienced, you can lay this Awesomeness Grenade down: "**Let me tell you how I would do this job. I've done [all/part/something similar to] it before. My skills are portable.**" If you get it right, it's a total win. Remember, though, people get massive OCD about shit people say in interviews, so you may need to couch it terms of ascertaining the firm's risk tolerances/corporate culture.

What to do After:

Unclench. It's over. You can relax now. Right after you send a "thank you" letter to everyone you interviewed with. You can print them up, but try to change the middle paragraph at least.

Para 1: *"Thank you for the opportunity to interview with Spacely Sprockets/Perfect Booty Gentleman's Club/The Strike and Spare...."*

Para 2: *"I enjoyed our discussion of the aerodynamic nature of Sophia Vergara's tits."*

Para 3: *"I think I can be an asset to your firm because...."*

Questions: Like Guns, They Should Be Treated Like They're Loaded

Tell me about yourself. As I noted, I will ask this as an opener because people offer up info they wouldn't otherwise. I also do this if I'm coming into the interview cold, which sometimes happens.

What do you know about our company? I don't really give a shit what you know about our company. This is the equivalent of a shit-test. It's not even difficult. Just visit the fucking website. That said, if you haven't, I know to ding you because you're either stupid or lazy. Research Earnings Calls, Quarterly Reports and Blog Posts. That will impress the hell out of me.

Why should I hire you? Being able to count off a bunch of reasons with relevant examples is a fucking homerun. [See discussion further down]

Tell me a joke. This is a curveball question, designed to see how you handle weirdness, apparently. I was asked this once, and I happened to come up with one off the top of my head and it worked out fine. I wouldn't do it to a candidate, but some people will, particularly old guys who think they're way funnier than they actually are.

Do you want the job? This is another "old guy" question. They're trying to see if you will betray a lack of commitment by equivocating.

Tell me about how you manage projects/time Maybe you have a better way to do it than I do. I keep a worklist. I used to have a whiteboard and it would go up on that, and later I just kept a file on my PC. Just show me you can manage time and you're not a fuckhead.

For "Problem Solving" Questions, Think Out Loud. This sort of 'left field' question ("Fermi problems") sometimes comes up. *"How many dogs are there in the United States?"* Who the fuck knows? And how is it relevant? But rather than thinking for 45 seconds and blurting out an answer, say something like, *"Well the population is ~300 million, and let's assume 3 people per household on average. That's 100 million households and let's assume that 40% of those households have dogs. So there's 40 million dogs. But some dog owners have more than one dog, so let's say 1.8 dogs per household, which gives a figure of 72 million dogs."* I never ask these types of questions but sometimes you get them.

What is your biggest weakness Come the fuck on! Do people actually ask this question anymore? And whatever you say, don't say *"I'm a perfectionist."* I would ding you for that. If you use that *"honesty"*³ joke that's been floating around recently, I would at least respect you way more. *"Redheads"* would also be acceptable, but dangerous. So how to answer? Well, lead with a strength, then discuss a weakness. For example, I'm a deal guy. I am good at building rapport, and very good at getting people to do what I want them to do in negotiations. You know what I suck at? Regulatory bullshit. I would rather watch old people fuck, or stay at home chewing aluminum foil and learning about the metric system. So here's what I say: *"I'm a deal guy. I'm very good at getting to agreements. I need to improve on the regulatory side of things. I view the opportunity here as a chance to do just that because..."* I can say this, and make it sound believable, because it's true. And everywhere I would ever possibly work is going to have a Compliance Department, so all I have to do is be smart enough to spot an issue, and walk it over to them.

Incidentally, the Compliance folks where I work love me b/c I set the land-speed record for reporting reportable shit to them.⁴ Not because I give a shit, b/c a lot of regs are total bullshit, but b/c I want it to be Not My Problem.

Sue me. [In actuality, I'm not really *quite* that lazy, and I used to know a lot about the FCPA and the UK Bribery Act back when that was important to me. They're both largely stupid and overreaching, but you know what? Violating them can get you jail time, and I'm allergic to prison, so I comply like a motherfucker and then go back to making deals. And don't get me started on FATCA, which should be called "FUCKYA" b/c that's what it's about.]

Questions You Should Ask Me:

Why should you hire me? If I haven't asked you this, this is a KILLER question for you to ask me. The more reasons you can count off on your fingers, the better I will like it. Done correctly, this is a show-stopper. I've had interviewers (when I was the candidate) tell me they dug this questions. The next one also.

What you will close with: *"Based on our discussion today, is there anything about my candidacy that you perceive as a weakness? Is there anything I can provide a fuller discussion of?"* Here's why this question is awesome: either (a) there's nothing they perceive as a weakness in which case they hear themselves say that, or (b) there is something, and you get to address it, and get your side of the story out. Q: *"Tell me why you withdrew for two semesters."* A: *"My father died and I had to go run the business for a year, just like Jimmy Stewart in 'It's a Wonderful Life'. The board voted down Mr. Potter, but only if I stayed and ran the Building & Loan."*

Secrets of the Temple.

We will talk about you. If you show you are fucking weird in any attackable way—bad B.O., picked your nose in front of one of us, something else douchey—it will be discussed. So best behavior, and use your indoor voice.

Sometimes, I try to hire women. I really do. And not just the hot ones with big tits. And by "try" I mean on a 'straight-up' basis, but they manage to fuck-up the interviews at alarming rates. And when we find one we can make an offer to, they can't make up their fucking minds. This happens no matter what. In one instance, the woman in question was, literally, the last person in her department at a company that had just filed for bankruptcy. Not only is the writing on the wall, it's on the floor and the ceiling and it's in LARGE FUCKING PRINT. She couldn't put it together. /shrug

Another one actually had the temerity to ask us to keep the job open for her for six months. Six months? I understand if you've got a couple of other interviews you're going on, but Six.Fucking.Months? Sorry, princess, we're not going to hold the job for you while you shop for a better offer. Oh, and you know who is hardest on women candidates? Other women. As I mentioned in a different "CorporateLand" post, I had to drop into HR to pick up a copy of the interview schedule for a candidate and the HR chicks went off on the woman's choice of shoes for the interview. Like I would possibly give a shit.

I Really Care About Two Things: First, can you do the fucking job, or am I going to have to continuously correct your stupid mistakes? Second, are you going to be a team player, or a whiny bitch? We don't need to be best buds, but I need to be able to count on your to do your job, and not be a tool.

I go with my gut. My instincts are finely-tuned. I trust them. My armor bears the scars of many an internecine war, and I am a goddamn survivor. I am the fucking honey badger of CorporateLand, only without the gay guy doing a voiceover of my daily activities. Once, I was the only person out of 10 or 12 who dinged a guy. I didn't like him. I mean he seemed nice enough, but there was something about him. Anyway, for whatever reason, the head of HR wanted to plow the road for him, and she offered me the 'chance' to change my vote to a 'yes'. I declined. Four months later we fired him for trying to punch out two vice presidents at a party. In fairness, we also fired two other guys for being drunk and disorderly, but they didn't show up at work the next day—still drunk—to continue the fight. That's got to be a tough one to explain to your wife and in-laws later.

If You Are an SJW, I Will NEVER Fucking Hire You. Not much to worry about in TRP, but I mention it anyways. The last thing I want is to have to listen to some twat drone on about her political views. We have an intern like that, and I can barely stand her. She has this idea that she is entitled to be included in every conversation everyone has and we're supposed to gape in wonder at her stupid ideas. Ugh. Anyway, this is why I love "Gender

Studies” or “Oppression Studies” degrees. They are Big Giant Fucking Signs that say, *“Don’t Hire Me! I’m a Fucking Loser!”* I don’t care if you are a double Ivy with an M.A. in French from Stanford besides, if I get the slightest whiff that you are an SJW, I will ding you. I will find a way to do it surreptitiously if I have to, but you will never darken my door again. Happily, SJWs have stupid degrees and experience that is off-point, so it’s not difficult. Also, they’re more likely, in my estimation, to sue the firm b/c they got their *widdle feewings* hurt somehow b/c they overheard guys talking about pussy, or they never got promoted because they suck at their job, etc.

Good luck and the floor is open for questions.

¹ **Rules for Shaking a Female Interviewer’s Hand.** This is an ‘old school’ rule, and most modern businesswomen aren’t going to mind, however, I always wait for the woman to extend her hand. Why? Back in the olden days of covered wagons, or at least back before color TV, the thought was that if you offered your hand to a lady to shake, she might not want to shake your hand. That would put her in the uncomfortable position of either an unwanted touch—women were previously thought to be delicate flowers, during both the Victorian and Reagan Eras—or of refusing, and looking like a cunt and/or embarrassing you. So I wait. And when she puts out her hand first, I am also clued in to whether she’s offering the dainty lady-shake (palm parallel to the floor and I gently take her fingers) or the standard ‘man-shake’.

² My traders once decided that the measure of value one had to the firm was how badly one abuses the dress code, and I won. I also don’t bother to show up at the office. /shrugs

³ Q: *“What’s your biggest weakness?”* A: *“Honesty.”* * Q: *“I don’t think of honesty as a weakness.”* A: *“I don’t give a shit what you think.”*

⁴ Not in a *“fuck somebody over for no reason”* way, but in a *“Keep the firm the fuck out of trouble”* way.

1,040
UPVOTES

Man flees Canada after losing his kids and \$1.2 million home, and being forced to pay \$4000 a month to his wife. Is labeled a "deadbeat dad" by the media.

redpillthrowaway420 · 18 August 2015 · Archived copy · Reddit

Article in question:

http://www.thestar.com/news/gta/2012/07/01/deadbeat_dad_flees_to_philippines_leaving_four_kids_without_support.html

Summary:

Canadian man gets divorce raped to the point where he simply cannot afford to pay what he has been ordered to. Instead of spending the rest of his life working as a slave to fund his wife's lifestyle, he flees the country, vowing never to return.

Body:

The couple in question got divorced in 2005. In 2008, their case was settled, with the wife receiving sole custody and child support, along with the home that her husband bought them. Both parties signed a contract stating that this was to be the case.

In 2011, not satisfied by the amount of betabux she had been entitled to, she took him back to trial, stating that she "was rushed and pressured and did not read the documents before she signed them. She said she did not understand she was signing away the right to any future spousal support, even if her circumstances changed."

So the house, the kids, and the child support weren't enough. She wanted more money in the form of spousal support on top of that, so she took him back to court and won. Her ex-husband promptly bailed, resulting in beta-shaming in the form of news articles labeling him as a "deadbeat dad"

This isn't a rare case. In Canada, men are routinely ordered to pay more than they can afford in divorce proceedings, and are faced with jail time if they cannot/refuse to pay. [Here is actor Dave Foley's account of the same exact thing happening to him.](#)

Lessons Learned:

Never, ever get married. Especially if you live in Canada.

1,039
UPVOTES

Study: the more women there are in a certain college discipline, the more politically correct it becomes.

ObserverBG · 19 September 2017 · Archived copy · Reddit

A study found that the most politically correct college disciplines are Psychology, Sociology and English.

<https://www.insidehighered.com/news/2008/07/25/pc>

The least politically correct college disciplines are Electrical Engineering, Mechanical Engineering and Finance. Thus, the more women there are in a certain area, the more politically correct and liberal it becomes.

Psychology is 75 percent female, while Engineering is 75 percent male.

Another study found that women are more politically correct than men.

<https://blogs.scientificamerican.com/beautiful-minds/the-personality-of-political-correctness/>

In other words, there is correlation between the level of female influence in society and the liberalisation of that society. Some people are wondering why are we so different today than the society in the 50s. Or why is western society more culturally different than some non-western societies?

The answer is: women. As female influence exploded in the 70s and women entered the labour force and politics en masse, they caused society to become more liberal and more politically correct.

Women change culture and the more you increase the influence of women, the more you change the culture of that society in a certain direction. Or vice versa. Men also change culture. The more male influence you have, the more a culture will move to the right. Men cause more conservative and more right wing societies - such as muslim societies or the US from the 50s.

This is how the correlation works: the more women there are in an area, or the more female influence you have, the more liberalism and PC you get.

Sweden: Highest level of feminisation = highest level of liberalism and PC.

USA, 2017: High level of female influence = high level of liberalism and PC.

East Asia (Japan, S. Korea, China), Eastern Europe: Medium level of female influence = medium level of liberalism and PC.

USA 1950: Low level of female influence = low level of liberalism and PC.

Muslim societies: Lowest level of female influence = lowest level of liberalism and PC.

The correlation seems to be very high. So what do you think?

1,038
UPVOTES

Don't you deserve respect?

Ketogainsmongoose · 5 March 2018 · Archived copy · Reddit

*"Quit looking at her Instagram, she **knows** when you're looking."*

"Stop giving her attention."

"Act like she doesn't exist. Ignore her. Don't look at her Facebook. Don't talk to her friends. Stop talking to her."

"When she finally realizes that she wants you, that she made a mistake, you won't want her anymore."

-My father, the Boomerang, because he'd always bounce back.

My love life had always been a weird one. If not for my father's advice, I'd have been a dead-to-rights incel. His wisdom and RP-esque advice would carry me throughout my young life. I was pulling HB7s and 8s when I had no business pulling anything greater than a 5.

We'd have long talks that stretched into the night.

"How do I get her to like me, dad?"

"Stop opening your mouth. They think you're attractive until you say something to change their mind."

And on, and on, and on...

When my dad became sick, the advice stopped. He was fighting for his life now. He didn't have time to indulge my oneitis.

Shortly after, I stumbled upon TRP.

The question on my mind-

"How do I get this girl to love me?"

Whilst my dad struggled to live, that's all I could think about. The first thing I'd think about in the morning and the last thing I'd think about at night.

"She likes abs? I'll get abs then." -Keto and fasting.

"She likes muscles? I'll get muscles then." -Started lifting.

"She likes bad boys? I'll become a badass, then." -went to the MMA gym everyday.

But it was never enough. It felt like she could see right through me.

I'd share the TRP wisdom with my coworkers. Do this! Do that! You have the value, not her! She'll only respect you if you deserve respect! Like a parrot, I'd explain all the theories to them, whilst internalizing none of it.

One day, I was called out by that same co-worker-

"Until I see you with a woman, I'm not gonna bother listening to anymore of your shit."

I was stunned. The theories were sound! How could he not see that!?

I was a fool.

I saw my oneitis for the last time. I went to her place of work. I had followed my dad's advice and ignored her.

She saw me and came up to me with a big smile.

"Hey you! Don't ignore me, don't give me that look! Talk to me!"

"Whats up, bud."

"I'm just waiting for my ride, my ex bf who cheated on me with his baby momma smashed my windows in on my car, so my homeboy is fixing it."

"That sucks."

"Yeah, so what's up with you?"

"Nothin'."

"Oh, well... Guess what? I'm pregnant."

Just like that, my frame shattered.

Later that night, I went to my dad, enraged. Yelling, almost frothing at the mouth. The girl I loved! Pregnant! I threw things around our shitty trailer.

"I told you to ignore her son, but you didn't listen. I told you everything you needed to do to get her, and you listened to none of it. Now you're upset that your precious angel got knocked up by a gangster's dick. Get over her, already."

I pushed him, my fist clenched-

"Fuck you, Dad!"

-before I collapsed, sobbing in the corner of our shitty shack in the backyard. My dad came over and hugged me.

"I'm sorry, dad. I'm sorry! I just loved her so much! I did all the things I was supposed to do, and she didn't fall in love with me!"

"She was never going to love you, son."

"She was the lesson in your life, a stepping stone. You wouldn't have done everything you needed to do to be a better man if you hadn't met her. Now it's time to let her go."

"If she truly loved you, she wouldn't put you through this much pain."

"The truth is, son, she doesn't deserve a man as good as you. Not anymore."

And just like that, a message clear as day ran through my mind-

Don't you deserve better than this? Don't you deserve respect?

Those who can't give up anything, cannot change anything.

Progress demands sacrifice.

Your new life demands that your past life be brought to the altar for sacrifice.

A warrior must face the consequences of his actions.

Your oneitis will never see the new you as genuine. To complete your transformation, she must always remain as the one you failed to obtain.

Otherwise, all the pain, all the progress you made, will be for nothing.

The weakling in you will always cling to the dream of you and her, together.

The only way to kill the weakness in your heart is to kill the dream, and accept the ugly reality. This is the final test, don't fail now. The people who don't agree with the new you must be left behind, it's up to them if they stay in your life.

A coward dies many times, a man dies only once.

Don't be a coward anymore, let the past go.

The reality was that you were too weak.

The truth was you deserved what you got: nothing.

The only way to own your future, is to own your past.

Advertise yourself properly, so that the people **you're meant to have in your life** recognize you. If all they see is a weakling, they'll pass you up, figuring that's who you really are.

There's a story about Vikings entering into Valhalla. The guardians knew who belonged and who did not.

Weaklings would attempt to sneak in, hiding their footsteps, because in their hearts they knew they were cowards.

True warriors walked right into Valhalla, with straight backs, loud and firm steps, head held high. There was no question in their mind that they belonged.

Make sure you're never that weakling again. Make sure it's clear as day for everyone to see what kind of man you are.

1,037
UPVOTES

A letter to the procrastinator

Joeycrackem · 9 May 2018 · Archived copy · Reddit

Tomorrow means never

One of the biggest lies we tell ourselves is that we will do something “tomorrow”, or that we will do it “later”.

The worst case of them all is when we say “someday”, which pretty much translates to “fucking never”.

Here is why you should eradicate these words from your vocabulary.

Each time you use them, you are creating an excuse for yourself.

You make this excuse to remove the imagined pain of doing the thing RIGHT NOW.

You falsely believe that future you will be wiser and more responsible.

Shit! future you is a superhero who will do all the bullshit that you have been piling up over the years no questions asked!

I am here to tell you that future you, might be worse off than current you!

Do these situations below sound familiar?

“Sure, I could join the gym today and start on my new diet.”

But those Krispy Kreme doughnuts are looking extra sweet today!

“It’s possible to get a start on my business today, I mean the computer is right there...”

Fuck that, let’s play some Fortnite. We can do that shit tomorrow!

“I should call my dad and catch up with him, it’s been a while.”

Nah, I will call him later, time to torrent some episodes of Big Bang Theory.

This is the mental dialogue of someone who is doomed to fail in life. If you train yourself to take the easy way out, your mind will no longer take your suggestions seriously.

When it counts, and you MUST accomplish something, you will sabotage yourself. You will be stuck in the deadly feedback-loop of procrastination.

Frustration will be your new best friend as you wonder why you can’t get yourself to accomplish anything worthwhile.

Look, it all begins with your daily choices that literally change your brain.

Have you ever walked through a field of grass and were surprised to see a pathway?

Well, at one point in time there was grass there. Then someone walked through it, creating a small breach in the grass.

Other people continued to follow this path because it had the least resistance.

Over time the grass died and the path that you see today was forged.

Your brain does the same thing with its mental processes and thought patterns. Each time you postpone what can be done today for tomorrow you are reinforcing that thought pattern.

Tragedy strikes when the thought process becomes your automated response, this is when you are truly FUCKED.

So, next time you try postponing something that can be done today, just envision that mental pathway digging itself deeper and deeper into your brain.

Imagine fat, lazy and unaccomplished versions of yourself off at work digging

Look! That crazy fucker over there is using a drill!

He is smiling while doing it too.

Ouch..., It hurts just thinking about it.

Instead of saying I will do it “tomorrow”, I challenge you to change the frame.

Ask yourself

“what can I work on today?”

Remember that starting is the biggest issue with procrastination. If you start at least you have created something real, you have planted a seed.

Here is how you should structure the previous examples:

“Sure, I could join the gym today and start on my new diet”

I will do 10 push-ups right now and prep my meals for the next 3 days.

“It’s possible to get a start on my business today, I mean the computer is right there...”

Let me organize a consultation time with a website developer.

“I should call my dad and catch up with him, it’s been a while.”

I will call him and tell him that I only have 20 minutes to talk to him for now.

There is always something that can be done, the key is to start looking for these things. Never postpone what can be done today for tomorrow.

You don’t want to reach the end of your days when there are no more “tomorrows” and regret not having accomplished anything.

Your new word is “TODAY”

Ps. For this asking those is a letter that I sent out to my newsletter. I am Isaac from Therealizedman. I like to share some of my content in this sub from time to time.

1,036
UPVOTES

You are everything that's wrong with your life

WhorehouseVet · 5 March 2017 · Archived copy · Reddit

Are you poor? It's all your fault.

Are you living paycheck to paycheck? It's all your fault.

Are you working in a dead end job? It's all your fault.

Are you fat? It's all your fault.

Are you skinny? It's all your fault.

Are you too tired from work to hit the gym? It's all your fault.

Are you bad at making conversation? It's all your fault.

Are you lonely after breakup/moving away/new job? It's all your fault.

Are you (insert whatever excuses). **YES, it's all your fault.**

Unless you were born with some form of physical disability or mental retardation, everything that's currently wrong with your life is your fault. Does it make you feel better? Of course not, but does it mean you can make changes? Hell yeah, motherfucker.

Are you poor? Go back to school to upgrade yourself.

Are you living paycheck to paycheck? Learn to save your money and stop buying useless toys.

Are you working in a dead end job? Go back to school to upgrade yourself.

Are you fat? Put down the fork, and go lift.

Are you skinny? Lift and eat.

Are you too tired from work to hit the gym? Stop spending hours on Netflix/video games/porn.

Are you bad at making conversation? Watch standups and learn how to banter.

Are you lonely after breakup/moving away/new job? Go out there and meet people.

We are men, and us men have the burden of performance; sitting at home and blaming the world is the domain of women and beta faggots. Instead of wallowing in your own misery, ask yourself this, "what can I do today to better myself?" Find your answer, then go out there and do it.

"Ah, but a man's reach should exceed his grasp, Or what's a heaven for?" - Robert Browning

Edit: typo

1,036
UPVOTES

You're not unlucky, You're just Lazy

KeffirLime · 1 June 2018 · Archived copy · Reddit

Recently I've begun to notice an alarming trend. The rise of the male hamster. A little rodent that runs around chewing away at any rationale, and shits out little excuses as to why things aren't going the way you want.

Females get away with not holding themselves to a particular standard, because they don't have to, their biology doesn't dictate it. It's often not directly linked to their success in the sexual market. A woman can fail at almost anything and blame pretty much everyone and everything for it, but, because she has a great pair of tits and her ass is borderline splitting her jeans, she's absolved. She remains at the top of her sexual Hierarchy.

Men on the other hand do not escape with such a privilege. A man's place in the Sexual hierarchy is directly linked to his successes and failures. His status matters. What he has to offer matters. The male hamster becomes a really dangerous little fucker when men start holding themselves to a feminine standard. When they start spawning every excuse in the book to justify their failures.

Im going to tell you **A tale of 3 friends**:

Friend 1 - Friend one is a great looking guy, he's well built, has a decent paying job, lives in a nice apartment. You'd say he's in the top 1% of mate selection, here's the catch, he hardly ever gets a whiff of pussy. And when he does he settles for Moby Dicks little cousin. One could call him Captain Ahab. He claims his struggles with women are because he's not wealthy, not a male model, Isn't a famous IG celebrity.

Friend 2 - Friend two is a bit different. He's an overweight middle aged man, face like a pug, if you saw him in the street you'd probably expect him to collect your garbage. Friend two, however, needs a pair of armbands when he goes out, because he quite literally drowns in it. He came from a poor background but is now very wealthy, and a well-known member of society, He's built up an events company from scratch in his younger years that brings down some of the biggest names in electronic music.

Friend 3 - Friend three is the one I find most interesting. He's very similar to friend one, good looking, well built, earns less than no.1, but is improving every year, He stays in a shittier apartment. Friend 3 is charming, could sell ice to eskimos, and is driven, he's constantly improving, I believe in a few years' time he will be very successful. Friend 3 takes home girls like a Hugh Hefner slumber party. He's plated multiple models, and could take a fresh cut of fillet home every week if he so desired.

Now you're probably wondering what the difference between these fellows is apart from the obvious, and I'll drop you a hint, **2 of them own their shit**, make the most of their situation, and one of them sits around all day pissing into the wind about every reason why he's not where he wants to be.

You have two options in life, you can be a log in the ocean getting crashed around, merciless to the tides around you. Blame your finances, or genetics, or the fact that your mom never packed lunch for you. Or you can build a boat, use the tools at your disposal to build a highly functional, bad ass machine. Then you can plot your journey, navigate the seas and the weathers to get wherever the fuck you want to be.

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UPVOTES

Man works himself to death for his family, still treated like a shit.

Kildarkness · 11 July 2017 · Archived copy · Reddit

Literally!

This is the type of treatment men can expect in society these days. This man worked 16hrs a day, 7 days a week, to provide for his family. Instead of being appreciated, he was relegated to the COUCH.

His wife felt he was working too hard. Never home! So one day he comes home, not to a hot meal, or a loving family, but a bitch wife that gives him even more stress.

Feels before reals in action!

She even stated in the interview that he worked this hard just to take them to Disneyland every year.

The article isn't about the man at all, in the end. It's all about how the wife feels about the argument they had before she went to bed, how horrible she feels that her last words to him were in anger.

Instead of talking about the dangers of over working, or how men are constantly stressed, it's all about her.

It's actually disgusting. Even in death, it'll all be about "her".

Let this be your wake up call, if you haven't swallowed the pill just yet.

You will never earn 'her' appreciation. Work for yourself, and your future! Every dollar you spend, is time spent. Don't waste your time, or money, on others. Be the best version of you that you can be, and make sure that you're the one profiting from it.

Thanks to /u/RedPilledGodEmperor for sourcing this:

This chick is now FUCKING the dead husband's brother.

<https://www.thesun.co.uk/news/3995094/woman-ashley-murrell-husband-mikey-died-sofa-night-after-row-now-wit-h-brother/>

Complete outrage. It's kinda obvious that some type of fuckery was involved.

1,034
UPVOTES

Critical thinking is perhaps one of the most important skills a man can develop. Your mind has not adapted much over the past 1000 years, and many of its tricks are destructive in our present environment. Here are 4 Cognitive Biases you should be well aware of.

Joeyscrackem · 9 March 2018 · Archived copy · Reddit

Before you read

This post is an excerpt from a 100 page book I wrote on Self-Mastery called 'Thriving', I plan on putting it up on kindle over the next week, however many of the redpillers have enjoyed my various posts over the past few months. So I am putting up my whole book for FREE only for the next 34 hours, click this link to get it **GET THE WHOLE BOOK** Otherwise, just enjoy this post.

Heuristics and cognitive biases

If you want to understand the mechanisms of your mind, you must make it a priority to become intimate with its favourite games and tricks.

Heuristics are simply the mental shortcuts that our minds choose to solve a problem. Our minds use shortcuts all the time, after all they are pattern recognition machines. Analysing each situation on a case-by-case basis would be taxing and waste mental resources that could be allocated to more sophisticated tasks. Generally, these heuristics serve us well. But when these heuristics lead to errors in judgement, they are then called 'cognitive biases'.

In this next section, I will disclose many of the cognitive biases that our minds succumb to frequently. With this knowledge you will be able to discern when you are under the influence of a cognitive bias and regain control over your mind to avoid errors in judgement.

Social proof

Perhaps one of the most powerful biases is social proof. That refers to assuming the actions of others to replicate the correct behaviour. Social proof is herd mentality and it is easy to succumb to this mindset. As a matter of fact, it is a default behaviour of humans. When we are unsure of what to do we often look at others for guidance. In many cases, emulating the actions of others can be of great assistance. For instance, when trying to choose a good restaurant, it is often beneficial to look at the online reviews before deciding.

The problem arises when we rely too heavily on these opinions and put ourselves in danger as a result. I remember being in the engineering computer labs at my university when a fire alarm suddenly went off. One of the engineering students assumed that it was a false alarm and told everyone to "chill out and keep working".

I did not fall for it, however, everyone else did. I packed my bags and walked out of the room, while everyone else remained in the lab. We found out that there was a fire, and the other students had to be evacuated from the lab by staff a few minutes later.

So why did the other students stay? Was it because of the one guy who insisted that it was all good? Absolutely not. If a few people had stood up as soon as the alarm started ringing, the rest would have made their way out. The class did not follow because I was the only one who left. Their error in judgement was due to social proof.

Would you walk across a road whilst the pedestrian crossing light is still red? Under normal conditions you would wait until the light turned green, and then safely cross the road. What about if a group of people started crossing the road on red? Suddenly you will have the urge to cross too, a desire that did not exist whilst you were alone. The impulse is the one that is derived from social proof and is written in your DNA.

When you were a baby, your first instincts were to emulate others to find your way in the world. This impulse made sense and was very useful as the only reference to how you should coordinate yourself in this strange world. Fast forward a couple of years and you still have the same primordial urges. The only difference is that now you have the capacity to reason and make your own decisions.

On a large scale, social proof has the potential to ruin your life. It can stop you from creating a future that is based on what you want. Instead of developing your own goals and metrics to live by, you look at others for solutions. You look at societal standards and place those as the hallmark of achievement, even if they are not your beliefs.

Social proof is dangerous because the independent thinker who has control of her mind is most anxious when in groups. It is in these circumstances that she pays more attention to her impulses for they may betray her. In groups one is forced to question their decisions with greater scrutiny. Ask yourself,

1. “Would I do this following action if no one was around?”

2. “If I were the only person on Earth would I carry on with this?”

If the answer is no, refrain from doing it. You must not allow social proof to win the battle.

Confirmation bias

Another dangerous partiality is the confirmation bias. It occurs when we unconsciously favour existing beliefs and look for supporting evidence, whilst simultaneously omitting what disproves them.

Let us say you believe in the stereotype of Indian men being prominent in the taxi driving industry. Each time you see a man of Indian descent you tell yourself,

“Uh huh! There is another one!”

Yet your mind pays no attention to the countless Caucasian, Asian and African taxi drivers that you have met during your trips around the city.

Perhaps you hold the belief that you have some sort of psychic connection with your sister. You tell your friends that you can always sense when she is about to call you. On the days that you think she will call and she does, the belief is reinforced with strong conviction in your mind. But your mind dismisses the other days when you think about her calling and she does not.

Confirmation bias is perhaps the favourite bias of conspiracy theorists. How many times have you heard stories about an impending Armageddon that never transpired? Whenever doomsday is meant to happen and fails to deliver, conspiracy theorists are quick to ignore the reality and look onwards to other readings to confirm their beliefs.

Confirmation bias is perhaps the reason for many religious wars. Once someone becomes a zealot for any cause, it is often a fruitless endeavour to try to reason with them. The confirmation bias keeps them close-minded. In their eyes, the amount of evidence supporting their claim is immutable. The error in judgement comes from their unwillingness to collect evidence to the contrary.

If you want to have full reign over your mind, you must not allow it to be swayed by the confirmation bias. You must wage a guerrilla war against your mind and always question your beliefs. A useful template to ensure that you do not fall in the snares of the confirmation bias is the Socratic method. Socratic questioning was popularised by Socrates and it uncovers objective truths. Usually these questions are used in a dialogue with another person, however, you can ask your own questions and answer them. Often when we write things down, and we can see the ideas and beliefs for what they are, it becomes far easier to see logical flaws.

Start with a question that probes your assumption like the Indian taxi driver example.

Q. So, is it true that most taxi drivers are of Indian descent?

A. Yes. Yes, it is!

Use a question that probes the rational and looks for evidence.

Q. How many times have you noticed this? Can you give examples?

A. All the time. Just the other day I caught a taxi from the cinema and the driver was Indian! I am telling you it always happens.

Move on to questioning the viewpoint and perspective.

Q. Is it possible that perhaps there are drivers of other ethnicities?

A. Of course there are.

Q. Is it possible that you have failed to pay attention to these drivers?

A. Maybe that is true.

Question the viewpoint.

Q. Perhaps you have trained yourself to pay attention mainly to Indian taxi drivers while omitting other ethnicities? Do you think this could be a reality?

A. I suppose that could be true.

Probe implications.

Q. Let us assume that what you are saying is correct and most taxi drivers are Indians. Are you saying that other ethnicities are simply not interested and would not drive taxis? Or perhaps there is some conspiracy in which only Indian drivers can be in the taxi business?

A. Of course not, that is ridiculous.

As you can see, our racial-profiling friend would very quickly recognize the errors in his judgement just from going through these simple questions.

“Every man, wherever he goes, is encompassed by a cloud of comforting convictions, which move with him like flies on a summer day.” — Bertrand Russell

Loss aversion

If I gave you \$100, you would be happy, right? Okay, let us say instead of giving you \$100, I stole \$100 from you. You would be pissed! It is understandable. Here is the interesting thing about human psychology. The pleasure you would gain from receiving the money does not amount to the pain you experience from losing the money. We are more wary of losses than potential gains. Studies have shown that losses are twice as powerful a trigger than gains.

How about I offer you a chance to win some money? The rules are very simple. I toss a coin, and if it lands on heads I will give you \$200, if it lands on tails you will have to give me \$100. Looking at the probabilities, you have a 50% chance of winning or losing, and a 50% chance of doubling your money and losing it. If a computer had to make this decision, it would, but chances are you would not. A gain of \$200 would be amazing but losing \$100 might not be worth it.

Internet marketers take advantage of loss aversion by offering you 30-day free trials to overcome the resistance of buying that is caused by the bias. No one wants to be ripped off nor lose their money over shitty products, so a 30-day free trial seems safe. However, the free trial is a double-edged sword! Once the customer has the product for 30 days, they develop a sense of ownership. The potential loss of the product far outweighs whatever cost the marketer asks. The customer does not hesitate to stay on the subscription list. So far, we have talked about loss aversion regarding money and items, but it has another insidious role. Loss aversion is a major reason people

choose to remain in the status quo.

Imagine you want to start a new diet after doing research online and finding the perfect program for you. Upon reading the guide, you quickly notice that you will be severely restricting your daily calories. You read further, and the diet has you eating broccoli and plain chicken breast. Now you are suffering from cognitive dissonance - a part of you wants to lose weight and the other to keep eating Pop-Tarts and other goodies.

Looking online you notice that other people's transformations took several months, with some people claiming the diet did not work. You decide to choose the brownies and cookies over the broccoli. The reality of loss (losing the foods that make you comfortable) is far more painful than the potential gain of being fit and healthy.

You are trying to quit smoking and promise yourself to not buy any more packets of cigarettes after finishing what you have. However, your friend buys several for your birthday after you reach the last cigarette. You decide that you will smoke the packets because the threat of loss far outweighs the potential gains of having clean lungs.

As you can see from the previous examples, loss aversion is a very dangerous bias. It limits us from our full potential. The fear of losing what we have for the possibility of an uncertain future is one that is too potent for many to digest. This distress is most likely the result of evolution. Primal man lived in a dangerous world, where losing the little resources he had could potentially have resulted in a swift death. Leaving his familiar small cave in search for a bigger, more 'bougie' one may have risked him being mauled by a tiger.

We now live in a world that is very different to that of primal man. It is a world that is far more forgiving. Do not let evolutionary urges of fear dictate your future. Learn to take more risks, especially if it means leaving your circle of comfort. Most of our fears of loss are simply limiting.

Availability heuristic

Are you more likely to get killed by a shark or a cow? Looking at yearly statistics of deaths by animals, it looks like cows are deadlier. Yet you fear sharks more than cows. Last time I checked, movies about killer cows do not exist. I have seen 'Jaws', but I am still to see 'Moo'. The availability heuristic is when we put a greater emphasis on the information that is readily available to us in our minds over actual statistics and facts.

Our judgements are often clogged by media and the information we consume daily. After a while, we start to believe that what we hear and see on television is an accurate representation of the world. We fail to investigate much of what we consume with any scrutiny. This heuristic is what leads us to have an irrational fear of flying in planes when we are more likely to be killed walking down the street. The same goes for impending terrorist attacks when we are eight times more likely to be killed by a police officer.

However, the availability heuristic is not always negative. For instance, you are not likely to put a fork in an electrical outlet because something tells you it is not a good idea. You probably have never driven 200 kilometres per hour on a freeway in your car. I doubt you would have jumped into a volcano at any point as well. You do not have to experience the outcome of these things because of the collective intelligence of humanity. In some vault in your mind lies the information about the dangers of each of these situations. Information that has kept you safe for many years. But just like any computer, your mind is subject to computational errors. Mistakes that lead to the availability cognitive bias.

A good habit to form is regularly questioning the information that is readily available in your brain. Perform some due diligence from time to time, especially regarding matters that have a direct impact on your life.

Let us say that you have been offered a new job in a new city. Your friends tell you about the various crimes they have seen on the news and warn you about the move. You remember an article you read a few months back on the rising level of crime in that city. Instead of blindly trusting the information your brain serves up, research the crime rate and other important variables. Once you obtain a realistic picture of the situation, you are better suited to make an informed decision on the matter.

I am not asking you to research every possible dangerous situation. If you happen to see a piano dangling by a rope on a street path, trust your brain and avoid the potential hazard. There is no need to go over the probabilities of getting crushed by a piano on a sidewalk. In the event of immediate dangerous situations, the brain is usually right.

1,034
UPVOTES

Tears

Whisper · 27 May 2018 · Archived copy · Reddit

Last week Funsized showed up at my door crying.

Apparently, her aunt, who she was quite close to, even lived with for a year, had unexpectedly died. An accident of some kind.

As she proceeded to soak my shirt, I thought about how this is one of the most difficult trials for men who have not had the "red pill". Tears used as a weapon are bad enough for them, but genuine tears can be worse still. **Men instinctively know that we are to women as women are to children**, and so they feel responsible to do *something*, but they don't know what.

I knew what to do, of course.

I didn't say anything. I simply held onto her, let her cry, and didn't show any emotion myself (which was easy, because I felt none). After a little while, I gently pried her off me, got up, walked to my closet, and changed my shirt, then resumed my former position. "It was wet.", I said with a half smile.

"But what if I cry again?"

"Then I will eventually run out of shirts."

She began to giggle uncontrollably.

Men who are not in the know will try to cheer women up. This accomplishes nothing; it only focuses them on their grief and makes them more upset. It makes them insecure because it shows your weakness and neediness... you *need* to make her smile right away. You *need* to fix things. You regard her emotional upsets as a dark and terrible catastrophe you must "fix", rather than just the child being a child again.

Girls derive emotional comfort from masculine presence and masculine stability, not from flailing attempts to fix things.

Shut up. Be visibly calm. Be visibly patient. Act like it's no big deal.

Girls' emotions are far stronger and more volatile than yours (as anyone who has ever screwed up a post-cycle knows). They are scared of them. What they need from you is for you to be stable and not get sucked into the madness.

After a little while, she asked my permission to fly back to Texas for the funeral, which I gave, and if could accompany her, which I refused.

"Standard travel rules apply."

"Yes, sir."

And that was that.

Control game is the game you play when you can no longer hide your emotional investment, and pretending to would simply appear as weakness.

The first rule of control game is that you must be visibly stable and in control of yourself. That which moves her, must not move you.

1,034
UPVOTES

If you don't have good friends, that needs to be a serious goal before any kind of long term relationship with a woman. They can save your life.

ebaymasochist · 17 July 2020 · Archived copy · Reddit

This is the forth attempt at making a post talking about something so simple as friendship between men. Every time it went off track because I am still so angry after my recent breakup after five years. Long story short I had great friends before her, I became depressed and anxious before and after my son was born, I expected her to care about my needs much more than I should have, and became a nervous angry wreck of a man and broke my own rules and standards of conduct. Mental illness was a big factor looking back now.

I won't pretend she kept me away from them. She actually encouraged me to see my friends on numerous occasions, but I was too busy to do so, at least I thought. I tend to isolate from friends for long periods of time of depression, and felt embarrassed for my standing in life. It was over the last year I ended up working with a guy who was probably the best friend I ever had. We had some things in common, but a lot of differences, and we could work together for 8 hours, sometimes 13 hours if we had side jobs, and resolve conflicts, help each other out, just get along great. I am an only child and this was when I found out what it's like to have a little brother.

I would feed him red pills about his failed relationship and he would use them to move on. One of my proudest achievements was being the guy he called for over 30 minutes one night when his ex wife was driving him crazy with their divorce, and helping him through that. She was a really crazy one, ended up with an abusive gang member in New York and would call my friend to come rescue her and torture him with the idea of getting back together. He really needed a strong influence to stay away from the pitfalls of that kind of drama. "You should be sooo grateful bro. This is a lesson, and you got out easy. No kids. Nothing to keep you attached to her. You are so lucky, yeah it hurts, but you're going to be okay and now you know the truth about this type of woman."

It was months later when he was back on his feet, dating another girl, and I was the one calling him, overwhelmed with all kinds of shit after my breakup. And he was there to guide me through it. That means the fucking world when you're stuck in your own head and it feels like everything is falling down around you. It's after trying everything else: lifting, running, writing on here, driving around, music, meditation... And you still don't feel okay. You need to talk to someone, man. Someone who has been there before. Your male friends are your most valuable assets in life.

Gym, money, friends, plates, hobbies. There is a real lack of emphasis on friendship and brotherhood on the red pill these days. Alpha wolf is different from lone wolf. Make it easy on yourself. Go out and get some friends who you can respect and trust and build a support system for yourself. Seriously, the benefits of having friends will make a woman so much less important in your life, and we know that is great for your game. The difference between her flaking and you staying home being lonely that night, vs. she flakes so you call your friend and go out to find ten new women to replace her. Or having a full schedule of adventures with your friends for the next week, so you don't have to fake having a full life. Women really don't care if you're learning piano and two new languages Tuesday through Thursday. You might still be forever alone.

If you have a ton of stories involving your friends, it's always easy to have something to talk about. You can even use them in openers, like wave at a girl and say "oh sorry I thought you were my friend's fuck buddy." That right there is enough to keep her mind moving for ten minutes.

Anyways it's been said here before that your woman can never really be your friend. But you can find friends who really fill the need you have for that kind of support. And I recommend everyone to do so if you do not have that. Go get some friends, or upgrade your friends if they are idiots.

1,033
UPVOTES

Hacking discipline: a neurochemical approach to getting off your lazy ass

G_Petronius · 10 May 2017 · Archived copy · Reddit

If you could take a magic pill that made you disciplined, would you?

1 in 3 college kids say "fuck yes". That's the proportion of university students who **admit to using stimulants to help study** (warning: PDF). Chief among those stimulants is, of course, Adderall.

For the few who've never heard of it, Adderall is an amphetamine-based prescription drug officially used in the treatment of ADHD and narcolepsy, widely employed off-label to aid with concentration and focus. Adderall works by stimulating the release of dopamine and related neurotransmitters. Their effect is to activate the brain's reward system, which is the mechanism responsible for making you want to keep doing whatever it is that you're doing. The reward system is normally activated by actions which we have evolved to instinctual recognize as advantageous: eating, drinking, fucking, taking care of your kids.

Adderall (and amphetamines in general) forces the reward system to activate on command, making you interested in any arbitrary activity. In other words, it hacks your brain chemistry to make you want to perform any arbitrary task, giving you artificial discipline. The effect is potent and general: the task doesn't have to be actually useful or sensible for you to want to do it, on Adderall; amphetamine users could be put to digging a trench and they'd work away at it as if that were the most interesting project they've ever worked at.

Unfortunately, taking amphetamines is not a sustainable alternative to developing real discipline. They have a host of side effects, tend to be addictive and are heavily restricted in most jurisdictions. I do not recommend using them, and avoid them myself. But they do provide us with key insight into how humans operate: on a base, animal level, we act because our neurochemistry tells us to.

The question then becomes: can we hack our neurochemistry to facilitate discipline, without resorting to dangerous drugs? the answer, as is obvious from the title of this thread, is yes, yes we can.

The method is completely outrageous, flying right in the face of TRP orthodoxy, because it's based on your fee-fees: we're going to work with your emotional response to make you hack your own brain chemistry and make you disciplined. It's not that hard, it's not stoic, it doesn't take heroic willpower. Ready? let's go. If you just want the method and don't care about the background, **skip the next two sections**.

Once in a while, any undisciplined person has a good day. On that day, the undisciplined person manages, by some fortunate alignment of the planets, to not be a lazy asshole and actually do what he should have. At the end of that day, the undisciplined person goes to bed with a smile on his face, an incredible feeling of relief washing over him, and the sad thought in his mind: "if only I could do this every day".

Undisciplined people often fantasize about what their life would be like if they were disciplined. It goes a little like this: they would wake up at an early hour and immediately get out of bed to start their morning. They would do some stretching or workout, take a shower (washing all the nooks and crannies, even the soles of their feet), shave to perfection, make a good breakfast, get dressed in their best, and stroll out with a smile on their face. They would dedicate themselves to their craft with attention and precision, taking opportunities throughout their day to network and socialize with colleagues, especially over lunch when they would eat a nutritious, healthy meal. On leaving work, they would promptly attend to whichever activity the evening calls for, be that buying groceries, going to the gym or engaging in a hobby, before enjoying the social pastime of the day, be that with friends or a woman. They would go to bed (which they had neatly made in the morning, forgot to mention that) early, guaranteeing them enough sleep to wake up refreshed the next day.

The funny thing is that you can have all of this and it's neither hard nor complicated, provided you know how. I myself have sought after this elusive trick all my life, resorting to draconian time-management and self-motivation measures to deal with my chronic procrastination: pomodoro timers, app lockouts, habit trackers, even a commitment system where I would give money to a trusted person and ask them to forfeit it if I didn't complete an assigned task by a certain time. Every day was a constant struggle against myself to do what I needed to do. So how did I get out?

The answer came to me after a particularly bad day, when I had failed across the board to be a functional human being. I had gotten to bed too late the night before, woken up terribly tired, eaten like shit, been an asocial time waster on the job, and bailed on a social engagement to stay home and read reddit. I had even failed to brush my teeth, and felt in no mood to do anything except wallow in self-pity at my continued struggles with discipline. I had tried every method in the book(s) and I still failed.

A serendipitous thought struck me, a thought so simple as to sound simplistic: "just do it because it makes you feel better". Brush your teeth? go do that, you'll enjoy the freshness and won't feel like a disgusting slob. Make your bed? do it, you'll thank yourself later tonight when you're not fighting with the covers and getting cold because half of them have inexplicably fallen off. Do your evening stretches (I had at least managed to work out, and had long since tried to do regular evening stretches to cut down on next-day soreness), you'll feel much better sleeping and waking up tomorrow. You get the idea.

Surprisingly, this simplistic method worked. I got off my ass, brushed my teeth, made my bed, did my stretches and went to sleep. Of course, all of the advantages that I had foreseen materialized, and I slept far better than I would have otherwise. In the morning, still grasping some tendrils of the idea from the night before, I encouraged myself to go through my proper morning routine (which I typically skipped through in laziness), thinking each time about how much better I would feel for having gone through each step. At work, I dispensed with my array of timers and concentrated how much better I would feel if I didn't have to work through lunch break because I had lazed off during the morning. I found myself finishing my allotted tasks and even completing some leftovers from the previous day, all well before mid-day. And so on during the day... you get the idea.

Awestruck with how such a simple system apparently could work better than the plethora of devices I had previously used, I kept experimenting with it, at the same time doing research on whether anything like this had been tried before. It had indeed, in a sense, been tried in certain psychological studies, where people were induced to visualize their rewards to stimulate them into completing a non-rewarding task; but those results were left there as ink on a page, never developing into a proper method (at least not to my knowledge). So I did my best, refining my observations and experiences into what I'm presenting to you now.

How to hack your reward system

The key to this method is hacking your reward system to trigger whenever you need it to. On its own, it would only activate at the moment you actually get the reward: not when you're dieting but weeks later when you look at yourself in the mirror, not when you're working but when you've finished and realize you now have guilt-free free time, not when you're crashing doing sets but when you're plowing that tight pussy thanks to all the experience you've accumulated.

We need to **back-shift** your reward response to the moment when you need to act. How? by consciously evoking the feelings of relief, pride, pleasure, self-respect, satisfaction etc of completing the task. Remember earlier, when I talked about how every undisciplined person has a good day once in a while? use that feeling as a reference point. Tell yourself: "do this because you'll feel X" and summon clearly, in your mind and in your body, the specific feeling of reward for that activity.

In my experimentation, there are two main groups of reward-feelings you can use:

- practical rewards: the pleasant results of completing an activity, such as the pleasure of company for social activities, the enjoyment of good food for spending time cooking, the freshness of waking up after a good night's sleep, the increased attractiveness and well-being of a healthy body etc
- inner rewards: self-respect, relief from not having the task hanging over your head, not feeling like a disgusting fat fuck, pride in having been disciplined, pride in a job well-done etc

My experience suggests that the first category is easier to think of (anyone can immediately see the practical reward of a sensible activity), but harder to concretely evoke and less potent; the second type occurs to you with more difficulty (undisciplined people are rarely used to taking pride in their actions), but once it does it's far more potent in actually stimulating you to action.

That sounds too good to be true

I agree, but that doesn't erase the fact that it works. It's the system I've been living on for the past few months, and it has not only made it much easier psychologically to manage myself, it has led to practical improvements in various areas of my life where I had lagged behind due to low discipline. The theoretical foundation is also sound.

But it's feel-good bullshit

No, it isn't. I know why you think it is: it works by manipulating positive feelings. But the key difference is that feel-good bullshit manipulates completely unwarranted positive feelings to make you forget about your shitty situation and convince you everything's fine. Here we do the complete opposite: we start by acknowledging that everything is not fine, that there's a specific course of action that you should take to fix it, and use the knowledge that fixing it will make you feel better to spur you into action. We cut through all the sophistication and high-minded thinking and go straight to your most primitive hindbrain.

This psychological trickery is simply a reinforcement of the natural mechanisms that are the basis of **delayed gratification** behavior. The beaver doesn't build the dam because it knows through rationality and planning that it will create a useful refuge, but because instinct has programmed it to feel good while building a dam. When a dog performs a difficult series of tricks for you, it's not because he has a complex rational understanding of your psychology and knows you'll reward him, it's because you've conditioned him to feel anticipation and eagerness while he's performing the tricks, which is why he performs them even when there isn't an actual food reward.

We are not so far from these animals, and our problem with discipline stems, in my opinion, largely from the fact that we need to engage in so much more delayed-gratification behavior than we evolved for, in situations we definitely didn't evolve for, with rewards shifted forward in time much further out than we evolved for. But the mechanism is still there, it can still be exploited, and I believe that is precisely what disciplinarian systems do: by dispensing prizes (praise, rewards) and punishments (push-ups, pain, shame), they condition people to associate positive feelings (pride, relief, ambition) with necessary activities, enabling them to perform them in a disciplined manner. What we do here, in the evident absence of disciplinarians doing it for us, is to condition ourselves *manually*.

There is much more that I would like to say about this topic, but this post is already long enough that I **know** many people will have skimmed even the parts containing the practical advice. That's not something I know how to fix at this stage; if you're one of those people and have skipped to these lines, then at least go back and read the "How to hack your reward system" paragraph. I suggest you read it all regardless, but if that's not happening then get at least the gist of the method and give it a try; I have strong reason to suspect you'll be surprised at how well it works.

1,032
UPVOTES

Israeli feminists helped kill a bill that could charge women for rape of men because - get this - they're worried about false rape claims.

brotherjustincrowe · 8 December 2014 · Archived copy · Reddit

Oy vey izmir. <http://www.jpost.com/Israel/Womens-groups-Cancel-law-charging-women-with-rape>

Here I thought one of the reasons Orthodox Judaism has persisted for so long as a relatively unchanging culture and tradition was due to strictly proscribed gender roles. Guess we can cross Tel Aviv off the travel list.

1,029
UPVOTES

Never show weakness. She is not on your side.

Archwinger · 24 April 2015 · Archived copy · Reddit

There's a myth floating around the manosphere about the "good alpha." A guy who's hot, charming, successful, interesting, smart, funny, and most important of all, a great leader. Not a fake Red Pill alpha, but a real alpha. A guy who isn't just out for himself, but a guy who genuinely cares about others, brings others up, and makes others feel good. A perfect-ten human.

These real alphas, who were most often born and raised that way and never needed a creepy internet cult like us to learn how to be men, are admirably human, and the complete opposite of everything we evil Red Pillers teach. They're not aloof and indifferent – they're engaging, compassionate, and concerned! They don't stonewall and tease – they earnestly communicate! They're not stoic and emotionless – they're open and honest and their emotions captivate you and make you like them even more! And they're not perfect – they're human, but they own their flaws and mistakes and admit them readily, because that's being a real man.

I've actually never met a man like this, but I hear about them all the time. Mostly from women. So many women think they're dating awesome guys. Six months later, I'm usually told that these guys turn into assholes. Nobody ever seems to say, "I was wrong. I misjudged him. I was stupid and horny and just pretending to see what I wanted to see." No, it's always the guy who changed somehow, or who manipulated and tricked that poor girl. She wasn't wrong, he was. But don't worry, because she's already met another guy who's ten times better than the last one, and he's a real man, per my paragraph above this one. I'm crossing my fingers for her.

Somehow, the myth of the good alpha has leaked into the manosphere from that flat planet at the center-of-the-universe where women live as all the stars rotate about them. Men, and boys slowly becoming men, right here among us, are advocating the path of righteousness. Being an upstanding mensch, a leader-among-men, a guy who's honest and in touch with his feelings but still a man, a guy who owns his mistakes and admits his weaknesses, and a man who loves women earnestly and cares about them and isn't afraid to take a risk on love as long as he has a few standards and isn't just falling all over any girl who doesn't slap him. A guy who's goal is to be a perfect combination of attractive manly characteristics (e.g., alpha), and supportive comfort-building characteristics (e.g., beta), destined for marriage one day when he finds the right woman and can be everything she needs.

Here at The Red Pill, we're already aware of that guy. We even have a name for him: blue pill.

Here's the deal: Women are not your enemy. They are not the other team. They are not against you. They are not trying to exploit you or manipulate you. They're just out for themselves, same as you. Sometimes, being out for themselves is going to run contrary to what you want for yourself. Sometimes, your goals will align, at least a little bit, and it almost feels like you have a teammate. But you don't. Because you want what you want and she wants what she wants. And if one of you sacrifices what you want that's not going to make the other person necessarily do the same.

While women aren't your enemy, they're definitely not on your side either. They're not your friends, they're not your confidants, they're not your safe havens, they're not your respite. Not even your wife or girlfriend. She's not on your side either.

Do you know why women watch Jerry Springer, reality TV, Judge Judy, and whatever the fuck else is out there airing the dregs of humanity, while reading tabloids explaining in graphic detail how celebrities and the royal family are every bit as fucked up and human as we are? Because people like seeing weakness in others. It makes them feel better about themselves without having to make any effort to actually be better.

When your woman is feeling low, she'll try to access your "human" side, whether that's trying to make you angry, trying to make you sad, trying to make you horny, trying to make you apologize or admit something – she wants you to reveal a chink in your armor, because she feels bad about herself and needs you to look more human so she knows she's still good enough for you. That chink in your armor means she still has some control over you.

It's a difficult and misleading situation, because she likes to feel that way. It makes her feel good, even happy for a bit. And you care about her, so you want her to feel good and happy for a bit. And you want to open up a little bit for her and let your guard down a bit, because it feels good to be accepted and validated.

But The Red Pill figured out something that you don't want to accept--The hardest part of this whole thing for you to swallow: Affection is not the same thing as attraction. Women don't want to fuck weak men, even if they like them. They say they do – hell, just look around Reddit. Reddit is apparently the single largest bastion of special snowflakes in the world. If you take women at their word, Reddit's chock-full of women with exceptionally high libidos who soak through their panties every five minutes thinking about their skinny, laid back, underachieving, nerdy, overemotional boyfriends that can barely keep up with them sexually.

I've never met a woman like this, but I hear about them all the time. Mostly from women. Scroll up to the third paragraph of this post to see what I might think about that.

If you want a friend, make a friend. A guy friend. But if you want a girlfriend who's eager to please you and wants to fuck your brains out, don't treat her like a friend, or that's all she'll be.

If you want to communicate about real issues, discuss ideas, discuss improving yourself, and talk about how you feel, find a guy friend that you admire and want to learn from.

If you need to cry, lock the door. If you're injured, disabled, have cancer or a mental illness – that's between you and your doctor. Hell, join a support group and meet guys.

But when you're sitting next to a woman you care about, never show weakness. It's a trap. You'll make her like you, but you'll make her fuck me.

1,028
UPVOTES

The Red Pill now illegal in New Zealand.

redpillschool · 1 July 2015 · Archived copy · Reddit

Feminism has long maintained that men's interests are entirely and always misogyny, and now we can see the long-game play out.

New Zealand just passed a bill that would make sexist comments online a punishable offense:

After it passed by a 116-to-5 vote in New Zealand's parliament, Gareth Hughes, one of the four Greens MPs to vote against the bill, said it was overly broad and “risks limiting our freedom of expression”.

NZ Labour said it was “wedged” by the NZ government: while some of the bill was “worthy of discussion” the law has “deeply worrying” elements.

The bill covers posts that are racist, **sexist**, or show religious intolerance, along with hassling people over disability or sexual orientation.

Wouldn't be so bad in principle, if we didn't have a social movement hellbent on labelling all of men's interests "sexist."

And here we have it, just another shining example of women trying to **invade and colonize a male space**. Rollo **has a piece on this very thing**, if you haven't read it yet, I recommend you do.

(The irony here is palpable: linking a voice for men automatically deleted my post and I have had to manually reapprove it because reddit has already banned the use of the website- for nothing more than being a male space)

What are the implications for reddit and TheRedPill? Well it's not good news, if Reddit wants to operate in New Zealand (which they probably will if they don't already)...

There's a safe harbour provision for Web sites, and here's where the free speech arises. A platform like Facebook or Twitter (if they bothered) can opt into the safe harbour – but only if they agree to remove allegedly offending material either on-demand or within the bill's 48-hour grace period.

Wait, what's this? In order to operate in New Zealand and comply with their laws, they need to agree to basically give feminists carte blanche on a delete button for anything they find distasteful.

Anybody who wishes to defend feminism as simply an equal-rights movement will need some seriously creative gymnastics to skirt around this issue. Even if you could feasibly say that feminists had nothing to do with the law that passed or it's enforcement, there is little you can do to speak against the fact that it is feminism, and feminism alone, that has been on the war path to making sure men's issues, and any form of men speaking with each other without female approval, are inherently misogyny.

I'm curious to see how this plays out. The fact is, as men, a lot of us already knew the feeling of having no belonging and no place for men's interests in the 90s. The internet was a life saver for many of us. If this takes place, you can be sure that men aren't going to roll over and take it again.

Don't believe the lies that feminists tell, that they aren't for censorship or that they're for equality. This will have real impacts and will interfere with the rights of men, and men alone.

1,027
UPVOTES

How to beat Addictions (Gaming, Porn, Smoking) - The Story of a Man who turned his life around

Inchado · 24 June 2017 · Archived copy · Reddit

Background:

Two years ago, I was a college skinny beta failing grades left and right and playing videogames for hours daily.

Today, I'm 2 years into lifting, I have a great GPA in a STEM course and I've plated several women this last year.

If there's a single thing I can attribute my newfound success to it would be the way I managed to beat my addictions and how that process shaped me into a man.

Life as an Addicted Beta:

Try to picture what the life of a skinny beta these days looks like in your mind. Chances are that would have been me.

The average 5'11" white guy who spends hours playing League of Legends, taking a few breaks to masturbate to niche porn, failing college, eating shit and smoking his lungs away.

My life was a loop of short-term pleasure and long-term failures. When you're addicted to something, nothing in life seems interesting besides that thing you're addicted to. In my mind I wasn't even addicted, I just assumed that's how life was.

Everything is boring as fuck and uninteresting besides videogames. I distinctly remember thinking how shitty the lives of past generations must have been without the true joy of life: gaming.

Turning Point:

After being stuck in that loop for a couple of years, I realized that I hadn't achieved anything during all that time. I didn't have any memories and experiences to share. I got older, that's it. I hadn't become a better man.

On top of that I was failing college, I was getting depressed, anxious, sleep deprived and I was eating like shit. That day I realized I needed to change my life.

Change the Setting

The way I beat every single one of my addictions was by "changing the setting". Instead of beating addictions by relying on motivation, guilt or shame, like I had tried and failed before, I created new habits that replaced the old ones.

The first and MOST important habit I decided to create was LIFTING. I replaced gaming afternoon sessions with lifting. I joined a gym that was quite far away from my place, which meant I had to take public transportation to get there.

This meant I spent around 4 hours the entire gym session and the trip back and forth combined.

These were 4 hours that I wasn't gaming. These were 4 hours in which I was creating the foundations of new habits and simultaneously destroying the old ones.

This is the KEY to beating addictions. If you expect to beat an addiction by remaining in the same environment where that addictive habit lies, you're going to FAIL.

I had tried to stop gaming multiple times before, but I could never follow through.

You have to physically take yourself out of that environment and most importantly replace it with a new one where you're creating a new and exciting habit.

Become obsessed with this new habit that you're creating and run with it.

Overtime, my gaming addiction was completely gone. And it all happened almost effortlessly. I no longer wanted to play video-games. I wanted to lift, to listen to podcasts on my way to the gym, to measure my weight and to notice the changes I was seeing in my physique.

I wanted to deadlift while listening to a new metalcore track, seeing the shoulder and chest pump I got after a push workout and to improve my lifts.

I've beaten other addictions like smoking and porn by applying this method. Try it for yourself. I'm planning to share the story of how I turned my life completely around if the community enjoys this post, including field reports on my experiences with women, guides on how to ace college and to remain disciplined, my experiences with networking and developing frame.

TL;DR: College skinny beta addicted to videogames turns his life around by beating his addictions. To beat an addiction, you need to change the setting. Remove yourself from the environment where that addiction exists and replace it with a new one where you create better habits. Lift, motherfuckers.

1,027
UPVOTES

Good news: no one gives a shit about you.

Whisper · 7 November 2017 · Archived copy · Reddit

Sometimes a very simple observation can make all the difference.

It wasn't complicated for some dude to observe that **gym embarrassment is stupid, because no one is watching you**, but that post rocketed up because it's true, and it's important.

So important that we need to talk more about it.

Many of you, many of *everyone*, are being held back from doing what you want to do by fear of what other people will think.

Hammer this through your tiny brains:

- If you do something that might invite ridicule or hatred, probably no one is watching.
- If they are watching, they probably don't care.
- If they do care, they probably won't say or do anything.
- If they do say or do something, it probably won't stick if you don't act ashamed or apologetic.
- If it does stick, it will only stick until the next shiny object distracts them.

Humans are fantastically unobservant, and fantastically uncaring, because everyone is absorbed in their own lives. The universe is a flood of information, 99.9999999999999999...% of it is irrelevant to us, and our brains must filter it ruthlessly for us to function at all. Every stupid thing you do, every time you fail, everyone moment that you remember and cringe... no one else remembers it. They just don't care enough.

Don't believe me? Think of a friend, fellow student, or co-worker who you see almost every day. What colour shirt was he wearing yesterday?

Yeah, you have no idea.

Still don't believe me? Go to work or school with *your* shirt on inside-out, with the seams showing. Watch how long it is before someone notices, if anyone ever does. If someone does point it out, look down, shrug, and go "Meh. Oops.", and go right back to what you were doing. Note how fast business as usual resumes.

No one cares if you screw up, not unless you have enemies who are waiting for you to screw up (and you're not Donald Trump or [/u/redpillschool](#), so you don't).

Get this through your head: **Publicity is hard**. It is almost impossible to get people to care, even when you are putting forth your best efforts to publicize and make them care. The constant scrutiny you are afraid of doesn't exist.

No one is watching.

No one is watching.

No one is watching.

Go do what you were afraid to do.

1,024
UPVOTES

Mom Dropping A Red Pill Bomb

Schultzie98 · 18 November 2017 · Archived copy · Reddit

Oh, hello there.

I was talking with two of my sisters (early twenties, mid-twenties), and my mom a few minutes ago. Early twenties sister brought up all the sexual scandals being exposed in the news and was speaking through a slightly red-pill tinted lens, which is a big step forward. She basically mentioned how everyone assuming the guy is completely guilty simply because he was accused, is wrong. Bringing back American values, innocent until proven guilty, I like it. Then Mom steps up and leaves her speechless.

"I was talking to Dad about all of this groping/sexual harassment stuff. I used to get groped all the time in bars, but you just push them off, say "Get away from me creep" and get on with your life. I didn't need to make a federal offense out of it. Drunk men are going to try things, wait til you start going to bars, you'll see what I mean. You see people making out all over the place."

Then the fun part

"But how about these women? You don't think they are dressing like that and flaunting everything for no reason. Some girls like that attention, and are trying to put themselves in a position to get groped so they can get a guy arrested, or get money, or whatever."

Sister is speechless, mumbles "Well, I don't really agree with that"

"So these girls are just what, totally innocent and can do no wrong?"

Hopefully not a shitpost. It was funny, thought I'd share.

1,024
UPVOTES

The ultimate proof you need on lifting - The 59 year old man I met at the gym.

Rares5555 · 5 June 2018 · Archived copy · Reddit

I have had an eye-opening experience this past week at my local gym, and I thought I should share it with all of you motherfuckers that still skip your gym days.

It's 7 PM, and I go to my gym for a workout. I feel a bit tired, but I have to get those reps in.

I walk into the gym and I see the most well-built guy there. Big back, huge arms and forearms, built legs, tight skin all over his body, an all around top 10% physique on a 5'10" frame (we're the same height). He seems new to me, and I know pretty much all the regulars there, so I go up to him and shake his hand. Really energetic, with a big smile on his face.

As I warm up, I start chatting him up. He tells me he's on a business trip and had to hit the gym. Very lighthearted conversation, super humble yet confident. I smelled he was an alpha just by the way he presented himself (and helped the young chicks there that were drooling over him, in between barbell rowing 180lbs)

As I finish my dumbbell rows, I think "bro, the dude looks jacked and also natural. I wonder for how long has he been working out". So I go up to him and ask:

"Sir, I wanted to ask you. How long have you been working out?"

He looks at me with a big smile and says:

"Son, I can't remember that clearly. But I can tell you how old I am. 59"

My jaw dropped as he started laughing. The fucking dude looks 40, and looks better than 99% of the 20, 30 and 40 year-olds. And he's almost fucking 60! I congratulated him on his level of fitness and we both got back to working out.

After we both finished our workouts, we talked a bit more about diet and fitness, but the conclusion is this:

If this dude, who can easily be a grandfather, has built such an impressive body his whole life, you should too. There's no excuse about it.

Also, let it be a lesson to you that if you take care of your body while young, it'll end up taking care of you later on. Stop saying that you're not 8"5' with a titanium jawline and start talking to the Iron. Lifting and being active is literally your well of longevity and attraction (of course, among other attractive traits).

Once again. As said hundreds of times here:

FUCKING LIFT.

Or don't, and let others reap the benefits.

1,024
UPVOTES

Model who accused Real Madrid Player Theo Hernandez of raping her has been arrested for making it up. [Spanish]

notaselfdrivingcar · 16 January 2020 · Archived copy · Reddit

<https://www.diariosur.es/marbella-estepona/arrestan-modelo-acusada-20200115201548-nt.html>

1,023
UPVOTES

How to meet and bang a girl

Woujo · 21 February 2017 · Archived copy · Reddit

Preparation

Be attractive For things you can't control, make peace with the universe and accept that there are some girls that will just never fuck you because you are an ugly motherfucker. For shit you can control, look in the mirror, be objective, ignore your prejudices and insecurities, and just fucking fix what is wrong with you. If you can't tell, ask a girl to tell you.

Your goals 1) get her emotionally invested in you (doing things for you, showing you positive body language, talking deeply about herself, being positive, and following you on your journey), 2) lead her around by developing a plan, tell her about it bit by bit, have her come along, change locations 2 or 3 times, end up at your house, 3) get her talking about herself and eventually pushing the interaction, 4) have genuine fun, which means do things you really find fun. If she thinks you're pretending to have fun just to hang around her, she'll think you're corny. Even when you are dancing with her, she should feel like you really enjoy dancing and aren't just doing it for her.

Your weapons are emotions The only way to break through a girl's emotional wall is by delivering a strong emotional experience. You want to provide her the full spectrum of emotions: the low emotions (affection, comfort, relaxation, warmth, sexual energy, protection, silliness, authenticity), the high emotions (power, leadership, confidence, dominance, invincibility, weirdness, new experiences, high energy, masculinity), and the transcendent emotions (joy, transcendence, "love" in the abstract sense - don't say "I love you"). Teasing is fine, but only if done on an underlying framework of positivity, friendliness and warmth. You must also speak intelligently, to overwhelm her thoughts AND emotions.

Strike the right balance Game is like surfing – you must stay at the "lip" of the wave - not too aggressive, not too passive. If you are too emotionally invested, she loses attraction and goes looking elsewhere. If you ignore her too much or act too platonic she thinks you're not interested and goes looking elsewhere. You need to be slightly less emotionally invested in her the whole time, which means you need to know when to step on the gas and when to tap the brakes. I can't teach this, it requires practice and the ability to read her.

Stepping on the gas is 1) making deep eye contact, 2) touching (preferably skin to skin), 3) Saying "bond-y" things like "we are the best dancers at this party", 4) emitting sexual energy (just imagine sexual energy is a magical thing that you can just emit, you will know what I'm talking about), 5) inviting her to the next step in the adventure ("hey, let's go to bar X after this drink"), 6) talking about deep/personal things. Women are very insecure, so if you don't keep your foot on the gas, her insecurity may make her check out of the interaction. Read her body language to determine if you should keep pressing the gas, but when in doubt, press. If she doesn't like you, she can leave, or tell you to leave. "Creepiness," to the extent such a concept exists, is simply emotional overinvestment. Don't get too invested, and don't do anything objectively creepy. If she unfairly thinks you're being creepy, that's not your problem.

Tapping the brakes is going cold. 1) looking at your phone, 2) breaking eye contact and looking around, 3) talking to other people, 4) doing what you want to do with no thought of what she wants to do, 5) fixating on a song or something else entertaining going on at the venue, 6) bathroom break 7) becoming unexpressive and silent. You tap the brakes when she taps the brakes – if she taps the brakes a little, you tap much harder, to let her know you make the rules, not her. Generally, you should tap the brakes more with "bitchy" girls, but you need to read correctly.

Even it's going super well, tap the breaks occasionally to keep her guessing and to give her some breathing room. If you press the gas too hard, you can fix it by doing an emotional reset. For example, if you ask her to come to the next bar and she says no, I'll say "ok, well I'm going anyway." I then tap the brakes, do something different for a while, and then totally change the subject to something new. I build up the emotions again and then I say "ok, well I'm leaving now." If she's into you, she might follow the second time. If not, you're chasing a dud.

You should also be ready to bail at any time if she is negative, crazy, or refusing to let you lead (that means she's not attracted), even its 4 AM and you thought you made it. Don't let the sunk cost fallacy ruin your night. You must have a video game or book you would be happy to go home to. Never do anything where you have to rely on her to get in, or get a ride home, etc... Don't do something that you won't enjoy doing. Sometimes she won't get emotionally invested – it's ok, not everyone has to like you – find someone who does

Come with the following things Breath mints. Charged phone. Charger if you might need it. Working Uber. Baby pictures - nephew, cousin, whatever. Two, three short stories that are funny, the more self-deprecating the better. A deep story about your perfect day (mine is smoking pot and riding my bike around South Beach listening to Madonna).

Get emotionally prepared Read, watch or think about something intellectually and emotionally more important than women and keep these thoughts and feelings in your head when out.

Talk to 3 girls before you go to your real venue There is a natural emotional “wall” that exists between people who are strangers. It's the man's job to break this wall down, but you need some practice so that your end of the wall is already gone.

Principles

Stay above the fray Imagine you just got back from partying with supermodels in Miami and these peasants are lucky you are even in their bar. Don't get mired in petty conversations, stupid chit chat and negativity. Never forget that you are better than everybody there. And don't forget you have a bulletproof plan to bring her back that works if you would just do it.

You don't have to be her dream man This may not sound very inspirational, but the truth is that every woman is settling. Don't drive yourself nuts thinking about whether you are good enough for her. Whether she likes you is none of your business. Go in, enjoy the interaction, and if she keeps talking to you, that means she's fine with you. Think about yourself, not her.

Disinterested interest Humans connect on an emotional level and a rational level. Your rational words should show interest and enthusiasm but you must communicate the “emotion” of “I'm just talking to you to be nice, I would maybe rather be somewhere else.” Take the pressure off of her and just allow HER emotions to grow by not getting emotionally invested. And until she emotionally invests, **DO NOT STOP YOUR MISSION**. She should feel like you might walk away at any moment. Disinterested interest, however, does not mean be low energy or do not escalate – on the contrary, escalate and emit high sexual energy, just make her feel like are not totally emotionally committed.

Double meaning and plausible deniability You must constantly escalate, but also use “double meanings” – words and actions can be interpreted as interest and/or escalation, but also not. This keeps her guessing and gives you plausible deniability in case she feels pressured or indecisive. Say sexual things, but in a way that could possibly be interpreted as just a joke. Example: Her: Are you trying to have sex with me? Me: I'm not sure, let's see whether you mess this up.

Go deep Talk about deep stuff but don't become her therapist or let her suck you into the vortex of her negativity or craziness. You are the lifeguard standing on the edge of the crazy pool, not another person drowning with her. Shift from silly to serious and back again effortlessly. Silly topics: 1) what's your DJ name? 2) What super power would you want? 3) Everybody at the bar is secretly a paparazzi there to take pictures of you, but they are just playing it cool. 4) Let's get drunk and go overthrow an oppressive government in the third world tonight. Serious topics: 1) How you have strong boundaries and don't let people cross them, 2) How you are independent and do things alone, 3) how you are childlike and “nobody is really an adult”, 4) How you believe love is unconditional and not based on any particular attributes the person has, 5) How you love to live in the moment rather than have material things, 6) How you have a plan for world peace 7) How you love your job/hobby/whatever. Don't discuss her exes, your exes, any other guy she is dating, or shit you will definitely disagree on. Call her out if she says

anything fucked up like “I drink and drive.”

Don't Don't ask her for anything. Definitely don't beg. Don't let her feel like you are intimidated, awed or obsessed with her femininity or appearance. In fact, make sure any compliment about her appearance is done with extreme disinterested interest. If she does something overtly sexual to throw you off your game, use disinterested interest and double meaning to make her feel like you still may be interested, but the pussy can't control you. Don't give her anything she doesn't deserve. Don't pay for anything unless she pays for something first or agrees to pay (i.e., she agrees to buy the next round). Don't let her dictate the conversation, especially if she wants to talk about stupid or boring shit. Don't agree with her if she says crazy or stupid shit. Don't validate yourself to her. Don't brag.

Compliments Only compliment her if she did something actually objectively impressive and you are actually impressed.

The steps

Keep doing shit Motion creates emotion, so always be doing something when you're out. You're buying a drink, you're finding your friend, you're texting somebody. Women can subconsciously sense when you're on a mission, and the moment you just stand there dumbly or show that she can throw you off your mission she loses attraction. No matter how hot or famous she is, don't let her perturb you, change your emotional state, or alter your behavior. Until she gets emotionally invested enough in you, she has to feel like you would rather be doing something else and you are just talking to her to be nice.

Say hi to everyone Make eye contact with everyone. Say hi to every girl you see, with only extreme exceptions (she's clearly there with a guy, etc...). Wave if she's far away. The warmer her reaction, the more conducive she is to being approached. But keep doing what you're doing as you're saying hi. If you're going to buy a drink, keep your body in the motion of buying a drink. The worst possible thing that can happen is that she gives you a weird look or looks away, and this usually only happens if she's there with a guy. No matter how unattractive you are, on a biological level it's hard to say no to a happy person saying hi to you.

If you're in a social crowd with people you know, talk to everybody, men and women, so you don't look like some creeper that just wants pussy. In fact, in a mixed crowd of friends talk to the head alpha male and then introduce yourself to the girls almost as an afterthought. But eventually introduce yourself to every girl there – it's only polite.

Approach If she shows interest, approach, but keep doing what you're doing. Sound like a contradiction? It is, but women's feelings are contradictory. If you're buying a drink, keep buying the drink as you are “approaching.” Good opening lines: “hey how are you,” “what's your deal,” “you're too hot to be here,” “how was your day?” “what brought you out tonight?” Stay warm and keep a big smile: you are a happy retard. Tap into the emotional “tone” of the moment? DJ's awesome? Say something about it. Funny guy dancing in the corner? Say something about it. Keep it positive unless you can figure out a way to make a negative funny or positive.

What to talk about? The beginning conversation is less about the subject matter rather than proving to her you're not a creep or stalker. Ask her what she's doing at the bar, give her a compliment, make a joke and then just talk about whatever comes up naturally.

Eliminate duds as quickly as you can Who is she there with? Her boyfriend? Eliminate. Is she being negative? Bad mood? Being a jerk? Eliminate. Her friends? Where are they? What's her plan for the night? If she's leaving in 10 minutes, eliminate. Wait until it's appropriate to ask these questions, but you need to know these answers before you waste too much time on her. Also, be careful to not get distracted– many girls, even those who rejected you previously, will suddenly get very friendly if they see you with another girl. If you spend too much time on these girls, you WILL screw it up with your primary mission.

Take the power position in the conversation Whoever is more physically comfortable has the power position. If she's sitting and you're standing or if you're contorting your body to talk to her, she's in the power position. You must absolutely demand (without words) to speak to her face to face, have your own space, and feel comfortable. If

you're sitting, don't offer her the seat. Take a step back every once in a while to make her feel like she is crowding you, not the other way around. Be calm. Speak slowly. Think before you talk. Don't get sucked into her emotional vortex.

Be the opposite of a jealous, controlling, judgmental douchebag Introduce her to all your friends and anybody else important at the bar. Introduce her to the "alpha male" of the party to show you're not afraid of him (if she decides to fuck him, she wasn't that into you in the first place). Be super nice to bouncers, Uber drivers, etc... If she starts being a bitch, give her a serious look and tell her "he's just doing his job." Random guy comes over and starts talking to her? Great, he's now your best friend and you should try to include him in the conversation as much as you can until he freaks out by how nice you're being and runs away. Talk to all of her friends in 1-1 conversations and compliment them. If one of them is being a bitch, ignore the bitchiness as if it doesn't exist. Try to read her friends and see how they feel, if one is skeptical focus on him/her the most. If it looks like they will veto you, get her number and bounce.

Keep escalating emotions Humans constantly want stronger emotions. If we eat a cookie, next we want 2 cookies. Give someone a bump of cocaine, next they want 2. Etc... If you provide a flat, consistent emotional experience, she will lose interest, so you must provide stronger and stronger emotions. Human emotions are also dynamic. It doesn't matter that you were tingling her feels at 10:00, you need to bring new tingles at 10:05. When you hit an emotional peak, say something "bond-y" (I'm glad I met you, this is such a fun night, I am so good at finding awesome people) the first time, get her number the second time, go for a kiss when it's appropriate. Read the situation.

The man must dictate the emotional tone, but it also must match her emotions. If you don't match her emotions, you won't connect emotionally, but if you let her dictate the emotional tone, she is controlling the interaction and not you. Your best bet is to show her you can do any emotions she does but bigger, more pure, and more positive. Don't bring out your weird, edgy or offensive side until she's bought into you and knows you're not a creeper. Say real shit to show you're not putting on a façade (I lose my wallet all the time, etc...).

Hook her At some point in the conversation, establish that you guys are "together." If she's showing interest, say something like "I'm really glad I met you tonight, we are definitely going to hang out." Don't say anything too grand like "you're my girlfriend now.". After you hook, you can press the gas harder and tap the brakes more often. Depending on the situation, you may have to hook sooner – if you're in a big group of girls and/or guys, you need to hook early.

Take the plane off, fly, and then land it Women want to fuck but are too afraid of rejection to approach guys or push the interaction, so you have to do it. You must show you are reliable and can pull off the whole process with no weirdness, awkwardness or making her feel shitty. Make her feel like the entire night is planned out and she can just stop thinking and enjoy the ride. Act like you know what you're doing and that you're a professional (girls say they hate players but awkward, unconfident guys are worse). Act like you know the game. Act like you don't need to manipulate or cajole her. Think three steps ahead and have a plan for the whole night. Transition everything smoothly - if you are going to the bathroom, tell her you'll be back (unless you need to slam the brakes for some reason). Don't ever let her feel like you abandoned her.

Back at your place

If she's ready to fuck, throw her on the bed and fuck her. If she needs some emotional escalation, put on a movie and cuddle up next to her. Watch enough of the movie to make her think that you might really just want to watch the movie, have some non-sexual conversation, segue to deep, emotional conversations, and then at an emotional peak, kiss her. If she's into it, stop a few times, keep chatting, and then go for a kiss again. After two or three false starts, start undressing her and/or rubbing her pussy. Sometimes really emotionally damaged girls don't want to kiss, but will respond if you start rubbing their pussy, so act accordingly.

If she turns you down, confidently acknowledge the situation (I sometimes jokingly say "I've never been turned down for sex ever", etc...), and then do a complete 180 emotionally, changing the subject to something completely

non-sex related (hey you wanna watch a cool video on Youtube?). After enough time has passed, escalate the emotions again and then when you hit an emotional peak, try again. If she turns you down 2 or 3 times give up.

If she wants to have a long conversation about whether she should or shouldn't have sex with you don't engage. I usually say something pithy and end it at that ("I am not going to judge you and who cares what society thinks."). If she's still struggling with it, tell her "I'll give you some time to think about it" and then go back into a non-sexual, deep conversation, hit an emotional peak, and then go for it again. If she says something like "you do this to a lot of girls" give another pithy response and don't let her dwell on it ("I am flattered you think girls want to fuck me. Not every girl makes bad decisions like you do.").

Have your own condoms that are big enough. After you are done, dispose the condom in an environmentally-friendly way, making sure that you don't lose any jizz. Pull out if you think it may have come off.

She won't go home with you?

Get her number. After you leave, text her something later that night like "great to meet you tonight, let's hang soon!" Two days later, text her about some random thing you guys did or talked about, but don't ask her out. Two days after that, invite her out but phrase it like this "I am going to be at X place at Y time. Come join."

Last word

All of this writing is useless. It's all true, in my opinion, but what's important is being there in the moment and feeling and breathing that energy. You can't go in with a script. This is all stuff that you need to know but don't expect it to happen overnight – you need to get caught up in the moment. But at the same time, you need to do what's right, not necessarily what you feel.

Go to my website: <http://www.woujo.com>

Follow me on twitter: <http://www.twitter.com/woujo3>

1,022
UPVOTES

Innocent men now can be ordered to inform police of sex they have 24 hours before it happens or face 5 years in jail (UK)

CHAD_J_THUNDERCOCK · 24 January 2016 · Archived copy · Reddit

tl;dr: Since March 2015 in the UK police have had the ability to prevent innocent men from having sex without finding out information (address, date of birth) about the woman and sending it to the police 24 hours in advance. One man was accused of rape and found innocent, but police have ordered him to inform them of sex he has 24 hours before he has it. If he does not manage this he will receive 5 years in prison.

<http://www.bbc.co.uk/news/uk-england-york-north-yorkshire-35385227>

A man cleared of raping a woman has been ordered to give police 24 hours' notice before he has sex. The man, in his 40s, who cannot be named for legal reasons, was acquitted in 2015 at a retrial after claiming the alleged victim had consented.

An interim sexual risk order, initially imposed in December, has been extended for four months by magistrates in York.

It requires the man disclose any planned sexual activity to the police or face up to five years in prison. The order - which was drawn up by magistrates in Northallerton, North Yorkshire, and extended in York - reads: **"You must disclose the details of any female including her name, address and date of birth."**

This limits his ability to have sex without giving some form of commitment to a woman and finding out more about her. It will be especially difficult for him to find out things like her address and date of birth. The man is 40 so how many women will openly talk about their exact age?

Obviously any one night stands or flings are out of the question. And hopefully any girlfriend he has does not wake him up to a surprise sunday blowjob.

"You must do this at least 24 hours prior to any sexual activity taking place."

It also contains restrictions on his use of the internet and mobile phone devices and requires him to inform officers of any change of address.

We don't know what exactly this entails but it might be to do with watching porn?

A further court hearing in May will decide whether the interim order should be made into a full order, which has a **minimum duration** of two years and **can last indefinitely**.

Its legal to create a lifelong sentence limiting your sexual freedom, even if you have committed no crimes.

The female instinct to force men into commitment before having sex is slowly being written into law, and this is a major first step. You will need a bit of commitment before many women 30+ are going to tell you their date of birth

Sexual risk orders were introduced in England and Wales in March last year and **can be applied to any individual who the police believe poses a risk of sexual harm**, even if they have never been convicted of a crime.

But at the same time we are told all men pose a risk a risk of sexual harm, and all men need to receive educational courses about rape culture. No politician is going to side with chauvanists.

First night lays from tinder/clubs/bars can be made punishable by 5 years in jail - all a spiteful ex girlfriend has to do is accuse you of drunk/rough sex to the police without evidence and get you an 'interim sexual risk order'...

1,021
UPVOTES

Girl is in a relationship with a wealthy alpha that maintains impeccable frame and doesn't put up with her shit tests. She feels neglected and hurt (hamstering ensues)

yamato403 · 26 October 2015 · Archived copy · Reddit

EDIT 1:

I'm glad that I finally stopped lurking and started to contribute to TRP. There have been very insightful comments and analyses in this discussion. Just shows us once again how vital TRP is to help us examine the pitfalls and obstacles a man faces in today's society, how to avoid and conquer them, all whilst becoming the best possible version of ourselves.

EDIT 2:

I have added the third and (so it seems) final update to this hamster saga below. Feel free to check it out.

EDIT 3:

I just saw that I got a "PM" from a user that has registered his account roughly 9 hours ago, telling me some new "intel" about this post and claiming he's 99,9% sure it's his GF that started these posts. He said

I cant post at the moment due to my novelty account but Id be glad to share some more insight into this and answer eventual questions.

I'm not sure what to make of this but if anyone wants me to pursue this further or refer him to them, just tell me and I'll bite.

Here's the original post ([archive.is/first](#)) and here's second ([archive.is/second](#)) and here's the third and final one ([archive.is/third](#))

tl;dr Wealthy alpha has a LTR that feels neglected (financially & emotionally) because her boyfriend lives life on his own terms and demonstrates impeccable frame during her shit tests. She complains about his "lone wolf attitude" on the hamster sub and the shitshow begins

BODY

he started to tell me that I should know upfront, since many couples in our age bracket don't discuss these topics, that he does NOT want to have any children EVER, does NOT want to get married EVER and he plans to stay independent with separate flats/bank accounts etc.

So this girl meets a fairly wealthy guy and starts a relationship with him. The guy doesn't fuck around and tells her what she has to expect and how this relationship will work out. He sets the terms early on – for the girl it is take or leave. Of course we all know she can't resist and agrees.

Marc does not care what other people think of him, he does not follow gossip or celeb culture or trends in general. He kind of lives in his own world. He has no problem doing things on his own (dinner, sports, going to the theater or museum etc.) and he thoroughly enjoys his solitude.

He's also the embodiment of a true alpha as she described his attitude here

As you might imagine from this, Marc isn't the "average" guy and he's unlike anyone I've ever met in my life.

Of course you haven't, honey. It's rare that one encounters a true alpha and he was giving you the tingles so hard

that you probably couldn't think straight.

But alas, nobody is perfect, so let's start to find the things we can nag and complain about.

He has almost no friends, only "acquaintances" as he calls them. When I asked him why he just replied that it's better to have one or two real friends that would take a bullet for you than a dozen of fake ones. I thought that was weird as I have many friends and enjoy my time with them and I think that having friends is a vital part of a fulfilling life

Yes, we all know women need a large circle of „friends“ to gossip and for external validation. Suddenly it's „weird“ when someone likes to have quality over quantity when it comes to relationships. We all know she's embarrassed in front of her social circle that her BF might come off as a weirdo or loser.

Well, it turns out my boyfriend is pretty wealthy. I'm not sure what his exact net worth is but it's certainly in the millions

Well, isn't that convenient?

When we went to dinner for the first time together, he told me, after splitting the bill equally, that he's willing to give me his time but not his money.

Oops, not what you expected? This guy knows the game and is protecting his own assets from the start; smart move.

I immediately found this a bit strange and thought to myself that I'm certainly not a gold digger and can support myself

Stong, independent (black) women incoming

And here's where my problems start. He spends all this ridiculous money on his furniture, flat, clothing and adventure trips but apparently I'm not even worth a dinner?!

How dare he spend his hard earned cash on himself?!

Don't get me wrong I'm not a gold digger and while I'm financially not well off, at least I can support myself. Sure I do get presents every Christmas, Birthday, Valentine's Day from Marc but I feel like I'm not really worth that much to him considering how he spends his money.

Yes what a tight and greedy guy. It should be mandatory law to buy women things they don't appreciate.

I cannot help to feel like I'm not that important to him considering how he constantly makes decisions without me (vacations, trips), and even refused to pick up the tab when we were dating?

He always knew my biggest dream was to travel to Asia but since I absolutely cannot afford it at the moment it remains a dream. Turns out he got his sister a 1 month trip to Japan for her 18th birthday. Flight, hotels and everything else covered

Treating his own family and blood to a vacation with all expenses covered, but not his girlfriend makes him an asshole that neglects her feels. Because working towards your own goals is apparently not en-vogue anymore.

As expected the hamsters all side with the poor and neglected girlfriend, reinforcing her beliefs, telling her how her boyfriend is immature, unable to commit to a „serious“ relationship and how it's unnatural not to live together, to marry and have children. Some even go as far as calling him a lunatic, psycho-and sociopath for not putting her first, and above everyone and everything else in his life.

The fact that he was always being upfront with his idea of a relationship and his girlfriend willingly spread her legs for 2 years is completely neglected.

She takes some of his „advice“ from this sub and confronts (read: bitches about) her boyfriend about these bogus issues of hers.

I got emotional and nearly cried, telling him I need a break and he acts so immature sometimes and doesn't consider my feelings at all.

As expected this doesn't end well.

Then Marc told me that he is not the type of guy to wait for anyone to make his mind up about him and that the relationship is best ended on the spot.

Her boyfriend keeps his frame because why wouldn't he? He's independent (financially & spiritually) and clearly has internalized abundance mentality.

In the end she feels like a big fuck-up and of course deep down she knows what a mistake she made and that she will likely never find a guy like him again.

What we can learn from this is to never let go of your frame, be your own man, live life on your own terms and fuck what the hivemind thinks about you. As you can see in the comments, if you go against the grain of „traditional expectations“ you will be labelled as psychotic, crazy, immature and dismissed as sad individual with deep psychological issues.

1,021
UPVOTES

18 Red Flags When It Comes to Dating Females

FeartheWalkingCuck · 2 July 2018 · Archived copy · Reddit

Since I've been studying personality disorders for a long time (especially Cluster B, C and NOS), I thought I'd give you guys some guidelines to avoid the trap of female narcissism, which is purposefully being enabled by the retards who rule this sick Western shit show. So let's get into this shit.

#1. She Serves You a List of What She Wants in a Man

When women give you lists of what they want in a partner, they usually do it because they're trying to appeal to your desire to impress them. They're trying to mold your behaviour into something that accommodates them, setting the terms for the relationship and warning you that if you don't try to please them by fitting into the box they've carved out for you, your chances of sleeping or entering a committed relationship with them are already forfeit.

Don't fall for the manipulation; if she tells you that she doesn't like men who spend their evenings in front of the TV whereas that happens to be something you do, the right thing to do is to tell her you'll probably not be a good fit, and be on your way; not compromise by saying that you'll reduce the time you spend watching it for her, or lie by saying that it's something you don't do.

#2. "I've Been Hurt in Relationships Before"

When someone tells you they've been hurt in relationships before, they're essentially trying to solidify the relationship with you before it's even started. They're trying to prevent abandonment through guilt and threats (see below), as they're terrified of reexperiencing the abandonment they suffered at the hands of previous partners (which actually started in early childhood with their emotionally unavailable fathers).

It's a way to tell you two things:

- if you leave me, that makes you a horrible person (guilting you into staying),
- if you leave me, I'll make a scene and potentially ruin your life (threatening/punishing you for abandoning them).

Healthy people don't make others responsible for their feelings and previous breakups, so take it as a sign that she might be unstable.

#3. She Has an Entitled Attitude

This might be one of several things; a result of the feminist programming that tells women that they're entitled to male servitude, an inferiority complex that stems from an inability to compete with men, or a bloated ego deriving from the heaps of attention she gets from hundreds of thirsty men on social media and elsewhere, especially if she's above average-looking.

If she expects you to pay for a date and scolds you if you don't, set an immediate boundary and make sure not to give in to her demands.

#4. She Dumps Her Emotional Baggage on You

I've dated girls with verbal diarrhea so bad you couldn't put a lid on it if dinosaurs started falling out of the sky. They couldn't stop japping about how bad they were treated by their previous boyfriends, what assholes their fathers were, and how unfair the world was to them from the day they were born.

I get that these thoughts need to be processed, but remember that your date is not supposed to be your therapist. If she doesn't have anyone else to talk to about these things or if the compulsion to share them takes the shape of a freight train that can't be stopped, she probably has unresolved issues of some kind that you shouldn't attempt to solve (as this will become your entire relationship dynamic if you start enabling it).

#5. She Has a Bad Relationship with Her Father

If you take one thing from this post, let it be that a woman's damaged relationship with her father is almost certain to translate to a damaged relationship with you. Whatever relationship dynamic she had with her parent of the opposite sex growing up, she'll seek to reproduce with the men in her life; meaning, that if the only way she managed to get dad's attention as a child was to give him the silent treatment, then that's what she'll do to you to get yours.

Also, I can guarantee that if she has any type of resentment towards her father, she'll project that resentment onto you as well.

Bad relationship with dad = get the fuck out of there.

#6. She's a Feminist

An absolute no-no in this day and age; telling you that she's a feminist is the equivalent of confessing that she secretly despises men and thinks everything with a penis is sexist. Women who claim to be feminists have been indoctrinated by the system to believe that they're victims of an evil patriarchy that seeks to keep them in the kitchen at all costs; they're hostile and competitive in nature, which negates any chance of having a polarized relationship with them.

In addition to that, note that a lot of narcissistic females tend to gravitate towards feminism because it gives them an opportunity to get back at their abusive fathers/partners; an unacceptable substitute for personal development work, as it's nothing short of obliterating the potential for healthy male-female relationships on a societal level.

#7. She Has No Sense of Humor

A therapist I've been following for years now talks about overseriousness as a sign of enmeshment; an emotional stiffness that results from unaddressed childhood wounds that are likely to make a relationship with her difficult. Overseriousness is often comorbid with high levels of reactivity, catastrophizing, and something that's called operational thinking (lack of colour in one's narration).

Bear in mind that I'm not talking about situation-appropriate seriousness here; cracking jokes at a funeral probably isn't what you want to be looking for in a woman either. What I'm talking about, in a nutshell, is emotional repression, and an inability to let loose.

#8. Love-Bombing, i.e. Too Much, Too Soon

Even though fears of abandonment don't necessarily translate to narcissism, they always translate to unmet childhood needs, which themselves lead to what's called attachment trauma, and pair-bonding difficulties in adulthood.

Healthy women will take their time to find out if you're compatible with them, whereas women with fears of abandonment will try to solidify the relationship with you as fast as possible (by offering sex, most of the time). That neediness goes back, once again, to their dysfunctional relationship with their father. Do not compromise.

Avoid.

#9. She's Vague About Her Past

There's a difference between secrecy and personal boundaries. Some people are intrusive, which is why it's important to not just divulge any information you're being asked about without questioning the person's motives. On the other hand, a symptom of mature adults is that they own their past experiences; they're not afraid to live up to their mistakes, or talk about past relationships/events in a mature way, even painful ones.

This is not to be mistaken with point number 2, in which I made a case that some women tried to solidify relationships with you by talking about their hurtful experiences with men, basically asking you to take responsibility for how they'll feel if you leave them. I'm simply talking about an open, honest conversation about the past here.

Also, the discussion should arise because you asked her, not because she spontaneously decided to tell you about it.

#10. She's Passive-Aggressive

Direct communication is a trademark of emotional maturity. Conversely, an inability to ask for what you want directly and nagging the living hell out of someone because they couldn't tell that you wanted them to pick the yellow curtain instead of the blue one, is a trademark of arrested development and possibly, narcissistic behaviour. Other passive-aggressive behaviours include:

- she can't confront you directly about something you did or said to her that she didn't like, and takes small jabs at you in order to "get back at you".
- she drops hints as to what she wants, and gets bitchy when you don't manage to mind-read her.

Any type of shaming, gaslighting or drama falls into that category as well.

#11. She Gets Defensive When You Shit Test Her

Because they're naturally wired to find the man with the best possible genes to bear their offspring, women tend to be selective when choosing their partners. Men, on the other hand, are hardwired to spread their genes as widely and frequently as possible without discriminating, meaning that they're not picky when it comes to procreation.

In today's gynocentric society, however, it's extremely important men learn to do just that; shit test women to separate the wheat from the chaff, as making a wrong choice could quite literally cost them their lives.

My advice is this: when women take small jabs at you to see how you'll react, mirror the behaviour back at them. You'll notice that most women can't stomach the taste of their own medicine at all. Another double-standard that should be exposed, but no one barely ever talks about. Oh, and if they get defensive and start shaming you: say thank you, goodbye.

#12. She Badmouths Her Ex-Boyfriends

Another characteristic of mature adults, is that they realize that it takes two to tango. In other words, both people have a responsibility in regards to the outcome of a relationship, any relationship, and dumping the entire responsibility of that outcome on the other person signals an inability to introspect and look at one's own actions. It signals a blind spot, meaning a defense mechanism of which there can be many: blame, responsibility displacement, projection, denial, and many more.

If she badmouths her ex-boyfriend, not only does that tell you that she's not the kind of person who takes responsibility for her actions, but also that she's going to badmouth you once she moves on to the next guy, which is bound to happen at some point.

#13. She Feels the Need to Compete with You (Not Feminine/Submissive in Her Attitude)

Contrary to what society teaches us, men and women are not supposed to be in a pissing contest with one another.

Remember that it's normal for women to be insecure; if they start acting out, don't take it as a sign that they're necessarily narcissists. Many decent women today have been taught that they should be able to do just as well as men in every aspect of work and everyday life, making many of them insecure about not measuring up to their male counterparts. That insecurity is a direct consequence of the system's feminist indoctrination, and should be able to be quelled if you just sit down and talk it out with them.

Healthy women will be able to be reassured that their inability to compete with you is not a deficiency, but a byproduct of human biology; unhealthy women will tear at your self-esteem to pull you down to their level, then trick themselves into believing that they're just as able as you are. That's the women you should avoid.

#14. She Has Addictions

The first thing you should know about addictions, is that they're usually used as substitutes for needs that can't be met directly, as well as shame-distraction tools. Even though women from functional families are susceptible to addictions too, addictions are usually reliable indicators that the family unit was damaged on some level. In other words, addicted females most likely had dysfunctional relationships with their fathers, and you know what that means if you've read point 5. Typical addictions in today's females include:

- Alcohol
- Junk Food
- Caffeine
- Tobacco/Weed
- Social Media
- Gossip and Reality TV

Then, if you're looking for a long-term relationship, it should go without saying that planting your seed in a sick body (and attached to a sick brain) won't do your son or daughter-to-be any more good than it does you.

#15. She's Glued to Her Fucking Smart Phone

Staying on the topic of addiction, there are few things in today's women that make me want to facepalm myself more than them being glued to their stupid phones all the time.

Trying to have a conversation with females whose brains have literally fused with their mobile devices is like trying to talk to a toddler riddled with OCD, ADD and Parkinson's at the same time. It's like trying to talk to Malcolm McDowell in that CO torture scene.

She's not going to hear you, and even if she does, she'll have forgotten all about it by the time you take your next breath.

If she doesn't value your presence enough to keep that stupid thing away for a couple of hours, or if she's so addicted that she simply can't do it without experiencing some kind of withdrawal symptoms, give her the boot

asap.

#16. Piercings and Tattoos

What goes for polluting the inside of her body, goes for the outside as well. Tattoos can signal one of four things:

- she's hiding herself because she's afraid of intimacy (red flag).
- she's promiscuous (red flag).
- she seeks male attention to fill an inner void (red flag).
- she's following a trend.

Unless you can determine for a fact that she was young and naive when she decided to modify her body, consider maybe keeping her around for a quick lay every now and then, but never, ever choose to put a ring on it.

#17. She's Trapped in Victim Mentality

Even though I understand that an environment can be toxic and hold you back from achieving certain results, I also understand that toxic environments can be moved away from.

If you hear a woman blame her environment for being unjust to females (which is extremely rare in Western society, where anything from schools to workplaces is designed to accommodate women), all the while choosing to stay in said environment, that probably tells you she's either looking for a pity party, or a free handout.

#18. Responsibility is Her Kryptonite

Finishing this list with a reminder more than anything else, just remember that women have every incentive not to be responsible in today's world; not only are they hardwired to avoid being too direct (as they can't confront like men do), but they're also conditioned, in this particular environment, to put the blame on men instead of owning up to their mistakes.

- It's the girl that doesn't show up on a date and blames you for not sending her a reminder that the date was happening.
- It's the girl that cheats and accuses you of making her do it, as though her mind and body were controlled by someone or something outside of herself.

It's the girls that haven't grown up despite being 20, 30, 40 years of age, which is becoming more and more prevalent in the gynocentric West. Do not negotiate with them; see them for what they are, meaning adult children, and move on.

*Edit: Formatting.

1,020
UPVOTES

Maximize your appearance before trying to become the Gandalf of social skills.

kennytrp · 6 July 2017 · Archived copy · Reddit

I'd bet my left nut most people here think reaching savant-tiers of social wizardry is the key to female attention. It sort of reminds me of a self-help forum where deep, analytical theories are being spouted left and right and taking action is delayed for better times.

Women are not so intricate and complex as you portray them. You don't need an opener that stimulates some latent biological urge and you don't need to break them down to micro-expressions and tonal shifts.

You want to get laid?

First of all, upgrade your wardrobe. Follow some Streetfashion accounts on Instagram and imitate their style. Put your own flair on it, but adhere to color schemes and don't wear baggy clothes. It's 2017, looking like you came straight out of a 90s rap video ain't gon' cut it - and FYI, I'm a huge rap fan.

The importance of clothes is often overlooked. Depending on the clothes I wear, I can go from looking like an absolute fucking bum to looking fresher than a fashion week in Paris.

Get a nice haircut that fits your head shape. Hair and clothes will make up 80% of your looks as a male. Extremely few, IF ANY, men look good with an oily Russian fringe haircut, a dirty wife-beater and oversized pants.

For reference: Look at any pussy-wetting actors who transform from jaw-droppingly handsome hunks to ugly ass bums from role to role.

Check out hairstyles on Instagram, Pinterest or go to some male hair advice forums on the internet.

Clear up your skin, get accutane if your face looks like a field of Pompeii volcanoes mid-eruption. Go to some skincare sub on Reddit for more information.

Invest in some physical accessories like bracelets, a nice watch and clean shoes. Also, stay fresh by showering daily, invest in some decent shampoo, some nice brand of perfume, a nail-clipper and some razor blades/electric shaver and maybe whiten your teeth if you've bathed them in coffee and cigarette smoke the past decade. Go to the gym. You don't have to look like Jeff Seid or Big Ramy. Just work out three times a week and eat accordingly.

Not that easy, huh? Analyzing and speculating won't give you a nice haircut and a fresh wardrobe. But I can promise you that if you maxed out your physical appearance this week, you'd get laid far more than any sleight-of-hand, psychological hocus-pocus.

If you're not gonna be the most genetically gifted man in the room, at least be the freshest man in the room. Everything else will fall into place. Dress nicely and look your best, get more attention from women, more attention from women equals more experience and experience with a tinge of common sense is all you need. No fucking opener in the world is going to net you any significant results if you look like Gollum, trust me.

Wanting to use psychological hocus pocus to manipulate womens' brain matter and biological urges is a bitter man's fantasy. It borders on the insane. Get that notion out of your head because it ain't happening.

If you can't get laid regularly with 6-8s by maximizing your appearance in the manner stated above, then you probably have autism or suffer from severe social anxiety, because literally all you have to do is act like a normal person and show some interest. For 8+? Still maximize your appearance but also work on your charm, smile a lot, be inviting to all kinds of people and proceed to expand your social circle.

1,020
UPVOTES

"If you must break, break into a weapon, not into pieces."

WarriorMonkMode · 5 November 2019 · Archived copy · Reddit

I remember the day like it was yesterday. Filled with idealism, I had clasped my dad's hand and confidently stated that I'd be there for him no matter what. "I'll **never** give up on you, dad!" He flashed a sad smile, but his eyes were bright.

Fast forward a year later. My dad is completely bed bound. Tube feed, breathing machine, dialysis, we live in a trailer in the armpit of town, we're running out of money, and he's having diarrhea. I am holding the diaper in my gloved, shit stained, hands.

I slumped to the ground, defeated, i muttered through tears: "I'm sorry dad, i just cant do this anymore! I just cant! I'm too weak! This isnt going to work! Youre not getting better!" And on and on and on...

He quietly looked on and said "just let me go son, you've done enough. More than enough. You have nothing to prove. Live your life."

It was at this time I remembered the redpill. The single most important lesson ive learned here is that "I cant!" really just means "I won't."

It wasn't that i couldn't do it, it was that i **didn't want to do it**.

My life flashed before my eyes. A life of chasing women. A life of seeking their validation. A life of my mother calling me an idiot. A life of hedonism and nihilism. A life where i wouldve sold my own father up the river just to be with a girl. A life where I've abandoned friends in their time of need, just for a chance to be with the newest oneitis in my life.

This is the man that my dad will leave behind. The sum total of his memories will be of having a miserable, pathetic wretch of a son who was so desperate for the validation of a women that he destroyed his own life to get just a taste. A son who wouldve crawled on broken glass just for a chance at one of these girls. And he couldnt even lift a finger for the **only** person that was there for him, the only person that was there when everyone else gave up, the only person that loved him unconditionally: his father. The last thing my dad will see is his son sobbing like a child in the corner at the age of 28, covered in sweat and feces.

All the sayings my dad had said over the years, that didn't register at the time, finally came crashing back into my mind.

"Anger is the poison you drink to kill your enemies, son."

"What doesn't kill you makes you stronger, son."

"Anger isn't evil, son. Even God got angry. It is only when you lose control that you will drown in it."

"Anger is a tool. A resource to be utilized. Right now, you're like an out of control fire, burning everything you touch and yourself. All i want you to do is learn to channel it. I want you to go from a fire to a laser. If you must break, break into a weapon, not into pieces. Don't become a slave to your anger. Become the master of it. Your anger isn't evil. It's not your enemy. It's a tool. Its letting you know that something in your life is wrong and needs correction. Anger and the pain that comes with it are your best friends, they're the only thing that will be honest with you."

Then, the inner voice we all possess within ourselves asked me this:

Are you ok with this!?

are you happy with this!?

aren't you a man!?

what happened to all that big talk from before!?

are you really going to leave things like this!?

did you forget your promise!?

the promise you made to yourself!?

the promise that you'd stand and fight!?

the promise to destroy your weakness!?

this is your chance!

prove to everyone that they were wrong about you!

but most importantly, prove yourself wrong. Get the fuck up and prove YOURSELF WRONG!

i could feel the adrenaline rushing through my veins. Despair turned into anger. A righteous fury. For the first time in my life, anger became a friend rather than an enemy. For the first time, i wasn't burning myself up in a fiery rage.

I grit my teeth, clenched my fists and stood up with my back straight and my head held high.

"You're wrong, dad! **Im not done. Im not even close to done. This is nothing to me. Im just getting started. Dont count me out. I'm a man, damnit. Im going to show you that, you fucking idiot! Im not going to have your last memories of me be the pathetic display you just witnessed.** Now just you watch! Im going to show the world it was wrong to count me out! I'm going to show everyone that they dont get the privilege of defining who i am or dictating when im at my limit!"**

"only i define myself. Only i decide when im done. Only i get to say when ive reached my limit."

Then I dried my tears and got my ass back to work.

Whenever you tell yourself you cannot do something, all it really means is that you wont. Just like when you say "things should be" when what you really mean is "i want things to be this way."

Life isn't fair. But it is fair in its unfairness. Thus life is fair in its unfairness.

If life isnt fair for you, *dont sit around and cry.* **make it fair, damnit.**

You cannot save anyone if you cannot save yourself first.

You want to be a hero? Become your own hero. Become your own best friend. Look out for future you. Confide in yourself. Love yourself. Trust yourself. Be happy with yourself. You have everything you need to succeed within yourself. Mother nature gives all of her children the tools they need to secure their own existence in this cruel world. Show yourself that you were wrong. Show yourself that the old you is dead and gone. Be brave and conquer your fear. Dont become a slave to your anger. **Use it! Do not waste it! Make all the pain and suffering you've gone through mean something! Make all the sacrifices you've made stand for something! Dont leave this world with a legacy of your weakness.**

Don't give the world the satisfaction.

be better than you were yesterday.

if you have to eat shit anyway, make it stand for something.

get angry and burn the weakness out of your soul.

be like fire: keep yourself warm, be responsible for yourself, and clear the ground of the rubbish in your life to make room for bigger and better things. And when challenged, don't be afraid to burn the whole world to the ground to get where you need to go. Make it so that your friends cherish you and your enemies fear, but either way they all respect you.

1,019
UPVOTES

Another Poor Bastard Finds Out His Wife Was a Whore For Everyone But Him

[deleted] · 27 June 2016 · Archived copy · Reddit

This is from the relationships sub earlier today. It's a long post that reinforces a number of ideas you'll see here. We see this same exact story, in its basic elements, over and over again, but I'm going to hit the highlights:

<http://archive.is/ct9D9>

After we got married, we moved in together and began our lives. I did my absolute best to be the best husband that I could. I tried my best to not ask her for much help with chores, and assigned them as needed: her taking care of the food issues since she was a better cook, and me taking care of the cleaning throughout the apartment. I kept up with my old "tricks" from my Casanova days and made sure to bring flowers every few days, the occasional dessert touch, surprise dates, and jewelry. I wanted to make my wife know that in our world, she was my queen.

Step 1: He provides a ton of comfort (beta) and no attraction (alpha).

She asked me on our wedding night how many women I had been with, and I told her I had slept with about 8 women for longer periods of time and had a little over ten one night stands. When I asked the same of her, she just laughed it off and said "I'm not as slutty as you." So I set the precedent in my mind that she probably only had sex with one or two guys a handful of times.

Step 2: I've only had sex with a couple of people, tee hee.

We would have sex a few times a week, but it was often me putting in most of the effort and it seemed like she wanted to only try the two most common positions. I asked her about trying new things, such as blow jobs, even butt stuff, but she said all that stuff was dirty and she wasn't as slutty as I was. Instead of being bothered by this, I kept up with myself, focused more on my hobbies and working out, while at the same time doting on my wife and treating her like my queen.

Step 3: Boring sex, indicative of her lack of attraction, and the guy trying to nice guy harder.

Over the last year, she has put on about 20 pounds. I never bring it up, but that is just one sign she isn't putting as equal an effort as I am to be attractive to one another. She isn't putting in the same effort as I am, as in my past relationships where girlfriends would at the very least give me baked goods, or something to show their appreciation of me.

Step 4: She gains weight and shows him repeatedly that she doesn't give a fuck.

Then our hero finds a GoPro folder on her computer hard drive by pure chance while **buying her a new fucking computer**:

I opened it up, and I saw about 50 videos. I was curious, and opened the first one, and she was holding the camera looking at it with a man standing beside her. They were giggling, and she called him "bar pick up #3". She set the camera down, and they proceeded to have foreplay and then sex. Everything that she didn't do with me, she was doing with this man, from blow jobs to anal, the whole nine yards. It hurt me inside. I went through all the videos, and counted 27 different men in total.

Step 5: Video evidence is found of her being a total fucking whore before she got with him.

I confronted my wife with the videos, and she had a breakdown. At first, she accused me of snooping and

digging into her private life, but I retorted that I'm her husband and was doing my job to fix her computer. **I thought to surprise her with a new computer and jewelry on our anniversary to hopefully open her eyes to how much I am willing to do for her and maybe spice up our sex life.** I said I understood why she wasn't willing to try something new because she was probably burntout from all the bar pick ups and coffee meetups she had in the past.

Step 6: Hamsterfest 2016.

Also note he was trying to improve his sex life by increasing beta above and beyond the huge amount he was already laying down, which obviously got nowhere.

I was so frustrated, so I slept on the couch. In the following week, I didn't try to initiate sex. I felt cheated and betrayed. My wife tried a few times, saying she will "try and remember" how to give blow jobs and do butt stuff, but I just told her I needed some time to think about all this. She even started bringing up how "we need to start thinking about children".

Step 7: She tries to control him with sex and jumps on the we need to have kids shit right away to try to lock him down.

What should I do? I really want to work on our relationship, but I just feel so betrayed. I don't feel attracted to my wife anymore, at first it was partially because because of the weight gain, but now it is more so knowing she lied to me about her sex life and how far she was willing to go with strangers instead of with me, her husband. I feel like I put so much, and am still putting in so much effort into our relationship on my part (keeping fit, showing her my love and keeping things interesting with different dates, and giving her gifts of appreciation) and she is not putting in any effort.

Step 8: Our hero is at the critical moment where he either figures shit out or gets pulled back into the bullshit.

I PM'd the guy and sent him to <https://therationalmale.com/2013/12/03/saving-the-best/>, which is basically the same situation, so maybe he can see the light. We'll see.

Monster Edit: Holy fucking shit. So I PM'd the guy like I said above, and he replied back with this:
<http://i.imgur.com/GkZBiJu.png>

I didn't want to say it on there, but I actually follow the red pill religiously. That was what kept me on track to strive to be attractive. But alas, I fell trap for my mom's ploy and had to resort to being married. Thanks for the reference, brother. I appreciate the consideration.

HO-LY FUCK-ING SHIT. Are you fucking kidding me?

Monster Edit #2: Apparently he saw this thread, and it seems that the replies woke him up:

Hey thanks for the analysis. It really put things in perspective and just jolted me. I am going back to the house soon, took an early day at work. I am packing all my things, and moving them to my cousin's house till I figure shit out. I should have known to play my dread game harder and stay aloof instead of making myself available for her. Before finding those videos this past weekend, I thought she was your innocent girl type, but AWALT. I see everything is tried and true, it just sucks that its probably going to cost me half my assets. Thank goodness we don't have joint bank accounts (or is she going to divorce rape me there too?). Despite following all the advice here, I succumbed and have suffered the consequences HARD. Not too late for me to pick up my life and move on.

I suggested he make backups of the videos to keep as much leverage as possible and do whatever he can to protect himself while moving forward. He replied:

I actually made three different backups, and a 4th in case she is following this on reddit. [list of places backed up]. The 4th is going to be my personal computer. I am literally at the house, packing my stuff now, getting ready to get out. I am going to tell her I will reveal the videos if she doesn't leave quietly and try to steal my money or my house. Thanks again for all the help brother. I was lost before, but now I am found.

This is pretty nuts, and I wish him the best of luck.

1,018
UPVOTES

I Archived The Entire Subreddit And Coded A Simple Website To Read It

dream-hunter · 8 October 2018 · Archived copy · Reddit

Link: <https://theredarchive.xyz/>

Preview: <https://i.imgur.com/BXXQOke.png> & <https://i.imgur.com/niDdoEW.png>

As a web developer that discovered TRP 1 year ago and is very grateful for the subreddit, I've always wanted to contribute here, but I never knew how, until now. After TRP has been quarantined, I feared it would get banned one day. So I decided to figure out a way to scrape the entire subreddit and have it viewed on a simple website.

I saw TRP's current backup of the subreddit and I wasn't happy with its design and hard-to-use website (and its lack of posts). So I decided to spend 8 hours trying to figure out how to scrape the entire subreddit and then code a website to view the posts as simple as possible.

Features:

- 160,035 posts from TheRedPill & askTRP & RedPillParenting & RedPillWomen & ThankTRP & becomeaman & altTRP & GEOTRP
- Comments (+ replies) included
- TRP's subreddit theme
- Search through all the posts instantly
- Lightweight and simple to use website & no ads
- DDoS protected and secured

Edit: Thank you for the amazing feedback everyone. I just finished scrapping RedPillWomen & RedPillParenting & ThankTRP and added them both to the website. Up to 1.5k posts added.

Edit 2: Almost every single post (around 64k) ever posted on TRP, from all the way back to 2012 till now, can now be viewed on the website.

Edit 3: Option to search through entire archive added; search through titles, posts, authors and even comments.

Edit 4: Every single post from askTRP, becomeaman and RedPillWomen (altTRP + GEOTRP) has been archived; that counts up to 60k posts since 2012. We are now at a total of 160k archived posts!

1,016
UPVOTES

A whole bunch of brilliant posts that didn't make it to the sidebar

[deleted] · 7 September 2014 · Archived copy · Reddit

So this sub has been gaining a lot of new subscribers lately so I reckon there's a bunch of newbies lurking about. While the sidebar is great and does a good job of providing you some of the basic groundwork that TRP works on, you might have missed some of the better posts if you only recently joined.

Here are the ones that really hit me the hardest that I saved when I was bingereading TRP material, as well as some recent ones.

<http://www.redditlog.com/snapshots/985049> The five stages of The Red Pill

<http://www.redditlog.com/snapshots/977901> Men are not happy

<http://www.redditlog.com/snapshots/977917> You are disposable. The world does not care about you.

<http://www.redditlog.com/snapshots/977945> 6 Harsh Truths That Will Make You a Better Person

<http://www.redditlog.com/snapshots/977949> She's going to get away with whatever she wants. Accept it. Stop caring.

<http://www.redditlog.com/snapshots/977953> Don't Be Like Bruce

<http://www.redditlog.com/snapshots/977957> What is The Red Pill and Why does it exist

<http://www.redditlog.com/snapshots/977961> Why women love assholes (an alternate view)

<http://www.redditlog.com/snapshots/977965> What happens when you drop a bunch of women on an island to fend for themselves?

<http://www.redditlog.com/snapshots/977969> Focus on you first. And second. And third. And...blah blah...Worry about women seventh.

<http://www.redditlog.com/snapshots/977973> Being controlling is for losers!

<http://www.redditlog.com/snapshots/977977> Tits or GTFO

<http://www.redditlog.com/snapshots/977981> Be a good person if you want but it won't attract women

<http://www.redditlog.com/snapshots/977985> Another take on why TRP is loathed by women: AF/BB has to be a secret.

<http://www.redditlog.com/snapshots/977989> The two most powerful weapons in a man's relationship arsenal: Stepping Out, and Walking Away.

<http://www.redditlog.com/snapshots/977993> The Female Imperative

<http://www.redditlog.com/snapshots/978041> The Red Pill is Pro-Woman

<http://www.redditlog.com/snapshots/978045> EVERY man must always follow The Rule

<http://www.redditlog.com/snapshots/978049> Women want a wedding, not a marriage.

<http://www.redditlog.com/snapshots/978061> Be selfish, dismissive, amused, and communicate less -- the keys to success

<http://www.redditlog.com/snapshots/978097> "Why Would That Matter? I'm The Girl"

<http://www.redditlog.com/snapshots/978249> There's a petition to get the youtube channel 'simple pickup' removed because talking to a woman, any woman, is 'street harassment'

<http://www.redditlog.com/snapshots/978361> new members, this is fundamental

<http://www.redditlog.com/snapshots/978433> She doesn't love you.

<http://www.theattractionforums.com/general-discussion/96418-man.html> Being a man

<http://www.redditlog.com/snapshots/978437> "I've been hurt in the past."

<http://www.redditlog.com/snapshots/978441> Refusing the "Gift"

<http://www.redditlog.com/snapshots/978445> You're the island, and she's the seagull.

<http://www.redditlog.com/snapshots/978449> A woman cannot tell you how you must proceed. She can only tell you what she wants to experience.

Enjoy.

1,016
UPVOTES

Turning her down

CMajorThe3rd · 9 July 2018 · Archived copy · Reddit

I was informed of something very interesting by a plate yesterday (lets call her Akiko).

She was laying in bed and I was rummaging through my fridge for something to eat after having a shower. I didn't feel like spending the afternoon with her - she had been hinting at going to see a movie together (I avoid almost any activity that could be described as a date with my plates once I get them spinning on less they start to fall off then a lunch date or a dinner might happen if me cooking at home isn't enough to stem their sway), I told her I had other plans.

"What plans" she asks.

"I have a meeting with a heavy Iron bar" I responded

..... Silence

"How about you help me with that secret mission of yours" (its a joke we share, making her cum from sex) she asks.

.....

"Nagh, Im not the kind of man to skip his meetings" "ok mister, your loss" she says with optimism.

.....

"You care more about yourself than you do getting pussy" she offers.

It hit me hard hearing her say that, she was right. I do care more about myself than getting laid, and it feels fucking empowering. I drove her home, we made plans to catch up again in a few days time to work more on my mission and parted ways.

- Never negotiate for sex.
- Never concede who you are for her will when it doesnt server both of you.
- Hold frame, even when you feel there is no need to.
- You are the prize, at all times.

1,015
UPVOTES

300,000 Subscribers. The Reddit Administration Tacitly Endorses Male Abuse and Denies its Victims

redpillschool · 29 September 2018 · Archived copy · Reddit

300,000 Subscribers. The Reddit Administration Tacitly Endorses Male Abuse and Denies its Victims

If you're reading this, you're probably already well aware that this week we hit 300,000 subscribers and Reddit Admin decided to "quarantine" /r/TheRedPill subreddit. This means that previous subscribers won't see posts show up on their home page. New users won't know we exist. You must type in the address and read an administrator endorsement of their counter-theory to TRP and accept the dangers of reading wrong-think before you can enter. If you try to do this on mobile, it lies and says the subreddit has gone private, innodating the modmail with requests for access so mod duties are effectively shut down because we can no longer attend to our daily mod duties.

It means that we cannot see how many subscribers we have, lest weak minds such as yours be convinced of alternative viewpoints – not based on argument or reason- but instead simply the number of people talking about it.

You'll notice the Reddit admin team were kind enough to leave us a message on our new splash page and sidebar giving us notice that we presumably were a forum about toxic masculinity, but that *they*, and only *they*, are the purveyors of positive masculinity. They then **explicitly endorse** Stony Brook University Center for the Study of Men and Masculinities whose executive director is Michael Kimmel.

One of Michael Kimmel's crowning achievements is to try to **debunk that men are victims of domestic violence**. He goes on to suggest that some evidence is simply false, that female-on-male violence is just *different*, and that it is **men who lose control, women are provoked**.

From an interview with Cassie Jaye:

It is not true, [...] that there's gender symmetry in domestic violence. That women hit men as much as men hit women.

Go ahead and **watch the video**- this quote is not out of context. While he doesn't deny *some* men are victims, he really doubts the numbers. And the Reddit Admin have just **ENDORSED THIS MAN**. Whoops.

I'm trying to remember where else I've heard hateful people **doubting numbers of victims**....

There is overwhelming proof that **men are victims of domestic violence** at least as much as women, if not more. Controlling for **all violence, men surpass women as victims entirely**, making the distinction of "domestic" misleading when men are by all means the target of the majority all violence and the victims of **almost all murders** No biggie, Michael Kimmel, it's an easy oversight to make **WHEN YOU HATE MEN**.

Reddit tells us that Stony Brook should give us insight into positive masculinity, but Stony's front page only has one reference to positive masculinity in the fight against domestic violence. And that's for men to join as **allies in preventing violence against women**. That's right men, **FUCK YOU THAT YOU MAKE UP 78% OF MURDER VICTIMS, FUCK YOU THAT YOU MADE UP 59% OF VIOLENT CRIME VICTIMS, FUCK YOU THAT 93% OF WORKPLACE DEATHS ARE MEN** Yes, that's right. /u/spez thinks that little of you that he wants your masculinity to be defined not by fighting these truths, but by sacrificing yourself to prevent violence against women.

Look, I couldn't have developed a story that confirms our theories any better than the reddit admin did. We've been saying this for a long time. Our society has been trying to define and frame masculinity under their own definitions and terms for a long time.

There is no female analog for the phrase "positive masculinity." This is because it's **SEXISM** to frame an entire

gender as toxic simply for being until they act to rise above it. But Reddit Admin, you done fucked up and just called men **TOXIC** because they were born that way. I'm sure you can see the irony here since you guys apparently think we're the sexist ones. But you know what, I think women are born inherently good, just like men. Where does that fit into your theory? (It doesn't)

We have always taught here to be wary of anybody trying to sell you their framing of masculinity. The only person who gets to choose what it means to them to be their gender is *–you*.

We focus a lot on what qualities help you with sexual and professional success. And in a way we do frame masculinity to some degree. But we also make it clear that how you use this information is *your choice*. You define what it is to be a man. You can take the advice here or not, nobody can take away your masculinity. Nobody can tell you you're not a man. Nobody can tell you that your born sexual characteristics are inherently toxic. And nobody here will prevent you from reading alternative opinions to that.

Well, I mean [/u/spez](#) thinks he can. But he really didn't think much about it before linking. Maybe they made a kickback from it. Or maybe he just asked his phone "okay google how do I become real good man okay thx" and linked the first result. I'd like to think he's more competent than that. But this move by their admin really makes me wonder.

Reddit is censoring us. This much we know. A quarantine is a form of censorship. We haven't broken any rules and they know it. Our crack team of moderators are quick to the draw on any content bordering on against reddit's TOS. **This censorship is purely ideological.** As is evidenced by their endorsement of Michael Kimmel. They simply do not like what we say.

The Admin really don't get it, do they? The reason we are growing so massively and gaining so much traction is because we make well-reasoned arguments and defend our points. Censorship, well, that's basically the antithesis of reasoned discourse. Who did they think they were going to be able to convince with this stunt?

I challenge the admin, [/u/spez](#), or anybody on their team to engage me in courteous, reasoned discussion to defend their assertions and endorsements this week, or to apologize and lift the quarantine. I promise to keep it 100% civil in an all-text debate of ideas with anybody on the reddit administration. I get the feeling nobody is going to be taking me up on this offer. This would be the action of somebody with integrity. I'm sure Michael Kimmel could make an argument that integrity is part of positive masculinity. **[/u/spez](#), you don't want to be toxic do you?**

The fact is, they don't have a well reasoned argument. They have an ideology and a social programming that makes them feel bad when exposed to ideas they don't understand and can't fully disagree with. Censoring us is akin to throwing over the chess board because you were losing and don't know how to use the pieces.

The official notice from Reddit happened at the exact time the Quarantine took place. The reason for our quarantine is as follows:

In this case the quarantine was applied for the high degree of misogyny present in this subreddit. To be removed from quarantine, you may present an appeal here. The appeal should include a detailed accounting of changes to community moderation practices. (Appropriate changes may vary from community to community and could include techniques such as adding more moderators, replacing certain moderators, creating new rules, employing more aggressive auto-moderation tools, adjusting community styling, etc.) The appeal should also offer evidence of sustained, consistent enforcement of these changes over a period of at least one month, demonstrating meaningful community transformation.

You'll notice that they do not give specific examples of offending material, or any concrete steps we could take to mitigate this. This is because the phrase misogyny is nebulous and holds a definition only to those who use it. There is no actual definition of misogyny, and therefore no way to defend against it.

Do I hate women? I do not. Do you? I sure would think people who actually hate women probably wouldn't spend this much time and energy trying to become attractive to women and meeting them. But that's what you get when words no longer have definitions.

We've been accused of an undefined crime, using an unpublished rule book and given a fake set of steps we can take to resolve this problem, all to present a facade of propriety and fairness. I don't think they're fooling anybody.

Our Timeline

First of all, I want the community to know we will be appealing this decision. But it's evident by the setup of the entire event that their private appeals process is a kangaroo court. We will be appealing via Public Letter and we will ensure all response to this will be published. Stay tuned for our appeal.

We will be soft-launching <https://Forums.Red> posting capabilities over the next week or so, but we will not be locking the forum on reddit. We will be doing this to test stability and new features. Our long-term goal is to stay on Reddit. We are going to do our best to do so, pending administration cooperation.

Notwithstanding, we will be moving forward with an eventual full opening of our trp.red / forums.red platform. We are focused on some major new improvements including the forums, a new tribes feature (for private groups), and more.

We will continue the archival process of [/r/TheRedPill](#), [/r/AskTRP](#), [/r/RedPillWomen](#). We are working our way from top-voted posts downwards.

If you would like to support our work making this happen and the associated costs, our Patreon is now here.

We also have a bitcoin address for donations. 1Hyyva2G5aCJwNqYToGoCCGATVNMB81zk7

Finally, we are asking moderators of other subs and other reddit members to stand in solidarity with us. Although you may not agree with what we are saying, I believe that we can all unite behind defending free speech and anti-censorship. Because of this we are calling for a massive, reddit-wide boycott, for just 1 hour. November 1st at 4:00pm PDT. [Join our petition now](#)

MAKE SURE YOU BOOKMARK AND REGISTER ON OUR OFFREDDIT SITE:
<https://www.trp.red>

1,014
UPVOTES

A List of Approach Invitations

Hector_Castillo · 27 July 2017 · Archived copy · Reddit

Saw a really good post put up about looking out for signals, both positive or negative. Wanted to share a few I've noticed over the years.

Maybe these are obvious to you, maybe some will surprise you.

The positive ones I call approach invitations.

The negative signals I call "fuck off."

Recognize either and you'll find a lot more success with approaches, especially during the day. Remember, women are women and that doesn't change during the day.

Their invitations might even be super obvious but you're not looking for them because your culture has programmed you to think of nighttime venues as the only houses of worship for sex.

Approach Invitations

- Looks at you for more than 1.5 seconds. Unless you have something on your face, she is signaling for you to approach or at least that she's interested. In most cases, don't hesitate. Immediately approach. Anything longer than this is the female equivalent of her saying, "I think your penis would look nice in my mouth."
- Looks at you more than once. A quick glance and a lookaway could be ambiguous, but a girl looking at you more than once? Bright green light. Approach. Women are very careful with whom they look at, as they don't want to *actively* draw unwanted attention from losers (though they will dress scampy as a passive strategy for attention, many of it unwanted, and then feign anger when they get it).
- If she's with a group of friends and they suddenly get quiet around you, this is a sign of attraction. They're nervous and submissive around you and you didn't do shit but be you. Introduce yourself.
- If she's with a group of friends and their volume suddenly gets *much* louder than before, this is also a sign of attraction; they're trying to get your attention.
- If she's walking close behind you at a steady pace, it's a yellow light. A girl who doesn't want to be in your presence will either speed past you or slow down so that you walk ahead of her. Look back and see if you can catch her eyes, smile, and hit her with a casual "hello." Sometimes she'll speed up then walk next to you for conversation.
- If she's walking behind you, speeds up to overtake you, but then slows down once she's in front of you, this is a big sign. She wants you to see her, especially her ass. Upgrade to super green light if she walks in front of you after the passover. She really wants you to see her ass. A casual, "Excuse me," into a compliment or introduction works wonders here. A girl did this once and I noticed a back tattoo. Asked her about it and she hooked hard. A few hours later she was swallowing my meat.
- If she's walking parallel with you and maintains your pace. A simple, "Hey, how are you?" suffices, since she's already in your bubble.
- If you're waiting for the walk light, train, bus, etc., and she moves from standing far away from you to closer to you, she's interested. Upgrade to super green light if it's immediately after you enter the scene and you notice her notice you.
- If a girl is standing around you and starts to look around aimlessly. Bonus points if she always seems to be interested in the area around you. If you want to be super sure and break your internal Matrix with how obvious women are, let her do it for a while but only watch her through your peripheral vision. You'll see her break the

act and go from looking "behind" you to a quick stare at you or even a full check-out. If you want to have fun, catch them in that moment and give her very strong eye contact then open.

- If a girl is in line with you or around you for more than a few seconds and sighs for seemingly no reason, hit her with a, "Having a bad day?" or make a dumb joke about the line. If there's something you can make any comment about in the vicinity, do it, even if it's dumb. The goal is to talk to her and she's verbally shown interest in talking to *someone* and since you're close it might be you.
- If she's around you and starts to stand on the balls of her feet or arch her back, she's feelin' girly and nervous. Muster your best deep voice and make her purr.
- If she moves her hair away from you and exposes her neck in your direction. Or if she plays with her hair at all, especially while walking towards and passed you on the street. Good video of a blonde chick doing this do Rory Mcilroy on the green. Check the Tube.
- If she looks at you then looks down when you meet her eye, you've got submission. Which is good.
- At somewhere like a grocery store, if she comes into your aisle and takes a strangely long time to survey the wide variety of fucking chicken or whatever aisle you're in, there's a good chance she's waiting for you to talk to her and then give her *your* chicken.
- If she asks you for directions somewhere, there's a good chance she's interested. Out of all the people on the street, she chose you. This is a yellow light, as she *could* just be asking for directions, but strike up a conversation and if she stays in it, she's down to clown.

A lot of these windows are quick and you need to act. The hotter they think you are or the more masculine/aggressive she is, the more obvious the signs, but even the most predatory women will get annoyed if you don't pick up on their signals. By being subtle women avoid looking low-quality/thirsty and it also weeds out pussies/clueless chumps. Don't be that guy. Pounce.

Now, just as they give out approach invitations, they also give out their fare share of "fuck off" signals.

Fuck-Off

- If she's wearing sunglasses or headphones, this is a passive "fuck-you" to everyone. Only the ballsiest of men will approach anyways. Get in her field of vision and gesture for her to take her headphones out. If you're hot enough, she'll be happy and even give you bonus points for not giving a fuck about the subtle barriers she put up.
- She looks at you and then breaks up contact *upwards*. She's communicating that she's higher value than you (or at least perceives that you are, which is all that matters to her). If she breaks eye contact to the side, it's a yellow light. Could go either way. Also, if her breakaway is overly dramatic, it's also a yellow-light. Could be genuine disgust or she's trying to play hard to get (either because she thinks you're out of *her* league or she's ovulating and is angry horny).
- She doesn't even make any eye contact with you or look in your direction while walking past you (you coming towards her and her coming towards you).
- She randomly "answers" her phone in your presence. This is a big fuck-you, especially if she spotted you checking her out moments prior.
- She sees you walking towards her and gets her phone out to text. *Maybe* it's her pretending to look busy/cool, but usually it's a "fuck you."
- Resting bitch face. Though, this one is ambiguous most of the time and I particularly like bitchy girls, so I'll

approach and even call her out on it.

- Doesn't return eye-contact as you pass each other.
- While standing around you is turned away from you. If she's interested, she'd usually give you some sort of invitation. Why? Because she noticed you. I promise. Women are hyper-aware of everyone around her. They *have* to be (the male human is both her greatest desire and the greatest potential threat to her safety).
- She's walking quickly and determinedly towards her direction.
- She's on your side of the street but switches sides as she walks towards you or notices you behind her/in front of her, and still continues to walk in the same direction.
- She's next to you on a busy street but then moves and puts a person or several between you and her.
- She chooses a spot in the coffee shop far away from you.

There are many more for both categories, but that should suffice to show you the general patterns of interest and disinterest.

However, there is one note that I've found to be really strangely true and has made me question my views on determinism.

If you see a girl and you find yourself getting excited, feel an extreme "pull" towards her, and find her breathtakingly beautiful (see: different from "hot"; that's your dick talking), I'd say there's a 95% chance that she will *love* your approach. Even when I was a newb and didn't really have any of my passive qualities on lock (fitness, fashion, hairstyle, etc), women who I found stunning would always give me really warm responses when I approached. I'd obviously fumble the actual conversation itself and either puss out and dip out too early or fuck up the escalation, but the attraction *was* there. That's not even game, that's straight biological symmetry (pheromones or w/e) or fate, if you're a hard determinist - either way, doesn't matter, it's a pattern that's too frequent to deny, in my experience.

I usually only approach nowadays if I feel that pull to her or if she gives me a signal, because after over 10,000 approaches, shotgun approaching tires me, but sometimes, if i'm the mood, I'll approach regardless of any bad sign, because fuck it why not. Sometimes you'll be surprised.

If you're hitting lots of walls with approaches, you're very likely ignoring "fuck-off"s and not looking out for invitations.

Hope this helps. Mostly applies to day game, but the signals don't change much at night, though they do get both more nuanced *and* more obvious at night.

Hector Castillo

1,013
UPVOTES

Read this if you feel depressed

TheScientist_Wink · 1 December 2019 · Archived copy · Reddit

Your mind seeks comfort. It will trick you into complacency whenever possible. You can rationalize excuses for not chasing what you want, but ultimately your reality is incongruous with your desires. This dissonance will build and inevitably manifest through depression, anxiety, and hopelessness.

Once you're here, it can become very difficult to escape. It can seem like the only way you'll ever become happy is if you have all the things you've ever wanted (multiple plates, attention and validation from girls and friends, etc.) The more hopeless you become, the further you feel you are from ever realistically reaching these goals. Taking a large leap like approaching a random girl or even going on a date from a hopeless state like this can cause gut-wrenching anxiety that makes it feel like you'll never be successful as a man.

The way out of this hole is incredibly simple. You have to fucking climb. It can be an inch at a time, but as long as you're making consistent progress, you can find solace in the fact that you will, by sheer will and inevitability, become a successful man.

There's no better way to suck the joy out of life than to convince yourself that you'll "finally be happy" when you've achieved X. Gaining 30lb of muscle will improve your life immeasurably, sure. Fucking a 9 will be gratifying, yes. But these accomplishments won't make you happy. When you've achieved them, all you'll think about is how they didn't live up to your expectations. This mindset will make you chronically dissatisfied. It will only push you further back into hopelessness. I know because I've been there.

To enjoy life is to enjoy the process. Gratitude changes everything. This may sound like self-help BS, but it's true. When I think back to my most content state, it wasn't mid-orgasm in some random chick. Some of my happiest days have been spent entirely in my own company, eating, lifting, and doing whatever suits me. Be grateful for the fact that you're able-bodied, young, and male. Be grateful for the fact that you have the opportunity to improve yourself physically, mentally, and socially. Be grateful for the fact that you can bring value and laughter into other people's lives. Shit really ain't that serious, dude.

Lift, meditate, and read. Play an instrument. Go for a walk. Pet a cat. In the long term, these are the things that make life worth living – not the attention of some vain 19 year old girl who spends her day on instagram. Chasing her validation will lead you absolutely nowhere. Sure, the prospect of sex can be exciting. But don't ever confuse that excitement with the promise of happiness.

The truth is, no girl can make you happy. If you're already happy, she can add to your life, sure. But if you feel truly hopeless, a girl's validation can only provide fleeting hope – a hope that will fade when she inevitably loses attraction for the weak, needy version of you.

I'm not gonna profess to be an expert on any of this shit. I'm very early on in this journey myself (I'm only 19 ffs). But I just recently began to pull myself out of a hopeless depression much like what I described, and I thought that someone could benefit from hearing this.

Stay strong boys, and keep climbing.

1,012
UPVOTES

Young Men & The Empathy Gap - "Young male suicide rates have increased 50% since 1994."

IllimitableMan · 18 August 2017 · Archived copy · Reddit

So I was reading an article on Psychology Today and was pleasantly surprised to read a rather red pill piece that was very much in line with **The Suffering of the Lost Boys** piece I wrote a few years back, be it that it's Psychology Today, I was expecting nothing but complete feminist tosh. But then Gad Saad and Roy Baumeister of Florida State have columns on there, so I suppose my preconception was wrong and they at least make a degree of effort to publish articles from psychologists all over the political spectrum. That aside, let's get into the analysis.

Everyone knows a young man who is struggling, either in school or afterward; "failing to launch," with emotional disturbances, in interactions with the opposite sex, or with drug use and gang activities.

He is observing the increase in boys and young men who are emotionally unstable, economically unsuccessful and incompetent with women. Low status males. The outlier here is the men who engage in gang activities, they very may well be emotionally unstable, but many have romantic and economic success. Regardless, they are all symptoms of the same thing - an absence of masculine influence in the lives of young men, an abundance of women in the education system and an epidemic of single motherhood leaving many young boys and men without any access to masculine influence. Gang activity, emotional instability, and an inability to talk to the opposite sex are byproducts of this.

In the animal kingdom, parents pass on their hunting skills to their young. The same concept can be applied to fathers and their boys. On the note of gang activity: many gang members tend to be from single mother households, and form the gang as a way of maintaining a male space to learn masculinity and climb what Peterson would call the dominance hierarchy.

Mass shootings have tripled since 2011, with the majority being carried out by young men, while young male suicide rates have increased 50 percent since 1994.

Here he tries to really emphasise the extreme degree of young male instability. Interestingly, the study he links to to support this statistic defines "young males" as aged 10-24 and the time range measurement for the occurrence of said suicides to be between 1994 and 2012. Suffice to say, at least one 10 year old boy somewhere out there found life so unbearable, he killed himself. Despicable.

Nobody sees investing in boys' development as "worth it" and as a result boys today are growing up and deciding that it is not worth it for them to invest their time and energy back into their communities. For many, virtual reality has become a safe haven, and in some instances more structured and rewarding than reality. Thus we see the emergence of terms such as hikikomori, diaosi, bamboccioni, and NEETs, along with the rise of movements such as Men Going Their Own Way (MGTOW). Who can blame them for wanting to opt out?

I think MGTOW is the outlier here. A lot of MGTOWs are divorced men who simply cannot find it within themselves to trust a woman again, and have decided to opt out. Sure, there are some young MGTOWs, but I'm not entirely sure they comprise the majority of that RP demographic. Would need to conduct a survey to see representativeness distributions by age, but he's pretty on point with the other terms. NEETs are "Not in education, employment or training" and the hikikomori is a Japanese phenomenon where people don't leave the family home and start their own lives, but stay at home most of the time in a state of extreme introverted seclusion well into their 30's.

The rotten fruits of feminism have led to boys who are poorly equipped to deal with the world as men, and as such they escape from the difficulties of life by anaesthetising themselves with video games and porn. People often attribute these things as reasons for the rise in male underachievement, however I believe this to be an inversion of

cause and effect, and that these things are rather the coping mechanisms of choice for dealing with the difficulties that face the young blue pill beta male, not the cause of those difficulties. The causes are mentioned by Zimbardo in the next paragraph:

Just one out of five elementary and middle school teachers is male, and fatherlessness in America remains above 40 percent. Among boys who do have fathers, the amount of time they spend in one-on-one conversation with their dads is only a fraction of the time they spend in front of a TV or on a computer, where they see men represented as emotionless warriors, hapless dads, or losers who can't get anything right. In other words, many boys are going from male-absent home environments to male-absent school environments back to male-absent home environments where they then watch toxic male role models on a screen; this begs the question: what kind of future are they supposed to envision for themselves?

He somewhat subtly says boys and young men are failing in life, killing themselves more and engaging in more delinquent behaviour due to a lack of masculine influence in their lives, and that single motherhood has a lot to answer for in this regard.

If you're interested in reading the full article for yourself, you can read it here:

<https://www.psychologytoday.com/blog/hero/201708/young-men-and-the-empathy-gap>

You can read my take on the subject here:

<https://illimitablemen.com/2014/05/08/the-suffering-of-the-lost-boys/>

1,007
UPVOTES

Don't be a slave

Archwinger · 16 February 2015 · Archived copy · Reddit

Society and civilization, for all the good they provide, slap us squarely across the face and rape us up the ass with one singularly painful drawback: to be a man in society is to be a slave.

Society's path for you - for all of us - is clear. To placate us with pornography, sports, alcohol, video games, creature comforts, the illusion of a path to success, the illusion of remuneration for our labors, while extracting maximum productivity from us until the day we die. We trade something priceless, that we will never recover - time - in exchange for something governments around the world have made up - money. We then spend that money on pornography, alcohol, overpriced food, creature comforts, a nice apartment or big suburban home, a fancy car, fancy clothes, cable television, cellular telephones, fake wooden furniture, fifty trips to Bed Bath & Beyond for clutter our wives think is cute, and then we need to get paid again. The endless cycle of sacrificing our very life essence for more of this worthless stuff continues.

The true beneficiaries of our labors? The women and children we support. Feeding yourself is cheap and easy. Feeding a family actually isn't that hard either. But supporting a wife, one or more children, and all of the stupid shit they think they need? Shit you would never buy if society hadn't convinced your mentally pliable family that everyone ought to have it? Painful. That diamond engagement ring you got your wife? Four months' salary - 640 hours of sitting at a desk somewhere if you're white-collar, or doing something backbreaking if you're blue-collar. That suburban home? 40-80 hours a month to pay the bank, 95% of that payment being interest on a six-digit loan. You'll be done paying that off in 30 years. That's about 60,000 hours of work, give or take. Paying for your kid to be in little league? That's a few extra hours a month at the office. A bigger chunk if you have to buy some equipment this month. That queen-sized bedroom set with matching dresser, nightstands, and an awesome memory foam mattress your wife loves? There goes an entire month at work, plus all the overtime you put in before Christmas, plus your Christmas bonus. Every trip to Pottery Barn, every time your wife logs into Amazon, 20 bucks here, 50 bucks there - don't think of that as dollars. Think of that as your time, your sweat, your blood, your very life essence. Every time your wife logs into Amazon, she's spending **dozens of the limited hours of your life** in about ten minutes buying birthday presents for her friends' kids and baby shower gifts for her cousins. You're working like a slave so that she can win social points within her circle of friends.

And when she's out with them spending your money on ten-dollar cocktails, she's badmouthing you.

Why does society care about you supporting your family? Because if you didn't, society would have to foot the bill. And for many people, society does. Your government takes 20-40 percent of that worthless money you sacrifice your life to earn and spends it supporting people who aren't you. Once a year, they make you do a bunch of paperwork, and if you figure out that you've actually given them too much money over the course of the year in the form of an interest-free loan, they give you a chunk of that money back, without interest. You feel like you've won the lottery! What a great government!

From the day we're born, we're raised by weak-willed, self-important, narcissistic, feminized parents - each generation worse than the last. We're placed in schools that indoctrinate us into a culture of rules and socialized behaviors, that teach toward standardized tests and focus the entirety of their resources on bringing the dumbasses of the world up to just slightly below average. The slaves-in-training that rattle their chains are diagnosed with disorders that just a few short decades ago didn't even exist, and are force-fed mind-altering drugs to curb their disruptive masculine impulses. Not that long ago, disliking school, homework, studying, and sitting still for 8 hours at a time was pretty common for an eight-year-old boy. Now it's a psychological disorder. Being a boy is a psychological disorder.

By the time we hit puberty, we've been taught that sexual impulses are evil, and our only shot at a decent life is to do exactly what we're told, buckle down, finish school, then spend massive amounts of money (or accrue incredible debt) going to more school, where in the pursuit of a degree, we take a few required courses to learn that nine

tenths of us are apparently rapists and that for generations, we have oppressed and enslaved women. Thank God all of us are in that other ten percent. When all that's said and done, it takes us forever to finally find gainful employment, despite all of our education, and we don't earn that much more than we would have without it. But we're happy to have any job so we can finally start buying all of the shit we've been told we need, to demonstrate what great providers we'll make for a family one day.

Because that's what we're told our goal in life needs to be. We've done it all to prepare ourselves to one day meet a good woman, marry her, have kids, and support a family. If you're not married and taking care of a family – good care, not just passable care (meaning lots of money, not just adequate money! Only losers have a savings account or save for retirement.) – then you're not a real man. You're just a child. What's that? You don't make the required minimum salary of \$5,000 times your age? Don't worry. Nowadays, you don't have to save money until you can afford to buy cars and furniture and televisions. You can just get them now for 29.99 a month here, 59.99 a month there, 74.99 a month there, and pay them off in 5, 10, 20 years. Whatever. You can start saving for retirement a little later, and have that big-screen TV now, right? I mean, surely you won't be working until the day you die to buy shit for your wife, right?

Meeting the right woman is pretty hard nowadays. Women are waiting a lot longer before getting married, even though they sure do seem to spend a lot of time at bars and clubs and house parties and girls' nights looking for the right man. And they sure do seem to have a hard time figuring out who's a good provider versus who's just good-looking. A lesser man might think they're just putting off marriage and fucking hot guys until they're too old and the hot guys don't want them any more. But that's an evil line of thinking.

If you expect a woman to like you, spend time with you, maybe even have sex with you, simply because you're a great guy who treats her well, that's sexist. You are to approach a woman with your head bowed, and beg for the privilege of picking her up in your fancy car so that she can judge your wealth, then taking her out to eat and to participate in entertaining activities. Only if she finds you sufficiently interesting does she deign to spend further time with you, at your expense. You are to ask for nothing of her and to expect nothing of her. You're essentially buying her time with no guarantee of sex, kind of like an escort. Deep down, you wonder if that muscular guy from the club she used to date before you had to do all this before he got any.

Eventually, most guys who really want to get married will find someone to support. And even though 50% of marriages don't last, we all think we'll be different since we're serious about marriage. We're going to take good care of our families. We're not going to cheat. We're going to work hard. We're going to treat our wives and kids like queens and princesses and princes and give them the best life we can, even if it means sacrificing ourselves in the process.

And even though our wives piss all over us and minimize everything we do for them and badmouth us when we're not around, we're okay with that. That's just playful banter. It's funny. TV sitcoms tell us it's funny. And if we ever stop raising the bar and stop doing more and more for them, we're greeted with anger, seething hatred, blazing disrespect, and threats of divorce, so we promise to do better.

And then we're surprised when we learn that a lower libido in marriage is not, in fact, normal, and that our wives' libido is quite healthy. At least it is when she's fucking some loser from her part time job. And that it doesn't matter how much we gave or how much we loved or everything we sacrificed, or which party cheated on who. She gets the kids, the house, the majority of your assets, and if the court-ordered check you send her every month is a single penny short, you go to jail. So even after your wife leaves you and takes your children, you're still supporting your family from afar.

But don't worry. You just didn't meet the right girl. That one didn't work out. Don't be bitter. Marry another one and support her, too. Love's more important than money anyway, right?

1,005
UPVOTES

Proctor & Gamble loses \$8 Billion, decides maybe war on men was a bad idea...

redpillschool · 6 August 2020 · Archived copy · Reddit

<http://archive.is/ZTnhK>

1,004
UPVOTES

A Little Mistake That Cost My Best Friend 5 Years of His Life.

IamGale · 25 March 2016 · Archived copy · Reddit

Summary: IamGale here, the psych and marketing guy of TRP, I'm going to tell you a very personal story of loss, suffering, and recovery. This is the story of my best friend. He's very close to me and this is his journey. You're going to learn a lot from this tale.

I first met Nick when he 12 years old. We related on so many levels that we instantly connected. He was shy. He loved drawing, painting those little Warhammer figurines, and played GTA just like me. Since I loved all those things we quickly bonded.

But Nick was a little odd. This story starts when we're both 16 and at highschool. Despite the fact that he was incredibly tall for his age (6'3) and decently good looking, Nick never really expressed himself at school.

He would just become a chameleon around other people. A wallflower. He never expressed his own opinions because he had crushing low self-esteem and would hate when anyone judging his ideas. So Nick parroted everyone else. He was a mega follower. At least in school.

He made me promise to never tell anyone, but Nick led a double life.

While at school he was on the basketball and football team, but he led a completely different life at home. You could say he followed *Law 38: Think as you like, but behave like others*. But it ate him up inside. All his "friends" shat on the kids who played computer games. So he hid that part of his life, despited that he was a huge gamer! This is where the downwards spiral started. He thought he had to follow the crowd and couldn't be open about what he wanted to do.

He told me he went to go see a psychiatrist once. They had this conversation:

"Were you happy as a child?"

"I don't know... I don't remember being happy."

And we talked about that response. For Nick, it was normal to feel empty. In high school, he started getting into drugs, binge drinking at school, all while never talking to girls. Unfortunately, he developed bad acne and became very self-conscious so Nick became quite the recluse. There were periods where we didn't talk for months.

But he would tell me when he started new projects and it wasn't good...

See Nick lived a double life online. He played this computer game called Runescape, a massive online browser multiplayer game.

Runescape became his fix. It was better than weed or drinking for him. He spent literally every minute he could on the game improving his character. And it wasn't a good influence because he started to get into dark stuff.

He told me later that he had these schemes of scamming people online. He would hack and sell these Runescape accounts on weird niche forums.

I only found out later that these weren't schemes. That he actually went through with it and made money from it.

I was getting scared for Nick. I thought I might lose my best friend to an online video game and to the dark places of the web. I didn't know how far he would go. He said he wanted to buy stolen credit cards online and order thousands of dollars of stuff from amazon (he pussied out of this one).

When I was at his house, his mom would beg me to help him. She would beg me to get him to stop playing. Nick's mom had tried everything to stop him. She would take away his computer, cut the internet, stop feeding him, but

Nick always managed to get back to gaming.

What's surprising is Nick never went full Omega. He continued to live this weird double hacker life. He still played basketball and football for the school. He didn't even like those sports, but Nick really wanted to fit in. And it would help him go to parties.

In an ideal world, I think Nick would have wanted to be a really popular high school kid. But instead, he just got by. He wasn't great at basketball, but he was tall. He wasn't great at football, but he was big. He wasn't great socially, but most people left him alone.

But things turned around for him.

I thought Nick was finally going to break free from his anxiety and low self-esteem because of this one event.

After March break, Nick comes over and tells me he just had the best and worst vacation of his life.

His family went to a Dominican all-inclusive resort for Christmas and there Nick met two girls. This was very unlike Nick because he was a complete virgin and shy guy before this.

But Nick told me how he hooked up with two girls! With a giant grin on his face, he tells me that he basically fucked a black chick.

We're still in high school at this point and I was impressed. But Nick was really nervous around girls, so I knew there must have been something more to this story.

This was the bad part that would eat away at Nick for years to come.

He told me he hooked up with two girls but that each time the same problem came up. Each time he couldn't get it up. But he tried so hard and he was so nervous throughout the whole thing.

He told me got a hand job from a girl but he just couldn't get hard. And then the girl left him there and he just felt so ashamed.

Then on another night, he brought this other young black girl back. She was down to have sex but again--he couldn't get it up. He told me he went to the washroom looked at himself in the mirror. And started screaming at himself. Just berating himself how he was a fucking loser. He was just getting angry that he couldn't perform.

I think he thought that he might never get the chance to get laid. He thought the world was going to end in 2012 with the Mayan Calendar and thought he would die a virgin... He was a little too into conspiracy and didn't have much confidence in himself.

And he was right. Nick wouldn't get laid again until many years later. But that didn't stop him from getting oneitis on this dumb girl for the rest of high school.

Nick started doing bad shit.

He apparently created a bot net of Runescape characters to make money for him... He continued to scam people online and would buy random shit on eBay with the money he was making.

He even started doing this at school.

He'd offer to write essays for his friends, but secretly he would outsource the whole essay to this outcasted overweight girl.

He started drinking in school. Smoking Weed after school. I thought this was kind of stupid. We had a fight over this that went like this:

"Yo, you need to get drunk for philosophy class, it's awesome."

"You're becoming an alcoholic at 16."

"Fuck you, come drink with us."

That's when I lost touch with Nick. See Nick got some street cred because he would pick up at the liquor store for other kids. Since he had his older brother's ID and was really tall, he had a high success rate. I felt bad because I was the first guy to pressure him to go pick up.

Nick was scared shitless the first time he did it... But we peer pressured the hell out of him and he went through. He became our guy to pick up, but he took it a little too far. He started picking up all the time.

At this point we kind of lost touch. He got caught up in the outcast crowd and continued to live his double life.

Next time I talked to him was on our Prom bus. Around 20 of us bought a bus to take us to prom.

Prom was the biggest disaster of his young life. I've never seen him cry as much as he did on that night.

We were on the bus and Nick was going to town with the tequila.

And Nick finished a whole mickey of Tequila before he even got to prom! And like an idiot he left it in his jacket pocket. The security guards caught him, and wouldn't let him into prom.

He started screaming like a 5-year-old at the security guards. Our principal even came down and just looked at him with the worst shame. After screaming failed, he balled up and cried. Then he vomited and cried some more.

His mom came to pick him up and apparently he balled the whole way home.

See Nick's secret dream was just to be popular and get laid in high school. But by getting barred from prom, this became impossible for him. His dream was shattered. He was shattered physically and mentally.

But the funny thing is Nick didn't remember anything after getting on the bus. His mom and I had to tell him what happened and I just felt bad for this guy.

After that, we both went to the same University and this trend continued there. Unfortunately for him, his skin got way worse. He developed severe acne and eczema on his face. He wouldn't leave his room. To make it worse his hairline receded heavily...

The only thing that made Nick happy was playing that game Runescape

But then in the summer, they banned him. Apparently they did an investigation into his bot net and scams. They permanently banned all of his accounts.

This crushed Nick more than prom because he spent the last 3 years perfecting all his character. He was more in love with that game than with his life.

He told me there was nothing left to make him happy. It took him a year to get over this, which sounds a little ridiculous but he really created a close connection with this game.

It wasn't all bad. Nick got into making cool YouTube videos and he soon found his replacement fix. He started making gaming and short goofy films and some of them got really popular on YouTube.

Nick craved validation and all those views made him happy.

But because he had really low self-esteem he never read any of the 100s of comments his videos got. I told him he was being ridiculous, but he didn't listen. One bad comment would overshadow dozens of good ones in his head and so he just never read them. He couldn't handle it.

You see for years Nick never really lived. He never got the validation he was seeking in real life.

He lived under his own self-imposed prison. While a lot of people praised *Law 38: Think as you like, but behave like others*, it crushed him. Other than me he never told anyone about what was really going on his life.

He bottled it up because he was so concerned about what other people thought of him. He had trouble making new

friends and would wait until people talked to him. His solution was to always go with the flow and avoid conflict at all cost.

He had the regular desires of a teenager. He wanted to get laid, have lots of friends, make lots of money, but that never really happened for him. He just binged watched TV shows and stayed in.

While he's not terrible looking, Nick believed he was ugly.

Apparently when he was younger people said he looked like he had down syndrome and he kept repeating that insult in his head.

He would take constant pictures of himself to see if it was true. When he got acne and started losing his hair and got glasses... Well, that didn't help. But there was a glimmer of hope for Nick.

Nick started going on Reddit a lot after he got banned from Runescape. He loved the seddit subreddit because he dreamed of being one of these PUA gods. Of course, that never happened because he hardly approached anyone, but it became his main fantasy.

I told him that he probably need to take care of skin, fitness, first but Nick just liked to fantasize.

Nick became an armchair theorist lurker. For years, he would read this shit and never apply it. And he would just complain about how shitty his life was... It was hard to hang out with him.

And so all throughout his youth, Nick never really lived.

It was so sad because his low self-esteem kept him from fulfilling his potential. Luckily, Nick had something that kept him going. He had dreams of impacting millions.

He wanted to create stuff that millions of people would watch, read, consume. He wanted to have an impact, and that dream kept him going during his darkest days.

During the dark days where we would go months without speaking to a girl.

The worst part was that Nick had no one to talked to... He really couldn't make new male friends and it was sad because he'd just feel empty.

I remember when Nick had a birthday party for himself. And almost no one showed up.

He started texting people begging them to come. He was even begging people he wasn't even friends with to come. I told him, to screw those people and that we could just enjoy the night together.

But in his eyes, he was "unpopular" and the fact that no one came to his party proved that fact to him.

He took a theater class to open up more, but he just couldn't connect to anyone there. He couldn't act for shit. He had difficulty showing emotions. He theorized that he had Aspergers (which was bs) because his social life was so shitty.

But he did make one new friend who made his dick hard

Nick got his first girlfriend in University! And started having sex for the first time. Man, he was so happy. He was finally living part of his ideal life. He couldn't believe he had been missing out on this for 18 years... And he got to have sex before the end of Mayan Calendar. But you know what happens to beta guys in relationships. Yea... they get whipped.

Suddenly, he spent all his time with this new girl. She became his life. Her friends became his friends.

Nick was just an extension of her life.

I told him to watch out, that he should get his own life and stop glowing over how great his girlfriend was, but he dismissed me. He was happy and he didn't want to fuck it up. But time fucked it up. Soon Nick would tell me about how his girlfriend wouldn't have sex with him... He wouldn't admit this because he still thinks kindly of her, but —

for months she used him for emotional validation.

He wasted most of his time at University with this girl. It was only until his senior year that Nick really stopped wasting his life.

He discovered this weird new subreddit and started making radical changes in his life

In our last year of University, he discovered this new subreddit called TRP. You might have heard of it. He started lifting regularly. Then he started acting more confidently. He started asking for raises at his job. He started demanding more from girls and stopped being a pushover.

He stopped being a beta and broke up with his girlfriend. He started getting plates, and he started making more movies. Some of them started to win awards and got national press coverage.

Nick changed his life when he started hustling and started being honest with himself.

He started listening to Joe Rogan, Tim Ferriss, Mike Cernovich, and hundreds of other amazing male role models that got him motivated to fearlessly go after what he wanted.

See Nick's mistake was that from 16-21, he was a follower.

He consumed but hardly created. He mindlessly went with the flow of life.

That mistake cost my friend 5 years of his life. Now years later the guy is a real hustler. He skins is way better and he's in great shape. He's on finasteride and minoxidil for his hair. He's following his own life, creating his own plan, and lives by his own values. Don't let 5 years go by. I challenge you to live by your own plan right now.

But I have a secret to tell you:

Nick wasn't my best friend.

Nick was me.

1,004
UPVOTES

Here, a 14yo girl explained it to you

AreOut · 15 May 2019 · Archived copy · Reddit

<https://www.youtube.com/watch?v=m7bplfghJMs>

1,003
UPVOTES

Successful people aren't Demi-Gods with insane willpower and incredible productivity skills. They are normal people who understood the importance of the small seemingly insignificant daily disciplines. They understood how these disciplines leveraged with time could make them unstoppable

Joeycrackem · 3 March 2018 · Archived copy · Reddit

The Slight Edge

So what separates those who become successful in life with those who achieve nothing. The answer is in the simple daily decisions we make. Leveraged over time. The answer is the Slight Edge, a concept popularised by Jeff Olson, and his book called 'The Slight Edge', (must read btw)

Animated Video Post

Before we die, we would have made millions of decisions throughout our lives. Many of these decisions being seemingly insignificant during the moment; Deciding to go for a jog on a rainy day or sitting at home and watching TV, Reading a self-improvement book or PK'ing some noobs in the wild, putting yourself out there and approaching girls or fapping to porn at home.

We often believe in the Quantum Leap fallacy, the idea that success happens after huge bursts of willpower or some sort of divine intervention. You have seen it before, the friend who joins the gym for a month and expects to look like Dwayne Johnson. How about your other friend who invested in bitcoin and now patiently waits for his billions?

It's easy to see why this happens, we live in an instant gratification society. We assume that results should come quickly in everything we do. If we want it, we get it. If you want some food you can hop on Uber Eats and order the burger, if you want entertainment you can hop on YouTube and watch an endless amount of prank channels, if you want a Vinyl wall decal of half an Asian businessmen Amazon can deliver that to you within 3 days. No really, you can buy that shit... It's got pretty good reviews too. The moral of the story is that our brains have been programmed to expect results fast, it's even in our movies. You watch Rocky and you can see some bum become a boxing champion within the span of 2 hours. Or for the ladies, they watch that Greys movie and see some average do nothing bitch getting it on with the billionaire guy in a fucking dungeon.

The Truth About Success Isn't Sexy

Well, the truth about achieving things in life is not so sexy, it's nothing like the Rocky montages. This isn't a movie. Success stems from the mundane, it stems from the boring choices that you make daily that don't appear to matter much.

Having one cigarette at a party doesn't really matter much, it most likely won't do anything to your body. How about having that one cigarette a few times a week multiplied by a couple of years. Brah, now your lungs are exploding inside your fucking chest like Walter White.

How about making the choice to exercise three times a week, every week? You do it for one week and not much changes, you are still fatty bomb stick and that double chin is still gerbiling like a turkey. You leverage those 3 workouts per week over 5 years and you look better than 95% of the population you might even add a couple of years to your life.

That's the Slight Edge, every single decision you make regardless of how small it might seem in the moment when leveraged over time creates your life. You are always moving slightly up and getting better with time or you are

moving down and degenerating.

An easy way to illustrate this is by understanding the 1-degree mistake. In aviation, precision is a must and if a plane flies 1 degree off course it will miss its target by 92 feet for every mile it flies. If a plane flies from New York City to Los Angeles and is off track by 1 degree, that plane is going to end up being 50 miles off course. You need to respect your daily decisions as seriously as a pilot respects his bearings.

Fat Pizza Bitch

I remember ordering pizza the other day, when I opened the door to grab it I was shocked at what I saw. The girl delivering the pizza was a girl I went to high school with, the last time I had seen her was 5 years prior, back when she had an athletic body, fast forward to now and she was as fat as a walrus. Goddam this bitch was HUGE! I wondered how she let herself go like that. Why would you intentionally become a walrus?

Then it hit me! Right before high School finished she told me about scoring a job at Pizza Hut. Clearly, she didn't get obese overnight, but you multiply all those nights in which she took some left-over pizzas home and munched on them like the cookie monster munches on cookies leverage those nights with time and you get an extra 60-100 pounds to her frame.

So, why does this happen?

Look, no one wants to get fat or get lung cancer, but human beings are notoriously myopic. We have a hard time grasping abstract concepts such as the effects that small actions have when leveraged over time. It is much easier to grasp the effects of big actions, it's easy to understand how doing drugs could ruin your life, but it's hard to comprehend how the Pepsi you drink every day might have the same effect on your health in the long run. It's easy to understand how gambling at a casino can affect your finances, but it's harder to understand the long-term effects of your credit card debt or student loans. Our brains always default to the easy concepts that they can understand, while omitting things that are slightly complex. Now consider this, the things that will improve our lives are easy to do:

- Meditating for 15 minutes a day is easy
- Reading a non-fiction book for 20 minutes a day is easy
- Exercising for 30 -40 minutes a day is easy
- Getting 0.1% better at your craft a day is easy
- Saving a little bit of money/ putting some in investments is easy

However, all these things are just as easy not to do. Your biology is against you. Your body wants to preserve energy for survival. Your body doesn't know that you are no longer in the stone age, it doesn't know that you have goals and aspirations. It doesn't give a flying fuck about your higher ideals, so your default mechanism is to resort to the easiest option- not doing anything, staying in bed and watching videos about '\$17 fried chicken vs \$ 500 fried chicken', (is anyone else addicted to this Buzz feed 'worth it' series?)

Areas To Focus One

So, what can we do to have the Slight Edge work in our favour? The first thing we can do is to bring more awareness into what we expose ourselves to in our lives. I have four main areas that everyone should focus on:

- Stimuli
- Associations
- Food
- Mission

Stimuli:

You should take some time to consider what type of stimuli you are allowing to seep into your life. I am talking about: The shows you watch, the music you listen to, the websites you visit, the books you read, and anything media based. Consider everything, are these things elevating you? Making you smarter, more aware? Or are you becoming numb, disengaged to life because of these things?

Associations:

The people you hang around with, how do they influence you? Do they make you step up and become the best version of yourself, or do they disempower you? Are they achieving things in their lives and making things happen or are they 1 degree off course and bringing you down for the ride? How about the quality of women you chase? Are they adding value to your life, it worth the stress? Sometimes the people we hang out with are killing us slowly, perhaps it's time you re-evaluate your circle of friends.

Food:

Yes, yes I know your KFC double down burger is delicious but is eating a burger with two pieces of deep-fried chicken for buns every day really serving you? When was the last time you got your blood-work checked mate! Your cholesterol must be higher than Shaggy from Scooby Doo. You guys do know he was high throughout the whole show right? Pay attention to the things you put into your body daily, if you keep eating and drinking the way you do what would you look like over the next 5, 10, 20 years? Some of you might not even last that long with the shit you are eating.

Mission:

Do you have a mission in your life? Do you want to be an entrepreneur? A doctor? The best league of legends player in Oceania? Consider your daily disciplines, are you doing the small tasks daily that are needed to realize your mission? Will your vision be realized or are you waiting for the quantum leap to happen like in the movies?

The slight edge is real, it's based on mathematics, it's so simple and yet we ignore it. It's time you start paying attention to your daily disciplines. It's not exciting, but the small things are what build up to shape our destinies. When you look at any success story, don't be so quick to play the luck card. Investigate and see if the Slight Edge was at play, it usually is, it's just that no one wants to talk about it.

1,003
UPVOTES

Deleted Instagram; Banged Instagram Model

KeffirLime · 28 May 2018 · Archived copy · Reddit

I've seen a lot of posts and questions regarding Social Media on here recently, so I thought I'd give a little insight into my Social Media cleanse and the corresponding results it's had on my life.

I had a fairly decent following (6k) but deleted my account for the following reasons:

I was pissing away time on it. Up to an hour a day, just looking at other peoples lives. Mostly women(I couldn't give a shit about updates on other mens' lives). I'd be scrolling through my feed, looking at women I found attractive, but wasn't fucking, basically orbiting. I never liked or commented on their posts, as they had enough of that going on with half of India's population commenting 'Nice bobs and Vagine" or a horde of 12 yr old's commenting "Suck my dick baby". It became clear to me that this is generally the standard of man that lurks around, liking pictures, validating, showering them with attention when these women have nothing to offer besides their tits and ass. Yet they sit on their Social media throne getting ego muff dives. I was no longer going to be a part of this.

Unless you're a social media Chad, a wealthy man, showing a top 1% lifestyle, and a big following, you're basically the virtual equivalent of an orbiter. No woman ever logged on Instagram and saw Billy, with 12 posts and 152 followers, liking pic number 45 and a timid "Hey" in the DM's and thought wow, this guy seems like a real prospect.

I have gotten some pussy off Instagram before, but weighing up the time investment, and my general disdain with Social Media in general i deleted it.

Fast Forward two weeks and I'm out at a Beach Bar celebrating a friends Birthday. It's Late, things are dying down and i spot an absolute beaut. Tall, Petite, Perky Ass, Fake tits(but well done). A real looker. My mate tells me she's a girl he's seen on Instagram, whips out his phone and shows me. She looks even better in the pictures. Has a 110k strong following.

We were at a table with bottles, this generally seems to attract women like flies to shit, especially high status women. They want high status men, they're not as concerned about your looks as lower HB women. I'm the best looking of our group, so I stood out, and we're making eyes. I hop up and go over and introduce myself, I'm chatty and cheeky in general and make some light conversation. I start turning the conversation more sexual, trying to draw her in. She's fairly receptive to my advances. Music stops bar closes, i'm not quite at the point yet where I feel she'd come home, my phone was dead, so I told her to take my number, I don't think she's too used to this but seemed to like the cockiness that i would ask a "girl of her calibre" to do that. She took it and she went back to her friends, i went back to mine, we all went home. Later that night i recieve a smiley face, so i know she's fairly keen.

I didn't respond that night, i waited until after work the next day. To which she replies "I thought you forgot about me". We text a bit back and forth, she quickly asks what's my Instagram, I said i don't have it, she asks Facebook? nope not that either. I set up a date for later in the week, (told her I'm only available then). She agreed.

We meet up and the chat is flirty, she asks why I don't have Social Media, I told her my life is interesting enough i don't need updates on others. She attempts at some point during the night to show me her Social Media, i decline, i said, "lets stick to the real world for tonight". I think at this point she was realizing that she wasn't going to gain any favor from me through her Social Media following.

The realm where she was queen and men bent at the knee for her didn't even feature in my life. She was no more to me than any other women i could be on a date with. She was going to have to gain my attention in other ways. Coupled with this she told me she couldn't do her usual social media vetting of me(because obviously i don't have it). This added to the Mystery i had going for me. She didn't know who I was, Who my friends were, What i did for a living, or how i spent my time. Even on the date i was very vague about everything, joking and deflecting when she asked questions.

We were a bottle of wine down and the sexual tension was clear. She was wanting to order a cocktail, and i told her to skip it, We'll rather make them back at my place, I said "I've got a better view anyway"

The rest is History.

Lessons:

- Unless you're showing a great lifestyle, you're just another lurker, follower
- You're wasting valuable time on Social Media that could be used far more constructively
- With HB8-10 woman you can be as jacked, good looking as you want, they're looking for status
- Mystery, maintain it at all costs, her hamster will fill in the blanks
- Stand out, she had built up a huge following on Social Media, but with me this meant nothing, it immediately leveled the playing fields and she had to win over my favor in other ways
- Take time texting her, don't be too available, a woman of this caliber is simply not used to it

1,003
UPVOTES

Female blogger unknowingly confirms TRP principles to a tee.

crunk_cat · 16 August 2018 · Archived copy · Reddit

Didn't believe TRP before ? Well read [here](#) and take it straight from a real girl's blog. This article shows TRP principles so clearly that I honestly would have thought its fake if I didn't look into the rest of the author's blog and her twitter. For context she is 29, single, and desperately wants to settle down; she looks decently attractive for a 29 year old. There was a time where I would have read something like this and felt bad for her; but with the red pills lens on, I just laugh.

I have been single for the past nine months. Before that brief relationship nine months ago, I had been single for about two years. That is a long time to be alone right? I take complete responsibility for that extended period of "singledome." I was finding a new job and really I was finding myself again. I was not feeling confident or content with my life and I was scrambling to figure that out before I brought anyone else into my life.

2 years alone at your late twenties is so scary as a woman. Sorry I chose to prioritize my career, money, and freedoms over men.

My beeeautiful friend whom I shall call Em, is single as well. She has a far different dating life from mine. No two year treks of singleness for Em. Em hasn't been lucky in love yet either, but perhaps she is more lucky in love than I am. She does at least meet men *she wants to see* more than twice. One thing I should mention is that Em isn't exactly "looking" to meet anyone at this very moment.

Ok Em, ok.

Em is hotter than men and she can still pull chads, I'm kind of jealous.

Being single in your (very) late twenties is hard. A couple of months ago we went to a minor league baseball game, after a lot of rambunctious cheering I received a ball from a player with his phone number. Never one to turn down a baseball player, *wink wink* I text him and we all met up with him and his friends at a nearby bar. The night was long, hilarious and made absolutely no improvement to my love life. This brings me to problem number one of dating in your late twenties.

Turns out the baseball guy just wanted some ass and not to put a ring on my finger. I still fucked him though.

You are no longer 24. Being 24 and being 29 are vastly different. At 24 I was young, naive, full of hope and open to all possibilities. Cute and funny guy with no real job, ehh he'll get one! At 29 I am cynical, low on patience and know exactly what I want.

At 24 I loved getting pumped by bad boys with no jobs, they even had a ton of tattoos! I loved being obsessed with them and I expected nothing in return; I was getting the tingles hard. Unfortunately I'm 29 now, cynical from being used in my youth, and I know exactly what I want now: financial support and babies.

Problem number two...

You are over meeting men at bars. Remember when you wore tight skirts and four inch heels every night to impress a bunch of men at a bar that were really only trying to sleep with you? Long gone are those days. It's a win if you fix your hair at 29. Meeting the same intoxicated, over confident bachelors has lost its appeal. Not to mention there is still a crowd of 22 year old girls with tight skirts and perfect contouring at these bars. Who has

time to compete with that? You work FULL time at a job you probably hate no less.

Just LOL. Wow....

I remember 24, when I wore my slutty tight short dresses and my fuck-me-heels for a bunch of bad boys and chads so I can get railed hard by the hottest one I could impress. I cant do that anymore :(At 29, its kind of too much effort to even make my hair look good now. While I'd like to pretend that I don't like getting sexually used by hot bad boys anymore, my real issue is that I just cant compete for them anymore with some many hotter younger girls around.

All the education and career I prioritized in my youth ended up landing me a job that I hate anyway. I don't like working, I want a breadwinner.

Problem number three...

You don't have the energy you did when you were younger. It used to be easy to hit four social events in one weekend. But between work, the gym, sleeping and running errands you are struggling to make it to one now. Being a grown up is no joke! There is so much to get done all the time. You don't want to spend valuable hours sitting at a restaurant, hoping an attractive man will walk through those doors and sweep you off your feet. You want to know where these men are going to be dang it!

AND SO DO I!

I feel so tired, busy, and "grown up" now, I'm not that girl anymore. I'm so busy, lets be real I'm only keeping up with my gym routine until I snag a provider. Why can't I just sit on my ass and wait for a prince charming to sweep me off my feet ? Fine I know its not gona happen, at least I want to know where and how I can snag a clueless beta.

AND SO DOES EM!

She just doesn't know it yet.

I believe other women are feeling the way Em and I feel. So, I have decided to help you all out. I am going to do a lot of research and work for you. I have already read too many articles to count today on the best places to meet single men. Good single men. In addition to the research articles I found on the web, I have collected data on places and events good men go to. Basically, I just asked good men. They know where they go better than anyone right?

You think this is just me? I know my peers are feeling this way too when they hit 30s. My hunt for the "good single men" (read perfect beta chump) is just beginning. Here is a blog to help other women land theirs too.

EDIT: I had her twitter tab still open and decided to scroll all the way. Look at these two gems [here](#) and [here](#) . Good luck to your future beta chump !

EDIT2: Someone inboxed me [this](#). This blog is gold, read the description for "the safe bet" she dated while keeping what you read here in mind.

The guys she has dated:

The Safe Bet

This guy isn't horrible. He is nice, he adores you in fact. And you like him because well, he isn't a threat. He could never do better than you! Finally, after the beating your ego took with the player and the narcissist you can be the adored one. And no more worrying every time a pretty girl walks in the room. Then over time you

will realize this man may meet lots of nice bullet points on your list, but you aren't that into him and he doesn't realistically meet your "top tier" qualifications for a husband, you just let him slide on account of the fact that he liked you SO darn much. He's history.

DONT BE THIS GUY ^. If TRP wasn't clear to you, it damn well should be now.

The Player

This guy just can't keep it in his freaking pants. He is charming, too charming, but usually equally stupid. He is hitting on you and your best friend at the same bar, in the same night. Yes, I actually dated this dude (several times). Has little going for himself except that he is a fast talker.

The guy she wants:

Is it weird if I've dated these same types more than once? So let me describe what I am looking for in case you know him and aren't in love with him yourself. He is tall, dark and handsome. Those were a given right? He is a super confident man, that likes to workout, loves to stay in, understands the massive amount of time I have to spend with my mom. Loves God, has a grown up job, wants to have children, doesn't fit into any of the above mentioned categories. Must be driven in all aspects of his life. Bonuses: he is handy (good with tools) and funny.. actually funny may be a requirement, is my list getting long? Must be able to 1. love my dogs 2. handle a girl with a big mouth and a lot of attitude...my mom, obviously! Fine...its really me with the mouth and the attitude.

EDIT3: Replaced the two blog links with their archive versions in case she deletes them. I want people to learn from this as long as reddit is up.

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UPVOTES

Wife had threesomes, lied to husband about it. He found out and handled it in the most RedPill way.

needsomehelp3211 · 23 March 2015 · Archived copy · Reddit

TL;DR of original thread: Wife had multiple MMF gangbangs in college, then met a "nice guy" to settle down with afterwards. Didn't mention anything about her past to her husband. He found out through a mutual friend and was shocked.

Well, she updated today. After much reflection, her husband handled the situation by maintaining perfect frame and taking decisive action. I'll let her words speak for themselves:

Basically he feels that he was "conned" (his word) into the marriage, saying that he wouldn't have even dated me, let alone married me, if he'd known what he knows now. His view of me has been irreparably changed and he no longer sees me "as someone worthy of being [his] wife". (quoting him here... fucking prick) Beyond the sexual aspect, he says he no longer trusts me because I "kept something this big" from him our whole relationship. Nothing I could do or say could convince him that these were past mistakes and not reflective of who I am today. He wasn't angry with me, didn't call me a slut or anything like that. Never once raised his voice. Part of me wishes he did, although I can't exactly say why right now. It felt like I was being laid off from a job.

She *wanted* him to yell and scream like a beta who's not in control of his emotions. She wanted him to display weakness so she'd feel better about herself.

But he didn't. He remained calm, stoic and in control the whole time - causing her to fall into self doubt and confusion. Well played, sir.

My husband owns multiple businesses and wouldn't get married without a prenup. I signed it, honest-to-god thinking we'd never, EVER have to use it. Well, he had the fucking document with him this morning. He said he'd pay off the remainder of my student loans, which he isn't "legally obligated" to do. While I appreciate that, I am going to meet with my lawyer this week and see if the agreement can be challenged in court.

Smart guy to get a prenup before getting married. Notice that the woman **STILL** wants to challenge it in court. Even after lying to her own spouse about sexual deviancy, even after he **agreed to pay off her loans in an act of generosity**, her greed can't be fulfilled. She wants more. She wants half his money and his business.

The lesson of this story is twofold. 1) Don't allow your emotions to rule you - rule your emotions instead. Notice how his maintenance of frame led to him having the upper hand in their social interaction. 2) **GET A FUCKING prenup**. If you absolutely must get married (which is a terrible idea according to most established RedPillers here)... if you absolutely must tie yourself down legally and financially... have a backup plan. Women don't need this, the courts are already stacked in their favor. But we do, because men are the ones who make the money and innovate through business. And therefore men are the ones who are targeted when it comes time to split assets during a divorce.

Bonus quote just posted a few minutes ago:

It's totally a troll post. Reads like a Redpill fantasy. No way a real woman manages to fit every one of their sick stereotypes.

This is the beta's way of coping with reality. Examples of women behaving badly? Must be a RedPill troll! Such an easy explanation for every bit of evidence that we manage to throw at them.

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UPVOTES

2 old sluts just sat next to me at the bar and started telling me I'm cute and flirting with me. They asked where my girlfriend was, when I said "I don't date" they started going off on me saying "I'm on the wrong road" and that "I just hit it and quit it" I said

Oftowerbroleaning · 19 March 2016 · Archived copy · Reddit

Well, I just kind of try to do my own thing, I go to work every day, workout every day and that because I'm only 24 I won't even hit my prime for 10 years, why dedicate the best years of my life to someone? I explained that I have friends with benefits when they started criticizing me for being at a bar alone, (I just stopped for a couple drinks on my way home after work) They started preaching at me how I am on the wrong path. I mega-triggered them when I said, "what's the right path? Getting married so in 15 years my wife and her friend can go out on girls night and hit on men half their age?" (which is what they were doing) they left within minutes. I just thought this was a funny experience that you guys would appreciate.

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UPVOTES

Girl I orbited drove 300 miles one way to sleep with me. TRP lessons work, let everyone on the outside call them whatever they like. This advice works.

UnqualifiedPilot · 13 February 2019 · Archived copy · Reddit

I used to work with a girl named “Ciara” at a retail store. We worked together for about 3 years. During that time she was very very attractive and your typical college girl. Slept around a lot while saying she wanted a long term committed relationship and eventual marriage but still just fucking around.

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I, on the other hand, was a fat virgin video game playing comic book reading boy. I orbited her for years. I drove her around in my car and talked to her about her boyfriends and shit. And I never understood why she didn’t like me. I just couldn’t see what I was not why the world reacted to me the way it did.

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I’m leaving out a lot of details about me because they aren’t exactly relevant to this specific story, but Ciara moved away after college and we remained friends in social media. We never spoke anymore but we’re still friends/followed each other.

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About a year after she was gone I hit my lowest low and was very close to suicide. I can’t remember if it was Reddit or somewhere else, but I remember someone making the argument to me that I had nothing to lose anymore and to just spend one year lifting, reading a few books and internalizing the lessons they tried to teach, and eventually building a better wardrobe. The typical advice that’s doled out on a daily basis, nothing magical.

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I don’t know why, but I just decided to try it. I was probably scared of death and saw this as a way to procrastinate, honestly.

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At any rate, a few months passed and I started to see progress. I was 340lbs when I started at 5’10”. Literally for about 6 months, I would just sit in my car outside the gym and I’d have to force myself to get out and go in. I was embarrassed and ashamed of myself to have gotten so big and disgusting.

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I’m proud of the fat that each day, I did it. I got out of the car and went in, did my workout, and read a bit of the books that were suggested to me.

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I still had low and difficult days, but I was moving forward.

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Fast forward. 150lbs gone. Diet infinitely better. Wardrobe is much much better. And as a result, I feel more confident because of the mountain I’d just climbed and I also look a hell of a lot better. My dad was 100% a “Chad” to the point where one of his more unstable “plates” literally murdered him.

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And with all that work, I finally unearthed what I inherited from him as far as genetics go. I lost my virginity and was dating and had friends and hobbies and got a new career. So yeah. That all worked.

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But then one day I posted some photos on my Facebook of me the day I got hired by my airline to celebrate. There were pics of me in uniform and of me at the gym and it was basically an album of photos that showed me how far I'd come.

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I posted this to share with friends and family because I felt very proud of what i had accomplished.

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Guess who commented and then messaged me.

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Ciara.

.

She messaged me and complimented the progress, was super interested in my new career, said we should catch up. At first I was thinking, oh, she's just being a friend. She legit just wants to catch up. That's cool.

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I was already about to be in Chicago for a wedding shortly so yeah, let's get together, Ciara. I fucked her literally every single day I was in Chicago. She came to MY hotel.

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Again, maybe it's the naive "blue pill" kid in me, but I thought that was it. But she kept texting me and snapping me nudes and talking about sex and I'd rarely respond because I'm not going to Chicago just for sex.

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So she gets mad one day and sends one of those passive aggressive texts saying she hopes I had fun using her and turning into an asshole. I was already annoyed at the time so I responded saying I'm not interested in a long distance relationship and I'm not coming all the way to Chicago for sex.

.

Immediately she changes her tune and is apologetic and does that baby thing where she apologizes and admits she's wrong but still wants to look like the innocent baby. Women do that shit a lot.

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So then she says that she knows I said I wasn't interested in a long distance relationship, but what if she came down here. So I said, "it's not like I wouldn't let you in if you showed up at my door."

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And she actually made that ~300 mile drive in the winter to come to my house and fuck me. I legitimately could not believe it when she was snapping me pictures of her driving.

.

I never met my dad but I half way wanted to call him and say "you're not gonna fucking believe this"

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The gas, the day off of work, the mileage on her car, it's fucking cold outside...just for dick...but it wasn't just for dick.

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Because guess who wants to “try the long distance thing”?

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“You’re a pilot you can be in Chicago anytime you want. We already know each other you can just stay with me while you’re up here and we can play house together and see what happens.”

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That’s a literal quote from a text she sent me.

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There is not a single chance I would ever ever ever date Ciara. She’s boring to talk to and not even all that hot, just a nice body and decent face. And a nasty attitude when she’s not happy.

.
And, just like I couldn’t see that I was a fat unattractive slob, she can’t see she’s one of the most unappealing relationship prospects ever. I’m 26. She’s 28, turning 29 in July. She has a super slutty background and a nasty attitude and she’s extremely materialistic. I guess this is the downside to wanting your former orbiter. I know too much.

.
So I told her I wasn’t interested in any relationship. And just like I continued to offer my time and money and friendship years ago, she’s planning on coming back down to stl in a couple weeks to fuck for another weekend when we’re both off.

I wasn’t even aware of The Red Pill until recently but my relationship with Ciara and the way it played out is insanely textbook so I felt compelled to share it.

To the younger men reading, it works. People can call it hateful or toxic or sexist or pathetic or whatever...but it works.

And if it’s stupid, but it works, it’s not stupid. Get to work on you and women will make it easy.

Book list EDIT(remember, it’s easier to read than to do. Books are only the first step):

How to Win Friends and Influence People - Dale Carnegie

Meditations (I know it’s a cliche book to suggest at this point, but just fucking read it and internalize the lessons. Again, it works.) -Marcus Aurelius

Make Your Bed- Admiral McRaven (this one is the shortest and easiest to read. Straight to the point and clear. Possibly my favorite lesson I’ve learned is from this book. It’s the chapter on “sugar cookies”. It’s worth buying just for that lesson, in my opinion.)

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UPVOTES

Friend goes on a large group trip overseas, watches as 90% of the girls cheat on their boyfriends

HighCliffRunner · 9 August 2017 · Archived copy · Reddit

I don't think there is any doubt left among us that if your SO decides to travel without you for an extended period of time that she should be plated or nexted. However, for those left that are still skeptical of this concept, or thinks what I'm saying is overly paranoid, please read carefully as I describe one of my good friends' recent Red Pill awakening.

For context: My friend Tom is a good looking, highly intelligent guy in graduate school studying geology.

Tom decided to sign up for a 5-week geology field course in Scotland this summer. The group of students in the field course comprised of about 20 guys and 17 girls. 10 out of the 17 girls had boyfriends.

After a long day of hiking and studying, the group would sleep in hostels or set up camp in the countryside, drinking and laughing around a game of cards or a campfire. On occasion, they'd even travel into Scotland's bigger cities for a night or two and enjoy the nightlife. It was really the time of his life, being able to travel in a foreign country while studying something he loved with people that shared a primary interest of his, drinking with them until the sun came up. But his time spent in Scotland was educational in more than just an academic way.

Tom is no idiot when it comes to girls but he vastly underestimated what alcohol+fun+isolation can do in combination when it comes to "unavailable" women. By week 3 of his trip, one-by-one, 9 out of the 10 girls with boyfriends had cheated.

The girl Tom hooked up with had a boyfriend of five years waiting for her back home. She proceeded to follow Tom around like a puppy for the remaining weeks, mate guarding and trying to convince him to be in a long-distance relationship with her when they returned to the states. Obviously, this was all done in an attempt to rationalize the fact that she just cheated on her boyfriend of five years. She wanted to be able to justify her actions, tell herself that she had met someone more special, that it was fate they had met halfway across the world and fell for each other. But alas, Tom did what every other guy on the trip did: pump and dump.

All those girls will go home to their boyfriends, bellies and vagina's filled with other men's cum, and lie to their faces about how mellow the trip was, explaining how much they missed them as they plant a kiss on their boyfriend's mouth with the same lips that were wrapped around a different dick just days before.

As horrible of a story as this is, I'm happy Tom was able to see this kind of thing for himself and be on the good side of things as "the other man". While he did walk away with some serious trust issues, hopefully, it will prevent him from being cucked in the future. This was a really harsh reminder that I know I needed as well.

TLDR; Friend goes on a 5-week trip overseas with a group of guys and 17 girls. 10 out of the 17 girls had boyfriends. 9/10 of the "unavailable" girls cheated on their boyfriends within 3 weeks. AWALT. If your SO wants to travel without you, let her. Then ghost.

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UPVOTES

USA's Women's Olympic Hockey team loses to Boy's high school hockey teams

SatisfiedMan · 31 August 2015 · Archived copy · Reddit

With all the brainwashed feminist bullshit about genders being exactly the same (except for scenarios in which women are better and men are apparently worse) here we have a thoroughly amusing example of just how poorly this perpetuated western world view works in reality.

The USA's own Olympic team for Women's ice hockey... Should do pretty well against the boys, right? When I first heard Milo Yiannopoulos mention this I thought he was joking... Surely they'd do okay? Nope. That's just your brainwashing talking. They got beaten in five separate matches with various High Schools. They used these matches to prepare for the Sochi Winter Olympics last year. Didn't hear about it? I wonder why.

This is also relevant to the idiotic assertions that the Women's UFC champion Rhonda Rousey is "pound for pound" the best fighter, male or female, in the world. This stupidity I have heard repeated to me by a female MMA fighter too... Who presumably should know better. Alas, the potency of feminist truth-distortion is amazing.

Men and women are different in a variety of ways, both physically and mentally. Refusing to educate yourself in these differences limits your effectiveness. Seek to be scientifically correct before being politically correct.

Don't believe the bullshit. Continue to challenge the mainstream thinking to discover the truth. To be your own man you must think your own thoughts. All else is not the path to being a more satisfied man but the path to a ruinous existence.

The report on it:

<http://nesn.com/2014/01/u-s-womens-olympic-hockey-team-preparing-for-sochi-games-by-playing-boys-high-school-teams-in-new-england/>

Thanks to [u/cptfizz](#) for giving the source for the Serena Williams tennis example too (a few people keep mentioning it wondering who the guy was): "Karsten Braasch is a German former professional tennis player. His highest ATP singles ranking was World No. 38, which he reached in June 1994. His career-high in doubles was World No. 36, achieved in November 1997. He was well-noted for his service motion and his habit of smoking during changeovers. Braasch competed in a "Battle of the Sexes" contest against Venus Williams and Serena Williams at the 1998 Australian Open when he was ranked 203. A decade and a half older than the sisters, Braasch was described by one journalist as "a man whose training regime centred around a pack of cigarettes and more than a couple bottles of ice cold lager." He nonetheless defeated both sisters, playing a single set against each, beating Serena 6–1 and Venus 6–2.

<https://news.google.com/newspapers?nid=1298&dat=19980127&id=kqJjAAAAIBAJ&sjid=mggGAAAAIBAJ&pg=3506,5011601>

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UPVOTES

The Great List of Non-Negotiables.

JugglingSoManyThings · 13 October 2015 · Archived copy · Reddit

The Great List of Non-Negotiables.

A concise guide of action to the budding red pill popper.

TL;DR: Quit your bad habits. Lift and Eat. Sleep and Meditate. Develop a Passion. Stop Browsing and Start reading. Talk to people.

You want to be great? Then these are NON-NEGOTIABLE.

The Great List of Non-Negotiables is a list I wrote for myself shortly after swallowing the pill. After nearly 8 years of being a perpetual student in self-help studies, never truly taking action, this list is what finally what got me off my damn ass.

This list is simple. No frills. These are things I have deemed to be non-negotiable in my life, and I think the brevity and simplicity of this list may be of value to others as it was to me.

If you follow this and develop a lifestyle out of what is said here; if you make these tenets a non-negotiable part of your life, you'll be the top 10% of men on this planet.

Quit your bad habits. Watch a ton of TV? Stop. Browse the web till 4am? Stop. Smoke weed everyday? Stop. Jerk off a bunch? Stop. Playing games for hours? Stop.

You know what's wasting your time. You fucking know. If you really haven't the littlest clue what's good or bad for you, go play WoW in a puddle of your own sweaty shame.

Stop smoking. Stop drinking. Stop binge watching fictional lives on Netflix.

Just. Fucking. Stop. Wasting. Time.

Lift and Eat. Lifting is said all the time for a damn good reason. People say "its said all the time for a damn good reason" for a damn good reason. It will boost your confidence, it will develop discipline, it will make you tougher, it will ease your anxiety. *You'll actually feel physically fucking dominant.*

Take that fucking McDonalds out of your mouth and replace it with some damn kale. Or fish. Or eggs. Or broccoli. Or Chicken. Just eat real food, and buy it in its simplest form. Learn to fucking cook. "But I'll just have a woman cook for me". Where's that woman, huh? Cook for yourself, its fucking satisfying.

Sleep and Meditate. Lack of sleep has far reaching negative effects on your psyche and body. Sleep 7.5 hours a night *minimum*. Sleep approx. the same time every night. Turn off your TV. Get a routine.

You need to understand your own fucking mind. Daily meditation will bring you clarity, focus, and impulse control. When you meditate you are training your mind to be present and to better observe and exert conscious control over your own thoughts. It makes you feel a greater sense of well being. It makes you quicker and wittier. *Meditation is lifting weights for the mind.*

Develop a Passion. What do you like doing? What do you *love* doing? Do a whole fucking lot more of that. Get obsessed with becoming a master at it. Never give up. If you don't love doing anything, start trying stuff till there's something you love doing.

And don't half ass that shit when your trying something new. Feel a little interest? Expand on that adamantly for a

couple weeks and see how much you like it. You have any "aha" moments? That feeling of comprehension and progression that elates your whole being? Good, pursue the fuck out of that feeling.

Stop Browsing, Start Reading. You're wasting your time filling your head with nonsense and redundant information. Read the entire sidebar, read No More Mr Nice Guy, read Models and The Book of Pook, read The 48 Laws. *Then fucking stop reading TRP...*

...and start reading things you are interested in, and things that make you interesting. Read about your hobbies and skills. Read about how to cook. Read about history. Read biographies. Read fiction with prominent masculinity. (I'm talking Jack London, Hemingway, Hunter S Thomson.) Reading books is part of your life now.

Talk to Everyone. Cashier? Hot blonde on campus? Guy juggling at the park? Neighbor? Woman on the bus next to you?

Talk to them all. Talk to as many people as you can. Absolutely no amount of theory and knowledge on social interaction will benefit you even remotely as much as just *talking to fucking everyone*. One of those people happen to be a woman you find attractive? Fucking escalate. Fucking polarize.

Not in social situations every day? Put yourself in them. Align your social life with your hobbies. Go to a coffee shop. Hell, just make up an excuse to go to the grocery store and meet people. *Meet people every day.*

Lessons Learned: That it's *this fucking simple*. Stop making it so difficult. Stop making it more complicated than it needs to be.

Just fucking do it. Its non-negotiable.

Edit: Formatting and clarifying.

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UPVOTES

Always save your text conversations, record conversations

hiddenpleasures123 · 25 July 2018 · Archived copy · Reddit

My friend was recently talking to a friend of his sister's on Facebook Messenger. They had planned to hang out. She then started getting really sexual. He ended up telling he wasn't looking for that at first and was no longer interested.(He's bluepill in some ways, hopeless romantic type)

Anyway, she didn't take kindly to rejection(AWALT) and ended up making a fake Facebook account pretending to be him. She messaged herself a bunch of fucked up stuff. Messages including; him begging for sex, him looking like a creep, threats of rape and harm and extremely sexual shit. She screenshots the messages, along with his Facebook profile and makes a post to spread "awareness" about him.

He finds out from his sister and many of his friends via them shaming him. Luckily, he had saved the messages and was able to show him rejecting her. She wasn't able to verify the messages were from his profile either. He cleared the air and his name with everybody. Now she's crying about invasion of privacy for him sharing the messages. She also is claiming he raped her(even though they have never met in person). LOL

Save your messages. Document everything. Record conversations in person with your phone(I always do this). Don't be a victim.

Update: He is deleting his Facebook and is now swallowing TRP.

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UPVOTES

You have zero excuses to not get jacked

Chainega · 5 August 2019 · Archived copy · Reddit

"It is a disgrace to grow old through sheer carelessness before seeing what manner of man you may become by developing your bodily strength and beauty to their highest limit" —Socrates

There are only two types of male physiques at my college campus: the sorry ass obese/overweight/dad bod guys and the rounded-shoulders scrawny guys who look like children whose thin neck would snap if you back patted them too hard.

These are the guys who complain that they are not getting as much pussy as they want (or any at all) without coming up with any solution. So when I say the magical words of 'Just go lift bro' they always come up with bullshit excuses.

Do you have free time to play videogames, jerk off furiously to porn or just fuck around YouTube or Reddit or any of all that stuff? Then you also have time to exercise, it won't even take you that long: 45-60 mins. Videogames can wait.

Do you have two arms, two legs and can you use them on a regular basis? Then you can exercise too. If a **disabled bodybuilder** can look like a Greek sculpture then so can you.

If you can pay your internet service to fuck around Reddit, then you can clearly pay a gym membership too.

Are you absolutely broke? Go out to the nearest park, do some sit ups, push ups, pull ups, chin ups, dips. How do you think gymnasts get that jacked?

Are you not strong enough to do the exercises? Use assistance bands, start slow, cheat a little bit. At least try.

You don't have a routine or don't know how to do the exercises? There are literally thousands of free videos on YouTube explaining everything you have to know.

You want to loose weight? Stop eating garbage, drink more water.

You want to gain weight? Stop eating garbage, get in a caloric surplus, drink more water.

If you are skinny or fat it is entirely your fault. Blame it all you want on your genetics, the weather, your ex gf, the stars, the cosmos, your destiny. Nothing will change the fact that only you have control over your own body.

Fitness is truly the first step to the mental and physical transformation of any men. Healthy body, healthy mind. So what are you waiting for?

If you only hamster yourself into not doing anything everyday, then one day you will wake up as an erectile dysfunctional man-titted people-pleasing low t bald motherfucker who can't even stand up for himself (sorry if you are already this guy, you can still fix yourself up tho).

Did you realized that you were a lazy fuck? Don't worry, don't beat yourself up about this. Just do something about it. It's not only about the women, but more importantly, about YOU.

Just get your eyes off the screen and start taking action, you've had enough internet for today.

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UPVOTES

"I'd love to see her get plowed by a BBC"

PhantomNishobrah · 13 December 2017 · Archived copy · Reddit

Have you ever seen a picture of a hot chick, only to look down in the comments and see: "Man I'd love to see her get plowed by a BBC" (or some similar variant). Why does that happen? How does someone get to that point?

The answer is of course is excessive masturbation and pornography. What's happening is that someone has shunned real sexual experience for a virtual sexual experience. Instead of participating, they observe another man fuck the woman they're interested in. This plays tricks on your brain.

The porn star essentially becomes an avatar for the viewer, through which they can vicariously release their sexual energy. If it gets bad enough and habitual enough, masturbation to porn may be the *only* sexual outlet for that person.

Naturally, "I want to fuck her" transforms into "I want to watch someone fuck her" because watching someone else fuck is the only way these people know how to experience sexual gratification. You have essentially trained your brain to equate sex with "watching another dude plow the chick I want to plow".

I'm not a crazy no-fapper or anything like that, but the mind is a fickle thing, and porn is a dangerous rabbit hole. Be careful out there.

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UPVOTES

Building Power – 200,000+ Subscribers, A New Direction

redpillschool · 6 May 2017 · Archived copy · Reddit

The red pill has been growing since its inception more than five years ago, to more than 201,000 strong (or quite possibly **over 1.1 million**). The driving force behind this growth is unfortunately the decline and eventual demise of the modern man.

The Modern Man

The modern man was good hearted, cared about others, expected good things out of the world and believed in equality for all. He believed in the golden rule, and believed that the rule of law would enforce it if push came to shove. He tried his best to make the world a better place for everyone. He expected his efforts to have an effect, and that society would reward him in kind. He believed that happiness was the result of good intentions. Sadly this man can no longer survive in the world.

The defining feature and ultimate downfall of the modern man was his desire to fit in. What was once an advantageous trait that generated group cohesion, built society and facilitated comradery has slowly become the greatest weapon used against him. Feminists and those who craved power recognized man's shortcoming and exploited it. Men, it seemed, would attack other men at the behest of any female cry. They were so intent on saving women, they would even attack themselves.

The modern man tried his hardest to cast off his manhood to answer the cry of feminists. Men were evil, bitter, women-haters, oppressors, rapists, and dangerous. He thought he might find love if he made himself entirely inoffensive and nonthreatening. He failed to realize that he would never be absolved of the sin of being a man. The goalposts for "fixing" maleness were ever-shifting, and no penance paid could ever be enough to satisfy the reparations demanded by the "oppressed."

We may think that we are better than this modern man. We have learned the lessons of his failure and progressed beyond his desperation. We know the psychological tricks that were used to benefit others at our expense, and we trained ourselves against them. We learned psychology for ourselves and used it for our own benefit. We had finally found freedom in a culture increasingly lacking a positive identity for men.

However, the recent doxxing of an alleged redpill founder teaches us otherwise. Knowing the truth and living by it was not enough to save that man from the wrath of vitriolic women. He stands as a testament to what happens to men who stand alone: They get torn down. Had he not built his own support structure, it could have been the end of his career.

What is coming to replace the modern man is not a better individual. It is not some new way to stand alone. Although we have spent years discussing enjoying the decline, it occurs to me that the reactionary individualism embraced here may be just what the powers that be had intended when they dismantled the modern man. Our blind cooperation was our undoing, but it was our individualism that kept us weak.

The future is going to be built by those who embrace and build power. The new man is a tribesman who builds his strength by joining with his brothers. It is a network of men who establish a fortified ground on which to build their lives, men who defend that stability from the chaos around them. It is men who know their own interests are best served by the success of the group.

In the past we have had the luxury of going it alone. The economy was strong, women were gettable, and men could mostly be men. Now financial independence is a receding glimmer on the horizon, long term relationships are sparse and low quality, and men can be cut down at any moment for offending an abstract morality biased against them. While some still succeed in this environment, it is only a matter of time until most do not.

The answer to this is to band together. Small geographically centralized groups of friends and family cooperating together in the way they used to. There is no point in trying to change the larger culture to accept us. That is how

women handle their problems. Instead we will build ourselves up so that we are not dependent on the good graces of this culture. We will form our own cultures and steady ourselves against the slow descent into a fully feminized world.

Life after sex

The man currently accused of creating the red pill actually made me think about something I hadn't considered until now. Our sexual strategy focus has been important at freeing minds from our anti-male culture, saving lives and teaching men to game, lift, and get laid.

But we have completely ignored the rest of the hierarchy of needs. Men who have conquered their own demons learn the basics of TRP, and get spit out on the other side. They are still missing the essential components to a fully realized male identity.

Men cannot exist as islands. It is comradeship that we require. It is a tribe that strengthens us, that enables us to pursue the rest of our efforts and missions. Starting families, creating systems, selling products, creating artwork, exploring the galaxy. These are the men history will remember as great. And the way we've prescribed the red pill, these men will never be us.

Pride, honor, and a sense of duty were the driving forces of the modern man. He contributed to society because that was what was expected of him. In return, government and community supported his marriage and family, and a balance was found.

The Puerarchy

The red pill men of today resent this servitude, a broken social contract in which the stick of gender roles for men is firmly in place, but no carrots are to be found. In place of support, government and community encouraged abuse and exploitation. Divorce became the new norm. Families were no longer secure. Men worked to pay alimony and child support at the expense of their own happiness and lives.

Realizing there was no benefit, these men withdrew from culture. In Japan, these men call themselves **Herbivore Men**. In other countries, they call themselves Red Pill Men. Ian Ironwood dubbed them the puerarchy. The media calls us "Lost Boys."

But it is this resentment and aversion to exploitation that I believe has blinded us to the greatest factor in personal success: building power. Careful not to fall victim to our easily exploited male instincts, we forgot that not all duty with external benefit is without merit.

I believe there's a new generation of red pill men coming, we're seeing it begin today. We're seeing the phrase "red pill" enter our culture's vernacular. We're seeing resistance to our feminized culture. And while I don't think we're in a position to overtake society, I believe that we *are* in a position to utilize what we know to gain a great advantage over those who do not share our knowledge.

I have always maintained that TRP is not an activist board, and I continue to believe this. It is sexual strategy and this has not changed. Today I am suggesting that we have narrowed our scope too far to see all of what sexual strategy really entails, and I believe we should broaden this.

So today we are introducing two new flairs, encouraging and embracing discussion to complete the circuit of the new man. The new man doesn't simply find belonging and happiness in sex. His identity exists all hours of the day. In his career, his hobbies, his friends, and his sexual partners. His success is a summation of his entire life, and it is this that we can now focus on.

- Culture – Discussion of men's place in world cultures, and discussion of male interests that are our culture.
- Building Power - Discussion and cooperation of creating your own power in your life, or building tools, networks, and tribes to engender growth of power and community.

What is it that allows us to succeed? Money? Influence? Popularity? Fame? Building your own success first requires a foundation. TRP teaches building confidence and muscle as the foundation for getting laid. **Building power is creating the foundation for success in your life.**

As always, sexual strategy, game, relationships, sex, and field reports are all on topic. Today we broaden our topics to discuss the new man's life.

News

In the spirit of today's announcement, we're going to be making some more announcements in the next couple weeks about new developments to help strengthen communications between men, and building foundations for men. A revised BecomeAMan will be launched this spring, as well as new tools on TRP.RED to help facilitate secure communications between like-minded men.

We are also going to be featuring ideas from the community to build tools to help men. Have ideas? Talk about them here, using the building power flair.

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UPVOTES

Just Fucking Lift

Heathcliff-- · 11 April 2018 · Archived copy · Reddit

Just fucking lift already.

The vast majority of your problems will be solved by just doing some form of fucking exercise.

I know a lot of you kids still don't lift. You read the sidebar a million times over and buy all the books and practice your lines and 'build your frame', but you seem to think for some deluded reason that you're the fucking exception and you don't need to lift.

All of us losers are just insecure and overcompensating, you however, can get away with being an oestrogen weakshit because you're just *different*. Girls will notice your uniqueness and not care about your physique.

Fucking. Bullshit.

You're too scared to exercise, too lazy to put in the work, and too damn stupid to realise that this is the BIGGEST factor holding you back in your life.

Listen, retard, you have the ancestral genes of marathon runners, hunters and soldiers. Your body is a machine *built* to crush and destroy things.

If you are not maxing out on your physical capabilities as a man, then you are operating in CHILD mode. Your body is soft and weak and pathetic like a child, you are not a man.

Every single cell in your body is tightly and intimately related: improve your body in one aspect and the rest follows; every single guy here will tell you that exercise has greatly improved his cognitive abilities. Brain fog lifted, willpower increased.... you literally get smarter.

If you do not exercise, you are operating at STUPID capacity. We, the meatheads who pick things up and put things back down again, are much, much smarter than you are.

The Pareto Principle states that 80% of results come from 20% of the work. Well wanna know what the real 20% is for improving yourself as a man? The one activity that reaps the most rewards? That's right. Lifting some fucking weights.

Your life will drastically improve should you employ this one simple life change. This is the most time efficient and effective thing you can do to grow as man.

Fuck the sidebar, fuck the rational male, fuck frame, fuck cold approaching, fuck haircuts and style and IOIs and shit tests. Fuck women.

All of these things are moot if you do not lift. Lifting will fix your life in and of itself. Your testosterone will increase, you will learn discipline and accountability and you will stop giving a flying fuck. Your frame will build naturally as your balls finally begin to descend and you will game women effortlessly without realising it. You will literally become the man you dreamt of becoming through this one act alone.

Because the biggest blue pill lie you were told was that daily exercise is unnecessary, and just a hobby for the insecure and obsessed.

Exercise is imperative and non-negotiable. You must break sweat every single day of your life until you die. If you do not, you are not a male. You are not even fully human.

Just lift you stupid fags. Stop wasting your time posting a bazillion threads about 'this one girl' and masturbating over every new trp post. You won't learn shit. Lift some damn weights and ALL your problems will be solved.

And yes, I was inspired to write this by the recent fatass post. The only thing that pisses me off more than lards are

the skinny retards who think they're the magical exception and can coast through life without exercising.
Fucking lift already.

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UPVOTES

Drake University Expels Male Student Despite Female Admitting She Forced Him Into Sex Act

Sandman616 · 5 April 2017 · Archived copy · Reddit

Well gents, this is my first post in this sub. Thought I'd share [this story](#) which I figured would end up here anyway.

Girl alleged sexual assault on a guy after he couldn't get it up when she tried to fellate him. Declined a forensic exam and was taken at her word. Dude got expelled a month before graduation because of it.

"There is zero physical evidence that there was ever an assault on this woman. All they had was her word"

These girls have no sense of responsibility. Never give her an opportunity to "blame it on the alcohol", because you only leave yourself open to blame.

I'm sure whiskey dick didn't help his cause either. He couldn't fuck her hard so she used the system which is undoubtedly biased toward women to try and protect her reputation and absolve herself of any guilt for her actions.

And now this kid's life has been derailed for years because of some salty ho, a solipsistic moron with a hurt ego. Truly disgraceful.

Here's a link to [Drake's student news article](#) on the matter, which is much more comprehensive and contains links to court documents.

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UPVOTES

Girl claims she was raped at knifepoint. Que witch hunt. Turns out the sex was consensual, but guy wouldn't loan her \$20 and she missed her curfew so she made the entire story up. Annnd he still has to go to court. If it wasn't for text messages, he'd be doing life in san quentin.

[deleted] · 18 September 2014 · Archived copy · Reddit

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UPVOTES

Reminder to keep your T in check: Buzzfeed numales take testosterone test, below normal levels

CoupDeGrace22 · 31 October 2017 · Archived copy · Reddit

Well color me surprised.

[#http://www.dailywire.com/news/22906/buzzfeed-guys-test-their-testosterone-levels-amanda-prestigiacom#](http://www.dailywire.com/news/22906/buzzfeed-guys-test-their-testosterone-levels-amanda-prestigiacom)

Caught my eye this morning and thought I'd share for you guys who give RP a quick glance more often than you do the news.

These are the same faggots who had done a video in the past photoshopping their soyboy physiques alongside a celebrity's for the intent of passing another feelgood message of men shouldn't be forced to be fit , feelz before realz BS.

Aside from the asian dude who looks kinda ok for how skinny he is(and ironically is the only one within the lower-normal T- range), the remaining guys most likely can't even do 1 single pullup and bet my left nut never cared of structuring their diet properly, let alone do the other small things to optimize their health.

This should remind you that your testosterone is a paramount catalyst in your life, which is why everyone in here repeats the same old advice of "hit the gym". One of the biggest maladies of our age, depression along with every other symptom it entails, is 9/10 times accentuated if not caused by low testosterone.

If your health doesn't allow you to lift, it's up to you to figure something out & make up what you're missing , just make sure you are not making excuses and remember there's this guy out there:

https://scontent-sjc2-1.cdninstagram.com/t51.2885-15/e35/14607111_1382969341714571_2676968719489433600_n.jpg

Never a bad idea to have a blood test.Quick search on google or sidebar will get you going on how to get your T- to healthy levels.

Lift, diet, sleep, reduce stress(meditate), zinc, sunlight(vit D), posture, Ω3, winner effect, etc.

Stay healthy bros

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UPVOTES

Female researcher gets Red-pilled while studying why 25% of men are now childless in Norway -- and it's steadily rising and mostly involuntary

Reven311 · 8 May 2018 · Archived copy · Reddit

Fertility figures from Statistics Norway show that fewer and fewer men in Norway are fathering children.

The share of men who are childless at age 45 rose from 14 percent in 1985 to 23 percent in 2013.

The share of women who had not become mothers by age 45 increased from 10 percent in 1985 to 13 percent in 2013.

So to put this in perspective, women's childlessness has only risen by 30%, but men's childlessness has risen by a dramatic 64% in comparison (2 to 1). In raw percentage gains it's 3 to 1 (+9% vs +3%).

And apparently according to the researcher **most of it is involuntary**.

Men want to have children too

Why do so many men in Norway never have kids?

The development is paradoxical:

Norway is one of the countries in the Western World with the highest birth rates. More children are born per capita than nearly anywhere else.

Norway is also known to be a vanguard country with regard to equal rights for women and men.

“Both men and women in Norway answer in studies that having children is an important part of life. Few men or women consciously decide against having them. **The desire to have kids has not changed**,” says An-Magritt Jensen.

Norway is an interesting case, because it's basically like an egalitarian dream come true, the gold standard feminist model they want for America. But people (mainly men) are increasingly not able to meet their most basic desires in life.

Jensen, a sociology professor at the Norwegian University of Science and Technology (NTNU) in Trondheim, concludes that something else must have changed in Norwegian society.

She has conducted research on this issue for several years, especially through interviews with men.

“Expectations of Norwegian men have rocketed,” explains Jensen.

When women do give birth to children, it turns out that it can often be with men who have kids from previous relationships.

This is really important to recognize, and she should be commended for courageously stating the obvious.

“When Norwegian men from the working class have children, it is more often by chance,” explains Jensen.

She stresses that one often finds the most delighted and devoted fathers in this group.

So income seems to be a key driver of men's lower chances of reproducing in our modern egalitarian world, but that's probably not the whole story.

What actually happens often is that men who are already fathers get recycled.

Nevertheless, she ascertains that feminism and equal opportunity ideology have had an **unequal impact on men** and women in Norway.

“In other Western countries too there are men who never become fathers. But the proportion is especially high in Norway.”

What this basically means is with near perfect egalitarianism about 25% of the male population is simply obsolete (at least in a biological sense), and that number may continue to rise for the foreseeable future. Men have always been the disposable gender, so this is just a reversion back to our roots prior to the advent of agriculture, which precipitated a desire/need to promote monogamy (partly through religion) to extract beta male productivity for economic/societal gains. But our modern world simply doesn't need the bottom 25% anymore. They're essentially a waste of space. Females have re-established a sexual dynamic via education and birth control that strongly favors their reproductive strategies again after centuries of repression.

http://sciencenordic.com/sites/default/files/imagecache/300x/Barnloshet-statistikk-2_None.ipadFull.jpg

<http://sciencenordic.com/quarter-norwegian-men-never-father-children>

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UPVOTES

Too Many Red Pill Posts About Idiots and Their Twitter Cancel Culture

DadBod2ChadBod · 21 June 2020 · Archived copy · Reddit

Feminism is a shit test.

Twitter is a shit test.

SJW activism is a shit test.

If you react, comment back to them, point out their solipsism - you failed the shit test.

If you get angry, waste 20 minutes making a Red Pill post pointing out how feminists are hypocritical liars driven by hate and an agenda rather than a coherent moral outlook, then you've failed the shit test.

Anytime you waste worrying about what some idiot looking for a dopamine rush on Twitter said, you have failed the shit test.

Social media is a distraction tool, it's about making you waste your time. The only social media that has actually benefited my life is my friend showing me this sub and asktrp, genuinely, deep down the rest is wasted time and bullshit.

In TRP we spend our time grinding, self-improving, lifting, gaining knowledge - doing shit that builds you up as a man and builds power. On social media every dipshit gender studies idiot who never built value, never built power, never built charisma or virtue - their voice is just as loud as yours. Turns out on Twitter there are hundreds of thousands if not millions of these low value people and they'll make your voice seem small.

But it's not.

Their voice is small, that's why they use social media to feel important.

Ignore social media, work on yourself, pass the shit test.

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UPVOTES

If a woman doesn't date short guys, that's okay because that's a preference. But if a man doesn't date obese girls, he's shallow.

gekkozor · 21 April 2014 · Archived copy · Reddit

<http://imgur.com/a/7KN3T>

This was posted in [/r/Tinder](#), and I thought it belonged here.

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UPVOTES

The ultimate, low effort guide to fucking girls off online dating apps

nitefuzz · 9 April 2018 · Archived copy · Reddit

TL;DR I'm a fairly average guy who spends only about 5 minutes a day on Tinder, invests no other time or effort, doesn't go on dates, and adds a new plate every 2-3 weeks.

I originally wrote this guide a few months ago, but wasn't able to post it until now. As you can already tell, I can be a fairly lazy person. I pride myself on getting maximum results from minimal effort, which looks something like [this](#) (keep reading for some more examples). After being in a relationship for almost all of my adult life, a year ago I decided I wanted to be single and enjoy being young. Starting from scratch, I went on many dates, and soon became disillusioned with the concept of modern dating. Be honest with yourselves, if you could skip the boring, typical "coffee date small talk" aspects of getting your dick wet, would you? I certainly would, and so I endeavoured to find the best method to maximise the amount of women I slept with using the least amount of effort.

Let me preface this guide by making a few points:

- I know and understand that dating apps are a somewhat taboo topic here. I get that and agree. However, they do have their uses.
- This guide is only for people that have already some success on Tinder/Bumble etc. I'm not talking matching with 15+ people a day, but you should be getting a few matches here and there. If they're not replying or you're not getting numbers or dates, that's ok too, you just need to be good-looking enough to get at least some matches (if you're an ugly dude, you'd be better off with day/night game and skipping the apps altogether).
- Again, online dating is a relatively niche aspect of dating overall. This method works well for me at this stage in my life. You should complement this guide with the traditional cold approach and non-app guides you read here.
- You should be well-versed with Red Pill theory before attempting this. Frame, push/pull, SMV and all your typical side-bar stuff is all still very important.

Phase 1: SETUP

1. If you already have an online dating profile, delete it and start a new one. Tinder's algorithm in particular will punish poor profiles and swiping activities.

2. You **NEED** decent pictures of yourself. I'm talking decent quality, in a variety of different settings (outdoor, social, bars and clubs etc.). Bonus points for having pictures with animals (steal your neighbours dog for a photo). **NEVER** use pictures of your car/motorbike/random memes. Use photos of you in a natural environment, as if you're not even aware that someone is taking a photo, and limit ones of you posing for a photo (no selfies either, unless it's with an animal).
3. Restrict your distance to around 25km, and restrict your age range. I am 23, so my age range is 18-23 (I match with mostly 19-21 year old women). If you are older, say, 28, I would recommend something like 20-25. The narrower your target audience is, the more Tinder will prioritise your profile.
4. Have something fun/flirty in your bio. If you're above 6 foot, say so. I also recommend having something like "Perfect parallel parking is only my second most interesting attribute." This is fucking **GREAT** because a lot of women will open you, e.g. "So what's your most interesting attribute?". Whatever you do, don't put boring shit like a list of hobbies or sports, make it fun, interesting, mysterious, and question-provoking.
5. **ONLY** swipe on women you genuinely find attractive and you would like to fuck. Tinder in particular will punish profiles that swipe on too many profiles. Your profile gains popularity if you are picky about who you swipe on.

Phase 2: ATTRACT

Do you wait at a bus stop for a few minutes a day on your way to work? Do you take a shit for about 5 minutes a day? Congratulations, you can use that otherwise wasted time to swipe on dating apps like Tinder and Bumble. Spend no more than 5 minutes a day, the goal is minimal investment (while you do other awesome RP things).

BONUS POINTS: Most people either have a work/spare phone along with their primary device. Make another account on your other phone and double your matches! This personally is not worth the time or effort for me, so I don't do it.

After a week or two, you should hopefully have a good 8-15 matches (depends how attractive you are). Now, here is where my strategy differs from the usual, and where some may find it a bit controversial. I really do not enjoy dates, unless I am actively looking for an LTR. I just want to get laid, then do my own thing. So, what do I do instead? I hit the clubs every Saturday night. There are several reasons behind this strategy:

- I go out with a couple of guys and girls each weekend and we have a lot of fun. Even if I don't get laid, we still have a great night.
- Did you get catfished? Who cares! Simply turn around, ignore her, and go approach one of the 100+ other girls in the club, or dance with your friends. It just doesn't matter. It's not like you've travelled all the way to a date to find out your girl is Gollum's sister.

- A one-on-one coffee date can be awkward, boring, or tiring (if it's a week night after work). Contrast this with a nightclub on a Saturday night - alcohol and environment is everything. Everyone is in party mode, feeling good after a few drinks, and listening to music/dancing. This is the perfect environment for a girl to want to go home with you.
- Your SMV grows exponentially. You meet a lot of people, and might even run into some of your plates while you're gaming your next girl. Nothing screams abundance mentality more than dancing with a new girl, while knowing you can fuck your plate dancing three meters away if all else fails. The girls can smell it in the air too.

So how do you go from Tinder match to burying your third leg inside a HB8?

1. On Friday night or Saturday afternoon before you go out, message all of your most attractive matches. Timing is everything here. Women on Tinder lose interest in a guy easily, so you want to minimise the amount of time between you first popping up on her phone with a funny message, and actually meeting her.
2. What do you say exactly? Well, you can come up with something witty based on their bio/pictures, or you can just copy pasta the same funny line (either off the internet or one you've come up with). I usually come up with a funny line every few months and use it on literally every girl until I get bored of it (seriously, I copy and paste the exact same openers and replies to multiple women). I won't go into too much detail here, but always talk about stupid bullshit and NEVER anything serious (work, school, hobbies etc.). Both I and the women I talk to don't give a fuck about our love for "hiking" or "contemporary art", we just want to have fun. You can see in a few of my conversations how I structure the messages. [Here](#) is a nice simple one, [here](#) is a more drawn out one, and [here](#) is how I turn boring, mundane conversation into something fun. Yes, I met all of them out and successfully closed. Your goal should be dating app > phone number > meeting out > fucking.
3. You can probably see from the above examples I have a few "go to's". Whether it be meth cook, stripper, or pretending to run from the police. It's easy, simple, and I reuse the same lines and themes on each girl. The point is, it's funny, unique, and mysterious, and that's what they like. Do you have a female friend? Check out their dating apps. It will be full of horribly mundane messages from guys like "hey" or "you're cute".
4. Once you have their number, you're more than just "another Tinder guy" to them. You're somewhat "real". Keep the conversation fun and flirty, but don't say too much. Focus on the details of meeting later on.

Phase 3: CLOSING

So, you've got her number, and you've texted her the club you're at. 5 minutes later, she walks up to you. Congratulations! This is the easiest part. Think about it, she swiped right on you, gave you her number, and has now met up with you in a club. This process also acts as a sort of preselection. Rather than going up to a random girl in the club and trying to game her, most of your work is already done by the time you meet the girl. It should be in the bag by this point. Keep your frame, be fun and flirty, and under no circumstances buy her a drink. In fact, you should make HER buy YOU a drink. This is how I've literally gone from spending \$10-\$15 on a date, to MAKING \$10-\$15 from drinks girls buy me at a club. Also, let's face it, how many guys go around asking women to buy them a drink? Almost none. It's one of the cockiest, most unusual things a woman will experience in a club, and they are

immediately flustered by it.

Ensure you throw in all the usual sidebar RP stuff like kino, push/pull, dread, abundance mentality etc. Once you get her home, give her the hard pounding she deserves, and send her home. Make sure you fuck her good, and you will end up with messages like **this**. I'm not a master in the bedroom by any stretch of the imagination, but the overwhelming majority of girls I take home using this method text me back for more, because they had fun.

Conclusion

So that's it. That's how you use online dating apps efficiently and effectively. It costs only a few kilobytes of mobile data and a couple of minutes here and there to swipe and message. You can certainly swap out the "closing in a club" part with a date, but for me, the club scenario is three birds with one stone - fun night out with friends, increase SMV, and a high chance of banging a cutie with minimal effort.

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UPVOTES

How to know you are dating a slut. Source: I married one.

improvy · 9 December 2014 · Archived copy · Reddit

So long story short, I am in the process of divorce. My wife cheated on me less than three fucking months after our marriage. It was later disclosed that she had sex with a guy in a public park, without a condom, before we were married but while we were living together. I am a total beta in recovery, and slowly reading up and working on myself. Here is a pattern that my slut wife exhibited and I'm sure applies to many more sluts in the wild that you should be aware of.

- 1. She approached you.** Because you are such a pussy, momma's boy faggot, its most likely that she picked you and not the other way around. She gave you strong signals of interest and pretty much took the lead.
- 2. She is more social than you.** Because sluts and whores crave attention above all, they tend to be heavily involved in social events, parties, get togethers and just overall more outgoing than you.
- 3. She is not feminine.** Well you are not masculine yourself, buddy, so you get your equal SMV match. A lot of sluts are tomboys, active and vocal. They can dress slutty, but often don't have the classic feminine characteristics like long hair, feminine hobbies and interests or knows how to cook.
- 4. She has mostly guy friends.** Not many girlfriends, cuz ya know, "Girls are so weird and mean". But plenty of male orbiters that are just long time friends. If she has more male friends than you, that's a problem. 9 out of 10 times some of those guy friends already fucked her/made out with her and will jump on any physical opportunity when she is alone, single or not.
- 5. She has daddy/mommy issues and/or divorced parents.** Well, in our day and age, being a child of divorced parents is becoming the rule and not the exception. But still, most sluts come from ugly divorces and she has some major relationship problems with her parents. Especially with the Father.
- 6. She was molested in her youth.** This is no joking matter, and nothing to goad about. But still, experience and various statistics show that a negative and inappropriate sexual history in her teens is a solid precursor for a problematic sexuality in the present. After learning about this point, I totally went "white knight" and tried to hamster her behavior and make it fine. Fellow men, remember this: You can feel sorry for a woman and sympathize with her but you DON'T have to be with her. It doesn't make you a bad person. Everybody have issues and a fucked up history, the real test is how we scratch our way out of the hole and become adults. Most hardcore criminals in prison have a messed up upbringing. Do they get a pussy pass? No.
- 7. She is bad with money/supported by her family/shit job.** It is very likely that she is financially irresponsible, has some debt over stupid shit (clothing and various vocations vs school debt). It is also likely that her parents help her out financially for years, and there is this dark shit cloud of money=emotional control bond between her and her parents. More often than not, they have a dead end, shitty job with very low prospects into turning it into a full blown career.
- 8. People hit on her in front of you.** Plenty of harmless and innocent "misunderstandings". I cringe when I type this, but it was not uncommon for guys to hit on her while we were hanging out together or sharing a space. Bars, work, and definitely when she was by herself. She will laugh it off and say she is just so social, and guys always pick up on the wrong signals. She will not mention being in a relationship and she will radiate sexuality and approachability via her body language, eye contact, intense and intimate conversation, smiling or clothing to other men. "Didn't you tell him you were not single?" "Oh, it just never came up". Yeah right.
- 9. She likes to drink.** Sluts at their core know that their behavior is wrong and they fear being judged by their peers. They will cultivate a holy than you approach in her social circle. Drinking will make all those responsible pesky feelings and thoughts go away and she will embrace alcohol with a vengeance. If she can drink as much/more than you; Bad News Bear.

10. She smokes. Smoking is a great and wonderful outlet for women to be in a very intimate one on one situation with a man with a perfect deniability of intent. If you do not smoke, don't date somebody who does. You will always wonder what is going on in the smoking corner, or be that clueless beta that stands near their smoking spouse and other smoking persons being the only straight edge one. Most escalations with taken women that happen at parties follow a similar pattern: Drinks with a guy, Smokes with a guy that will turn to intimate conversation and then to an inappropriate behavior. IF YOU DON'T SMOKE AND SHE DOES DANGER WILL ROBINSON.

11. She likes to go without you and drink. It could be ladies night out, it could be a guy friends house party. If she goes without you and gets drunk once a week or more that is a bad sign.

12. She is jealous at you more than you are jealous of her. This is a strange one. I had complete trust in her and always complimented her, with very seldom expressions of jealousy and insecurity on my part. If a girl even smiled at me wrong or lightly flirted with me when she was around she would get extremely jealous turning it into a four hour insecurity accusation fest. It is ironic that the person most being afraid of being cheated on (My slut wife) ends up doing the repeated cheating herself.

13. She cheated previously on somebody else. Well, no shit Sherlock. But when you are "In Love" and she is sharing a beautiful pearl of truth like that with you, don't assume: "She was young and inexperienced, the guy she dated was abusive/shit/low quality. We on the other hand have True Love and this will never happen". Think instead, "How many months in is she going cheat and with how many people?"

14. You started an LTR shortly after a crazy sex on the first date situation. You started to date after a first meeting one night stand, thought it was a magical connection. "Yeah, it was sleazy all right, but she is not a slut or gives sex easily. We had this once in a lifetime connection and the fast and easy sex just meant how in love she was with me.) No it wasn't you fool. When you bang a chick you don't know, with no rubber, in an open space, with people not far away, it's no Disney Love Story, you dumbass. You just banged a Hoe. Most men bang them and call it a night, they certainly don't date them.

15. She had multiple abortions. I don't have anything against abortions but it does show poor planning, poor impulse control and just stupid immature character. Use pills, make the guys wear a condom, get on permanent birth control (IUD's). If you have 2+ abortions before you are 24 years of age, that is a major red flag.

To summarize. Don't be stupid like I was. Sluts; Fuck em, don't marry them.

User submitted additional signs:

16. She has major emotional stability issues (i.e. Bipolar, BPD, etc). When going through either manic phase (or sometimes even depression), some girls will want to fuck, and if you are not around, anybody will do. User kranos33

17. She has gay friends. Because they are non judgmental "you just sucked a guy in the toilets? You go girl!!" User Movonnow

18. She gaslights, e.g. creates a problem and then blames you for it.

19. Is insecure about her image and seeks validation by the act of sleeping around. User Year3030

Edit: Thanks for the gold, TRP stranger. Glad my shitty experience can perhaps help some of you in the future. I am fine and will be OK. Going to the gym tonight. Starting my long and hard journey of self improvement, first thing on the menu: Gotta bulk up.

977

UPVOTES

A lesbian feminist writer once disguised herself as a man for 18 months to write a book on gender. After the experiment, she was institutionalized for depression, and stated that she never felt so glad for being a woman.

Captain_Unremarkable · 7 September 2014 · Archived copy · Reddit

http://en.wikipedia.org/wiki/Norah_Vincent

975

UPVOTES

Why women love assholes (an alternate view)

trpMilo · 3 February 2014 · Archived copy · Reddit

I've been developing a theory that I think might add a bit to TRP thinking on this topic.

Men are sexually attracted to traits in women that are fully observable when they first meet (i.e. physical beauty).

Women are sexually attracted to traits in men that are only partially observable when they first meet (i.e. social status, confidence).

What does this mean for dating? Well imagine a world in which the traits men find attractive in women are partially unobservable. Specifically, let's pretend women walk around in full burqas on the streets and in public, but otherwise act just like Western women. You can see if a woman is overweight or not, but otherwise you can't tell if she's hot. After a few dates though, you get to see what's underneath. These women are relatively experienced, they've dated men before and shown them what is underneath their burqas, and thus these women know their own sexual market value.

Now, you approach a woman on the streets who looks decently in-shape and you think might be attractive. She is very receptive to your approach. She's kind and sweet and seems excited to go on a date with you. What do you think to yourself? "Shit, this girl is probably ugly."

You approach another girl. When she sees you, she is cold and standoffish. What do you think to yourself? "Awesome, this girl is probably so hot. I better try harder."

This is the world women live in. When they meet you, they can't really tell how attractive you are. So they rely on your behavior to tell them. The less interested in them you are, the more options they think you have, and the more attractive they think you must be. So when you treat them like dirt, they think you must be god's gift to women.

It's only later that they find out whether or not you really have those qualities they are looking for. This is your "burqa" coming off. If you want to keep a girl after that point you better be as alpha as your behavior implies, but before that point they only have your behavior to go on.

975

UPVOTES

Learn from me: 40 years old, 3 kids, divorced.

The_BitterTruth · 21 July 2014 · Archived copy · Reddit

My story is not a new one... but there may be a nugget of info here that helps another guy out there avoid my situation. Where to begin..

I was the "Alpha" in my pack. I didn't know it at the time, but it's true. I led, others followed. My friends took up my hobbies. I played guitar, so did they. I wanted to go listen to live music, so we did. I was an avid weightlifter, so they joined the gym to learn from me. The spouse was along for the ride, and very happy. Sex was great. We liked strip clubs. We liked porn. She was my buddy and my lover. She was my girl. Loved her to death. She was an educated woman. Doctorate. Well paid. I had a Bachelors degree. I made more \$. Corporate job with high salary. Life was good.

Then... you may know what happens next. "Let's have a kid!" Been married 6 years already, life was good... why not?! I love kids. Always dreamed of having my own little rugrat.

On top of the kid, I wanted to start my own business. I had the money, the know-how, and the drive. She didn't feel secure. She was scared. I was the leader and showed her the way. She followed. Still not quite sure, but she defended me to anyone who questioned...

To make a long story short, I did the business for 5 years. Two of those years were good. The others were failures. There was no support from her during the down times. She deserved better. She wasn't about to curb her spending or budget in any way. She didn't know how and wasn't about to learn. During this time, we had two more kids (I know...). The debts piled. I would put together plans to pay off the debt... then we did pay it off... and then right back again. She spent. She couldn't stop herself. Nothing extravagant... but definitely not living within our means. She was a child lashing out. She was scared. I never put her in her place. Only half-hearted attempts.

Her job improved. She was promoted. Leader position. She made 50% more than me. Then the market crash happened. Clients stopped paying. One of my clients then hired me on full-time (thank God). I still was short of my old corporate pay. She still made more.

She had zero respect for me. I could say $2+2=4$, and she would then check with friends and family first to confirm... and then months later tell me "Guess what, honey! You were right! $2+2 = 4$!" This made me resent her.

I helped pick up the slack at home. Kids took up our spare time. I was Mr. Mom. Best dad you can imagine. Very loving guy. I didn't look good, physically. Whatever muscle I had was gone. I went back to the gym sporadically. Strength gone. I used to be able to bench with 120 lb dumbbells. Now 65 lbs was a struggle. My joints hurt. I lost my hair.

I was still the same goofy, funny sweet guy I always was.. but I lost my edge. I had been shit-tested down to a quivering nub of femininity.

She started working out more. Way more. Obsessively. That's where she met him.

He was exactly what she needed. He didn't take shit from her. He had multiple women at once. He was physically strong. He may have been dumb as a post, not very good-looking, and a bit of a redneck... but she didn't care. He pushed her buttons in the right combination, and she completely detached from me and the kids. It was just short of our 15 year anniversary.

I found out about them. She pursued him. He resisted at first. She was not going to be stopped. They had sex. A lot. No need for details... but my past IT experience allowed me to find out every single little thing. Texts. Emails. (He played the "game" to perfection, by the way. He should teach a class.) I was destroyed. Emotionally a complete wreck.

Since then, I've put myself back together. It took months, but I finally figured out what happened. I read books. I

did therapy. I found you guys.

As a guy who is probably older than most here, I will share a few nuggets of wisdom from my perspective, as a dad who was married, divorced, banged skanks, hated women... and now understands them.

- Every woman has the capability of doing what my ex did. All of them. It's up to you to prevent it. If they have a lot of baggage and emotional stress, they are more apt to do it. Red flags.. get to know them. Don't ignore them because she makes you feel like a million bucks. My ex had a horrible family life. Mom was an addict, brother an addict and convict, sister an addict, aaaaand... she was sexually assaulted as a kid. Oddly, I looked past all of this because she was so different than them and bettered herself in spite of all that. Very admirable, sure. But not spouse material in any way. She never dealt with these issues or sought out help. It was only a matter of time before she cracked.
- Women are not evil. They are human beings. They are flawed. Stop pointing at bad things they do and say "Seee?!! They all do this!!" (a lot of posts here). Yeah.. and? So what. You put them on a super beautiful human pedestal and they proved you wrong. That's your fault. Sorry that society told you otherwise. Society says a lot of wrong shit. Suck it up, learn, and try again. I picked a shitty model with a broken CPU. There are better models out there. Unfortunately, they're very hard to find.
- Don't give up on love. Sure, 90% of the women out there fall into the category of my ex, but there ARE good ones out there. Your experience and knowledge will help you sort out the bad from the good. Don't waste time with the bad. You're better than that. But, don't be afraid to show your appreciation and love for those that deserve it. Friends, family, girlfriends... if they deserve, you give it. Lots. IF THEY DESERVE IT. Love is not unconditional. If they don't give love in return or otherwise do you harm, that's their problem. They're gone from your life. They have no control over your well-being.
- I've gotten to know many men in my position, or soon to be. The A #1 thing I notice from men putting up with sub-standard behavior... is the overwhelming sentiment of "Well, if I tell her THAT... she will be really pissed, or maybe LEAVE!" If you have that mindset, she has won, and it is over. You just don't know it yet. Women don't want to "win" all the time. You want the woman's respect, not to be her lap dog. This really goes for any relationship. Stand up for yourself, god damnit.
- Women have emotions like a roller coaster. Whatever they are feeling at the time, that is reality. Plain and simple. Don't like it? I suggest you get a pet, instead. Sorry, brother. I know they are annoying a lot of the time and you can't fathom a life not based on our concept of reality.. but they're chicks. They have boobies and makes us feel awesome, but they're fucking nuts.

Been reading this sub (only thing on Reddit I read) for a while now. Back to the gym in a big way. On TRT now (this has made a world of difference). Looking for a different job. Hobbies started up again. I have the kids just over half the time. Being strong for them. They need the positive, moral role model in their life. Their mom is still nucking futs. Not in a good way.

Met lots of women. Most awful. Now have a long-term girlfriend who you would say is "very red pill". A wonderful person. Yes, she's younger. Yes, she's foreign. (Am I a RP cliché, or what?!). She's also very well-educated and has a very prestigious career. Not sure of her salary, nor do I care. I wouldn't care if tomorrow she tells me she wants to go work at Starbucks. She knows that because I bluntly told her. I love her for her... not for her career path (this is a shock to every single woman I have spoken to... that men aren't attracted to their success). What if tomorrow I found out she was cheating or somehow disloyal? I would certainly be hurt but I would just say "Next!".. and I mean it. She also knows this... because I bluntly told her. The expectations and boundaries have been plainly laid out. She's awesome, but I don't need her.

TL/DR: Nice guys finish last... but you knew this already. Just another red pill example. Rock on, fellas.

975

UPVOTES

Say whatever the F you want

RXP36 · 26 July 2018 · Archived copy · Reddit

ok here's a quick rundown of how I got here....

Typical dating story. Dated this 24F for a year and a half (Septum ring, 3 tats, one which says imperfection is beauty, I think you know these red flags, I didn't at the time) I'm a 28M, 6'4, 245 at the time. Things were always pretty physical (sexually) from day one. I'll save you a lot of the details because my progress and what you can learn from it is way more important.

Long story short, got lazy in the gym, with hobbies, spent too much time with girl. You know where that road leads to.

In a week it'll be 3 months since the day I caught her cheating on me. I've been in monk mode off and on in that time frame. Found TRP magically and read everything from AWALT, LIFT, PICKUP, FRAME. I was looking to make her regret it (dumb I know) but it motivated me to be disciplined to an extreme. I eat very healthy and I workout 5 times a week. I'm on a legit program (my friend is a personal trainer in L.A and put me on one) and it's has me doing the essentials (deadlifts, squats, shoulder press, bench) along with a lot of isolation workouts. I used to box in my younger years so I usually hit the bag after and run sprints. Catch a lot of women looking my way when they hear me pounding the bag :) I'm now 220lbs and starting to hit great strides. I know this, because the attention has turned up drastically. Went to my other ex's house (I have a kid with her so we'll call her bm) for 4th of July to pop fireworks with my son and her family kept saying how skinny I was and also kept offering me food. Had to tell them no about 3-4 times. Just the other day BM also randomly offered to get me some food before she came to pick up my son from. She had never done that before. She's also been a lot more friendly towards me (Go figure) I've also run into a few girls that I already knew, at the gym, and they all have approached me to talk and remark how much thinner I look since they've last seen me. I took the signs that the universe was sending me at this point and decide it's time venture back out to the bar scene and enjoy myself and see where i'm at.

So I hit the town the following Friday. Met up with a friend of mine (Female) and some other mutual friends. She's very attractive and has a pretty good social status. Her and I were pretty good friends at one point due to interest in EDM and music festivals (ex was jealous of this) I always spoke to her about my relationship (never talk to women about that, learned that from here) and my feelings because I figured she was a good friend so why not. She labeled me as sensitive but I didn't care because like I said I just viewed her as a friend and was loyal to my gf at the time. She would always joke with me about how sensitive I was and she knew a lot about my relationship and interacted with my ex a lot when we were all together. She always had seen me with my ex whenever we crossed paths during the past year, and she knew we were broken up, so you know the big question was coming and it didn't take long.

"So....why did you and (ex) break up?"

Gentleman, here is something I realized at that very moment. If people ask you why you and an ex broke up and it wasn't favorable towards you, say whatever the fuck you want. Control the narrative. At the end of the day, you're broken up, everyone knows it, so why not take full control and put it into YOUR FRAME. You think that slut is gonna go around telling everyone how she cheated on you? She's telling everyone how abusive and controlling your ass was and making you look like the villain. So at this point, do whatever the fuck makes you look the best. Cue my answer

"I just got bored. Always felt like there was something missing and kept catching myself checking out and thinking about other women. She's a nice girl but I just need something more and exciting."

She could not believe it. I was the guy who was in love and wanted a serious relationship. How could I? She questioned it initially, quite a few times actually, but I just kept my frame and my answer solid. From that point on, I treated her like a little sister. Teasing her, acting cocky, talking about other women that I seen at the bar, even talked to a couple women. We chatted some more and she said I looked a lot thinner and that I looked good and I

told her she looked good as well. I wandered off to mingle after that and lost her over the course of the of the night. As closing time was approaching, guess who was calling me to see where I was at? She said she wanted to see if I wanted to go to an after party but lost track of me. I tell her I'm at the bar she last seen me at and to come pick me up since I was pretty drunk. She says she's on her way.

She pulls up outside the bar about 10 minutes later and I get into the car. We had both been drinking a pretty fair amount (We kept going back and forth buying each other drinks) and my IDGAF mode was in the green at this point, so naturally I said fuck it. I hop in, give her a big smile. Then in an instant, I grab her hand and pull her towards me and went in for the kiss. I could tell she was surprised but she kissed eagerly right back. Why the confidence? Because even though we were always just friends and had no past history of messing around and also her knowing I was a sensitive mega beta up to this point, I knew she had no good reason to come back and pick me up. She opened the door for me, and I walked through it. We made out passionately for a couple minutes. She says wow where did that come from? I go back to my cocky self and say I could see it in your eyes you wanted to kiss me all night. She laughs and says whatever and goes back to kissing me. After a few more minutes of back and forth, we finally just decide to go back to her place. You can guess what happened there. The girl who knew me as a sensitive, lovey dovey, hopeless romantic guy, just got the script flipped on her overnight.

Since that day last week, I'm starting to get a lot more attention from females, most likely due to my confidence and my time in the gym, even though i'm nowhere near close to what I want to be by any means. But I have a joyful attitude and smile everywhere I go.. Went out the other night and pulled the dream scenario. Ran into the most recent ex at a bar (the cheater) Kept it causal and didn't look her way once and just mingled with friends. I eventually lock eyes with a gorgeous blonde across the room, I smile, she smiles right back. Game on. (Another tip) doesn't matter what you say when you approach because usually nobody remembers what it was right? Try going with something like "Why do you look so familiar?" I walk towards her and it took about a minute to get through the crowd, so I use that time to think about what I'm going to say. I come up with that. I finally get to her and spit my line, her hamster started spinning immediately and she says she's not sure but I look familiar as well. Maybe I did, maybe I just convinced her I did. We talk for a bit and I keep the questions going and she keeps the answers coming. She tells me how handsome I look so I finally give her validation and tell her she looks very sexy. I made sure not to comment on her looks until she gave me a compliment (Been studying the sidebar, thank you TRP) She thanks me for my compliment and then I grab her hand and I tell her I need another drink, lets go to the bar. She say's okay and comes right along (LEAD, don't ask) After we get a drink, we talk a bit more and I can see my ex and her friends nearby. I decide to play my chances. This girl has been pretty into me the whole night, why not.

As we're talking, she's locking into my eyes heavy (signs) and laughing at everything. So i go in for the kill. I flat out say you look like you want to kiss me. She responds "Do I?" I keep the smile and say yeah you do. She then says "Well maybe I do, but I don't think you will in front of all these people."

Challenge accepted.

So for those of you fresh out of a heartbreak, there's hope. I was at an extreme low. Very extreme low, confidence shattered, depressed, everything you can think of. But I kept fighting. People are going to ask you about your ex, so make your own narrative that fits the best for you. Say whatever you want that makes you look good. And if you see her, don't even acknowledge her presence and talk to other women. Look happy even when your'e not. Don't let that bitch see she hurt you if she did. When you're having bad days, take it out on the gym. Feel that burn and the pain simultaneously leaving your body. I was not receiving any attention at all like this 3 months ago. But I kept working out hard, I kept smiling even though I was hurting bad inside, and I never let anyone know how much pain I was in. I'm not even saying i'm completely over it either, but knowing i'm not even close to where I want to be at body wise and somewhat confidence wise, good things are already happening to me and i'm not even 90 days in. So lift hard and forget the past. We only have one life to live on this earth, one day you you'll leave this earth. So make the fucking best of it. And one day, you'll be glad your oneitis made you go through this because it made you better, if you put in the hard work. Shit I'm already thanking mine (inside my head of course)

Thank you TRP for helping me get through the hard times. Here's to more good.

974

UPVOTES

The Guardian: Swallowing the Red Pill: a journey to the heart of modern misogyny

redpillschool · 14 April 2016 · Archived copy · Reddit

A while back, I was asked by Stephen Marche to do [an interview for the Guardian regarding TRP](#).

It's probably one of the more pleasant takes I've seen in mainstream directed towards us. In place of out-right vitriol is instead pity, which I think is a bit of an upgrade from articles past. I wouldn't be surprised if his thoughts aligned more with ours than he lets on in his writing.

He does seem to outline at a glance that there's an issue and that TRP is addressing it- perhaps harmlessly so. But since he's part of the mainstream media, the narrative must continue. That narrative is that there is a never ending hatred of women ingrained in our culture- and we can't expect our "boys" to deviate from the course when role models like pop stars are also misogynists.

We can't expect much depth from a tabloid (heh) so it should come as no surprise that his final suggestion is that the latent, underlying misogyny is everywhere simply because nobody told us what we needed was a little love and to just stop hating. He suggests that rather than being angry we can't find "love" we should try finding "love." You shouldn't dig too deep.

Here's the unabridged Interview for anybody interested:

Stephen Marche

So just to confirm you are the redditt moderator for the red pill yes? How many do you moderate?

RedPillSchool yes, I am the head moderator for [/r/TheRedPill](#)

I moderate about 15 subreddits

but really only a handful are active, TheRedPill, asktrp, redpillwomen, are the big ones.

Stephen Marche How long have you been moderating them all?

RedPillSchool I've been moderating since the red pill's inception, about 3 years

Stephen Marche How much of your time would you say is devoted to TRP?

I mean, it must be close to a full time job, right?

RedPillSchool Probably too much time. During busy weeks there's probably close to 20 hours of moderator duties. During development of TRP.RED, I was spending about 8 hours an evening working on development.

Stephen Marche Wow.

Were you in any way involved in, like, publishing books about the material?

Or was it just the subreddit?

RedPillSchool I hadn't published anything before. I got started when I stumbled upon a few manosphere blogs and realized there wasn't really a good forum for discussion on masculine topics.

Stephen Marche Was there an event that led you to start TRP. Personal or otherwise?

RedPillSchool Well, the events in my life did lead me to it. Having spent my twenties as many guys did looking for relationships or female companionship, I noticed that the dating game just wasn't what I was taught.

Like, what my parents prepared me for, and what I learned from television and movies.

It was stacked against guys, and it was a very unpleasant experience. I noticed the attitude of women in the dating market was very negative, it was a terrible experience

So that lead me to researching others' experiences

which lead me to the mansosphere, and eventually theredpill

Stephen Marche Can you give me an example of one of those terrible experiences?

RedPillSchool sure

Well, an experience I had repeatedly were flakes. It hadn't always been this bad, but over the past ten years, the flakiness of women has gotten worse in my experience. You'd meet a girl, hit it off, have a drink together, chat, really connect. Get her number and agree to a date. And either she'd no-show, or cancel right before (or after) she was supposed to meet you. It's rude, it's not good people skills. But in the dating market, it's the new normal.

So for a guy trying to connect with women like myself, I found myself putting in all this effort, to meet women, put myself out there, chat with them, really advertise myself. And to have all that work go to nothing when women flaked, it was very defeating.

It's not the way courting worked when my parents met. There was value to your word when you agreed to a date.

But not our culture now, that's just not what it is any more.

Another example

I noticed that flirting became a blood sport

Fun and friendly conversations became more combative at bars, women would regularly use put downs and insults to knock me off my game. I didn't understand why meeting people had to be such a poor experience.

I later learned that this was women's way of "testing" me. And there was a way to respond to these tests, that a lot of these women were actually interested in me, I just never learned how to deal with this testing.

I later learned not to get emotionally invested in these little games, but rather turn them around and get women to laugh. I would never had known that with what my dad taught me as a kid.

The manosphere fundamentally became a surrogate father for the life lessons I never got.

Stephen Marche What did your dad teach you about dating?

I mean what was wrong and the trp corrected it?

RedPillSchool My dad taught me to take words at their surface value. Like, people say what they mean. And maybe they did when he was a kid. Or maybe he was clueless and meeting my mom was a fluke.

So I was clueless when I met women. I just knew what he told me about meeting my mom. And what I saw in movies

where having a good heart and being yourself is all you need to meet the right girl, and she'll appreciate you for it.

but that's not what happens now. You can't be good, or nice. You have to be attractive. Good and nice aren't attractive any more.

I think my parents had marriage on the mind, my mom looked for good and nice because her parents taught her that. They told her "find a good and nice guy because you need that in a good husband." But girls these days aren't looking for a husband. They might want good and nice when they're 40 and looking to settle. But at 25, girls are looking for a bad boy. And I wasn't bad at all.

Stephen Marche Any specific movies that come to mind that were particularly wrong?

RedPillSchool I can't think of a specific movie at the moment, but I do know a popular television show that my generation grew up with: boy meets girl.

Stephen Marche Right

RedPillSchool Movies do a similar thing though, you find the common mantra is: just tell her how you feel and she'll return the feelings if she likes you.

But it turns out, that's terrible game. You don't pour your heart out. You'll look too invested and scare her away.

Saying it now feels a little silly, like, how was I ever that stupid?

But back then, I thought, this is how you get girls. And they wouldn't respond well to it. They'd say "you're a good friend, but"

and then they'd date guys they call jerks, and complain to me how they're such jerks!

Talk about confusing! Jerks are bad, you hate how he's a jerk, why not date a nice guy like me, then?

I later learned one of the most important lessons: You cannot negotiate attraction.

Stephen Marche OK. Now that is true enough. But here's the thing: Why would you want to be with women who don't want to be with good men?

RedPillSchool Well, you know, because eventually you start wondering why stick to being good when it's never rewarded?

It's not that there were women who liked nice guys- nice guys never got it. It wasn't like there were a bunch of girls looking for good guys and I just needed to go to the library to find them. They didn't exist at all.

So I thought, maybe it's not them who are broken, maybe I gotta change me?

And sure enough, adapting to the market, now girls like me.

Stephen Marche But here's my point. Do you like women more? I mean, the "reward" of using the game seems to be with women you have contempt for. You see what I mean.

RedPillSchool Yes, I see what you mean.

Stephen Marche I mean if these girls see you as a commodity, why bother?

MAYbe that's my naviete. Not having been dating for a long time.

RedPillSchool I think the problem is that my old view of women, when I was unsuccessful and "nice," I did build resentment for women.

so learning that everybody else was playing by different rules actually helped dissolve that resentment

I don't resent them for playing the game. The mating "dance" has always been a back-and-forth between men and women to select their optimal partner

I did resent them, but now I appreciate them quite a bit.

Stephen Marche So you think trp actually made you more repsectful of women?

RedPillSchool Yes, it helped me understand human nature. It was like me getting angry with myself for getting hungry, instead of taking the logical step to feed myself.

So once I understood why and how things happened, it put me at peace with it.

And that's a good thing. I'm in a long term relationship now with a girl that I love, and it works, she's very attracted to me. She compliments me on improvements I've made. And I know without the advice of TRP, I would've been clueless and getting caught up on her "tests" rather than beating them.

Stephen Marche Does she know you're the moderator of TRP?

RedPillSchool Yes

Stephen Marche And how does she feel about it?

RedPillSchool She's a smart lady, so she agrees with the philosophy we discuss on the forum. None of it was terribly surprising to her.

She trusts me, and knows that she's attracted to me. And I think in her mind is that it's probably silly, since, as a woman, she didn't have to put the same amount of effort into attracting a mate. But, if it works, don't fix it.

Stephen Marche You think women don't have to work to find a mate?

RedPillSchool I think women can find a mate with far less effort.

Stephen Marche I mean, man, I once saw my wife putting on "anti-feathering agent" which makes lipstick look better and I thought "Jesus Christ."

RedPillSchool Haha, yes, there's a lot of effort that goes into presenting themselves.

I think the comparison I use is that for guys, if they don't put in effort, they simply won't meet anybody. For women, even if they don't put in effort, their default position is having to reject potential suitors.

Now, finding a mate that they are head over heels in love with, that might not be easy for them.

But for a guy, simply meeting somebody willing to talk them can be such an impossible task that they'll go years without hope

Stephen Marche Do you think TRP helped you find love? Or do you think that was mostly chance?

RedPillSchool Yes, TRP was instrumental in my finding love - not only finding it, but understanding how to find it and what to look for.

Stephen Marche Explain that.

RedPillSchool Well, first of all, there are qualities that you might look for in a mate. In my twenties it was basically a crapshoot of whoever would talk to me was a potential mate.

That's not very effective

Now that I have options with TRP, I can be more selective. And TRP helps me know what girls would make good long term partners.

So finding my current girlfriend, I now have the skills to attract her, to keep her attracted, and the knowledge to know she was worth a long term relationship with

Stephen Marche So can you tell me--I don't want to blow your anonymity--but can you just give me a general demographic on yourself.

You're an American, yes?

RedPillSchool Sure, ~30 +/- 3 years, USA

handsome

Stephen Marche white, atheist, conservative? Like those polls say the bulk of TRP is?

RedPillSchool haha, yes.

All three

though there are a lot of religious people in the community, so atheist isn't a good marker for red pill members

Stephen Marche Trump conservative? Or like Rand Paul conservative?

RedPillSchool I would've preferred Rand, But since he fell out, I'm on board with trump in a very watch-it-burn

kind of way

Stephen Marche So I guess the question is why are you starting the new site off Reddit?

RedPillSchool Well there are a few reasons for the new site.

First, we wanted to have a safe backup for our forums if reddit admin kicked us off. We're a very unpopular subject matter and we know the admin have removed other subreddits for being unpopular in subject.

We're accused of misogyny almost daily, so it would make sense if they wanted us gone.

I won't deny that the language is colorful and there's a lot of emotion expressed by the men on the forum.

But there wasn't really a way for guys to express these feelings. It's politically incorrect, but that doesn't mean the feelings just disappear. Guys needed a place for straight-talk with other guys. Like a locker room.

A lot of these guys didn't have dads, or a positive male role model to discuss these things with, so they lack male companionship and comradery

But it's risky, because the gender wars are heated, and feminists are quick on the trigger to try to take down anything they consider wrong. So TheRedPill on reddit is not a safe long-term bet.

We made backup forums, but they're only in case we get moved off reddit. They're locked right now.

Now, the main site that *is* open now is trp.red, I'm sure you saw

We wanted a place where men could discuss masculine topics with each other without facing the same public shaming outcry that happens on other social media sites.

There are examples of Milo Yiannopoulos getting reported and losing his verified status on twitter because of his views on masculinity

and nobody can talk about these subjects on facebook because that's career and family suicide.

it's a big topic that has become taboo in our culture. We just can't talk like men to other men about things that affect men.

So we decided this was a niche that needed to be filled. A place for men to discuss masculine interests without the social backlash of being politically incorrect.

Stephen Marche But surely there's a line somewhere. I mean, to me, the site is 90% locker room talk, then like 10% misogyny. Does that sound fair to you?

RedPillSchool Haha, well I would argue that the definition of misogyny isn't really very concrete, that much is labelled as such because it's inconvenient.

So, let's say there's a guy who just says "well I hate women"

I think that's textbook misogyny

and, in fact, we let them say that. Because there's nowhere else for a man to blow off steam. And sometimes you have an experience that makes you think, "women, right?"

but they stay, they learn, they vent, they get advice, they get back on the horse.

The endgame of our advice isn't to hate women. It's to understand them so you can stop being so darn frustrated by them.

Stephen Marche So TRP is a way to work through misogyny and escape it?

RedPillSchool In a way, yes.

But I do take exception to the word. Because I think it's used unfairly to stifle men from venting very real feelings.

Stephen Marche But those real feelings are hostility to women

RedPillSchool I think, a guy gets cheated on by his girlfriend and he swears off women altogether, yeah, you can call it misogyny, obviously all women didn't break his heart.

But he's not really thinking in his head, "all women just hurt me"

what he's thinking is "my insatiable desire for women in my life is hurting me "

the dark secret is, men need woman, and I think sometimes resent that their happiness is inextricably linked to satiate their biological imperative.

Stephen Marche Do you talk often with Redditt admin about the site or its future?

RedPillSchool Reddit admin do very little to communicate with mods, so there has been no open dialog with them. Though I have contacted them regarding this.

Stephen Marche Sorry. regarding the new site?

RedPillSchool Regarding the subreddit.

Stephen Marche So you didn't start it because of something an admin communicated to you?

RedPillSchool No, there has been no evidence that we're being removed that I know of.

We started this project about a year ago to make sure we were ready if it did happen, because about a year ago they started removing other politically incorrect subreddits. We just wanted to be prepared.

TRP.RED as a social media site was borne out of the original plan for a backup forum. It sort of evolved from our original plans.

Stephen Marche Surely you must find SOME stuff posted on TRP offensive. Or worse

RedPillSchool I think it's about the perspective that you approach the content. I have been very dedicated to ensuring that the space allows for male anger and male venting. Because of this, I understand it and embrace it.

If a guy came on and talked about actually hurting women or plotting to harm them, we'd remove them and possibly contact authorities if there was any risk of an immediate threat.

But this is the one place where men have the freedom to throw around ideas, vent, and discuss openly with other men.

I do, however, see why it is offensive to some people.

For instance, there are people who want to believe that every person is entirely unique and different.

It's a comforting thought that we are all individuals

Some of what we say tries to predict behaviors based on knowledge of the group.

Essentially, a stereotype.

it's offensive to people to think, "well, just because I'm a woman, doesn't mean I will do what these guys are saying, so this is offensive to me."

but I think that lacks an understanding of how generalizations are applied. Of course it's impossible to truly predict behaviors of an individual. We try to capitalize on behavioral trends because we know enough women will behave a certain way.

For instance, enough girls like tall guys, that we can reasonably surmise that being tall will net you better results than being short

But some women date short guys.

It's just a generalization

Stephen Marche That's not really the stuff I'm talking about. It's more the "if women come home with them you can rape them," material.

I mean, I know what a tiny fragment of TRP that is, but it is shocking when you come across it.

RedPillSchool That's the sensationalized version of the red pill that gets bandied around.

Stephen Marche Lets talk about that. The media response to this stuff, because it does seem pretty distorted to me.

RedPillSchool There's no discussion of rape strategies. It's antithetical to our entire purpose, which is to find a way to become attractive enough that women will want to be with us.

If the group was seriously pro-rape, there simply wouldn't be a discussion on building attraction. We'd just take 'em all by force.

There have been probably a handful of comments I've removed over the past three years, and they're usually one-offs by trolls who want to make the group look pro-rape. They're banned and removed, since that is strictly forbidden in our forum rules.

Stephen Marche You been following the Jian Ghomeshi case at all?

RedPillSchool No I haven't

Stephen Marche What do you think of what happened with Roosh V?

RedPillSchool with the roosh v day meetups that were cancelled?

Stephen Marche Yes

RedPillSchool He knew he was infamous and would cause a stir. I think he planned it out that way.

No coverage is bad coverage

his message is targeted at guys that cut through the crap, so the news says "pro rape group getting together" and the guys look him up to see what the hubbub is, turns out he's a masculine blogger

Stephen Marche How long do you think you're going to keep running TRP?

RedPillSchool As long as I can

It's changed so many lives

including my own

Stephen Marche Can you think of anybody whose life it has changed for the worse?

RedPillSchool Not in particular. There are some guys who got the information but didn't really digest it, and they claim it didn't work.

Stephen Marche Do you think TRP is mostly misrepresented or do you think it kind of courts that shock value?

RedPillSchool I didn't ask for it to be misrepresented, but it is a great advertising scheme when people see shocking headlines and come read what we have, and end up staying.

The truth is, some of these topics are just outside the overton window, no matter how true or false they may be and so there will be outrage

Stephen Marche Does it bother you?

RedPillSchool Not really. I didn't expect mainstream acceptance, nor do I work towards that goal.

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UPVOTES

I Had Lunch with the Chad I Hated Today

ForeverKarlMalone · 13 December 2020 · Archived copy · Reddit

I Had Lunch with the Chad I Hated Today

Intro:

Picture the worst loser you ever met.

Acne, glasses, hair that looks like his Mom cut it, dyel body...

Now multiply that by 2X and that's me in College.

Now picture my counterpart, let's call him Chang for shits and giggles.

6'2", chiseled jaw, cool haircut, abs, social butterfly

Only thing we had in common is that we were both Asian...

He was good with girls and I hated him for it. Hated him more than anyone else. It was one thing when a white guy or black guy was good with girls, but to see an Asian guy do it, it just brought out that crab bucket beta out of me like nothing else.

I did not want to see this guy succeed. His every success reminded me of my own failure. Kind of like Samuel L Jackson's **character in Django Unchained** rofl.

I remember getting super drunk at a party one time. It was my final desperate attempt to take the spotlight away from him.

I approached every girl there like a retard, hammered out of my mind, thinking that I was being the man for being so KAWNFIDUNT but actually creeping people out, now that I look back at it.

Chang used a wire coat hanger to restrain me as he wrestled my drunk foolish ass out of the building.

Body:

So what did I do?

I worked my butt off for 12 hours a day every day for the rest of my college years until I surpassed him!!!

Just kidding!!! Lol

Instead, I took the easy way out and immersed myself in video games for the next 3 years of college.

Meanwhile, Chang was getting pussy left and right, hot girls girls of every race. How do I know? Because his dorm was right across from mine.

I remember sitting there in my dorm playing DOTA like the antisocial phaggot I was. Meanwhile every time I passed by Chang's dorm room, I saw hot girls playing with his hair (as in actually digging their fingers into his hair and combing it), having flirty conversations...

"Man fuck this guy," I thought to myself. "He's not even proud of his race. He's just a whitewashed piece of shit!"

Now let's fast forward 10 years after graduation.

I had been working on myself like a mofo

Took a lot longer than others but I finally got shredded at the gym, courtesy of heavy compound lifts (and Testing my Limits Anavar giving up)

Read everything I could get my hands on regarding social dynamics, including everything on RedPill, just about

every self help book you can imagine from Think and Grow Rich to How to Win Friends and Influence People.

Even hired several coaches in the opening stages since nothing I was doing in the field was working and I needed guidance to overcome my own blindspots

Finally things started coming together and I got competent at cold approach. Competent enough to spin several plates at the same time.

Competent enough to not have everything be a giant numbers game anymore because I finally figured out how to bring the “Maybe” girls from “maybe” to “fuck yes” instead of only banging girls who were highly receptive from the beginning.

At this point, I decided to call it mission accomplished with girls and start my own business. Ironically enough this just made it even easier to get girls. Funny how working on yourself plays out like that.

Recently I saw that Chang got engaged so I commented “grats man” on his post, while snickering inside thinking I’d finally surpassed him

And you know what happened? “Long time no see Karl, we should grab lunch some time to catch up!”

Fast forward to yesterday and I’m sitting across from Chang, the guy that was always in the back of my mind as this great Nemesis.

And to my surprise, he turned out to be a pretty cool guy.

He’s actually the first Asian guy I talked to that didn’t have a crab bucket mentality and try to drag me down when we got past the small talk and started talking about how we really saw the world.

We could finally relate to each other. Talked about how you gotta tease girls when they act bitchy and their icy exterior will melt right off, how you gotta sexualize subtlety from the very beginning, etc

Topics that if I even began to approach with my old friends would get weird looks...

He was making a killing in CyberSecurity.

And settled down with a beautiful Asian girl.

I asked him why when he was banging so many hot girls of all races in college and he said that as far as he’s aware, every Asian guy who grew up in the west has this fantasy of banging hot whites girls to prove his masculinity

It’s just something every minority goes through, to prove himself “worthy”.

Some guys give up and just play video games instead

Some put in the work and succeed.

But Chang said that at the end of the day it’s about compatibility, finding someone that’s actually gonna support your bigger goals and not just be a waste of time.

He said that he used to be the same way, fucking hot girls for validation from society or even to just prove himself worthy but now he honestly just wants to get married to someone who’s chill and supports his goals (as long as there’s an ironclad prenup lol)

I realized that Chang and I weren’t so different after all.

I asked him how he figured things out so quickly without having to read a million articles on RedPill and he said that he was lucky enough to have a really good high school football coach who taught him everything he knows about masculinity in a western culture.

Damn. I thought you were a Natural bro... is every natural just someone who grew up with positive male role models and learned game at an earlier age than everyone else?

And we both laughed about how Asian guys here just play video games all day and race whine on Reddit instead of actually working hard to improve their situation.

How they have the worst crab bucket mentality ever and all act like Samuel L Jackson in Django Unchained (I was one of them)

Long story short, we became friends and even started planning out businesses we could go into together once we accomplish our individual goals

Lessons Learned

Like a lot of other guys here, somewhere deep in the back of my mind, I had this revenge fantasy of showing former Chads in my life how much progress I made.

It's the classic "revenge of the nerds" fantasy where the high school jock is now flipping burgers and you have hot girls in both arms.

But life doesn't really work that way.

Chads tend to get into good fraternities in College and things just snowball from there.

In everything.

Girls, finance, social circle...

Their good looks open a lot of doors that were closed to you, as long as they're willing to put in the work.

So yes, if that revenge fantasy is gonna help you grind out one more rep at the gym and scream "FUCK YOU CHAD!" At the end of the set, by all means use that anger for fuel.

Just don't be surprised when you have to cut off all your old friends who keep dragging you down.

And find that you actually relate to Chad more now.

P.S. And no, I didn't suck Chang's dick, no homo lmao

973

UPVOTES

"I'd hate to have to settle for a mediocre man"

mateoka · 31 July 2017 · Archived copy · Reddit

At a family dinner last night I was discussing marriage with my 20 year old sister. She is convinced that she never wants to settle down like most women her age and is wasting the best partner-finding years of her life "having fun". She dismissed my claim that she won't be wanted once she hits the wall at 28 and she said "I'd hate to have to settle for a mediocre man", referring to one of her friend's boyfriends as mediocre. This "mediocre" man has finished an apprenticeship and is earning good, honest money yet is considered mediocre by my sister who is earning far less than this man and won't surpass it in her career.

What makes it worse is that my sister feels she is entitled to top shelf men when she genuinely has NOTHING to offer. She never learnt to cook or clean (like most women of this generation) even though I have recommended her to learn this on many occasions. She expects the man to do this. Furthermore, she has admitted to not wanting children; confirming she has NOTHING to offer to any man, yet only demands the highest of men for her.

972

UPVOTES

Women are devoid of Character. You giving a fuck what a Woman thinks of you is like a hedgefund manager worrying what a hobo thinks of his investment portfolio. Its fucking laughable.

ShitsWithTheDoorOpen · 29 August 2017 · Archived copy · Reddit

The more I learn about self development the more I'm inspired and passionate to go and fucking do it. The more I learn about women and game, the less I think of them. Now me thinking less of them doesnt mean I dont still want to fuck them, because of course I do, but each level I go up in understanding of game, I stop caring how girls react to me. How they judge me. Because I see how game is a fucking scam and I see how fucking stupid women are lol. Like here you and I can talk about our mission in life, and how we can fight to better ourselves every day and struggle so we can achieve that... WOMEN DONT HAVE A FUCKING MISSION, they have no reason to improve themselves, **they're the gender of default success**. So imagine you're 12 again but instead of hitting puberty and wanting to make something of yourself, you literally didn't. You didnt grow at all in terms of character from 12. You havent improved or grown stronger and in fact youve probably gotten more and more weak and stupid because you grew tits and then the world was instantly served to you on a silver platter.

Thats life as a woman. Thats what women are. I think sometimes we underestimate literally how underdeveloped they are compared to us. Like I know people say the modern man is a bitch compared to men 100 years ago and I get that and fully support you trying to improve yourself, but we are still literally light years ahead of women in terms of character development and strength. Like its not even close.

So heres my question to you: If you were to go up to that 12 year old thought experiment you and ask something from it and it denied you because it thought you were lame, why would you give a single fuck? Thats like a hobo making fun of a hedge fund managers investment portfolio. Women are completely ignorant of strength and character. *All they can discern are its secondary effects*. Its really like some sort of mystic magical force to them, they have no clue because it is absolutely absent from their lives. That's why feminists create male privilege to explain achievement gaps. No hunny, only privilege I have is that my whole life I wasnt given shit and I had to earn everything I got in this world. It made me incomparably stronger than you. This really cannot be overstated. We forget how unlike ourselves women are.

This should give you a free ticket to act however and do whatever you want around women because their approval and disdain are literally meaningless to your development as a man. And as we all know the less fucks you give the more they want it.

Self Development is where you should get your self esteem from but game is where you really fuck girls. They can work together but not always man. I know GOOD dudes who dont get laid and I know FUCKING LOSERS who slay it. As you grow in game you should be caring less and less what women think and honestly you should be thinking less and less of women in general. There is a reason why they should be submissive to us. They are like little children in terms of character.

NEVER forget your whole life you've been treated as a boy and her whole life shes been treated as a girl. Not to mention innate psychological and hormonal differences. Basically youre better than her. Know that and you'll fuck whoever you want.

Peace,

SWTDO

Edit: Lol finally, the snowflakes have arrived! Dont get me wrong I mostly write to help RPers grow but triggering BPers adds that extra indefinable zest to posting. My question to the snowflakes though is this, if you know the truth hurts then why come here? Personally, I think its because *you like the pain*, you naughty little snowflake. You want to be *punished* by us big bad Red Pill men don't you? Cowering in fear as we drop truth bomb after truth bomb, but

still wanting more. Yes, I think that's it...

972

UPVOTES

Red Pill Going Mainstream: I thought I was reading a Reddit Post on this Fox News column!

BluepillProfessor · 5 February 2018 · Archived copy · Reddit

From Fox News:

Male Backlash Against Metoo is Brewing

Men are scared, and feminists are delighted. But the urge to call out and punish male sexual transgression is bound to clash with an inescapable truth: We're all in this together, men and women.

Read carefully. Men being "scared" is fine until it affects.....women!

Female staffers and lobbyists have found “many male legislators will no longer meet with them privately,” reported The Miami Herald. “I had a senator say, ‘I need my aide here in the room because I need a chaperone,’” lobbyist Jennifer Green told the paper. “I said, ‘Senator, why do you need a chaperone? . . . Do you feel uncomfortable around me?’ ‘Well,’ he said, ‘anyone can say anything with the door shut.’”

Oh No! Women are being affected by the whole Metoo thing. It is time to back off! We are all in this together don't ya know. Men and women, together. Forever. LMFAO.

“I’m getting the feeling that we’re going back 20 years as female professionals,” said Green, who owns her company. “I fully anticipate I’m going to be competing with another firm that is currently owned by some male, and the deciding factor is going to be: ‘You don’t want to hire a female lobbying firm in this environment.’”

HAHHAHAHAHAHAHAHAHAHAHAHAHH!!!!!! Do you mean that extreme actions beget extreme reactions? Who knew?

This kind of thinking is catching on in aggressively P.C. Silicon Valley, where men are taking to message boards like Reddit to express interest in sex segregation — sometimes labeled “Men Going Their Own Way,” or the “Man-o-Sphere.”

Yah! She said it. So what is important about MGTOW and the Manosphere?

How will that work out for women in the tech industry, where they already face substantial challenges?

Of course.

My guess is not good. The Pence rule, as advocated by none other than the professor, is now in full force and effect. Men are not stupid and we are not going to be put into helpless situations where 'anybody can say anything' BUT women are to be believed.

Nope!

Several major companies have told us they are now limiting travel between the genders

Yes they are. But don't forget what is important. How is all this going to affect THE WOMEN!

If men start to back away from women, at least in professional settings, it's difficult to see how that will aid the feminist cause.

Oh, so not good huh. Maybe this Metoo thing wasn't such a good idea. Maybe going for the jugular and total supremacy was a bridge to far? Of course none of that matters. The important thing is how it affects the women.

Got it. Goddesses must be comfortable. KK.

Wait, what happens if we decide to MAKE THEM A BIT UNCOMFORTABLE? Maybe something happens? Who knows.

be wary of unintended consequences. Turning men and women into hostile opposing camps is not going to be good for either sex.

We are WAY past that point broh. Way past it.

972

UPVOTES

7 Science-Backed Ways To Increase Testosterone

notamexican1 · 7 March 2018 · Archived copy · Reddit

Testosterone is super important for muscle growth, fat loss and a number of other physiological processes such as your mood. The normal range for men is between about 250-1000 ng/dL, while free testosterone is usually 2-3% of this.

Keeping your test naturally high, in a world which cultivates naturally low levels is a powerful way to drive fierce ambition towards your goals.

Lose Weight

If you're fat then your testosterone is going to be much lower than it could be. Research has shown that obese people tend to have one-third of the testosterone of their leaner counterparts. This is due to many reasons such as dietary choices, but mainly due to the fact that more fat = more oestrogen and more oestrogen = less testosterone. Keeping your body fat percentage between 8-12% is going to be great for keeping your natural testosterone levels high. 15% is fine too. Anything over 20% or under 8% is going to cause problems.

Strength Training

Strength training is the best type of exercise for boosting testosterone. Research has shown this over and over again - especially large full body compound movements like deadlifts, squats, overhead press and pulls ups. When we compare these type of movements (especially with heavy weight) to isolation movements like bicep curls the difference is profound. Strength training will increase growth hormone (GH) as well as testosterone.

Get Enough Vitamin D

Vitamin D isn't even a vitamin, it's more of a hormone which regulates over a 1000 physiological functions - especially in the realm of sexual matters. Having low vitamin D levels is bad for your testosterone. Vitamin D is strongly associated with more testosterone and a stronger libido. Try to get at least 15-minutes of sunlight every day. In winter, a quality vitamin D3 supplement helps.

Dietary cholesterol

Cholesterol which is found only in animal products is really important for testosterone production. It's actually a baby form of testosterone, a precursor. Our bodies produce our own cholesterol, but research has shown that dietary sources of cholesterol (such as from eggs) will increase testosterone levels. Unless you have the APOE4 gene, dietary cholesterol or even saturated fat for that matter isn't something you need to freak out about in moderation. Eggs are a great source. However, make monounsaturated fats your main priority (think olive oil and avocados).

Consume enough zinc

Zinc is an essential mineral really important for sexual function among men. Men with zinc deficiency have lower testosterone levels, a lower sex drive and a number of other problems. Zinc is lost with sweat, so it's particularly important to get enough of if you train hard at the gym. If you're lacking it in your diet you can consider supplementing with it. Try not to go over 40mg.

Reduce Stress

Stress causes an increase in cortisol. An increase in cortisol isn't always bad, it serves an important purpose, but too much is bad. Cortisol is synthesised from cholesterol just like testosterone. When you're too stressed, more cholesterol goes towards synthesising cortisol instead of testosterone. That's why keeping your stress down is key to

increase testosterone levels.

Try intermittent fasting

Intermittent fasting is basically not eating for a certain period of the day. Research shows fasting can increase testosterone short term as well as growth hormone (GH) and androgen sensitivity. Fasting may help you get more out of less testosterone, basically, this means you get more bang for your buck!

Video

To summarise:

- Lose body fat and keep it between 8-15%
- Strength train and do compound exercises instead of more cardio
- Get enough sun or supplement with vitamin D3
- Eat enough dietary cholesterol/fat (be careful if you have the apoe4 gene).
- Get enough zinc, especially if you exercise
- Reduces stress to reduces cortisol
- Try intermittent fasting

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UPVOTES

**Boy, girl swap explicit photos. Boy charged, girl not.
Prosecutor requests boy be sexually assaulted for evidence.**

[deleted] · 9 July 2014 · Archived copy · Reddit

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UPVOTES

Sometimes it isn't your lack of game but your lack of testosterone. If you have the test levels of a 80 year old cuck how do you expect to have any drive? Here is a science based guide to getting your T levels up naturally.

Joeycrackem · 31 January 2018 · Archived copy · Reddit

A little background Info

I have written this post/video to help guys that do not have optimal test levels. I remember before I lifted and ate good I used to have the test levels of a CUCK and would be cringe as a fuck during every social interactions. Upon fixing up my hormones the game actually became a fuck ton easier. Many times your success with women isn't due to a lack of technical skill. You suck because you don't have the drive. You have the test levels of a 80 year old granny you don't even want to fucking succeed. Fix your T levels and come back to me like a rising Phoenix.

Post Video

Journals used are shown in video + in bio (didn't wanna clog this post with links)

How to boost testosterone levels naturally

In this post I will be going over 5 scientifically proven ways to boost testosterone levels, but first let's talk about why your testosterone levels are incredibly important for your general well being:

Testosterone is androgen hormone that is crucial for the development of masculine traits within males. Testosterone levels are correlated with:

- Increased libido: testosterone is a sex hormone which has direct effects on your libido. Men with low libidos are often diagnosed with having low testosterone levels and are put on testosterone replacement therapy.
- Increased muscle mass: testosterone levels have a direct impact on the amount of muscle mass you can build. Generally men with higher levels are able to pack on more size on their frame.
- Increased bone density: Some studies have actually shown testosterone to play an important role in bone density.
- Decreasing chances of Alzheimer's disease, various studies have shown low levels of testosterone to having being linked to Alzheimers
- Studies have indicated that low levels of testosterone might be linked with depression, many people who have suffered from low test levels have attested to the huge improvement gained upon increasing their levels.

A general trend has been observed by researchers of men's testosterone levels lowering over the years. A big decline has been noted over the past 30 years. These changes are most likely the result of changes in the modern diet and lifestyle.

Now let's go over 5 ways in which you can boost your testosterone levels naturally:

5. Exercise and lift weights

Men who exercise frequently are often associated with having higher test levels. Resistance training (using weights) has been noted to be the most effective method for building test levels up in the short term and long term. So if you want to boost your levels make sure you get on a good strength training program that has you doing big compound movements such as squats and deadlifts.

For beginners I suggest Strong lifts or even the Starting strength program my Mark Ripplettoe. H.I.I.T Cardio which involves repeated bouts of high intensity work is often better for stimulating test levels than slower paced treadmill work. If you are doing some cardio choose to hit a bag or do barbell complexes over the elliptical machine if you want that test boost.

4. Minimize Stress and Cortisol levels

Long term stress whether from a boss who won't give you a break, or unpaid bills can lead to increases in cortisol levels. High cortisol levels are devastating for test levels. Picture your hormones as kind of like a see saw. One of them goes up, the other goes down. You must do all that's within your power to keep those cortisol levels down. Some things that you could consider doing to lower stress are:

- Meditation (scientifically proven to lower stress)
- Deep Breathing (as Elliot hulse says 'breath into your balls'), sometimes "Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure," psychologist Judith Tutin, PhD, says
- Keep away from excessive use of stimulants, perhaps your 10 cups of coffee a day are having something to do with you elevated test levels, if you still want your man parts to work, perhaps it's time you ease up on the caffeine.

3. Eat more fat

Sounds crazy doesn't it? You have always been told to keep away from fat yet 'dietary fat' plays an important role in optimizing your natural testosterone levels.

A study published in the Journal of Applied Physiology found that diets with higher amounts of monounsaturated and saturated fats have been shown to increase testosterone levels.

There is a point of diminishing returns however, an appropriate level dietary fat for testosterone production should fall somewhere in the ballpark of 25-40% of your daily calories. Play around with these numbers to see what works for you.

Some good sources of fats that you could add into your diet are:

- Avocados (my personal favourite)
- Almonds
- Peanut Butter
- Olive oil
- Egg yolk (do not be afraid of the yolk)

2. Increase the zinc in your diet

The mineral zinc has been known to produce a favourable environment for test production; if your levels are low you might suffer. Zinc can be easily supplemented with pills but for the best result make sure you try get most of your Zinc from real foods. Eat the following to increase your levels:

- Protein rich meats
- Fish
- Oysters
- Crabs

1. Get more sleep

This last one should be a no brainer, make sure you are getting a proper amount of sleep and are not walking around like a zombie. A lack of sleep has been shown to be detrimental to testosterone production.

Research at the University of Chicago recorded the sleeping patterns of healthy men and found that the subjects' testosterone levels increased the longer they slept. 7-9 hours was noted to be the best in order to optimize the testosterone response.

An important note: the quality of sleep might be more important than the quantity of sleep. To ensure that you are getting adequate sleep at night I suggest you:

- Have a come down period where you de-load and get away from high stimulus material such as television and the internet. Tim Ferris suggests reading fiction books before sleep to ease your mind.
- Don't drink too much water before the bed, or you will ruin your deep sleep each time you have to get up and run to the toilet.
- Use a white noise machine or play some binaural beats to ease yourself into bed

So those are 5 ways in which you can boost your testosterone levels. Your testosterone is one of the most important hormones in your body. If you want to live the good life, it is your reasonability that you do all that is within your control to keep them levels high. Just remember, if you aren't waking up with some oak wood every morning. There is work that can be done! Let's begin.

Good luck bros

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UPVOTES

Academia gap myth: women fall behind in their careers because they choose family over work and go into unprofitable fields, study finds

G_Petronius · 21 May 2016 · Archived copy · Reddit

tl;dr: the title

<http://www.nature.com/news/why-women-earn-less-just-two-factors-explain-post-phd-pay-gap-1.19950>

To the surprise of no one in the manosphere, it turns out that analyzing data of female careers in academia shows they fall behind not because they suffer actual discrimination, but because they a) prioritize family and b) pick fields that simply pay less.

Of course the article above turns this around into it being the fault of a system that isn't "family-friendly for women" (guess instead it's super family-friendly for men, who notoriously get to take time out of their careers to care for their kids without consequences). Regardless of the spin, the data doesn't lie: women are not discriminated against, they simply have less of a preference for professional success than men do, and thus don't achieve it as much.

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UPVOTES

Read This and You'll Never Struggle To Lose Weight Again

kenpachitz · 25 June 2020 · Archived copy · Reddit

Disclaimer:

I'm not some shredded 6% bodyfat bodybuilder/fitness coach/greek god who can bench press all of New Zealand and knows all the secrets to shedding weight and staying lean.

I'm basically an average guy who's sick of suffering every time I want to shed some weight. I spent the last 3 months trying to figure out how I can be in a deficit WITHOUT BEING HUNGRY.

I finally figured out how and have been studying/practicing what's in this post for the past 4 weeks, steadily losing about a half kilogram a week AND NOT FEELING HUNGRY WHILE ALSO NOT COUNTING CALORIES. So, I know it works.

Table of Contents:

1. Introduction

- What You're Doing Wrong
- A Vivid Example
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- High Water Foods
- High Fiber Foods
- High Bulk / Volume Foods
- The Golden Rule of Feeling Full Despite A Deficit
- Holy Trinity of Low-Calorie Foods That Will Make You Feel Full
- Drink. More. Water.
- Conclusion

Further Reading:

- [Calorie Density: How To Eat More, Weigh Less and Live Longer](#) by Jeff Novick, MS, RDN
- [Calorie Density](#) by HeartStrong.com

Introduction:

Here's the problem:

You want to lose some weight. Let's say you want to lose 10 kilograms / 20 pounds. So, you pay a visit to the almighty Google and see the sage wisdom of millions of keyboard warriors and roided influencers before you proclaiming the gospel of "Calories In vs Calories Out".

Then, at the slightest challenge, one of three things happens:

1. You activate their hidden Neil deGrasse Tyson trap card and watch your patience disappear under “According to the First Law of Thermodynamics...”
2. They try to recruit you into their Cult of Keto with the promise of abs while eating all the bacon and steak you want
3. You are accused of being defective human being who can't figure this out despite the tidal wave of nebulous, contradictory and outright predatory false advice being thrown all over the internet

And here's the thing nobody wants to talk to you about: Despite your best attempts to be in a caloric deficit, you eventually start feeling hungry ALL. THE DAMN. TIME.

And when you are hungry long enough, everybody's willpower breaks.

Yet hardly anybody is talking about what to do about THAT problem. The only person I've seen plainly mention this is Greg Doucette on YouTube, but everyone's favourite doctor (after Johnny Sins of course) would rather sell you a \$100 cookbook with recipes that promise to fix it rather than give you this information to do it yourself.

What You're Doing Wrong:

You made one of the classic blunders: you were so busy weighing your food and counting calories... that you forgot to weigh your food and count calories.

Let me explain.

Our bodyweight is a factor of how many calories we eat. There is no dispute about this from anyone who knows anything about nutrition. Fine.

But what about our hunger?

...

...

...

Yeah, I had no fucking clue either. And anybody who does will throw around words like leptin or ghrelin but fail to realize it doesn't answer the question in any way that matters.

Here's the truth: Our hunger is a factor of how much food is in our stomach.

Note I didn't say calories. I said **FOOD**.

REGARDLESS OF CALORIES, we eat 1.5 to 2.5 kilograms / 3 to 5 pounds of food per day.

That is very important that you should read it again.

REGARDLESS OF CALORIES, we eat 1.5 to 2.5 kilograms / 3 to 5 pounds of food per day.

And again.

REGARDLESS OF CALORIES, we eat 1.5 to 2.5 kilograms / 3 to 5 pounds of food per day.

And again.

REGARDLESS OF CALORIES, we eat 1.5 to 2.5 kilograms / 3 to 5 pounds of food per day.

On the upper end of that, you get nauseous and want to throw up. On the lower end of that, you get hungry and want to binge eat. This is when those big words of leptin and ghrelin kick in to make you want to eat a cow. Somewhere in the middle – *past a minimum calorie threshold* – you are perfectly satisfied regardless of how many calories that is.

Disagree?

A Vivid Example:

Let's say you are following a meal plan and have one meal left in the day. This meal has to be 300 calories to maintain your deficit. To have 300 calories, your options are:

- You can have 5 chicken nuggets or nearly 1.5kg / 3lb of lettuce salad
- You can have half a chocolate bar or 2 bowls of oatmeal
- You can have one serving of fries vs 2 and a half cups of cooked rice

Which one do you think will make you feel more full? Which one do you think will make it easier to maintain a deficit on?

Forget all you've heard about smaller portion sizes, using smaller plates, avoiding carbs, intermittent fasting, sacrificing virgins at the alter of Cthulu, whatever. Forget all of it.

Don't think about calories. Think about calorie density, as in how many calories there are per kilo / pound of food.

No, screw that. Let's take all terminology out of it. Think about this: What kinds of foods will make me feel full?

What Kinds of Foods Will Make You Feel Full?

Foods that will make you feel full (with less calories) tend to have 3 qualities:

- High Water Content
- High Fibre Content
- High Bulk/Volume

Foods that will make you fat well before you feel full tend to have some combination of 4 qualities:

- High Fat Content
- High Sugar Content (and I'd argue High Salt / Sodium Content as well)
- Refined / Processed Carbs
- Low Bulk/Volume

To clarify, refined / processed carbs is basically any carb with a nutrition label and/or doesn't look like anything that would grow in the ground and/or would outlive a cancer patient.

If you're reading this, I'm pretty sure you already have a grasp of what things are in the latter category. What you probably don't know are things that are in the former category.

High Water Foods:

Water as a percentage of weight, from highest to lowest:

1. Cucumber (96%)
2. Lettuce (96%)
3. Tomatoes (95%)
4. Celery (95%)
5. Radishes (95%)
6. Zucchini (94%)
7. Spinach (93%)
8. Eggplant (92%)
9. Mushrooms (92%)
10. Bell Peppers (92%)
11. Cauliflower (92%)
12. Cabbage (92%)
13. Watermelon (91%)
14. Strawberries (91%)
15. Broccoli (90%)
16. Cantaloupe (90%)
17. Peaches (89%)
18. Brussel Sprouts (88%)
19. Plain Yogurt (88%)
20. Grapefruit (88%)
21. Oranges (86%)
22. Apples (85%)
23. Raspberries (85%)
24. Blueberries (84%)
25. Kiwi (83%)
26. Mangos (81%)
27. Grapes (80%)

Sources:

<https://www.bupa.co.uk/newsroom/ourviews/ten-water-rich-foods-hydration>

<https://www.healthline.com/nutrition/19-hydrating-foods>

<https://www.swansonvitamins.com/blog/jenessa/most-hydrating-foods>

High Fiber Foods:

Fiber as a percentage of weight, from highest to lowest:

1. Chia Seeds (34.4%)
2. Pumpkin Seeds (18.4%)
3. Popcorn (14.5%)
4. Almonds (12.5%)
5. Dark Chocolate (10.9%)
6. Oats (10.6%)
7. Black Beans (8.7%)
8. Artichoke (8.6%)
9. Split Peas (8.3%)
10. Lentils (7.9%)
11. Chickpeas (7.6%)
12. Avocado (6.7%)
13. Raspberries (6.5%)
14. Kidney Beans (6.4%)
15. Blackberries (5.3%)
16. Lima Beans (5.3%)
17. Edamame (5.2%)
18. Kale (3.6%)
19. Pears (3.1%)
20. Bananas (2.6%)
21. Quinoa (2.8%)
22. Carrots (2.8%)
23. Beets (2.8%)
24. Broccoli (2.6%)
25. Brussels Sprouts (2.6%)
26. Apples (2.4%)
27. Blueberries (2.4%)
28. Spinach (2.2%)
29. Strawberries (2%)
30. Tomatoes (1.2%)

Note that most vegetables, whole grains, nuts and seeds are high in fiber.

Sources:

<https://www.healthline.com/nutrition/22-high-fiber-foods>

High Bulk / Volume Foods:

You'll notice that most of the foods in the above two lists are vegetables and fruits. In general, vegetables average out to about 250 calories per kilo / 100 calories per pound. Fruits average out to 500 calories per kilo / 250 calories

per pound.

So, you could fill HALF your stomach with only veggies for 200-ish calories and only fruit for 500-ish calories. More on this later.

But not all of the foods listed above are fruits and vegetables.

One exception are **legumes** and a **whole grain (oats)**. These are considered “dry goods” and have to be prepared by soaking and/or boiling in water before eating. What does that do? It adds water to it. More water equals more food weight and a lower calorie density.

In other words, they fill you up because you boiled/soaked them in water.

By extension, other foods such as rice and pasta (ideally brown/whole) which are prepared by boiling are also fine. Not great, but fine. Certainly much better than fries and white bread.

Another exception on the lists are **nuts and seeds**. This is where we need to be careful. Nuts and seeds are not very big and are (edible while) very dry. As you can probably guess from their lack of volume and water, they aren't light on calories.

When it comes to nuts and seeds, 50% to 85% of its weight is in fats. So, be mindful.

Topping your food with a small handful of nuts and seeds? Fine.

Snacking on a whole bag of 'em? You can inhale 1,000 calories without even realizing it.

The Golden Rule of Feeling Full On A Calorie Deficit:

Here's an average of calories per unit of weight for various food groups.

Food Group	Calories/Kilogram	Calories/Pound
Vegetables	250	100
Fruits	500	250
Unrefined Carbs	1,000	500
Legumes	1,200	600
Fatty Protein	2,000	1,000
Refined Carbs	2,800	1,400
Junk Food	4,600	2,300
Nuts/Seeds	5,600	2,800
Oil/Fat	8,000	4,000

This isn't to tell you what to eat and what not to eat. Although it certainly won't hurt to move more of your food intake up the ladder, I'm more interested in giving you a dead simple principle.

This is to tell you the golden rule of feeling full on whatever it is you are eating.

Here it is:

Before any meal, have a serving of vegetables and fruits (as close as possible to how they grew from the ground).

That's it.

That's all.

Remember what you last tried eating to lose weight? The one where you did all the math about calories and macros? The one you actually followed for 2-4 weeks before you went rabid and binged on everything?

Do it again. Except this time, have a big bowl of vegetables and fruits (more often veggies than fruit) before each meal.

Sure, you'll reduce your deficit and maybe you'll have to make up for it through some more cardio. But here's the thing: **you won't be hungry.**

Holy Trinity of Low-Calorie Foods That Will Make You Feel Full:

If you're ever at a loss of what to eat before a meal, remember one of these 3 things:

- Oatmeal
- Vegetable Soup
- Salad

I'll give you very basic recipes for them. Each recipe will have 4 things:

- Bulk options to help you feel fuller,
- Flavouring options to help you actually like it,
- Calorie options if you want to make these a full meal rather than a pre-meal, and
- Protein options to help support your protein requirements.

Oatmeal

Oatmeal is cheap, quick and can be made with literally anything that can heat water. It is here because it scores absurdly high in convenience, availability and affordability that there are no valid excuses to NOT eat this on a weight loss journey.

Ingredients: Oats.

Instructions:

1. Measure your oatmeal.
2. Put twice the amount of water in a pot. Bring to a boil.
3. Reduce heat to low. Add oatmeal.
4. Stir frequently, until it thickens and absorbs all the water.

Bulk options: Cucumber, zucchini, banana, berries, (frozen) raisins. Brown / whole wheat bread as a side dish.

Flavouring options: (brown) sugar, vanilla, honey, cinnamon, milk.

Calorie options: Nuts and seeds of your choice. Peanut butter is an easy one.

Protein options: Add protein powder.

Vegetable Soup

Know why it's so filling? Because it is basically flavored, nutritionally enriched water with chewy bits in it.

This earns second place in the Holy Trinity list. It takes a bit more time, needs a kitchen to make, a fridge to store, and can be pricey depending on the time of year / your geographical location. But the fact you can make two, three, five different soups in a weekend and have them for two months evens it out.

Ingredients: Onions. Carrots. Chicken/vegetable stock, if you have it. Powdered soup packets and water, if you don't. Any vegetable you want.

Instructions:

1. On a large pot, add a tablespoon of oil on medium high heat.
2. Sauté the onions and carrots with a tablespoon or two of oil, adding a big three-finger pinch of salt and pepper.
3. Once the onions are translucent, add your liquid.
4. Dump all your vegetables in the pot. Make sure the liquid covers your vegetables.
5. Once it starts simmering, turn the heat low and simmer for 10-15 minutes.

Bulk options: Eggplant, lettuce, cauliflower, broccoli, cabbage and any (soaked/cooked) legumes in the soup. Brown/whole wheat bread as a side dish.

Flavoring options: Garlic and/or leeks (when sautéing onions & carrots), curry powder, chili powder, rosemary, lemon/vinegar, powdered soup packets, etc. Soups are VERY forgiving in what you can flavor them with.

Calorie options: Pasta (can be boiled in the soup for flavour), sesame/chili oil, and fatty meats. Spreading butter on the bread you'll eat with it.

Protein options: Shredded chicken/pork. Poaching an egg in the soup.

NB: Do not blend it. Eat it chunky. The sole act of chewing it instead of drinking it makes it more filling, despite the same exact calorie count.

Salad

First off, if the very idea of eating a salad is an attack on your manhood, get over your malnourished machismo.

Second, I'm honestly torn on whether this should have made the holy trinity above the honorable mention below. It's filling, a fantastic source of nutrients, and has the effect of making you more conscious of your health choices which can spill over into other aspects of your life.

But it heavily relies on easy access to fresh ingredients and doesn't store well. So, it can be pretty hit-and-miss for some. Anyway, here it is.

Ingredients:

- Something green: lettuce, spinach, kale, cabbage
- Something sweet: fruit, sweet potato, cherry tomatoes
- Something crunchy: carrots, apples, cucumbers, broccoli, cauliflower
- Something creamy: yogurt, cheese, avocado
- Dressing: Get a jar. Add 3 parts oil (olive, avocado, sunflower, etc.) and 1 part acid (any vinegar, any juice from a citrus fruit). Shake vigorously

Bulk options: This is as bulky as it gets. Just have more salad.

Flavour options: In the dressing, you can add salt, pepper, chili, dried herbs, yogurt, mustard, etc. In the salad, you can switch up any of the ingredients.

Calorie options: Eat anything afterwards.

Protein options: Shredded/diced chicken. Scrambled eggs.

NB: Don't go crazy with the dressing as that can easily be 80-100 calories per tablespoon and you can't get full on dressing. But don't be afraid of it either. Some nutrients are fat-soluble meaning our body cannot absorb it without the use of fats.

Honorable Mention: Fruit

This is what I was torn about against salads. I really love fruits because they are nature's gift to anyone with a sweet tooth.

Some excellent low-calorie options are:

Fruit	100 Calories
Watermelon	350g
Strawberry	294g
Cantaloupe	268g
Peaches	245g
Blackberries	232g
Pineapple	224g
Plums	215g
Oranges	192g
Raspberries	190g
Apples	186g
Blueberries	174g
Pears	166g
Kiwis	164g
Cherries	140g
Grapes	140g
Bananas	114g

Source:

<http://archive.is/IIXD5>

Remember your 1.5 to 2.5 kilograms / 3 to 5 pounds of food per day? If you were to fill up on nothing but fruit (not recommended, just making a point), that would be 400 – 700 calories in watermelon, 700 – 1,300 calories in oranges and 1,300 – 2,200 calories in bananas.

Honorable Mention: HOME-MADE Popcorn

If you HAVE to snack, this is what to snack on.

An excellent low-calorie, very high-fibre option that is very difficult to eat too quickly (meaning your brain has time to register how much you're eating and telling you you're not hungry anymore). The only thing is it can come loaded with butter, excess salt, sugar, chocolate, etc.

Best to make this at home.

Instructions:

- **YouTube Video** (both stovetop and microwave)

Bulk options: This is as bulky as it gets. A 1/2 cup of kernels gets you a large bowl.

Flavour options: Nutritional yeast, salt, cinammon, vinegar/lemon(?), other.

Calorie options: Eat anything afterwards.

Protein options: Eat anything afterwards.

Drink. More. Water.

Have a desk job? Put a big bottle of water on your table and sip all of it throughout the day.

Can't have a Holy Trinity pre-meal? Drink two glasses of water.

Can't have a Holy Trinity pre-meal *and* you're about to have a cheat meal? Drink THREE glasses of water.

If you're drinking something that isn't water, drink a glass of water after.

If you drink soda or alcohol, replace it with water. Then drink another glass of water after.

Feeling bored? Drink a glass of water.

Opened your fridge looking for something to eat? Drink a glass of water.

Most of the time, you are not hungry. You are bored and/or dehydrated. DRINK. MORE. WATER.

It is easily one of the smallest things you can do with the biggest impact on your health:

- Boosts energy levels
- Improves mood
- Aids circulation
- Aids muscle recovery
- Prevents constipation
- Lubricates and cushions your tissues, joints and spinal cord
- Hydrates your skin
- Prevents illness
- Aids digestion (yes, even **during and after a meal**)
- Sobers you up / prevents hangovers

Until about 1-2 hours before you go to sleep (unless you don't mind waking up at night to pee), drink lots of water.

Conclusion:

I hope this information will be helpful. I'm open to hear all your thoughts on this.

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"Why Are So Many Women Searching for Ultra-Violent Porn?" asks increasingly worried media for the thirteenth time this year

G_Petronius · 6 May 2017 · Archived copy · Reddit

Drop your cocks and grab your socks 'cause it's that time of the year again: the media discovers women cum the hardest when they're treated like worthless pieces of fuckmeat.

This time Vice steps to the plate to get peppered with supersonic redpills courtesy of PornHub, Google big data analytics and (surprisingly) a university psychology department:

New data reveals that women in their droves are searching for porn with tags like "extreme brutal gangbang", "forced" and "rape"

Oh noes, but what about muh choreplay and "respect"?

While men still search for significantly more porn than women, search rates for these more extreme types of sexual content are at least twice as common among women than men.

B-but that must be because the patriarchy represses women and that's how they cope...

The researchers then investigated if the women's fantasies were indicative of "sexual blame avoidance", a hypothesis that women socialised by our slut-shaming culture chose forced sex themes to negate feelings of shame and guilt. The opposite was found to be true.

Oh crap.

"If there is a genre of porn in which violence is perpetrated against a woman, my analysis of the data shows that it almost always appeals disproportionately to women"

Misogynist!

Researchers found that 52 percent of the women had fantasies about forced sex with a man, 32 percent about being raped and 28 percent about forced oral sex with a man. Overall, 62 percent of the women reported having had at least one fantasy around a forced sex act.

Miso- oh wait the principal investigator on this study was a woman. Uh... internalized misogyny?

And there we go, MIND BLOWN: it turns out that women prefer to be fucked by alpha males in relationships with a completely lopsided power dynamic. After all that's only a measly 99% of women's relationship porn (hello Fifty Shades, hello Twilight), so we really did need some more data to completely forget about this by this time next month, when the media will again pretend that this is shocking owing to how it doesn't fit in with the feminine imperative.

As for us unrepentant shitlords and woman-haters, the old adage remains true: watch what they **do**, not what they say. As much as bloopies would love for that to be the case, women don't flick their bean to fantasies of gentle lovemaking and equal relationships.

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UPVOTES

Germany taking a big step against Cuckoldry

CHAD_J_THUNDERCOCK · 30 August 2016 · Archived copy · Reddit

tldr: Women in Germany could be legally forced to reveal to their husbands if their children are the product of an affair with another man *if new legislation goes through*.

<http://www.telegraph.co.uk/news/2016/08/29/germany-to-force-women-to-disclose-if-children-are-from-an-affai/>

The controversial measure will force women to divulge acts of adultery or infidelity during a relationship.

<http://www.bbc.co.uk/news/world-europe-37215684>

The measure would apply when men who had supported a child, believing that they were the father, sought financial redress in court.

Germany has already been taking similar male paternity rights steps recently. In April, Germany's courts ruled that children cannot force men they suspect of being their biological fathers to undergo a DNA test. They can only oblige their legal fathers to undergo testing.

There wasnt much response on Twitter to this news. Most were positive including women. Though there were a few of these tweets, all from women:

@BBCWorld @BBCNews wow, if he already formed a long relationship w/the child. He basically adopted the child. Not fair2 the child to back out.

I suggest shorting any stocks you have in the Daytime Talk-Show industry.

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UPVOTES

If a girl mentions she's on anti-depressants; run the other fucking way.

MedinaPharma · 27 February 2017 · Archived copy · Reddit

Just finished a "pull" with a self proclaimed "feminist". (I found this out after she was at my house). During our time together, she brings up that she's on anti-depressants... then goes on to tell me how she's obsessive, yet hates guys that obsess over her. Long story short, I did not have sex with her; it felt like having sex with her would open a whole bag of bullshit I didn't want to deal with. She was literally begging me to have sex with her, and I passed. I said, "I really like you, I think you're sweet. There's a cool guy out there for you, but we can still be friends." Needless to say, this makes her want it even more. Truth be told, this girl was about a 5-6 face with a 5-6 body. I haven't pulled in a while so I needed an ego boost. Once I found out this chick was damaged goods, I threw the little critter back into the pond. When I dropped her off, she was pissed off I didn't fuck her. Go figure. Either way, I feel like I'm getting back in the swing of things. Hopefully, I'll be pulling better quality going forward. But anyway, the point of this post is that anti-depressants are typically a red-flag. Don't brush them off. Take them with the respect that they deserve and avoid getting into bullshit.

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UPVOTES

Women cannot handle rejection at all

Ray_pinasses1210 · 12 June 2018 · Archived copy · Reddit

I recently ended a things with a plate and damn she didn't take it well.

She was annoying, but I told her I was simply too busy with work and other things and she was pushing for something more serious.

After I told her I had no intention of getting serious, out came the shaming tactics "You're not a real man are you" "You're just a fuckboy" "You're ugly anyways" "Maybe I should send a guy friend to fuck you up" "You wasted 2 months of my life"

Now the whole time she's saying all this, I kept thinking of the phrase women use to shame and shut down men who get aggressive over being rejected, "you're not entitled to anybody's love or affection"

So I decided to use it. I said "you're not entitled to anyone's love or affection" And she hit the roof telling me, "I can fuck any guy I want, I can have a new guy every day if I wanted"

I gotta admit, it felt pretty damn good to use that on a chick.

Well sweetheart, why are you wasting time arguing with me? Go do that then!!

Typical woman. Feels entitled to my time but if I was being billy beta and getting Aggro about her not committing I'd get told I'm not entitled to her love and affection

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UPVOTES

Blue Pill example: Cuck co-worker begging to be bent over and get drilled for the rest of his life.

mycrazyme · 14 May 2017 · Archived copy · Reddit

As much as I like to blame women for most shit in western society, it is impossible to ignore the fact that men still do most of this shit to themselves. This shit is more cringe than I can handle and I needed to share.

For every dumb slut there are 1000 men willing to castrate themselves for reasons I still can't wrap my head around.

Today I almost want to high-five this bitch for being such an incredibly cunning slut. I honestly don't even feel bad for this idiot.

My co-worker (lets call him Carlos) is someone I have worked with for about two years.

Carlos is about 5'5, not very bright, and plump. Pretty sure hes about 28 years old. When he first showed me a picture of his girlfriend I was surprised. She wasn't a knockout by any means, but still out of his league given his SMV.

For the past two years he has complained to me at work about numerous fights with this woman. She disrespects him on an almost daily basis, and gives him shit for virtually every single thing he does. I have tried slow leak RP truths to him and he usually pretends to agree with almost everything I say in regards to relationships.

When he told me he got this girl pregnant last year I nearly spit out my coffee. He was so excited when he told me. Almost as though he had forgotten all the shit he talks about this girl on a daily basis.

Fast-forward a year and Carlos is already complaining about the burden of being a father and having to take care of this woman and their new baby girl. Last month he tells me that his girlfriend is flipping out because he doesn't give her any money to go out with her girlfriends. Shes sick of staying at home with the baby every night so now she goes out to drink with her friends when he gets home from work. Hes working a full time job and now a full time parent when he gets home.

Last month Carlos tells me he called the cops on her because she was throwing a raging fit and tried to throw shit at him while he was holding the baby. (not even 4 months old).

I tried to calm him down and tell him to NEVER call the cops, as he's going to end up with an assault charge and a restraining order. I told him to just leave the house when shes being like that but this idiot thinks he knows how to "handle his girl" and "she just gets crazy sometimes".

A few weeks ago Carlos tells me they talked and things are good again. She got a job as a bartender and is feeling better now that shes getting out of the house and actually working again.

About a week ago Carlos is freaking out at work and I ask him whats wrong. Turns out she left the baby with him and said she's not coming back. She regrets having a child so young and misses having her "freedom". I asked where she went and he tells me she went to stay at her new (male)boss's house from her new bartending job. I ask if shes seeing this guy and he says "no it ain't like that it's just a place to stay". I seriously wanted to smack this guy right in his big stupid fucking head.

Instead of resorting to violence, I sit Carlos down and tell him to document everything. I tell him his life is about to get very difficult and he needs to get a lawyer and to reach out to his support system. He tells me he is going to start looking for a new place to live. After a long talk he thanks me for my advice and says he is going to do whatever it takes to make sure this bitch doesn't fuck him a new asshole.

Two days later, Carlos tells me in a very triumphant tone that he finally got his girl to start listening to him. Apparently she came home and apologized for being such a bad mom and bad girlfriend. She gave him a foot rub, cleaned the entire house, and even cooked him dinner for the first time in months. Phrases like "told that bitch whats up" and "she knows she needs me" were thrown around. I said almost nothing back to him.

Today I was scrolling down my facebook wall and a giant photo of a hand with a ring on it appeared.

"Finally did it!, will let everyone know when we set a date!" the caption said.

Over 100 comments from friends and family saying "You guys are so beautiful together! I better be invited to the wedding!"

I do not feel bad for this guy in any way. He deserves everything that's coming to him. I still cannot believe people are this fucking stupid.

edit: Forgot to mention that Carlos has an assault charge on his record. He told me in past conversations that she has threatened to lie to police before about violence, hence why I told him to avoid getting police involved. His past charge makes a false accusation/restraining order much easier to threaten him with. Was just trying to make the point that hiring a lawyer could be more beneficial than calling the cops every time she flips out.

Im not saying that this guy isn't capable of hitting his woman, but It doesn't seem likely based on the power dynamic of their relationship.

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UPVOTES

Manipulative, Entitled, Feminist DA threatens her Male Uber Driver - Gets Fired

refunkulation · 15 November 2017 · Archived copy · Reddit

Here is the [local news](#) report & audio.

The report tries to say she tried to use her job to threaten the man, but really she threatened him by calling the cops, attempting to ruin a totally innocent man, when all he did was drive her home.

She claims in her press conference there was more to the story (yeah right), that he tried to make a pass at her, that she didn't recognize the route he was taking and that it made her **FEEL** uneasy by doing his **JOB**, fortunately he was wise enough to not be emotional, pull out his phone and record the interaction or his life could be ruined for doing nothing. Just have to wonder how many bodies she left in her track, especially being an assistant District Attorney.

Also, much respect to him for saying he didn't want her to be fired, but to have an **HONEST** apology from her. This is the way to treat women and especially manipulative ones, his demands about how she should be punished is not by losing her job (the way a feminist treats situations is to have the man's life ruined) but to apologize honestly for her behavior. Respect.

There is a critical lesson here, the need to record more and more interactions with women, quickly and subtly too. Especially when dealing with women in your life who you know in advance are extremely manipulative. They will try and ruin your life to get their way, even try to ruin your life just to save face even **AFTER** the situation is proven to be 100% in the wrong in her actions.

You are guilty until proven innocent in 2017. Record your interactions, you need evidence in this world to survive. We must all adapt.

If this man hadn't recorded the conversation, given her status, very good chance he's not only without work, but in jail for doing nothing but keep his head down, work hard, and mind his own damn business.

962

UPVOTES

Elon Musk ex-wife asked for over 1 billion dollars in divorce settlements

KhalabibTime · 25 January 2017 · Archived copy · Reddit

NO, I am not joking. I wish I was. Elon Musk's first wife – Justine Musk – asked for over 1 billion dollars in divorce settlements. In a blog post [on her old blog she wrote](#):

For those who want to know the extent of my golddigging, this is what I asked for, from my ex-husband and the father of my five children Elon Musk, who is a billionaire and utterly brilliant.

The house alimony and child support 6 million cash 10 percent of his stock in Tesla 5 percent of his stock in SpaceX (and he retains all voting rights) and a Tesla Roadster (I really, really want one...)

Is that what I deserve? I don't know. Who exactly deserves that kind of wealth? But based on our life and history together, is that reasonable? I think so. And I want to do good things with it (and bring my parents down from Canada so that they can live near their grandchildren).

People ask me why he won't settle. I can't answer that (or rather, I could try, but I won't).

First of all, notice how she only wants the stock and money, Elon can keep all the voting rights and leadership positions. Gold digger much? Let us do the match here:

SpaceX is valued at 12 billion dollars by Google. Elon owns anywhere from 30%-60% of the company (the company is private, so we don't know for sure). Let us go with the low number – 30%. If we take the low number – 30% - his value of SpaceX is 3,6 billion dollars. His ex-wife's request of getting 5% would then amount to 180 million dollars.

Tesla Motors on the other hand, is a public company, **and has a market value of around 41 billion dollars.** Elon Musk owns 22.5% of the company and his stock is therefore worth 9.2 billion dollars. 10% of his stock in Tesla would be worth 920 million dollars.

Adding these numbers up we get 1.1 billion dollars JUST IN STOCK. We are not even counting the other things she requests. Just in stock money! The worst part is the people – mostly beta-men – who thinks she deserves even more. One of them – a “man” named Ayoub – comments

I think you're being more than reasonable.

Fuck me. Is asking for 1.1 billion dollars now considered responsible? And not only 1.1 billion dollars, but 1.1 billion dollars from a man who has spent the last 15 years building these companies. The guy has left his soul in Tesla and SpaceX, and this bitch thinks he deserves 1.1 billion of his money. The most hilarious part of it whole, is that she keeps pushing the “independent women” and feminist ideology on twitter and her blog, but in practice, she is the biggest supporter “of the patriarchy”. Elon managed to escape this divorce rape with millions less, but I have a strong feeling that the next time he gets caught, both Tesla and SpaceX are going to be affected. What a disaster, if the progress of humanity is delayed by a gold digging bitch.

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UPVOTES

Sluts and the City: A Carousel Rider's Regrets

VasiliyZaitzev · 8 June 2018 · Archived copy · Reddit

Did a takedown of [this](#) for laughs. That said, what our culture has become is a shame.

Dating columnist reveals how 'Sex and the City' ruined her life

{Something else} ruined her life. Because no Hamster accepts responsibility.

"Sex and the City" premiered on HBO 20 years ago this week, imprinting on a generation of women a love of fantastic fashion and dreams of their own Mr. Big. Among them was Julia Allison, who moved to New York in the early 2000s to live the Carrie Bradshaw lifestyle.

Move to NYC, ride a mile of cock, and find "Mr. Big" and live happily ever after?

Not so fast...

But her pursuits sent her, ultimately, down a path of unhappiness and unfulfillment. Looking back on how the show's ideals negatively impacted her life, Allison, **now 37**, tells Doree Lewak: **"If I could go back and do it all over again, I wouldn't."**

A Carousel Rider's regret....

Ten years ago, on May 27, 2008, I was on top of the world.

Ten years ago, she was 27, not 37, and her pre-Wall^{SPLAT!} suppleness was not yet a distant memory...

I was riding in an Escalade en route to the "Sex and the City" movie premiere

Probably riding more than just an Escalade, generally-speaking.

When the SUV door opened, I stepped onto the pink carpet in my Allison Parris dress and Chanel bag. I felt like a star. I felt beautiful. I felt proud. I was rubbing shoulders with celebs and the goddess herself: Carrie Bradshaw, a k a Sarah Jessica Parker.

How does she feel *now*? Broken and Regretful.

I went to all the glam parties, was fodder for gossip sites, had signed a deal with Bravo for a reality show, and ~~dated~~ **been used as a cum dumpster by** more than my fair share of Mr. Bigs.

FTFH.

I was considered by many to be Carrie Bradshaw 2.0.

"Carrie 2.0 - the Trashier, Bravo TV Version". Not something to aspire to. At least she wasn't "Carrie 3.0 - Newark Hookers On The Edge". Not yet, anyway.

And I was happy to be given that identity for a while, **but it was all a lie**. At the premiere, I also felt like a fraud, insecure and embarrassed — like I didn't belong.

And the lie rubs off and the truth shows through.

I grew up a nerd in Chicago, more likely to duck into the library than talk to other kids at recess. At 12, I

thought I would never be kissed. (Boy, did I make up for that later.)

Translation: At uni, I was a Giant Whore.

I was a rising high school senior when “Sex and the City” debuted in 1998, and I was instantly enthralled. I wanted to be like Carrie and her friends: I wanted to be glamorous and beautiful and dress well and have lots of dates.

^ Note the destructive nature of pop culture. It fucks up guys, too, but men were mostly immune to “Sluts In The City”

The show was my road map. Of all the die-hard fans I knew, I was the most influenced by “SATC.”

/Facepalm

At Georgetown University, where I enrolled in 1999, I started to wear dresses and learned how to do my makeup and curl my hair. The newfound male attention I received felt exhilarating.

Remember that “**Giant Whore**” thing? Yeah, this is the payoff.

I even started a dating column for my college paper called “Sex on the Hilltop,” which was modeled after Carrie’s column in the fictional New York Star.

/Double Facepalm

Based on what I knew from “SATC,” I expected the city to sweep me off my feet. I envisioned nonstop brunching and shopping.

Translation: “*I was retarded.*”

When {amNew York} finally hired me, I made \$50 per weekly column. I later moved to Time Out New York, where I made \$750 a week — a huge improvement, but still not enough to buy Manolos and barely enough to afford the \$2,500 rent for my 400-square-foot apartment in Hell’s Kitchen.

This is important because....

I lived on food bought for me on dates and the occasional bodega tuna sandwich.

Reminiscent of Notorious Food Hooker **Jessica Sporty**. Jessica was “saving” \$1200/mo, but evidently never saved up enough for a nose job.

Different men I dated gave me YSL shoes and status purses, just like Big did for Carrie on “SATC.”

Do.Not.Ever.Fucking.Do.This.

I went out with a prince: Lorenzo Borghese from “The Bachelor.” I even dated the British ex-boyfriend of “Sex and the City” creator Candace Bushnell — the original Carrie. He was one of a few men who comprised the composite character Mr. Big.

Didn't marry him, though. Gargled his splooge? Sure. Wifed up? *lulz*

In 2008, my two best girlfriends and I had just filmed a Bravo pilot for a show called “It Girls” (it wasn’t

picked up). We were all invited by a 40-something billionaire to his Miami mansion; he even sent his private jet for us. It was just him, the three of us and his butler and chef. I don't think this man was used to being told no, and he started chasing me around his mansion. I finally had to lock myself in the bathroom. **The worst part: He sent us back on JetBlue.**

Ouch

These days I work as a change activist, mounting summits for world leaders and serving as an adviser to startups and entrepreneurs looking to better the planet. I'm finally living a life of integrity, and I'm attuned to my values. I never heard about values on "Sex and the City."

Um...Yeah. "Change Activist". Dafuq does that mean? She puts a lot of hashtags in her Twatter posts?

But dating is not front and center in my life anymore, although it was all I talked about in my 20s. That's pretty one-dimensional.

Yeah, and also her dating life dried up, so....

Last year, I ended a two-year relationship with a man who ultimately couldn't commit and wanted to be polyamorous.

Translation: *"I wanted commitment as my vagina-odometer rolled over to the next century. He was like 'How about no.'"*

Again, "SATC" and the "lessons" it taught me is the culprit.

"No Hamster Left Behind!!!"

The show wasn't a rubric on how to find a lifelong partnership. If I was more grounded and had honestly assessed whether this man was a good partner for me, I don't think we ever would have dated.

Someone hasn't quite figured out that she's unwifeable, yet.

Crushed and needing to regroup, I took a sabbatical and lived in Bali for eight months on a healing journey. I was also celibate during my time there.

Translation: *"I couldn't even give it away for free anymore."*

I do wonder what my life would have looked like if "Sex and the City" had never come across my consciousness. **Perhaps I'd be married with children now?**

And her prune-womb, forlorn and unused, cries out of the children she never bore.

Who knows, but I can say for sure that, as clever and aesthetically pleasing as the show was — and, as much as I agree with its value of female friendships — it showed too much consumerism and fear of intimacy disguised as empowerment.

The truth comes out.

It's like candy: In the moment it feels good to eat it, but afterward, you feel sick. Whom you're dating, what you're wearing, or how good you look at that premiere — none of that s-t matters unless you genuinely love yourself. Solid relationships are what really matter.

And the Ginch thought of something she hadn't before.

The meaning of life isn't purses and shoes

Or film premieres with a list of "who's whos"

"Maybe I shouldn't have been a big, giant whore,"

"Maybe life was ... perhaps ... about a little bit more?"

Truth be told, I wish I had never heard of "SATC." I'm sure there are worse role models but, for me, it did permanent and measurable damage to my psyche that I'm still cleaning up.

And there it is. The knife through the heart.

I want to be a different role model from the one I got. Two months ago, I started seeing someone I never would have dated 10 years earlier. Back then, I wasn't looking to get married or seek a lifelong partner, and that was a mistake. This man is a very reasonable choice, and **I'm at a place in my life where reasonable is very sexy.**

How'd you like to be that guy. She's fucked the original "Mr. Big" and some fake prince but you, you're **sexy 'make-do'**, because she's **reasonable desperate**. Hopefully, he'll wise up.

And "reasonable is very sexy"? Where have we heard shit like the before? Oh, right, from career shrike Sheryl Sandberg: *"When looking for a life partner, my advice to women is date all of them: the bad boys, the cool boys, the commitment-phobic boys, the crazy boys. But do not marry them. The things that make the bad boys sexy do not make them good husbands. When it comes time to settle down, find someone who wants an equal partner. Someone who thinks women should be smart, opinionated and ambitious. Someone who values fairness and expects or, even better, wants to do his share in the home. These men exist and, trust me, over time, nothing is sexier."*

Riiiiiiight. You can almost hear: *"these men exist, but whatever you do, don't start fucking them NOW!"* Never never mind that the future **husbands** betabuxes were relegated jacking off and building their careers while the targets of Sandberg's advice were wasting the flower of their youth banging every Outlaw Biker, Drug Dealer and Escaped Mental Patient they could find, until they become emotionally broken hosebags with the Thousand Cock Stare, and then, and only then, are they to insist that said betabuxes wife them up, risking divorce rape, for what they gave away to losers for free.

Except that the betabuxes won't even be getting that. They will be getting the Queen of Whore Island. Further reading:

Saving the Best

and

Hats Off to the Bull

The Takeaways

-The Wall^{SPLAT!} is real. The Wall^{SPLAT!} does not negotiate. The Wall^{SPLAT!} is inevitable.

-Choices (and narcissism) have consequences, especially for women.

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UPVOTES

Stop giving a fuck about her.

TRP_Scepter · 11 May 2020 · Archived copy · Reddit

Summary: Some of you care far too much about women when you don't have your life together and you are not the center of your life. This makes you ask stupid shit and act needy.

Body: I usually write posts that focus on building power and becoming a stronger man, but I'm starting to realize through browsing asktrp that many of you have the same problem.

Far too many of you are asking questions that ooze scarcity and a lack of masculine energy. You're all asking the same shit.

"BuT Muh pLATes... whAT wILL HAPPEN TO muH PlaTEs durINg Da kuNg-fLu??"

"MUH lTR is acTing WEIRD... whaT dO?"

"Will gAmE bE tHE sAMe aftER Da cHiNa vIRUs?"

"LiR Is MaKiNg mE SaD... WuT Do?"

Why the fuck do you care so much?

I get it, you care about sex. You came here so you can nut in the eyes of hoes so they can see the next generation, but if you'd actually take the time to read the sidebar you'd see the recurring theme of not giving a fuck about women and only using them as something to be enjoyed as **an additive to an already thriving life**.

Stop taking these sluts so seriously. Most of you don't even have the basics, let alone a thriving life, but you're out here worrying about a bitch with a pussy that even Gordon Ramsay would mistake for roast beef. Unless this woman is the mother of your child, you're wasting your precious mental energy.

The next time you find yourself asking questions Beta Billy would ask or hamstering like a bitch over a woman, you need to stop and ask yourself...

"Why do I care?"

If you have an IQ above my shoe size and an ounce of introspection you'll promptly realize that there's something wrong with you. You're out of your masculine frame. Something is off-balance in your life and you need to fix it. Chances are, you're off your purpose and that's causing you to give too much of a fuck. The only things that are constantly on my mind are the books I'm writing, the gym, and my tribe. Keep in mind; **alpha is a mindset. You, what you want to do, and what you want to accomplish should be the only things on your mind. Don't give your mind and mental space away to people who are not truly worth it.**

This is sidebar shit. Women crave men who don't care about them because it conveys to them that he's better than her. If you care too damn much you'll act like you're beneath her. She will know she has you whipped. I don't care how good you think your acting skills are but it's not good enough to avoid women's bullshit detector in the long-run. Stop acting beneath the sex that has nothing to offer but tingly feelings and a fresh womb. Be a man of value and act like one for Christ's sake.

She's not fucking you the way you want?

I hope she has a jacket up her ass because she's gonna be freezing when you pick her up and leave her outside your doorstep ass naked with your load on her face.

Did she cancel on you?

All good. I'm sure you had shit to do anyway. Finish that book you've been putting off.

Is your plate acting funny?

Sucks to be her. She's missing out on an orgasm comparable to a sinner receiving the spirit of Jesus Christ.

This is the type of prize mentality you need to have, but you can only have it if you're truly the prize, and you can only be the prize when you stop giving a shit about these cumrags and become a man worth his salt.

Stop giving so much of a fuck about her and realize that when you care too much there's something wrong with you. You're doing something wrong and you need to hold yourself accountable. Don't forget what good ol' Rollo said...

"In any relationship, the person with the most power is the one who needs the other the least."

Lessons learned

- If you're on your purpose you won't have time to ask bitch ass questions and worry about petty shit.
- If you're so worried about what a woman is doing, you're missing something in your life and have your priorities fucked up.
- Before you can act like a prize, you have to actually be a prize. This can only be done when you have a life worth living and a legacy worth leaving.
- This is your life. Put yourself in the center.

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UPVOTES

If you want a friend get a dog. If you want loyalty get a dog. If you want a chick magnet get a dog. Just get a dog.

[deleted] · 17 October 2016 · Archived copy · Reddit

10 reasons why you should adopt a dog:

1. Companionship.
2. Attracts women when you are walking your dog.
3. Will make you happy interacting with your dog.
4. Will give you a new activity to work on.
5. Will give you a strong reason to invite the woman inside. I had a first date with a woman and the only reason she came inside was to see my dog. We fucked.
6. Everyone loves dogs. Even most psychopaths. That's why they bring out dogs during finals week to relieve stress.
7. Will motivate you to go on walks outside and explore your nearby area.
8. Will give you a reason and something to talk about with women.
9. Will display that you are responsible.
10. Dogs are awesome, and having a dog in your life will bring you friendship, happiness, and joy.

Adopting a dog is a responsibility that cannot be taken lightly. These are living creatures. They cost money to take care of. They require attention and care. But if you are up to it, I highly recommend you consider adopting a dog. Especially an older one, uglier one, or neglected one. Those are usually the ones that are best behaved and give the most love.

Friendship, loyalty, attention. Dogs have a lot to offer.

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UPVOTES

The Ansari story - Red Pill Edition

DickTerper · 16 January 2018 · Archived copy · Reddit

Read the [article](#), if you want. Here's the Red-Pill-informed translation, based entirely on the stated facts; call me out if I took any liberties at all:

Grace was at the 2017 Emmy Awards with a man she's been dating. Suddenly she noticed a much richer, more famous man. She was feeling "really confident", so she "walks up to him" and tries to flirt. He "brushes her off" repeatedly, but she keeps coming back, rather aggressively, until he responds. We won't fault her for that, because she's a woman, and it's only creepy when men plow through repeated rejections. Also, we'll hide her identity, but announce right away the man was Aziz Ansari, because as a man he deserves to be identified, tarred, and feathered.

Grace was very happy to score a date with a rich famous man. She bragged to all her friends and obsessed for days over the outfit to best show off her assets. In her head, all sorts of Disney fantasies started playing out. Yes, she will land the rich and famous man as her very own Prince Charming that she has always **deserved**, and live happily ever after in his TriBeCa castle.

On the night of the date, she just went straight to his place because that's a totally reasonable thing to do for a first meeting with an unfamiliar man you *definitely* don't want to fuck.

She started getting disappointed once she realized Ansari wasn't treating her like the Princess she is in her head, but rather as what she is in real life: a faithless slut who ditched her man to aggressively pursue a celebrity. He cut their romantic meal short and she followed him back to his apartment, because that's what young women do with men they *definitely* don't want to fuck.

Back at his place, Ansari makes a move, to the surprise of nobody expect poor virginal Grace, who apparently at 23 is entirely ignorant of the existence of sex. She starts rationalizing furiously:

"On one hand, I really want to please him, because that's how I get him to see me again and resume my Disney plotline, but on the other hand, I can't fuck him on our first date, because that never happens in Disney fantasies!"

She settles on blowing him as a happy compromise. Unfortunately, he's not so happy with the compromise, and she starts suspecting this is not going well for her. He gets dressed and watches TV with her, until she realizes that this is just his way to calm her down before he sends her on her merry way and never sees her time-wasting, entitled, Disney-fantasizing ass again.

All her fluffy dreams come crashing down, and she explodes with rage:

You guys are all the same, you guys are all the fucking same.

She bitterly recalls all the guys who failed to treat her as the Disney Princess she **deserves to be**, rather than the greedy faithless whore she **is**. Why do men refuse to fawn over entitled baby-girls? How UNFAIR!

Gone is the fantasy of leeching onto Ansari's fame and fortune as his legitimate spouse. But wait, this is the age of #MeToo, she doesn't have to give up on all this fame and money just yet! She reaches for her browser, to find some vaguely feminist rag sleazy and desperate enough to welcome the pageviews of what amounts to revenge-porn featuring Ansari. Beta guilt should land a few dollars in her pocket, or at least some sympathy for our disgraced Disney Princess.

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UPVOTES

Red Pill Antibiotic Nuke, Come and Feed

IllimitableMan · 23 February 2014 · Archived copy · Reddit

This post is now available off-site too.

<http://illimitablemen.com/understanding-the-red-pill/red-pill-constitution/>

This post contains a lot of generalisations which embody fundamental beliefs of the red pill philosophy, this list is extensive but not exhaustive. These are bullet points and thus there is not a case study for every point made and there is not necessarily an explanation given with each bullet point. This is because this information has been designed to be snappy and easy to absorb, not an academic dissertation on each belief and concept shared. Think of it as something of a partial codification of many different RP beliefs.

- Feminists claim they want equality but what they really want is power without responsibility. They desire both male and female privilege consolidated into one, thus upsetting the gender balance. They want the privileges of being women (privilege such as being economically provided for, getting opportunities based on their beauty and protection from physical harm by others) as well as male privilege (authority, respect for having a career, to not be judged so harshly based on appearance etc) which is neither pragmatic nor realistic, it ignores the biological basis for how the genders perceive each other in the ignorance that "everything is a social construct!" and we are mostly "the same" when quite evidently this is not the case.
- Women are irrational and inconsistent, they have a capacity for logic but it is not their modus operandi, that is to say that they must exert effort to be logical as it is not their factory setting. A logical woman is easily baited into becoming emotional; women are easy to compromise. Their decisions are based on their **current emotional state** rather than the abstraction of logic. It's this proclivity to change so quickly which causes them to act inconsistently and in contradiction.
- Women are machiavellian in nature, this means they are comparatively proficient at being manipulative versus the typical male. The evolutionary theoretical basis for this is due to smaller size and inferior musculature women had to learn to use men as tools rather than directly oppose them in a physical conflict (as they would undoubtedly lose in all but very few scenarios) this makes the pronunciation of their strength a propensity to be mentally rather than physically violent. Physical violence is outlawed whereas mental abuse is not, this allows women to get their way without being held accountable by a system of law. The law does not legislate interpersonal morality to this extent. **Where a man's instinct is to hit, a woman's is to do a big shit in your mind instead.**
- Race does not matter if you are rich. A lot of you are small-minded and stuck on the superficial, white-black-arab-indian-asian whatever, you have a certain perception of the world based upon your culture, perhaps where you live the white man is god, but know all racial barriers are overcome by power, money is power, if you're a 5' asian with a 2 inch dick that girls laugh at a 7 digit bank balance is sure to offset that. Focus less on your race and more on your success, your insecurities will get you no where. The real segregation is between rich and poor and that is even more true when it comes down to women, never forget that. Rich vs. poor is the only thing that matters in this world, white vs black, west coast vs east coast, all these other "beefs" are a minor, they are all symptoms of wealth inequality, the bottom line is wealth. Rich vs poor motherfuckers.
- Women are hypergamous they feel entitled to a superior mate. You have to be richer than her or at least equally rich, more educated than her or at least equally educated. You need to be better looking than her or at least equal looking, you need to be more popular than she is or at least equally popular. You can offset one area (LMS - looks, money, status) with another, but if you're lower in at least 2 areas just forget it.
- Buying into the last point, this is why 20% of guys are fucking 80% of the chicks, women date up, men date down **and yes this has created rising social inequality since women entered the professions**

- If a woman thinks she is better than you she can't respect you, if she can't respect you she can't love you. Women love men differently to the way men love women. Woman's love is based on adoration, adoration is a concentrated amount of respect. Respect is derived from power. Be powerful if you want to be loved, or you will never be loved. You will be held in contempt for being weak.
- Women rely on men to be emotionally stoic, we often call this "holding frame" you have to be mentally strong so she can lean on you, she finds that attractive. You cannot lean on her, there is a double standard, if you lean on her the relationship will fall apart, she will not be able to handle your problems and she will no longer find you attractive. You are a man. You have to be better than her, which means to be stronger than she is. This is why women get to be emotional and we have to be unreactive, we are strong and ignore our emotions so they can indulge in their emotions and enjoy the ride. They find it far more difficult to be logical than we do and thus it is our burden to be the reasonable ones.
- Always set boundaries, with everyone. Do not be a pushover. This is probably the most important bulletpoint here.
- Buying into the last point women have little sympathy for weak men, despite the fairer sex bullshit you may be accustomed to hearing a man is far more likely to assist a weak man financially or emotionally than a woman is.
- Women are more selfish than men are in matters of money and love. Man's love is expected to be sacrificial, woman's isn't.
- Women love pragmatically and have no capacity to love unconditionally for romantic partners, only their children. Men can love women unconditionally. There is a hierarchy of love: Men > Women > Children.
- Women have a pronounced gender group bias which means they typically de facto side with other women in a conflict regardless of logic or argument, women are herd like and stick together closely, they form cartels and use the power of the group to hen peck/destroy enemies.
- Women have a sexual plurality, if you are a nice guy with money you are husband material that can nail her after 12 dates and she's had so many glasses of wine she forgets how on a primal level you're not that attractive, just cute. If you are an asshole with nice muscles you're the guy who gets to nail her after 2 hours of meeting. We call this sexual plurality in rather rhythmic slang: "alpha fucks, beta bucks"
- Women do not care about male weakness and neither does society, if you are weak, depressed, small, poor, uneducated, unconfident, **not powerful** then nobody cares. People only care about you when you're powerful or a pretty woman. You have to pull yourself up by the bootstraps because nobody gives a fuck about you. Society will always have a safety net for women, white knights will charge in, the state will provide and etc, as a man you have no such luxury, your propensity and ability to gain power is much higher than a woman's but your ability to hit rock bottom is far more pronounced too. As men we are more extreme than women. Women are typically average and don't move much either side of the bell curve, as men we are either highly successful geniuses of repute that feminists can but scoff and be jealous of, the posterboys for their esteemed patriarchy, or the ignored voiceless poverty stricken peasant class that nobody gives a flying fuck about.
- The law prioritises female safety and well-being over logic, honour and justice. Family law has been corrupted and is now controlled by feminist ideological dogma. The constitutions equitable maxims are rewritten by modern statutes, Rollo Tomassi of Rational Male did a very relevant article on this topic here:
<http://therationalmale.com/2014/01/14/the-second-set-of-books/>
- Western females (typically anglosphere and western/northern Europe) are self-entitled and come from a psychological position of thinking they're better than you are. They believe that shit despite their numerous insecurities because they have been raised to view men as instruments for their desires, they have been told they must be impressed, that a man must wine and dine her and ultimately the onus is on him to win her heart, she

will obsess over her relationship status frantically and doll herself up but ultimately her part is entirely passive. She comes from a position of superiority and illogically believes she is superior to all but the most high value of men. Part of the red pill is realising her capacity for brilliance is lower than yours, which brings me on to the next point.

- **Women need men more than men need women.** Men generally want sex and perhaps a family so they have a genetic lineage to leave their worldly goods and knowledge to once they die (so they may live on through their offspring) however women need men for their logical minds and stoic consistency, to make her emotionally stabilised "being the rock in her storm", and also need a partner just to "feel complete." Just look at single mother households and all the older women who are single, they are miserable. These women NEED a man to be happy, men DO NOT need women to be happy, men need SEX to be happy. A bachelor is a not an unhappy guy, a bachelorette is.
- Women are depreciating assets, their major asset and unique selling point is their sexual beauty and fertility. Most of them squander their best years on "riding the cock carousel" which means fucking lots of different guys in nightclubs, having flings, being generally irresponsible and riding through life on easy mode getting ahead for no real talent, but because she's pretty and can give head. Women are born, their ability to conceive children is what makes them women.
- Men are not born they are created. Poverty, difficulty, heartache, oppression, pain - these are the things that make men out of boys. This is why you came to TRP. This is why boys come back from the military as men. Conflict and pain is what forges the masculine mindset, men cannot grow without conflict and learning from their mistakes, men need to apply their logical minds to problems which arise, elevate, and transcend their previous selves to become more powerful. Men are never born, they are always bred in the bloody fields of battle and war be it economic, mental or physical. A man is a soldier of differing kinds, a man has learnt to repress his fear so he may overcome and achieve.
- Men take more risks than women and are expected to do so, being fearful, unconfident and risk averse as a man leads to failure. You must be confrontational and risk-taking.
- Single mothers [typically] breed boys not men (without outside intervention.) Boys do little except play xbox and eat pizza with no direction in life, they have little luck with girls and end up drinking themselves to dead smoking pot in their 40s. There's more women in education than men now. Think about that shit for a second. The system has been set up against you, pull yourself up by the bootstraps.
- The red pill is about pragmatism and truth based on observation, it is not idealistic, in some ways you can say it is liberal - but it is not liberal in the idealistic pseudo academic sense your institutions have taught you to perceive it as. Liberalism has become corrupted. Liberals today censor and silence opposing opinions, I'm not talking about political parties I'm talking about ideologically left leaning people, their thoughts and ideas are based in idealism not directly measurable truth, **liberalism has become the religion to pragmatisms science.**
- Social market value is everything, something a low value man says which is "creepy" when said by a high value man is "flirty" or "sexy." Always be focusing on your physical appearance and make it the best that you can, this will make your life easier in all areas, not just sexually but financially too as caused by a phenomenon explored known as **the halo effect**
- Your value is everything you should always be improving yourself, if you're not then you cannot compete in the world and your life will be miserable, anesthetized by nothing but the introversion of the four walls you reside in kept docile by xbox, porn, pizza and some online friends. Break free of the mediocrity.
- Your diet and exercise place a certain handicap on your ability to utilise your potential. The obese and those who eat poorly (but aren't necessarily fat) are typically low energy and thus waste a lot of time unproductively as

they are not in the right mental state to get anything done. You need to take care of your body so then your body will allow your mind to implement it's will onto the world. You must be physically active so that you can mentally put your plans into action. Procrastination is the slow acting poison of one who lives a sedentary lifestyle. Physically active people make things happen in other areas of their life too. Exercise is invigorating. Stop putting it off. Do it.

- Your body is the temple that houses your mind, following on from the previous point higher testosterone will help you increase your abilities and leave you feeling more energetic - lift, it will give you a rush of energy like nothing else and further increase your T creating a positive feedback cycle. Jog/do cardio - a runners high again is like a drug, you will feel awesome after a jog, your anxiety goes right down and your confidence rises. Keep it up and the effects stack and become part of your personality.

Visit <http://illimitablemen.com/> for more medicine.

Listen to <http://beigephillip.com/> and youtube "black phillip" or "patrice o neal" for more red pill goodness.

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- Update: 05/05/2014 - Typos
- Update: 12/08/2014 - URL change to off-site constitution
- Update: 17/08/2015 - Typos

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UPVOTES

Being controlling is for losers!

Archwinger · 17 June 2014 · Archived copy · Reddit

Many detractors of The Red Pill find the men who subscribe to this body of information to be “controlling.” Nothing could be farther from the truth. The Red Pill promotes something that’s not immediately obvious at first: the complete abdication of any attempt to control anything, except for the one thing you can actually control. Yourself.

We can’t control women. Women are going to live the lives they want, date the men they want, fuck the men they want, marry the men they want, cheat on the guys they want to cheat on, divorce the guys they want to divorce, and live completely normal and happy lives with guys – or live completely normal and happy lives without guys -- and do exactly as they please, whenever and however they want. And they should. Women have the right to do whatever they want with their lives, and to pursue whatever kind of happiness they want, however they want to go about it.

You can’t control a woman, nor should you try. All you can control is yourself. You can choose to become physically fit, you can choose to become professionally successful, you can choose to become socially apt and well-connected, you can choose to learn useful skills, you can choose to pursue interesting hobbies – you can choose to live a fulfilling life, all on your own, with or without women.

When a man posts something on asktrp, lamenting that “My wife/girlfriend never has sex with me” or “doesn’t respect me” or “flirts with other guys in front of me” or “cheats on me constantly” or “is a total bitch about everything all the time” – Nobody ever responds, “Rape her if she won’t have sex with you. Beat her until she respects you out of fear. Lock her up and keep her in the basement to keep her from the outside world. You should CONTROL HER!” Nope. Never that. In fact, the exact opposite is what’s expressed.

Let it go, they’re told. You can’t control her. Focus on yourself. Become fit, successful, social, skilled, and interesting. Raise your own value and don’t worry about her at all. Live your own fulfilling life independent of her. She’ll either come around, or she won’t. If she does, great. If she doesn’t, any number of other women will want to be with you now that you’ve focused on your own life. Don’t worry about controlling her. Just focus on you.

If the situation is especially egregious, the advice usually given is: “Next.” That’s right. Don’t control her at all. Don’t even try. Let her go. Let her live her own life. Cut her loose and live yours. Being jealous and controlling is “beta.”

Where The Red Pill and modern feminism and other detractors diverge, however, is that the others will tell you that self-improvement is cheating. It’s “manipulation.” If you become muscular and hot, you’re just manipulating women with your good looks. If you excel professionally, you’re manipulating women with your money and status. If you’re awesome socially, you’re just gaming women when you go out and wow them with your social network. And so on.

When you withdraw your attention from a woman that’s behaving undesirably and focus on yourself, that’s dubbed “manipulative.” When you improve yourself such that you’re attractive to your woman (and to other women), that’s manipulative. When you dump a woman who’s not measuring up to your standards, that’s manipulative. Essentially, by not attempting to control the situation (e.g., control the woman), that’s seen as an attempt to manipulate her. Because the very fact that you’re not being controlling will influence a woman to think or feel a certain way. The very fact that you’re working on your own life will influence a woman. And doing things that influence women to think or feel something is evil manipulation.

The solution is simple, of course. Live in your mother’s basement and only come out to go to work. Give all of your money to the nearest woman since you’re not paying rent. Repeat. Or you could just tell the rest of the world to go fuck themselves and live an awesome life, and let the few women lucky enough to be a part of that life enjoy the ride.

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UPVOTES

Met a post-wall woman divorcing her husband she “loves”. Blew my mind validating Red Pill

Cissnowflake · 26 April 2018 · Archived copy · Reddit

Moderators I trust you'll delete this if it's not appropriate here.

So I'm out eating alone and I meet a couple of women. They are both post-wall, I'm not attracted, but talking to them because they are at the counter next to me.

One is a large black woman, who doesn't say anything about her relationship status. The other is a blond, late 30s, probably pretty hot in her peak years but her looks scream “declining SMV” at this point. Still fit, nice rack, but clearly not what she once was. She doesn't have youth and as you all know, with a woman there is NO SUBSTITUTE for youth.

And apparently she doesn't know it.

So this chick starts telling me about how she's currently divorcing her husband, but get this: She tells me she still loves him, they get along great, they are great partners in life, great friends, and could be great business partners.

I'm thinking, fuck, and you're divorcing this dude at 38 years old?

She tells me she's divorcing him because, basically, she's bored. She doesn't feel the spark anymore. The passion is gone.

(And clearly she thinks she can hop back on that Alpha cock without any difficulty, just like when she was 23.)

So here's this chick, she's gonna divorce this loving devoted beta, to get pumped and dumped by men and end up wondering where all the good men went as she lives alone with her cats.

It was incredible for me to see this validation of Red Pill truths. In the olden days, it seems like other women (especially older women) would be telling this girl to get her head together and stay with her loving, devoted husband. Now the world is telling her that she deserves nothing but the best, and must go seeking it, even though doing so will probably be the most regretted decision she ever makes.

I got nothing else, I just couldn't believe my fuckin' ears when I was hearing this shit.

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UPVOTES

She's Bored, Evoking Emotion in Her

KeffirLime · 2 August 2018 · Archived copy · Reddit

Women operate on their precious feelings. This is no mystery. They want to feel alive.

Too often I head over to TRP and read something along the lines of - GF of 4 years cheated on me, and the peanut gallery shouts **Hypergamy!** OK great, time to replace the AWALT cheating GF, problem solved right? Wrong.

Yeah sure hypergamy plays it's role. But without asking the harder questions, no progress can be made. Why did she branch swing? What did she get elsewhere that she couldn't get from you? The answer is always feels. Upon digging into these posts a little deeper, I almost always find the guy saying something along the lines of.

"Yeah, I never lifted, played a lot of video games" That's a problem, but not the killer blow.

"We basically just went over to each others place's and hardly went out anymore" Bingo

The relationship has become stale. It's predictable. She no longer has that feeling of wonder. That feeling of excitement. To sum up, she's bored. Sadly from what I've observed this is the state of most relationships I see. Cue Chad's arrival, who suddenly sparks excitement again, suddenly makes her feel alive again. So "it just happens"

Small disclaimer - You can do everything right and she could still cheat. However, a woman who's always guessing, always feeling a live, always holding the feeling of adventure and wonder is far less likely to look elsewhere for the feelz when she gets it in abundance from you.

There's always things you can do in a relationship, like dread. Or dark triad shit. To keep it going, however that is exhausting, and a sign that there's something wrong to begin with. In my experience **you need little more than to evoke emotion in her.** The relationship needs to be fun. She needs to feel that sense of wonder, that sense of excitement.

How do you do that? Well it's fairly simple.

Have fun. **Live a life with her that she craves to be apart of.** You have to lead. Don't ask her what she wants to do, tell her you're picking her up and taking her somewhere. Let her get tingles every time you pick her up because she knows it's going to be an adventure. When you're leading she's comfortable knowing that you have her safety at heart and all she has to do is show up and have a good time. More often than not this will result in her spending her time thinking how she can add to the date - sexy lingerie, a surprise blowjob in the car etc. When you're a good leader, she'll become your number one supporter.

Take her wine tasting. Take her for a short hike. Take a day trip somewhere. Go to a gaming arcade. It's not the activity that matters, **it's how you do it.** If you go wine tasting, fuck her in the vineyards on a tractor. If you go on a hike, smoke a joint and get lost in nature, also fuck her with an amazing view. Go day tripping and stop next to a lake that says no swimming and go skinny dipping. Go to a festival and get fucked up together. Go to the gaming arcade, cheat on all the machines so you get a bunch of tickets and get her a huge teddy bear (These are all things I've done).

I'm not advocating doing anything illegal, most you'll get for these is a slap on the wrist. **What I am advocating is giving her a thrill. A point of excitement. A rush. I'm advocating evoking emotion in her,** going to dinner at your favorite restaurant for the 3rd time in a row and talking about your day isn't going to do that. Try do something memorable every time you go out. Do it to the point where it becomes second nature to you. When you're having fun, and leading, inevitably she will too. **It becomes a habit to have fun.**

Women in my experience are naughtier than men. They'll be as game as you are (you leading). As time goes on you'll find that they are coming up with ideas and things to do on a date. They become so attached to you because they associate time with you with good feelings. Their mind connects thrilling, exciting emotions to you, this is what they believe to be "love". The higher regard they hold you in the more they want to do to please you. **They**

behave where you set the bar. If you're very wild, fun, adventurous, they'll love you for it and feel comfortable showing their wilder side too. They take comfort knowing that you have their best interests at heart and let out their inner animal, just for you.

Most of the time people start off in a ball of fire but stagnate as the relationship goes on. People slip into comfort. Which has never made sense to me. Life is still happening, why should it be more boring because you've been together longer? You don't stop doing fun shit with your guy friends? Why should your relationship be any different. In the past I've been with a woman for 4 years and nothing changed. We adventured and explored and got up to all sorts of mischievous endeavors in year 4 just as we did in year 1, because it was fun. I was fun. And she wanted to be apart of it.

Don't do it for her, do it for yourself.

It goes for as long as it goes, and if it ends it ends, but do you want to look back on a relationship that deteriorated into a Netflix bingeathon and pizza(although that can be great on occasion) or do you want to look back on an endless list of memories that you've built up over a thrilling period in your life. Yes Hypergamy and yes AWALT but why would she look for a thrill, or excitement, or feelz anywhere else when she's so busy having a ball with you.

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UPVOTES

You will Lose - But you're not a loser

LiveAFTSOV · 18 December 2017 · Archived copy · Reddit

For guys going through the struggle and the grind right now, for guys getting botched approach after botched approach, lemme just say, it's ok man.

Internalize these ideas and you will start feeling better about your sexual interactions.

1. You wont get all the girls - *but you will get girls*

An immutable law of life is not everyone is going to like you - if you go out into the world expecting to have every women you encounter drip for your seed, then you're in for a rude awakening. There is no secret phrase to activate every girl's primal brain and make her attracted to you.

There is, however, a fantastic little red pill that will help you learn how to get girls. If you follow the advice given by TRP, you'll still disgust some girls, but guess what, you'll also see more girls ogling you, and even more girls becoming open and receptive to your advances.

"Some girls hate you, some girls love you. Most girls wanna see whatcha got."

2. Not every women will like you - *but some women will crave you*

You want girls who are at your beck and call - the ones who see you as their #1 cock. It's better to be the guy who girls make time for, than the guy who girls have to check their schedule for.

Dont break your back trying to impress a girl who sees you as "Meh, MAYBE we'll hang out, let me get back to you on that," ESPECIALLY when you have a cock thirsty plate throwing herself at you day and night.

Variety may be the spice of life, but why put yourself through the stress and trouble of jumping through one woman's hoops, when you have another woman who will give you sex on command? Women who like you will make your life easier.

Now sure, not every women will start off craving your dick, but with enough practice, time, and exposure, you can move "meh" women to the "I NEED you" side of the scale, but be forewarned, you can also move "meh" women to "stay away from me!"

If you go around thinking "man I dont need this hoe, I already got another one just WAITING for me to give her the dick" you're gonna have a good time.

3. There is no one special girl - *but there are some girls made specially for you*

On the most basic level, women have warm vagina holes that are a great source of pleasure. They are ALL the same in that regard. Some, however, you click with, like puzzle pieces.

But that's all it is - a click. You two are highly compatible genetic puzzle pieces that snap together. She is the fisher price puzzle ~~slut~~ slot, and you are the shape that fits inside of her. You may be able to fit into other ~~slut~~ slots with enough tenacity, but the truth is, nothing will feel as easy as being with a girl you vibe with - and when the drooling 4 year old named life decides to fling the toy across the room, launching you out of your slot, dont worry, cus fisher price makes the millions of the same puzzle game.

Even if you cant find another fisher price puzzle, you can still probably shove your cylindrical shaped puzzle piece into other ~~slut~~ slots, but we all know it just wont be as fun as the ~~slut~~ slots made for us.

4. No girl belongs to you - *except for in the moment*

When you're with your girl, you should be the only person on her mind. Her cell should be on silent, you two should be enjoying each others company and intimacy. This is your turn with her.

Once that date is over, it's fair game, man. If you put a leash on a dog, you control it, when you take the leash off, the fucker is probably gonna run around and sniff every butt in town until it gets a new owner, gets run over, or starves to death. Some dogs get captured and returned to you. Other dogs stand there, waiting for you to put the leash back on, and other dogs wander around, but come back to you when you call their name.

Women are like that, when you're not in their presence anymore, that's it - your turn with her is over.

They'll talk to their orbiters, they'll talk to their side niggas. Don't get jealous cus it's gonna happen.

If you finished fucking and you're just doing your thing at your work desk while she's laying on the bed, it's fine, you had your way with her and are onto other things, she's gonna pull out her phone while she waits for you to start something else up.

On the flip side, if she's calling and texting other guys while you two are doing something, like trying to sex it up, are cooking dinner, bowling, coffee, are watching a movie together, on a date, ice skating, w/e you're doing it wrong bro.

5. All women are like that - *but not all women do that.*

"Women are like guns - they're fun, dangerous, and all share the potential to inflict some serious damage. Treat them as if they are all loaded."

You've heard this Red Pill Whorerr story before: Man and Women are in an inseparable relationship until suddenly it just happened and she jumped onto the next dick.

Spare yourself the heartache and get it through your head that All Women are Like That.

Be okay with the potentials, be okay with nature - man. She aint designed to be monogamous. It's never gonna happen.

It's better to accept the potential of it happening and going about your life, instead of sitting in paralyzed fear, paranoid about the possibility.

Ask yourself, if a better version of you came around your girl, would she leave you for your better? It's you, exactly, except he's better at being you. I say, not all women have the chance to do so, but I think they would. And that's okay.

All guns can fire, but not all guns are loaded.

All women have the POTENTIAL to cheat, but not all women cheat.

All Women Are Like That, but not all women do that.

6. You will Fail - *But you're not a failure.*

Man, I've approached girls who laughed at me, who awkwardly exchanged glances with their female friend and walked away, who made me wait for them for months while they banged chad, i've been there man. I've let guaranteed lays slip through my fingers. I've failed.

But you know what else? I've gotten the attention of a bombshell, and fucked the hottest girl I've ever fucked. I've retained a model as a long term plate. I've fucked girls just by asking them if they wanted to be friends with benefits.

Seduction is a BJJ Dojo.

The white belt gets tapped out 1000 times in 1000 different ways. He'll score some submissions here and there, and

eventually he'll learn how to escape bad situations, place himself in good ones, and before you know it, the coach is calling him in to break in newbies.

No black belt master got to where they were, without being submitted countless times.

And you know what happens when you get that black belt? You STILL get submitted.

By having the knowledge and experience of a black belt, you will make it a heck of a lot easier to win, achieve, and force submissions... but...

Life is funny!

You can know all the right moves to make, and still lose.

And that's okay man, life is half chance. You can only do so much to influence the outcome.

7. It's not your fault

You will never be alpha enough. If you give a women the moon, she will want the stars.

There will never be a magical tipping point in which you are so alpha your girl wouldn't ever cheat on you, betray you, or cross a boundary.

If she feels like cheating, it's gonna happen. You could be a top profile celebrity and STILL get cheated on - nobody is immune to hypergamy.

The sooner you come to terms with this, the better.

Now take a deep breath of relief, and accept life for what it is - Half Chance. You can only do so much. Spit your game and onto the next one.

You can be the most Alpha Chad J Thundercock mother fucker on the planet, until some unfortunate ass fool decides he's gonna pop your ass and BOOM - you're dead. And that's it. Alpha no more, cus you dead nigga.

But is the possibility of dying gonna stop you from living?

Is the possibility of rejection gonna stop you from getting laid?

Life ain't perfect, but it sure can be fun.

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UPVOTES

Who The Fuck Are You?

ReddJive · 31 August 2018 · Archived copy · Reddit

Every week we get a field report in, convoluted theory, or some question that always talks to the point of woman. How to fuck them, get them, did I do good, why is my dick green, HOLY SHIT what is this growth, or my favorite. I suck I can't do better.....blah blah blah.

Listen. Before you go any further in reading this post take a deep breath and remember who the fuck you are.

You are a man. Your goals are for you and developing who you are and what you want to do. Women, sex, the lifestyle are results of your hardwork. Everything else is building a more interesting you. Most of you think you are climbing the ladder. You aren't. You are trying to get to the ladder. Once you've internalized the Pill then you can climb the fucking ladder. So relax, monkey boy, you aren't even there yet.

Some of you keyboard warriors are likely pouring your guts out here looking for a kernel of advice or that iching and suddenly it will make sense. I know. I did it. Most have done it and many still do. Sorry, bub, doesn't work that way. This is the research center, your library. You need to get out there and learn. You need to develop who you are. A more interesting you. Have to do something cool in your life right? Your stories will be yours and you can establish the price of telling them. Your stories and experiences are not free. One day you will sit on your porch and smile at the shit you did. No one else did it. Maybe you will tell people, maybe you won't. I don't tell all my stories. Few have gained that level of access.

My boys are doing more than their peers who are playing video games and talking Call of Duty. My kids? They live it. At 13 my youngest has a SCUBA License and has dived up to 90 feet. The Non Profit organization he belongs to is contracted by other organizations to perform diving operations for them. This summer he has learned and executed underwater construction techniques and built amazing shit underwater. He has also mapped and explored ship wrecks for the local government to turn into tourist spots. This is at 13.

My oldest at 16 just got his pilot's license through Civil Air Patrol with 120 flight hours. He is search and rescue qualified and has helped the FAA several times. Spending his summers on Air Force bases and training he has 200 hours or more on Air Force jet simulators. Most recently he had to land a plane on a solo flight when its instruments went out.

He is also attending a local Community college that created a high school program. He will leave in 2 years (3 total started when he was 15) with a High School diploma and a paramedic license. Oh did I mention no college tuition? Paid for by the public schools. His intent is to join the military but I have taught him to cultivate many options. He has listened.

These kids at their ages have experiences and training no one else in their group has. They have heard some of my stories and I push them to develop theirs. What are doing to make yourself more interesting and a cut above? What are you doing?

You can waste your time worrying about her. Wondering at red flags, at vetting, at all those things. When you are missing the trees for the forest. It's not about any of it. It's about you. What you will and will not put up with. What you want to do and how you go about doing it. Don't misunderstand you will end up leaving some seemingly fantastic women behind. They won't be able to keep up. Will you slow down?

Some of you have real life obstacles in your way. I get that. I offer this advice:

My drill sergeant used to tell us there are 3 ways to handle an obstacle on the battlefield.

1. Go over it.
2. Go around it.
3. Go through it.

Not one of those tells you to turn around and go back.

The best advice I got in my first few months of understanding the Red Pill was this:

I am a ship at sea. Women are the barnacles. Some stay longer than others, either way I have a destination and I am headed that way.

What's your destination?

Who the fuck are you?

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UPVOTES

You are not entitled to shit. She is not entitled to shit. One of these is reinforced by society.

trpposter · 10 April 2017 · Archived copy · Reddit

You are not entitled to sex.

You are not entitled to hand jobs.

You are not entitled to anal.

You are not entitled to blow jobs.

She is not entitled to affection.

She is not entitled to attention.

She is not entitled to emotional support.

Society has no problem drilling the first four points into the male psyche from the age of adolescence (or even younger, given feminism's pernicious advance into education). However, try to apply this to women and you will be labeled a misogynist, a neckbeard and a bitter loser. If you manage to get an argument out of them, it will be in the vein of:

But it's shitty and abusive to withdraw -

No it's not. It is your prerogative to stop engaging in WHATEVER activity you no longer wish to continue, for whatever reason. You don't need to justify to *anyone*, including your partner, why you no longer wish to do X. Yes, this goes both ways: women are perfectly entitled to not justify their low libido to their boyfriends (and they usually don't), and men are perfectly entitled to not justify their lack of emotional intimacy with their girlfriends.

It is shitty and entitled to DEMAND X (where X is any activity in the list). If you feel you're not getting X, the problem lies with you, and you need to change yourself into a person your partner (or partners) will *want* to engage in X with.

What can you take away from this?

Crush your inner beta by always keeping in mind: you owe her nothing. Never cave, never apologize and above all, never justify.

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UPVOTES

Feminist love throwing around privilege, yet they are the most privileged class in modern history in the West

Ray_pinasses1210 · 27 January 2018 · Archived copy · Reddit

I saw the protests a few weeks back in California. It was the usual suspects, fat, pink haired, shrill feminists. They were holding signs up about “we want equality now” and “end rape culture” This got me thinking about just how privileged these chicks actually are, and the irony that’s lost on them by claiming victim status. Let’s break this down shall we:

1. I noticed 1 trait most of these broads all had in common-obesity. Now I know it’s cliché for feminist to be fat and ugly, but really, if you look at any pictures of the rally, all you can see are fat, pink haired shrews. What’s funny is they walk around holding signs about oppression, yet are literally the physical manifestation of excess and gluttony. They are lucky and privileged enough to live in a time and place where food is plentiful and they take advantage How can one be oppressed and be fat? That’s oxymoronic
2. A lot had signs talking about “rape culture” Again, this is bullshit. There is no such thing as “rape culture”. Maybe in Saudi Arabia or India, but def not here in the west. Again, the irony is lost on women who live in a society where they can openly, without consequence, lie about a sexual assault or rape and get a man or many men put in jail or have their livelihoods taken away. That is a privilege, not even the police have. And yet these women claim they live in a society where men are openly permitted to commit rape, and sexual assault without consequences
3. “pay equality” Now of course, if two people get hired for the same job, one man, one woman, they will get paid the same. What these broads want is a “gender studies” degree to get the same pay and access that an engineering degree gets. That’s where the “pay inequality” comes in, as it should. It’d be like garbage men having a rally, saying the associates degree they got should give them the same pay that a medical degree does. Same pay for different levels of work isn’t equality. It’s communism. Not to mention the fact that these women are so privileged that the ones who happen to have the privilege of physical beauty, doesn’t need to worry about a job or a degree. An attractive woman can literally sleep her way to a comfortable life with a willing man, catering to her every need, if she plays her cards right.
4. This is my last point. Fat acceptance Women are so privileged that they can literally be morbidly obese, call themselves beautiful, be validated by friends, family and social media, and have the balls to not only want, but demand Chads find them attractive and date/fuck them Not only do they demand this, but some will openly try to socially destroy you, Only women in 21st century America can be so hideously fat and ugly and demand to date the 20% of men openly. Then legislate hypergamy when they can’t get what they want

That’s the epitome of “privilege”

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UPVOTES

Michael Kimmel, male feminist founder of the Stony Brook Center for Studies on Masculinity, the institution indicated by reddit admins as providing good reading on "positive masculinity", forced to step down on accusations of workplace sexual harassment and sexism by past collaborators

Derek1382 · 5 October 2018 · Archived copy · Reddit

You can't make this shit up

When the reddit administration censored TRP through quarantine, they forcibly included a link to the Stony Brook Center for the Study of Men and Masculinity in the sidebar, as an officially endorsed counterbalance to TRP's "toxic masculinity".

They removed the link a few days later, likely as more and more people pointed out how the founder and major scholar at this Center, Michael Kimmel, was a notorious denier of male victims of abuse.

But it gets even better: Kimmel has also been accused by multiple past colleagues of sexual harassment in the workplace and of sexism, on top of homophobia, transphobia and racism.

Specifically:

The allegations against Kimmel were first reported by the Chronicle of Higher Education, which cited comments by a former graduate student. The former student, who asked to remain anonymous, said Kimmel had suggested they have sex six weeks into her graduate course, and later in her career.

Nobody could ever imagine a male feminist trying to leverage what little power he has into some coerced sex with an underling.

Following the report, another former graduate student published a detailed account of their time working with Kimmel on the website Medium. Bethany Coston, now assistant professor of gender, sexuality and women's studies at Virginia Commonwealth University, accused Kimmel of sexist behaviour, such as giving paid work to male students while women were expected to work for free.

Oh lookie here, a male feminist giving unpaid work to women, probably thinking that he's being so progressive in even getting them involved in the first place. Shocking I tell you, shocking.

"We fully appreciate the need to weigh due process along with all the shortcomings of formal sexual harassment complaint procedures and the power inequalities inherent to these processes," the Promundo said in a statement.

Ayy fucking lmao. If this was anyone but a knight paladin of feminism and PoundMeToo, he'd have been thrown under the bus immediately and without appeal. As it is, he gets to have "due process" and only be temporarily suspended pending investigation. I guess his accusers need to be believed less than those who have the good sense to accuse less-feminist men.

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UPVOTES

'If' by Rudyard Kipling is a poem every man should take very seriously

dude_idek · 6 November 2016 · Archived copy · Reddit

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Growing up, my father had this poem framed and put up in 3 rooms of my house. I was basically raised through it. It's gold. It's more than just a poem, they're introductory guidelines. What are your thoughts ?

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UPVOTES

Tips To Look After Your Husband - (Excerpts from a 1950's Home Economics text book)

Hakametal · 2 January 2017 · Archived copy · Reddit

Over the holidays, I went to my parent's house who wanted the attic cleaned out. I stumbled across what was a framed picture that displayed rules that a woman should take to look after her husband. It states that it's taken from a 1950's Home Economics book.

Keep in mind, the following material is a glimpse into a pre-feminist era. Have fun reading this stuff.

Have Dinner Ready

Plan ahead - even the night before to have a delicious meal on time. This is a way to let him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home and the prospects of a good meal are part of the warm welcome needed.

Prepare Yourself

Take 15 minutes to rest so you will be refreshed when he arrives. Touch-up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work-weary people. Be a little gay and a little more interesting. His boring day may need a lift.

Clear Away The Clutter

Make one last trip through the main part of the house just before your husband arrives, gathering up school books, toys, paper, etc., then run a dust cloth over the tables. Your husband will feel he has reached a haven of rest and order and it will give you a lift too.

Prepare The Children

Take a few minutes to wash the children's hands and faces (if they are small). Comb their hair and if necessary change their clothes. They are little treasures and he would like to see them playing the part.

Minimise All Noise

At the time of his arrival, eliminate all noise of washer, dryer, dishwasher or vacuum. Try to encourage the children to be quiet. Be happy to see him. Greet him with a warm smile and be glad to see him.

Some don'ts

Don't greet him with problems or complaints. Don't complain if he is late for dinner. Count this as minor compared with what he might have gone through during the day.

Make Him Comfortable

Have him lean back in a comfortable chair or suggest he lie down in the bedroom. Have a cool or warm drink ready for him. Arrange his pillow and offer to take off his shoes. Speak in a low, soft, soothing and pleasant voice. Allow him to relax - unwind.

Listen To Him

You may have a dozen things to tell him, but the moment of his arrival is not the time. Let him talk first.

Make The Evening His

Never complain if he does not take you out to dinner or to other places of entertainment. Instead try to understand his world of strain and pressure, he needs to be home and relax.

The Goal

Try to make your home a place of peace and order where your husband can renew himself in body and spirit.

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UPVOTES

Practical Guide to Getting Laid on the First Date

bluefingerblue · 18 February 2019 · Archived copy · Reddit

I went out with this girl last night and ended up closing, but before we had sex she said something like, “honestly I’m not judging at all, I’m just curious, how often do you sleep with girls on the first date? Not that I’m opposed, but I never sleep with guys on the first date. What’s your secret?”

I just laughed and started kissing her. But it made me realize - I feel like my percentage of closing on first dates is pretty high. I’d say probably 75% of my first dates end in sex. I don’t know what the average is, but I have a feeling that’s a solid percentage. I’m not working today, so I figured I’d put together a little guide on what I think makes me successful.

For starters, yes, you need to lift. You don’t need to be huge, but you need to be in shape. In fact, I think guys can get to a point where they’re too big, and it looks like you spend way too much time in the gym. You don’t need to be a gorilla. I’m about 5’9”, 175lbs and hover around 10% body fat. Always get comments on how nice my body is. Bottom line, being in good shape makes a huge difference in terms of turning you into a guy they will break “the rules” for. And just generally speaking, you need to be doing everything else you can to maximize your value.

So back to the first date guide. This isn’t earth shattering advice, but just a collection of things I’ve learned and implemented along the way. I think the most important thing to getting laid on the first date is kino. When you first meet each other at the bar, make that initial hug as sensual as possible. Hold it a bit longer than you might normally feel inclined. And really embrace the physical contact. Be as present as possible during that moment. Don’t worry about what you’re going to say once you sit down. Focus on the hug and feeling into that embrace.

Then about 15 mins into the date, touch some piece of jewelry on her hand/wrist and comment on it. Starting with the hands/wrists is best. Eventually you can start hitting/pushing her leg when she says something funny. Work your way up to putting your hand on her leg. You can also pinch her jeans and stretch them as she’s talking. I don’t know why I do this, but it feels natural and playful. The more you practice kino, the more natural it will become.

Eventually she’ll start reciprocating. If she doesn’t, I’ll often grab her hand and examine it. Maybe comment on her nails with a backhanded compliment - “your nails look nice, do you ever get them done at a salon?” Meanwhile, she obviously went to a salon, but it’s a nice way of simultaneously complimenting her while making her feel self-conscious. She’ll think “wait do my nails really not look like I got them done at a salon?” But don’t give her time to analyze. Take her hand and put it on your leg. Eventually remove your hand from on top of hers. If she holds her hand on your leg (she probably will) then you know she’s down, or if she immediately takes it away, then you know you still have some work to do.

The other thing I try to do is work in three phases. Step 1: attract - so tease her and display higher value. Step 2: transition to building comfort - so find common interests and talk about them intelligently. Step 3: finally seduce - so find a way to get to a location where sex is possible and escalate from there.

One note about the first two phases is the importance of eye contact. Eye contact is excellent for building sexual tension. Multiple times during the date I’ll try to make direct eye contact while thinking to myself “damn I want to fuck you so badly right now.” I think those thoughts basically get transferred into her brain telepathically or some shit. I don’t know if there’s any science supporting telepathy, but I think it’s definitely real. You can communicate your desires without saying anything. And that’s the best way to do it.

Also body language is key. So when she’s blabbing on about some boring work drama, I’ll turn my body away from her and pay more attention to the bartender or other patrons. Kinda zoning out and not paying close attention to her. This makes her chase your validation. At this point, I’ll either change the subject or she will, and once that happens I’ll turn back towards her and become engaged once again. This helps set the frame that she’s chasing your validation, not the other way around.

Another trick I’ll employ when things are going well is what I’d call the silence game. At some point, while she’s

talking or when there's a lull in the conversation, I'll decide to just stop talking entirely. I'll make eye contact with her and smirk without saying anything. Girls can't stand silence like that, so odds are she'll reflexively start blabbing about something. Keep smirking and keep making eye contact. Just let her go. This gets funnier and funnier the more she squirms. Eventually she'll be like, "whatttt? what are you thinking abouttttt?" Then you can start laughing and say something like "I have a feeling you'd keep talking forever if I didn't say anything."

At this point she'll laugh and say "omg you're such an asshole," and then you can go right back to building rapport. I think this works because it once again sets the frame that you're not trying to impress her. You've already built attraction. And you can just sit there comfortably in silence like an autistic monkey while she does all the work of trying to impress you. She'll wonder if all the shit she was just babbling about was stupid, so maybe that's why you did that. But you never said anything to make her feel self-conscious, so she won't put the blame on you.

Anyway, now you've been there for a couple hours. At some point before we're getting ready to leave, I'll go to the bathroom, and when I get back, I'll put my arm around her before I sit down again. This takes the kino up another notch. Then you'll get the check. I don't know about you guys, but I usually just take my time getting my wallet out, and 90% of the time they get their card out too, without me having to say anything. I always split first dates (unless it's just one drink each, then I'll pay). But splitting first dates sets the tone that you're not the guy she's going to get free dinners out of. You're the guy she's going to fuck, and she'll need to find another chump for the free dinners.

The other important thing I'd suggest is going for the kiss when you walk out of the bar and you're heading towards your cars/Uber. Just walk in front of her, stop and face her, and she'll know exactly what you're doing. Kiss her but make sure you pull back first. This isn't supposed to be hot and heavy. This is just a quick primer. It shows her you're not all talk, it confirms you're sexual, and now she wants to experience more of what you're offering. I think this quick kiss before heading to the sex location primes her for sex as a possibility once you get there.

Once you get to the sex location, take your time. Let her adjust and start to feel comfortable. Make a drink. Ask for a tour of her place or give her a tour of yours. Put something stupid on tv that you don't have to pay attention to. Start making out. Disengage on your own. Start talking again. Do this song and dance a couple times where you start and stop again. A lot of times she'll do the stopping. No worries. Laugh, pull back and start talking again. Go through this cycle enough times, each time progressing a little further and getting a little more into it. Eventually she'll be ready to get down.

My move to transition to the end goal is usually to just pick her up and start walking towards the bed. She might say something like "where are we going" to which you can reply "it's a surprise." But you both know. Give her a solid fucking. Harder and faster than you might normally because you want to differentiate yourself from just any old dick. Cuddle a little bit after, but don't spend too much time cuddling. You do this all the time so you're not desperate for a woman's touch. Eventually say "it's getting late, I'm sure you have a bunch of stuff to do tomorrow," and then start gathering your clothes and getting ready to say goodbye.

Before you leave, kiss her one more time and say "I had a great time tonight, text me if you want to hang out again." If you did it right, they always do. And now they're chasing you.

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UPVOTES

Honest Signals: Why Caring Kills Attraction

[deleted] · 8 October 2019 · Archived copy · Reddit

Intro:

Before I came across this sub, I was under the impression that if you showed a woman that you would love her and provide for her then she would value you more than someone who didn't love her and wouldn't care. This is wrong. The opposite is true. Here's why:

Body:

Women want to optimize their chances of having successful offspring. In order to do this, they select a mate (or mates) who has the best chance of producing successful offspring. The best way of choosing this mate is to find someone they perceive to be better than them. They cannot be attracted to someone they believe is below them.

However, women cannot trust what men say because men lie. If all it took to sleep with a woman was to tell her that you were the shit, then this sub wouldn't exist.

As a result, women are constantly assessing a man's actions and the way he carries himself. They are constantly checking for *Honest Signals* that a man is what he claims to be. Honest Signals are the qualities a man *unintentionally* reveals about himself to a woman about himself. They are qualities that are not easily faked, and thus she can use them to determine whether or not she should associate with a man.

A few Honest Signals include:

- How he looks
- How he speaks and what he chooses to say
- How he handles resistance (shit tests)
- How he takes care of himself (grooming + fitness)
- How other men and other women interact with him (do they respect him?)
- Most importantly: How he spends his time (what does he value?)

The most important (and most honest) of these bullet points is: how we spend our time. Our time is the only finite resource we have. We can fake our looks, we can read pickup lines, but we cannot fake how we spend our time. As a result, by showing how we spend our time, we reveal what we value and thus who we truly are.

What we learn from this is that if you immediately respond to a girls' texts, text multiple times, pick up every call, double checking to make sure that she's arriving at a certain time, you're revealing to her that you care more about her than she cares about you.

The Principle of Least Interest states that those who care the least have the most power. If you care more about someone than they care about you, you're the bitch in the relationship. The key to being perceived as better than them is to:

Limit Your Attention by focusing on shit that isn't them.

Lift, Read, Build something, talk to other women - *it doesn't matter*. If you spend too much time on them, you'll prove to them that they are more valuable than the other things in your life.

As the great Patrice O'Neal once said "A bitch don't want to be your #1 priority." Operate accordingly.

TL;DR: You subtly reveal who you are based on your behavior. Show her that she isn't the best thing in your life.

Edit: It seems some people didn't comprehend the message I am attempting to convey.

I am *not* suggesting you become a completely uncaring asshole. You should still give a fuck about her.

I AM saying that *caring too much* is a problem.

If you didn't care at all, you wouldn't ever respond to anything wouldn't dedicate any time to her. But on the whole, most people care way too much. You can still show affection and all that other shit, just *not more than her*.

The real way to not care is not to just "DGAF, bro". The real way to not care is to have other shit in your life that matters to you. I promise your relationships will be much stronger if you have shit that matters to you besides her.

She doesn't want to be your focus. She wants to be an accompaniment.

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UPVOTES

Rejected 9/10 and she raged and spilled her drink at me

[deleted] · 28 December 2017 · Archived copy · Reddit

So at work we had xmas party organised in Casino..

I had this Hugo Boss blazer I bought some time ago but didn't get to wear it.. Wore it..

So after xmas party we went to a club, was at the bar talking to my colleagues, everyone knows that I have a gf.. So this random 9/10 sugar daddy craving girl comes and stands next to me, I mean she had plenty of space to stand elsewhere but her coming and squeezing in between me and my mate, her boob was pressing in to my shoulder - that was a clear sign.

Since I wasn't looking for casual hook-ups I decided to troll her, so I turned to her, she looked at me, I checked out her body and said hi, she was like hi and I think she was about to say how's it going, but I turned around and continued my conversation with my mate..

She bought two shots, and then made confused look, but I ignored it, so she tapped on my shoulder and I was like hi again,

and she was like I bought two shots for me and my friend but she is gone somewhere, don't want to go on the dancefloor with them, wanna drink one with me?

I was like sure..

and then after we drank it, she jokingly said, next drink is on you...

I was like - I was about to order drink myself, so what can I get you? got her a drink and turned around and joined my colleagues talk

so she was still there, standing next to me, kinda dancing a bit and always leaning around my body, but I ignored it..

she tapped on my shoulder again, and was like wanna dance?

I was like no thanks, I am not the best dancer

she was like - so what you doing in the club near dancefloor area?

I was like enjoying the music and socialising with my work mates

she was like wanna socialise with me instead?

I was like no thanks

she made disappointed look and was like, what do you mean by "NO THANKS?"

I was like, you're not my type of girl

she was like why did you get me a drink then?

I was like, you got me one, I paid back with one, now we are equal

and she blew up, she was like

why didn't you say you are gay in the beginning????

I was like in the beginning of what? and im not gay.

she was like, you ugly looking motherfucker, how dare you to say that im not your type ? do you know who I am??

I was like no, and I don't want to..

and she was like, you fucking prick, fucking immigrant (I study in UK, but native Russian), nobody ever rejected

me, you should be grateful I even spoke to you you ugly piece of shit..

I just turned around and laughed with my mates, and then she was like you pussy, and spilled her drink at me lol
then bouncers came and told her to leave, she screamed the same thing, like DO YOU KNOW WHO I AM? CALL THE MANAGER, HE WILL KICK YOU OUT... and they forced her out lol

I mean it's quite sad that it probably ruined my blazer, the first time I wore it, but then experiencing something like that was precious...

I mean nowadays many girls get to this level of consciousnesses just because of all the blue piller betas give them excessive attention and make them feel superior.

When in reality, apart of their looks (mostly fake), they have no value and have nothing to give back

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UPVOTES

Incels got banned. What does that mean for TRP?

TheDreadnought1 · 8 November 2017 · Archived copy · Reddit

The Incels sub just got banned in the last hours. Yes it was a despicable place, home of losers, whiners, pathetic defeatists, but I think the down of their sub might be bad for us. Why?

First, we occasionally see some incels posting on AskTRP. Ok, we can live with that, but now, without their home sub, some of them might try to migrate here for refuge and start poisoning the subs with their ridiculousness. More than just lowering the overall quality of the posts, this kinds of posts, if too frequent, may bring even more bad attention to us.

Second, is just that: attention. Incels was a decoy for us. The BP'd manipulated man and the average reddit feminist see us as almost the same as them, at least on the "hatred towards women" and misogyny stuff. And without that sub around, their censorship desires might converge in our direction. I've already seen one or two posts on some BP'd subs about "this is the time to take TRP down". I'm sure that there is more than a few redditors around that would be more than pleased to wipe us out.

What do you think?

<https://m.imgur.com/4pCoPsb>

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UPVOTES

Young women makes tinder profile as a male and is extremely disappointed. Redpill on the Front Page.

drbrockstar69 · 27 May 2020 · Archived copy · Reddit

Earlier today, a youtube video about an 18 year old woman attempting the tinder game as a male made its way to the front page and videos subreddit.

https://www.youtube.com/watch?v=DZTIbHIsIYw&feature=emb_title

Now this experiment has been done multiple times, and the results are not shocking to any person who understands hypergamy. Alexander Grace, the creator of the video, is more of a purple pill youtuber. He says some questionable things on his content (E.g, some men need a strong balance of feminine tendencies, chads who fuck a lot of women aren't really fucking quality women... like they give a fuck). But regardless, this video had some solid points that I'm glad is getting some screen time.

1. Don't ever ask a woman for advice on how to get with women: Now anyone who used tinder will know that nothing dries panties up more than an opener of "hey, how are you?" This woman not only used that opener for each match, but her bio had city, occupation, and "looking for a quality relationship" - listen to this woman on all things NOT to do when making a profile. Side note, she asked at the beginning if AG had any shirtless pics she could use pretending to be him. These women will push academics and intellect but even she knew from the beginning she wanted to the stallion to catch the eye.

2. They don't understand or even sympathize with males: She was shocked at the lack of responses. Only 7 matches in a day?! She had no idea how males could find motivation, especially to the lack of any substance in conversations. She doesn't comprehend that men have to chase, have to be witty, and have to hold attention all while competing with hundreds of other men. She ultimately said she knows how easy it is being a female and can't wait to go back.

3. The Wall is real: Hearing this from a woman makes it more real. "Yeah I got some matches, but most of them were over the age of 30 and some weren't really that attractive." Coming from a man that would sound superficial and vain, but we all know age breeds desperation. As trite as it is, men know we age like wine, you will have options in your 30's and 40's. Keep working on yourself

4. Don't let dating apps mess with your psyche. Use it for what it is and nothing more: She says herself how she felt depressed after the lack of responses. And AG mentions the Tinder algorithm of high matches early on and tapering it off do ensure naive young users will pay for the service (which I don't recommend but if you got it, why not) This is an exaggerated marketplace of 80/20 rule, top 20% (probably closer to top 10%) of males will get the attention. There are benefits to these apps if you use them how they are meant. But your time will be better spent lifting and talking to girls irl.

Overall - females do not understand the plight of men, and they really don't care at all. Keep moving forward, work on yourself and understand videos like these prove that no woman is worth more than your sanity.

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UPVOTES

TIL: Cesar Millan's wife (The Dog Whisperer) filed for divorce in March 2010. She ended up receiving a single payment of \$400,000, monthly spousal payment of \$23,000 (that's \$276,000 a year), AND \$120,000 a year in monthly child support. Cesar Millan then attempted suicide.

BobSagetTheFaget · 7 January 2014 · Archived copy · Reddit

http://en.wikipedia.org/wiki/Cesar_Millan#Personal_life

949

UPVOTES

Study: Women prefer muscular, dominant, wealthy men

ObserverBG · 20 November 2017 · Archived copy · Reddit

Macho men, particularly ones in suits, still reign supreme on the totem pole of sexual attraction, a new study finds.

Researchers at Coventry and Aberystwyth universities in the United Kingdom looked at three years of data from TubeCrush, a British hot-or-not-type site where users upload photos of male London Underground passengers, to evaluate the male archetypes straight women and gay men found most attractive.

One striking initial observation by the researchers was that most men uploaded were white, despite London being a fairly diverse city. Popular images also often made sure to focus on a man's biceps, pectorals, and chest, particularly if he was muscular in those areas.

Many accompanying comments also emphasized a man's physique and supposed sexual prowess, the researchers note.

Another frequent theme in popular images was displays of wealth, whether it was through jewelry, fancy attire, or expensive technology.

Meanwhile, men who demonstrated less dominant or aggressive behavior, such as fathers, or males who seemed more sensitive or awkward, fared worse on TubeCrush.

"From smart-suited City workers to toned gym-goers flashing their flesh, the men featured in the photographs on TubeCrush show that as a culture we still celebrate masculinity in the form of money and muscle," says lead researcher Adrienne Evans. "They are marking the middle-class, wealthy, mobile and sexually powerful male body, not as a political one as feminists intend it to be, but one that should be actively desired."

Although some positive attention can certainly help a guy's self-esteem, Evans argues that women are still looking in the wrong direction.

"It's a problem because although it appears as though we have moved forward, our desires are still mostly about money and strength," she concludes.

Do not try to lie, Evans. You DO NOT prefer poor, awkward, fat males. :)

The researchers' findings were published in the journal Feminist Media Studies.

Source:

<https://www.studyfinds.org/white-macho-men-attractive/>

947

UPVOTES

What do YOU want?

theselfmadealpha · 13 February 2018 · Archived copy · Reddit

A lot of guys around here seem to think that the red pill is some sort of action plan. It is not. The red pill is nothing more than the truth about how men and women interact with each other.

Every day I see at least a couple new posts from guys saying that you have to be alpha all the time, being beta is bad, you have to do this, or you have to be that... Nonsense: You don't have to do shit.

Not everyone here is going to have the same goals. Some guys are here because they want to bang as many hot chicks as possible. Some guys are here to learn how to get and keep a girlfriend. Some are just looking for general self improvement advice. And others have no desire to change but want to at least understand how things really work.

That's what the red pill is good for. This is a great place to learn about intergender dynamics, the way men and women interact. But once you start taking in that knowledge, it's up to you how you want to apply it, if at all.

There's a whole lot of crude, macho talk around here, which I suppose is to be expected. I think it, unfortunately, turns off a lot of people new to the sub. And there's a lot of misplaced anger, guys blaming women for their own inability to understand them. These things shape the tone of this sub and it can become quite negative at times.

But it doesn't have to be. When you swallow The Red Pill, you go through the five stages of grief. You're grieving the loss of your cozy blue pill world and the blue pill future you've wanted for as long as you can remember. A lot of guys get hung up in the anger and bargaining stages and it shows here. But once you get to acceptance, the doors of life swing wide open, and you're free to do whatever you want with your newfound Red Pill knowledge.

So, What Do You Want?

What do you hope to get out of The Red Pill? Most of this sub seems to be focused on banging as many hot chicks as possible. If that's what you want, and there's certainly nothing wrong with that, then following the advice around here will help you out tremendously. Studying game and being as alpha as possible will get you far.

But what if you don't want to fuck a bunch of women? What if you want a relationship? Can The Red Pill help? Abso-fucking-lutely!

There's a lot of anti-relationship sentiment around here, but that's mostly just angry guys who got burned venting their frustrations. There is nothing wrong with wanting a monogamous relationship. I've had several LTRs at different times in my life and they've (mostly) all been great.

With your newfound Red Pill knowledge, you'll be better equipped to not only attract the kind of women you'd want a relationship with, but also to keep them long term. You'll want to study not only game (short term mating strategies) but also relationships (long term).

The Red Pill is knowledge and knowledge is power. And I have it on good authority that knowing also happens to be half the battle. Once you learn, accept, and embrace The Red Pill, the world is your oyster. You can use it however you choose.

It's not about being as alpha as possible. It's not about fucking as many women as possible. It's about knowing what IS possible. Knowing how things actually work and having realistic expectations. How you apply that knowledge is completely up to you.

Do what YOU want to do. Maybe you don't want to change a fucking thing. Maybe you just wanted to know the truth. There's nothing wrong with that. Not everyone is gonna use their Red Pill knowledge to transform their lives.

I think a lot of the "you need to do this," "you need to do that" talk around here stems from freshly Red Pilled guys genuinely trying to help. They've swallowed the pill and now they want you to swallow it and follow in their

footsteps. They've seen the light and want you to see it, too.

It's the same reason that, once we swallow The Pill, we want to tell all our beta guy friends about it. Unfortunately, this is a terrible idea. Your friends and the blue pill guys around this sub need to figure it out on their own – they need to want to figure it out on their own. I know you want to be Captain-Save-A-Bro, but you're likely not gonna save anyone. You're just going to alienate yourself and piss people off.

Conclusion

The Red Pill is not a prescription or an action plan. It's simply the way things are between men and women. Once you swallow and embrace The Pill, you can have anything you want.

But it's up to you to figure out what you want. You don't have to use this knowledge to go out and game girls five nights a week, spinning plates on your fingers, toes, nose, and dick. You don't have to say, “Fuck women, I'm gonna go MGTOW my life away alone in a cave somewhere.” You don't have to do shit – you can do anything you want to.

So what do YOU want? What do YOU want to use your Red Pill knowledge for?

Edit: Thank you for the Reddit Gold and all the great answers/responses!!!

947

UPVOTES

How to get JACKED during quarantine

Pimpjuice2 · 4 May 2020 · Archived copy · Reddit

Hey all.

A lot of life gets wasted on meaningless activities. Hours spent on worthless nothing. To make the most out of our day it's important to fill it with things we are proud of and that make us feel alive.

And since you're reading this, good news. You're one step closer to seeing a ripped badass every time you look in the mirror.

I could ask why you're here, but I know. Like that scene in *American Beauty* when Kevin Spacey is jogging with his neighbors and they ask him his fitness goals, whether he wants to gain muscle or lose fat, and he responds: "I wanna look good naked."

Aside from making you more attractive, exercise has countless benefits: Positive confidence feedback loop, energy, brainpower (builds gray area) – the list goes on.

Socrates said*“No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable”*

As of May 2020, youu may find yourself with extra time on your hands to finally commit to your best body ever. Only one problem: the gyms are closed.

So what do we do?

WORKOUT WITH NO EQUIPMENT:

Abs

Do 6 minute abs 4 days a week (2 days on, 1 day rest, 2 days on, 2 days rest)

This workout came from research at Stanford to find the most effective way to get shredded abs.

- 25 leg lifts + Kick heels to ceiling (1 rep per second)
- 15 seconds rest
- 25 leg lifts + Kick heels to ceiling (1 rep per second)
- 25 slow crunches (3 seconds up, exhale and flex, 3 seconds down)
- 15 crunches towards the ceiling as fast as possible.
- 1 Minute Plank

Abs are non-negotiable in any no-gym fitness routine. Work on them consistently and they will pay off. Visible abs and a developed upper chest/shoulders are the two things people notice when they see a shirtless man.

Chest + Triceps

Pushups baby. Get used to them. Do 100 every other day. Get there in sets of 20, or 10 if you cannot yet do 20. Once 20 is easy, work up to 30, 40, etc.

You can do variations of push ups: Close grip to get more Tricep involvement, wide grip for more chest. Put your feet up on a couch or a chair to get an inclined push-up angle that will work your shoulders and upper chest more.

Back + Biceps

Without weights to curl or row, our Back and Biceps are going to need to do pull ups on something.

Ideally youu have at least a door-frame chin up bar. If not, ask your uncle if you can borrow his. Find a safe tree branch to use until he gets back to you.

Do 3 sets of x 5 Pullups but go slow (10 second count) on the way down for every rep and squeeze your shoulder blades together. This is called an **Eccentric rep**, the 2nd best way to build muscle according to all of my friends who use steroids.

If you want to focus on more biceps and less back, move your hands inside and palms facing you. Squeeze your biceps at the top of every rep.

Legs

You can do body weight squats and lunges but without weights our best efforts are going to come from something more explosive.

SPRINTS. Great for burning fat and building muscle. Increases metabolism and human growth hormone production.

10 sprints burns more fat than an hour of jogging – isn't that crazy?

Even if your goal is to build muscle rather than to shed fat – **the less fat you have, the more testosterone you produce** – and testosterone is the building block of muscle.

Go to a local park or football field and run 300 feet and then walk the 300 feet back.

Then run the 300 feet 3 times at 70% speed, 80% speed, and at 90% speed.

Add an additional 90% speed rep at the end every time you go until you're running 10 sprints a workout.

At that point, you can mix it up and switch to sprinting up hills. My physical trainer friends always preach this one, as does Joe Rogan. Sprinting hills is the ultimate lower body workout, it works every muscle beneath your hip.

Find a big steep hill and sprint up it many times. Simple as that.

Add a set of 25 box jumps and lunges until failure after your sprints for a full workout.

DIET:

They say 80% of body building happens in the kitchen.

Use the **Macro calculator on BodyBuilding.com** to find the perfect amount of carbs, protein, and fat you should eat every day according to your specific goals and lifestyle.

If you're not that serious don't worry about it. Just focus on having at least 1 lb of protein for every pound you weigh, and stay away from sugar.

This should go without saying, but don't drink soda and eat candy.

Practice your cooking if you don't already cook every day. Cooking is easy. I had a family friend that used to always say "If you can read, you can cook." Just look up recipes and follow the directions.

Here's a list of foods you should combine into various combinations and eat:

Animal Proteins:

Eggs, Chicken, Steak, Pork

- I always eat 4 eggs for breakfast with black pepper and Crystal Hot Sauce. I cook them in Coconut oil + Salt for extra healthy fat , but you can use olive oil or even butter.
- Eggs have healthy cholesterol that converts into testosterone, and 4 eggs every day hits a cholesterol **threshold you need to produce max amount of testosterone naturally**.
- For meat, you can google recipes but generally follow two steps:
- 1.) Marinade it 2.) Cook it in either a pan or the oven.

- I get a pack of chicken breast from Wal-mart for 1.99 a pound. Marinade a few breasts in Olive Oil, Garlic Powder, and Oregano and throw them in the fridge. Cook in a pan on medium heat for 5 mins each side. Same with Steak too.
- For our meal preppers who want to cook a lot of meat at once, bake meat on a sheet in oven for 35 mins at 400 degrees.

Carbs:

Rice

Oatmeal (Old Fashioned Oats/Steel Cut)

- Notice I don't list bread here.
- Cook Rice with every meal to hit your carbs goal. Get a rice cooker, trust me. They're about \$10-\$20 on amazon and will consistently cook perfect rice for you in 15 minutes every time. One of the best investments you can make into your body building career in my opinion.
- Steel cut oats mixed with a scoop of whey protein and fruit is a quick power food. They are very cheap, you can get a tub from Walmart for under \$3. Just microwave a bowl full of oats + water for 2 minutes and then mix in the fruit and whey. About 30 grams of healthy carbs and 30 grams of protein.
- For best tasting oatmeal, I add whey protein + bananas + blueberries with water. Use other fruits if you'd like (apples + cinnamon is good) Use milk if you need help bulking but it has a lot of sugar and **can have estrogenic properties**

Fruit + Vegetables:

Vegetables: Broccoli + Cauliflower (**cruciferous veggies lead to higher testosterone**), Spinach/Salad, Onions + Peppers. Any vegetable you like is probably good for you. Sweet potatoes also count as carbs but are acceptable.

Fruit: Bananas, Blue Berries, Pomegranate. Avocado for healthy fat. A lot of fruit is high sugar but if you're exercising a good amount and staying away from other sources of sugar eat as much as you want.

Sauces and Salad Dressings:

Find flavorful sauces to accompany all of the chicken and rice you will be eating. Hot Sauce is good for burning fat. Mustard is lower on sugar compared to Ketchup and BBQ Sauce.

You can use Plain Greek Yogurt and mix in Garlic and Cucumbers to make Tazaki sauce. (You can google Tazaki recipes for proper ratio) This is a tasty and high protein low sugar sauce youu can use to top your chicken or salads.

Pick a sauce and throw one food from every category into 3 meals a day. So for example:

Breakfast of Eggs, Rice, Avocado with Hot Sauce.

Lunch of Tazaki Chicken + a side of Oatmeal mixed with Blueberries.

Dinner of Teriyaki ground beef with rice and broccoli.

Snack on high protein things like Greek Yogurt (ideally low sugar) or Cottage Cheese before you sleep, as they are high in slow digesting Casien protein. Celery + Peanut Butter is a great snack post workout with a fruit and a whey shake.

Drink a lot of water too, a gallon a day if possible. Crucial for muscle building.

Conclusion

There are obviously a million and one workout guides online, so if you don't like this one you can find more.

No ground breaking science in this other than exercise and eat properly.

Do harder workouts every week to achieve progressive overload – continually increasing the demands on the musculoskeletal system to continually make gains in muscle size, strength, and endurance.

Sleep 8 hours a night, drink water, and **don't drink too much alcohol**

Practice cooking every day as it's an essential skill for survival.

Let me know your thoughts in the comments!

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UPVOTES

Don't Overcomplicate Things.

TrenGod37 · 29 August 2018 · Archived copy · Reddit

Along with my post about overthinking, overcomplicating things (especially when it comes to meeting new women) happens entirely way too much on this sub. Sure we can go into depth about every text message, every little detail of an interaction. It makes for a good topic but it really isn't doing shit for your overall outcome. Pretty much everything you can think of when it comes down to success with women, boils down to having these two things in check.

1. Strong Frame - Confidence and a good vibe
2. Non-neediness - Carefree and outcome independent

If you have these two things in check, you don't need to go into detail about every other little thing. These two things pretty much cover what mind frame you need when it comes to success with women. I'm not talking about the physical aspects we all know what they involve (lifting, style, hygiene, etc).

1. Strong Frame

The ability to recognize and pass all shit tests (**Very important** and there are TONS of post on this so I won't go into it). Create a good vibe and be a lot of fun, down to earth and relaxed. Be confident in who you are and what you like no matter what that is.

I see post about "only text girls for logistics and already have something going on and invite her to it." Yes this is showing good frame but this isn't the only way to do things. I text girls "what days are you free this week" this sub would have a heart attack if I told them I do this. But guess what if she says a day and I'm busy. I tell her I'm busy that day. Or I suggest a day I'm off and see if she's free. This has worked way more for actually getting her to hangout than saying. "I'm doing this on Tuesday I'd like you to join." Does this work? It has before but not always and not anymore than other ways.

The reason I'm saying this is because a lot of different shit can work for getting women. So to sit here and say only do this or say exactly that is overcomplicating things. We're turning newbies to this sub into robots. They read, "do this" and it gets a bunch of upvotes. And that's then all they do and never know if other ways can work better for them.

Tied in with this is being congruent in your actions, thoughts, and words. If you're congruent and confident with who you are, when you approach or no matter what you say. It's going to come off better than if you "say the right thing" but it's not something you would normally say or what you were told to say.

I've told women my career (I make good money) and have got both good and bad reactions to it. I have brought women home with no food in my fridge because I was broke as shit and still fucked them and had them want to date me. I have done everything "by the book" and failed/succeeded and went against the grain and succeeded/failed.

Instead of focusing on all the little details of everything you do (which will end up making your head explode anyway) just worry about keeping a strong frame and a good vibe. The women who react well to that are the ones you want in your life anyway. And the ones who don't, fuck em there are so many hot women out there. Move on.

You want to be unique that's what makes women want you over every other guy out there. And following or saying exactly what someone else told you to say is never going to get you there.

Side note - Now I know someone is going to say well I have been doing things my way and it never got me anywhere. And almost always the problem is you haven't been doing things YOUR way. It's the way society has programmed you, the way your mommy taught you, you should be. It has no connection to the deep roots of your masculinity. It's an expectation you have been programmed to have of yourself of how you should be acting instead

of what you really want.

2. Non-neediness

Don't need anything from her. Don't expect anything from her. She can either join you on your sick adventure through life or she can miss out. It's not your responsibility and is a waste of time/energy to try and tweak every thing you do to better your chances of getting her. You don't fucking know what is going on with her emotionally or who she is, or what she will response to.

Do things for you, the way you want to do them and don't put an expectation of what people should be giving you in return. This is needy and unattractive.

I have a plate who already has a boyfriend. Shows up to an event with her EX boyfriend. Leaves both of them to sleep with me. Why? I didn't ask or care but she told me anyway. She said because "you do things your way, you do what you want to do and don't care what anyone says or does. And that's so fucking hot"

I could have been trying to "win her over" with her ex there. I could have tried to Overcomplicate things and over thought of the right things to say. But instead I didn't give a fuck. I did my own thing and her and all our friends followed me. She saw me having a blast, even in a weird situation for most men. We went to a bar I was dragging hot women to the dance floor. Meanwhile her ex was being anti social with everyone and lame as shit if you ask me. She lied to her friends about where she was going and came and fucked and sucked my god damn nuts out of my dick that night.

Have an abundance mentality fellas, this will allow you to not act needy. Realize and create a life filled with abundance. There's tons of women out there, never tweak yourself for just one or any for that matter.

I always would consider myself as somewhat of a "natural" and it wasn't until I started to overthink and Overcomplicate things for myself by reading what to do and not do on this sub that I started fucking myself up. Sometimes it pays to take a break from this shit. Get in touch with yourself, get these two things in check and figure out what works for you.

I'm also not saying don't learn from your mistakes either. When something doesn't work, learn from it and try it a different way. I'm not saying don't think about this stuff at all. I'm saying don't overcomplicate it and think every single text message or response has to be "alpha" or over analyzed. Or just because you didn't say the right thing is the reason she didn't fuck you. Or because one girl didn't respond well that another one won't. Stop trying to be perfect and afraid to fail.

TL;DR a slightly overcomplicated post about not overcomplicating things.

Have a strong frame, be a fun time, and have a good vibe. Don't be needy, be care free and outcome independent. Other than that you're overcomplicating things.

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UPVOTES

Women are Children.

redpillschool · 22 August 2016 · Archived copy · Reddit

Somebody asked me the other day why women shit-test in relationships, and why they push so much to turn men into betas.

My response was this: Women are children. They seek out boundaries. They require the men in their lives to define and enforce these boundaries. And just like children, if women are not given boundaries, they will occupy the space they are given and become terrible, unruly brats.

Which brings us to my post today, my periodic recap of women being children:

Women are children. How could we ever see them otherwise?

Women live the most protected, sheltered lives. They are safe from almost all danger- war, crime, and violence. They are safe from almost all consequences, receiving fewer if any punishments for crimes ([/r/pussypass](#)). When a woman makes a mistake, society bends to absolve her and protect her from these consequences. Even the most life-altering events (having a child) puts little to no actual burden on a woman. She is free to do as she pleases, completely oblivious to the world around her that makes her comfortable life possible.

This means that they cannot possibly understand the nature of the world, and therefore cannot possibly make adult decisions within it.

Consider the child who cries "everybody else has one, why can't I?" He sees his parents as the unlimited source of money. When they cannot buy him something, he sees it as them withholding or punishing him. Why can't he have the newest video game? Why can't he have an iPhone? Why can't he have better food than his mothers bland cooking?

The child does not understand that his parents work, that they have bills to pay. He doesn't understand the reality that his parents might be having trouble making ends meet. He has no experience in this world. He cannot fathom the way that money works. He only knows a life where his actions have no bearing on his livelihood. Food is always available to him; he cannot starve. Shelter is available to him; he cannot freeze to death. Even if he were to shoplift, his worst punishment won't involve jail. He'll get sent to his room... hardly a punishment in the age of technology.

Of course he thinks his life isn't fair when he doesn't get a brand new Nintendo. He sees his friends have one, so it only stands to reason that he should have one.

Luckily for us, this phase is something most of us grow out of. We expect this from a child because he has yet to have the perspective to allow him to understand that his friend's Nintendo was purchased with real money, that his friend's parents had to work extra to get. Eventually our spoiled brat grows up and pays his own way. And he learns that your fortune is that which you make of it.

In many ways, women have no such epiphany. Society is structured in such a way that women will never truly understand the hardships of life. They don't have to do the dirty jobs. They don't face the selective service at 18. They can start a fight and expect others to fight it for them (and others will go to prison for it). All she knows is the protected perspective of a child.

How could we expect her to be anything but?

Women watch the people around them and expect the same outcomes. The same privileges. The same benefits. The same money. The same everything. Because they don't have the same perspective, they simply cannot fathom what it takes to get what they see.

How could we *ever* take them as anything but children?

Our society listens to these overgrown children. We listen to them with all ears, in earnest. Women aren't earning as much? Say it ain't so! Quick **let's come to the rescue** and literally just give women extra cash. They deserve it!

How could you see what these women are saying and take it seriously? How could any woman **ever** be taken seriously knowing what we know? When you see these women complain about money, but not one of them takes the job on an oil rig, in a coal mine, or as the garbage man? Why wouldn't we as a society collectively laugh at the machinations of an overgrown child?

When you see them claim that they need *safety*. That new legislation must be provided to bring safety to women. How is this different than the child demanding Pizza Hut when he dislikes his mother's cooking? He is completely unaware that there are children starving in other countries; the privileged child sees nothing but that which concerns him, regardless that he will never know actual hunger in his lifetime.

How could you see these requests and complaints as anything but the tantrums of toddlers overdue for a nap?

Women are children. Absolutely nothing that could ever come from a woman will ever be from any other perspective. Treat them as such.

Women are Children

So I wanted to write this up to serve as a quick reminder, you are dealing with emotionally and intellectually stunted people. Let's explore and analyze these following phrases and experiences:

- *I can't...*

Failing to accept their own agency, women often resort to the phrase "I can't." It's a phrase that red pill men work hard to eliminate from our lexicons. "I can't" implies past and future inability. "I haven't yet" implies a struggle towards a goal. "I can't" implies resignation.

It's an obvious sign that this person has not matured beyond the simplicity of a child, whom everybody serves. So trying and failing would be a pointless exercise to them. Beyond this, her mind simply understands that her abilities and skills are innate (as they assume all people are), therefore anything outside the bounds of what seems natural to her are simply *outside her bounds*. She declares with confidence that she "can't" because she knows this to be true.

- I don't know why I'm being like this. / I don't know why I did it

Her actions and feelings are outside the purview of her control. Simply put, she believes her actions (however few she mistakenly makes) to have just happened, without influence from her. As with all hypoagency, in an attempt not to be held responsible for actions, women will do everything in their power not to make discernible actions, or when they must, to do so under the guise of plausible deniability (to limit their risk of responsibility and consequence). Likewise, when no shroud of plausibility exists, their minds simply draw a blank, almost as though they are just as surprised with their actions as you are.

Bringing us to my next favorite hypo-agent phrase:

- I'm trying

The chorus of a woman scorned. Occasionally there will be behaviors that you do not tolerate. Fundamentally, self-improvement seems to be all but outside the grasp of most women, this inability to change is met with another acknowledgement of hypoagency: "I'm trying."

Had you the misfortune of addressing a behavior more than once, the tired phrase gets pulled out for another run, suggesting that the actions she takes are not ones she controls. Her outward actions are a mystery to her, over which she exerts little influence. She tries, begs, even pleads with her body, but her cries go unheard. If only she could change, she very much would like to do so.

The red pill man understands there is only "do" and "do not." There's no "trying" in going to the gym, there is only going and not going. A behavior or attitude is something which must be changed if it is disadvantageous to your goals. This is something our little snowflake will never grasp. And as the children they are, they shouldn't be expected to.

- The shut down

When confronted with something difficult, overwhelming, or confusing, you notice she shuts down. She cannot process things, she is unable to react. It can be extremely frustrating, especially during a conversation that might be entirely logical and rational to you, yet she goes blank and unresponsive. You (or something/someone) have overwhelmed her simple mind, and now we must wait for her to re-emerge. If she does it properly, she will re-emerge potentially when the threat has passed, well after you (the adult) have taken care of things.

While most red pill men understand that living in the here and now is crucial to survival and success, women enjoy the luxury of turning off when needed, and the freedom to be accepted for doing so.

Imagine if during something as dangerous as a life threatening scenario, or as important as a business meeting, a red pill man were allowed to simply go silent and fail to react until they are more comfortable. Surely they would be eaten or fail. But instead, we do not expect children to make tough, quick, life decisions when the time comes. We give them room and space to breathe. This is within their nature, this is who they are.

This is not a post of anger, resentment, or hatred. Instead, it is a reminder to us all that these are the people we are dealing with. To treat them as adults and have similar expectations of them would be a mismanagement and a failure on your part to properly lead. There is a reason we usher women and children first onto the life boats. They cannot fend for themselves.

Do not expect them to act, reason, and process life and their surroundings the way you do as a man. Instead, understand that she is a child, and ultimately relies on you to be her anchor in reality. She needs you to lead. The more you expect from her, the less either of you two will get from each other.

944

UPVOTES

Men Give Gillette The Middle Finger

KeffirLime · 15 January 2019 · Archived copy · Reddit

<https://www.youtube.com/watch?v=koPmuEyP3a0>

Gillette seems to have landed themselves in one of the largest advertising shitstorms in recent memory. Their latest virtue signalling flop goes on a lengthy, painful monologue about how the "misbehavings" of men having gone on far too long. It features all your favorite characters, toxic masculinity, mansplaining, cat-calling, "boys will be boys", painting an overall picture that modern men are pieces of shit and need to start doing better.

Now, I'm not sure if it's excess soy in the office coffee machine, or the extensive diversity training going on at P&G, but never have I seen a business stray so far from their customer base and completely miss the mark as spectacularly as they have. The customer relations team clearly took an extended Christmas break. A simple survey, or target market analysis would have forewarned them about the media tsunami they were about to sail themselves into.

This is what happens when you pander to a child. That screaming, screeching, emotion driven, reason-less, blue haired child, who has never spent a day in the real world. The one who shouts loudest, moans about how terrible the world is, and that she's owed it all. The one who most people simply ignored, let it kick and scream, make it's scene and avoided aslong as it wasn't them getting dragged into the courtroom on a #metoo claim.

The child who also just happened to be a massive minority. The one who doesn't speak for the masses and the one who certainly doesn't speak for men. You see, Gillette missed the pendulum swing, they missed Trump being elected, they missed Brexit, Bolsonaro, Trudeau's current approval rating, yellow vest protests. They missed the signs. While the rest of the world was getting tired of that screaming, moaning child and started sending it to it's room, Gillette thought it's was the right time to feed it Candy.

I can just Imagine the boardroom discussion, filled with SJW hires, thinking they we're about to receive a world of praise for leading the movement against the big bad patriarchy, and all it's oppression's on woman, but instead were greeted with a vicious backlash and a valuable lesson, insulting and demonizing your customer base is probably not good for business.

They tried to justify it. Firstly as, "not all men", you know, the tagline libtard's use to shit all over if you used to try distance yourself from rapist and wife beaters. Secondly as, "well if you're offended by it, it probably mean's you". Meaning if Gillette/Venus put an ad together about Toxic Femininity featuring gold diggers, hypergamous cheaters, divorce rapists and attention whore's as their fundamental premise they wouldn't have batted an eyelid? Sure.

It's no secret big business has been fueling the movement to feminize society as much as possible and to put as much power in the hands of wahmenz. I can only hope that this is the beginning of a more consistent resistance to the Globohomo Clown world fuckery, hopefully reddit takes some notes too, but more importantly, hopefully we see more men being men. Men giving Gillette the middle finger is about the most positive sign of society wide masculinity I've seen in years.

942

UPVOTES

A Word On AMOGs/Guys Hitting On Your Girl

aidsancerebola · 19 August 2018 · Archived copy · Reddit

The advice here tends to be: "Don't get rattled when another guy hits on your girl. Keep frame, etc" This is not bad advice, but it ends up turning into a drawn out interaction that does not need to occur at all. You can get the guy to fuck off/make him look stupid without keeping it going with essentially one phrase:

"Have a good night," then simply walking away with your girl.

I have done this countless times.

Most recently I went on a little morning walk with a plate/fwb after a full night of fucking (I tend to plate women I genuinely enjoy spending time with and I like having these little "mini-dates" with them before/after hooking up.) On our walk I had to use a bathroom so I popped into a place while she waited for me outside on a bench. When I get back there is some guy trying to chat her up. Her body language was not interested and even as I was walking up I could hear him say, "Is that the guy?" meaning she most likely told him something like "I am waiting for my man/bf/wtv"

When I walk up he sticks out his hand and says, "Hi I'm Keith, nice to meet you!" with a big smile. I sort of just look at him, say, "Nice to meet you, have a good day," without shaking his hand, then I calmly take the girl by the hand and walk away. Nothing else is said regarding the incident and I still see this girl regularly, fuck her mouth, ass, etc....

Another example I am in a bar with another fwb. We are sitting at the bar when a guy plops down next to us. He starts chatting us up but in ways that are clearly meant to bust my balls. He makes comments about my appearance, my demeanor, and how hot my woman is, all in the span of about 1 minute. Instead of coming up with something to say, or otherwise engage this idiot, I say, "Have a nice night," take my girl by the hand and move to another place in the venue. The girl 100% knew without being explicitly told why I was making this decision for us and did not question or shit test me.

The truth is, swatting away an AMOG by simply avoiding the entire interaction is as alpha as you can be. Do you think a king would entertain some asshole amonging him and trying to talk up his bitch for the night? If he doesn't have the guy arrested and tortured he will just separate himself from the riffraff.

The beauty of this method is it gives the AMOG 0 chance of saying anything witty as a rebuttal, or give you any rope to hang yourself with. If this is your woman and you've already been inside her, unless you want to fuck with an AMOG for fun you have 0 obligation to 'compete' with this idiot AMOG. As Jeff Bezos himself always says: Competition is for suckers. Look to create a monopoly for yourself.

Have a good night, bitches.

942

UPVOTES

Are you still fucking other girls?

Self-honest · 20 November 2019 · Archived copy · Reddit

I was spinning a plate named Sally last year.

Sally was a looker. Sally fucked me whenever I wanted, cooked me dinner and canceled other plans to spend time with me.

We had been seeing each other for around 3 months and I found her femininity endearing.

One night, while we were hanging out at my place, she reached deep in her purse as she said, "I got you something for Christmas."

She handed me a small package and looked on in anticipation of what I would do next.

"Thanks, that's awesome!" I said as I walked across the room and put it under my sarcastic joke of a Christmas tree.

I had not gotten her a gift as we had only been fucking for a few months and it would be absolutely ridiculous to buy her anything.

I also wasn't going to open it in front of her because, "I have to wait until Christmas morning to open presents, silly."

I walked back over and kissed her.

As I began to escalate, I felt a hard object under her bra that felt like a stone of some kind.

Sally was in fact, the type of girl who believed in the magic power of trinkets and stones, so I pulled back and looked at her inquisitively.

Her facial tone had changed to nervous.

"What's up?" I asked.

She looked at me with puppy dog eyes.....like abused puppy dog eyes.

"What is it?" I asked.

".....are you still fucking other girls?"

"....."

I chuckled and rolled my eyes. "I'm not NOT fucking other girls"

Her eyes teared up.

"What's wrong girl?"

"It's just, I have feelings for you.....and I'm not fucking other guys because I want to be with you. And you don't feel that way about me. That's how it's supposed to work. If you feel that way about somebody, then you don't want to be with other people."

"Hmmmmmm" I said with an intrigued tone.

"Sally, guys and girls are different. I'm really enjoying the time we're spending together but I'm a guy and I have no desire to stop fucking other girls at this point. We have only been seeing each other for a few months. That's not long enough in my opinion, to really get to know someone like that."

With a sulk she said, "I understand."

"Do I not spend some quality time with you and have a good god damn time doing it? I'm not sure what you're concerned about." I said.

She smiled.

I resumed kissing her.

She stopped me.

“I can’t have sex with you tonight because I have to go home because I have work in the morning and I can’t have sex with someone if I’m not staying the night.”

“.....ok babe, I’ll walk you out”

She looked deflated.

I walked her to the door and kissed her like it was the last time I would ever see her.

I closed the door and waited patiently to see what happened next.

Get ready for the shocker.....

NOTHING HAPPENED

That was it.

She never contacted me again. I never contacted her again. And all is well in the universe.

I moved forward living my life exactly how I wanted to.

No commitment. Lifting weights. Making money. Spinning plates. Having great experiences.

I never posted on askTRP looking for advice on what to say or do to bring her back into my life.

Honestly I haven’t really given it any thought until right now. There are a million other ways I’ve been spending my time.

Sure, maybe I could have handled the moment differently and kept her spinning for a bit longer, but it was already in the past.

Plates break. Lessons get learned. Life goes on.

Until next time, keep it classy guys.

941

UPVOTES

4 Year LTR was there at my worst. Helped, nurtured, treated me like her king. She's being cheating all this fucking time.

-VaeVictis- · 1 September 2017 · Archived copy · Reddit

Hello TRP. I'll try my best not to ramble because i'm a fucking mess right now, but i had to post this so that other newbies might learn from my situation.

Found this sub two years ago, i was already with the girl in question. I had just lost my father and my job, and was at my lowest at the time. It's pathetic but she was the only thing encouraging me to get better, her "love" was the drug i was abusing to feel better about everything in my life.

Learning all the material in the manosphere helped me understand why i was doing so great with her. I was the captain and she did everything for me. **She gave me her devotion, but not her loyalty.** I thought these two were the same, my fucking mistake.

Sex was amazing from day one until the very end. She was present and useful. So what the fuck happened?

She worked hard to appear being an unicorn and i knew that was dangerous for me. I was the stoic dude that didn't obsess about her whereabouts, didn't stalk her social media, i really learned my lesson after years of trying to control GFs and failing miserably.

This year's beginning was a real challenge, i've lost my apartment because i couldn't afford to pay what my late father owed the construction company. No family left and still broke, i had to move to a shitty 1 bedroom place that i chose so i could stay closer to her. I caught her lying about small things. Menial shit that i wouldn't even care if she told me. But when the illusion started to crack. I could see here and there that the truth about my little princess was beginning to creep on me.

Yesterday she flaked because she was "broke" and couldn't get the uber. I felt an unexplainable URGE to dig deeper. I can't explain this to you guys except: **FOR THE LOVE OF GOD, TRUST YOUR GUT MORE**, what happened was that i called and she hesitated to answer. I freaked out for the first time in 4 years and completely lost frame. I started texting like crazy and non-stop calling.

Two hours later a random dude messages me on FB. He was her fucking lover and he didn't know she was still with me. She told him she had broke up with me around february and he started dating her until this day. UN-FUCKING-BELIEVABLE.

The same month i was losing my home of more than 20 years, she was lining another dude. She kept giving me great sex, love and help while cheating like that. Would you call that cognitive dissonance or what?

I confronted her, she confirmed everything. Was crying like a fucking 5 year old who got caught. Asking me for forgiveness and saying she was a terrible human being who will suffer the consequences later. I didn't take her back.

I don't want this just to be a rant, so here:

1. Being alfa only changes the PERCEIVED respect she has for you. Sure it's great to have her give you lots of sex, company and even monetary help, but if she is a cheater you will never know until it's too late. She will treat you like her king while still getting side dick.
2. If you find her lying to you about anything, and she keeps lying after addressing it, ghost IMMEDIATELY. A bitch who lies about small things WILL lie about the worst. **Never forget this.**
3. I only found about everything because i lost frame and blewed her phone, in being a complete hurt beta, i ended finding the truth. The dude was with her at the time and instantly knew something was up. If you don't want to get to this point, learn to call it quits as soon as she shows herself dishonest.
4. Don't end like me. Nothing in this world is unconditional. Don't believe the love of your life is an angel if the

actions don't add up with her excuses. *Pay attention to what she does, not what she says.*

Right now i'm feeling like a trainwreck, but for the first time in my life i have gained the self-awareness to understand how to make meaningful change to my relations and myself. And the reason is this sub. Thank you all so fucking much.

938

UPVOTES

Why you must believe AWALT

Auvergnat · 23 December 2017 · Archived copy · Reddit

Just posted this as a comment but hey, it'll do as its own post.

The important lesson behind "AWALT" is the same as in [the zen story about the glass being already broken](#).

One day some people came to the master and asked 'How can you be happy in a world of such impermanence? The master held up a glass and said 'Someone gave me this glass, and I really like this glass. It holds my water admirably and it glistens in the sunlight. I touch it and it rings! One day the wind may blow it off the shelf, or my elbow may knock it from the table. And I say, 'Of course.' When I understand that the glass is already broken, every moment with it is precious.

...

What causes anger, stress is that things don't go the way we expect them to. This time, expect that things will go wrong. And accept it. Expect your partner to be less than perfect, expect your friends to let you down, expect plans to go awry, expect people to be rude, expect colleagues to not do their share, expect the glass to break. And accept it

If you firmly believe your girl **will cheat eventually**, then you naturally arrange your life and your mindset around this **inevitable** eventuality.

- Because you know she will eventually cheat, you plan your **exit strategy** from day #1.
- Because you know she will eventually cheat, you avoid moving in together until it is **really** necessary. Because that just makes the breakup messy. And if you do move in together, then you plan your finances in such way to minimize your losses when she cheat and you have to breakup.
- Because you know she will eventually cheat, you make sure you don't sign any contract with her (aka marriage) that will allow her to force you to shed a huge section of your assets in the breakup, unless it is **really** necessary. And if you do marry, then you plan it to minimize your losses when she cheat and you have to divorce, and you accept that you might lose it anyway, as well as access to your kids.
- Because you know you will be back on the SMP eventually but you don't know when, you keep you body fit and your game sharp at all times.
- Because you know she will eventually cheat and this LTR will end, you enjoy every day of this relationship with her while she's faithful and bringing good in your life.

And while you do all of this, it has the **added benefit** of minimizing the chances of her cheating (or rather, increase your time with her until she eventually does), because this belief of yours will translate in your attitude as a passive dread and low neediness, which are very attractive to women, as per the cardinal rule of relationships.

The importance of the TRP concept "AWALT" is not to accurately describe women or not, to disparage them or not, to paint them all with the same brush, or to discuss the accuracy of this model of their behavior (is it a spectrum? is it not always true? who cares?). These don't really matter. **Believing fully AWALT is important to get you in the right mindset.**

You know you have understood AWALT when all along your LTR, you do **not** expect her to stay faithful and you do **not** expect you two to stay together after it happens. **And when the day comes that she cheats, you just smile, feel the emotional pinch but stay calm, say to yourself "of course" like the master in the glass story, and simply implement your exit strategy.**

938

UPVOTES

You only need to be 20% better than the average male.

Kryptic_Knight · 11 May 2018 · Archived copy · Reddit

When you walk into a bar/room, what's the first thing that you think about when taking a glance? I bet its vastly different than what I have in mind. You more then likely start judging the clothes people are wearing, looking at the meathead hoping you can avoid him, already labeling the "sluts", etc. I don't, for one reason...I know I'm better than everyone in there, the moment I walked in.

What I realized a long time ago, people tend to worry more about who's looking at them, than how they should be enjoying themselves. Even Alpha's, you'll have these guys ask if their hairs looking good, and if the shirt they have on is proper, etc. It's a wasted of time.

What you simply need to know is that; if you're witty, charismatic, and intelligent (or appear to be), you can get away with a lot. You don't have to be a genius, you don't have to lift the heaviest, and you certainly don't have to be Chappelle on the mic. You only need to be better than average, and in a world of sheep, you won't have much trouble.

The average male is mousy, self conscious, slow paced, and doesn't work out at all. Your investment should only be "enough", not the maximum. You shouldn't try to be the wisest in the room, but the most accurate. And this applies to every aspect of your character.

As a human being, you're more than likely doubting something about your persona, but the truth is, there's nothing wrong with your sword, it only needs to be sharpened, your shield isn't dented, your arm just aches a little from holding it up for so long, and your spear isn't broken, its' just bent from hitting your target.

You only need to refine yourself ever so slightly. Your adjustments to your character are minor, but that 20% vastly outweighs the beta's and omega's out there.

A man needs a creed, let this be it.

937

UPVOTES

What I learned from Fucking My ONEitis.

The_BitterTruth · 28 December 2016 · Archived copy · Reddit

Recently I met my perfect 10. I was mesmerized by her beauty - I actually froze up in front of her during the middle of our first conversation (not typical of me). I am currently, and was at the time when we met, spinning plates (including my ONEitis), but for some reason I idolized this girl. Somewhere inside of me decided I had to have this girl. I wanted her more than anything. I fooled myself into thinking she was different, and I put her on a pedestal.

On the third date with my ONEitis we made dinner at my place, we watched a movie together, and we fucked for the first time. For the first time in a long time I was actually anxious (maybe even excited?) about having sex, as I had been idolizing and fantasizing over this girl for some time. Even though I was anxious I didn't spill my beans and kept my cool, and gave her a fuck she'll be hard pressed to forget - but I realized something when I was balls deep inside her: The sex isn't that great and neither is she. At this point she's no different than any other girl I've put into my bed who's spread her legs for me. After I dumped my load inside her my head started to clear a little and I could see that this girl I had been worshiping isn't any better than me, and I'm not a better person for fucking her. It doesn't make me a better friend, Man, or XYZ because I put my dick in some girl I was fantasizing over.

In addition I started to notice her imperfections, a birth mark, nervous ticks, less than perfect qualities. In my mind I had painted her out to be this perfect angel - but that couldn't be further from the truth. She was so attractive to me because she seemed out of reach, but now that I've had a taste I know it's nothing special.

Another way I was misleading myself is that I was using my ONEitis for validation - "If I can fuck this 10 than obviously I'm the perfect chad that I've always wanted to become." I was looking for acceptance through someone else's eyes, but when I finally got it - it didn't change who I was as a person. Having a beautiful, young girl on your dick or around your finger may win the admiration of needy guys and make other girls jealous - but it doesn't make you a better person.

I've read a few posts on TRP about ONEitis. They're usually written about the girl we can't have, or the girl that's out of reach. So maybe this can give a bit of a different perspective on the topic. Sometimes when things seem just out of reach we want them more because we can't have them. Sometimes if we never see what she's like up close, we'll never be able to see through our ONEitis tinted lenses we're viewing her with. She is just another girl. She's not perfect, I just refused to see her as she really is. The only thing special about her is her looks - and she really doesn't bring anything into my life except another hole to fill. The morning after her phone was blown up with messages from beta orbiters telling her good morning and asking her how her night was (great thanks to me, and thanks for asking). These guys were idolizing her the same way I was by putting this girl on a pedestal and refusing to see her as an equal (or less). They're wasting their time. They don't really know this girl, they just want the fantasy figure they've painted inside their minds.

So if you have a ONEitis you're fantasizing over right now, take a quick moment and consider that she's just a normal girl with above average looks (or just really good at putting on makeup). She has flaws and imperfections - you just haven't known her long enough for them to come out, or you're refusing to see them. Literally the only reason I wanted this girl was because of something that was completely irrelevant to who she is as a person - good genetics. She has flaws and insecurities just like any other girl. She's not perfect and makes dumb choices. She's just looking for her Chad - just like every other girl. "We see the world (girl), not as it (she) is, but as we are."

Edit: I would like to stress the importance of spinning plates and having options. It has helped me greatly. Not only for the abundance mentality, but being able to compare her to my other plates has helped me put things into perspective - but having plates didn't prevent me from developing ONEitis in this circumstance.

Thanks for reading and if anyone is struggling over their ONEitis right now I hope this post helps you.

Bitter

937

UPVOTES

The Life Story of Carol.

kevin32 · 22 April 2017 · Archived copy · Reddit

Summary:

This essay tells the life story of Carol - the woman who asks "Where have all the Good Men gone?", along with how the "Good Men" she's searching for are affected by her behavior. We conclude with lessons these men have learned after taking the Red Pill. It is one of my longer essays, however at certain sections I digress using quote boxes rather than using footnotes to add some depth to the points being made. You can skip the quote boxes but I recommend reading it all to get the full picture. By reading this essay, you will also learn why the jerks are so successful with women, and how to tell a woman rode the carousel just from reading her online dating profile.

Introduction

We all know of the "Good Men" in society that women refer to. They're often called the Nice Guys; the squares who work the 9-to-5; who don't have a criminal record; the ones who support feminism; who compliment a woman's appearance and her accomplishments, and gives her a shoulder to cry on when she's down; the ones who make good providers and father-figures; and the ones who do their best to win women's affections through the respect, courtesy and "good personality" that women demand, such as [here](#), [here](#), [here](#) and [here](#), with most men being taught such values from *childhood*.

So it would seem a no-brainer that women would readily date men who possess these qualities. However, what women *say* and what women *do* are often two different things.

A Double Life

Attractive women in their 20s have *multiple* opportunities to date the Good Men they claim to want, but they consistently **reject** or **friendzone** these men in favor of jerks and bad boys who just pump and dump them.

Many men fall for Carol because she projects certain "Good Girl" qualities worthy of a long-term relationship. She doesn't dress slutty or behave like she's from Girls Gone Wild. On the surface she dresses and behaves like a civilized lady.

But Carol actually lives a **double life**: the respectable "good girl" in public, and the "bad girl" (NSFW) in private. And whether she's one or the other depends on the *behavior* of the man who comes onto her. If he presents himself as a Nice Guy, then she's a prude who's "not that kind of girl", and "I don't kiss on the first date", and "**I respect myself**". But if he presents himself as the handsome Bad Boy, then she's "adventurous", "open to new experiences", and "**down to fuck**".

Good Men are frustrated because Carol *misrepresents* the kind of man she wants, claiming she wants a "good man who treats me with respect".^{[1][2][3][4]} Then when these men present themselves, she rejects or friendzones them and dates jerks and bad boys instead, which suggests that women are *more* attracted to a man's **looks** and "**bad boy**" behavior rather than how nice he treats her. She says one thing and **does another** (NSFW), all with her **hamster's** full support.

In the midst of their frustration is the *type* of man that Good Men are often rejected for. Carol didn't reject him for men with STEM expertise, or rational intelligence, or great chivalry, or level-headed men who are advancing society in socially respectable ways. She rejected him for what is often considered the "lowest" men of society:^{[1][2]} thugs, jocks, high-school dropouts, street-hustlers, **criminals**, dead-beats; men who are often

rowdy, impulsive, and prone to **violence**, all of which suggests that for all the **advancements** men have made in science, technology, philosophy and civility throughout human history, women haven't evolved beyond wanting to mate with the most primitive of men since we were **hunter-gatherers**.

The Friendzone

But rather than give Good Men the courtesy of *not* wasting their time with a woman who has no romantic interest in them, Carol instead says "Let's just be friends". She intuitively *knows* he wants to date her - and at times he's made it **clear** - but she offers him "friendship" instead for no other purpose than to use him for attention and favors: "Can you hold my coffee?", "Can you fix my computer?", "Can you move my furniture?", "Can you listen to me complain for hours about the jerks who are fucking me?". She takes advantage of his openness under the premise that it's easier to **manipulate** someone when they care about you or want you.

To keep him wrapped around her finger - and the reason so many men stay in the friendzone - is she dangles the carrot of *potential* romance, but keeps it just out of his reach. She seduces him with compliments like "You're such a good man", "I love the way you treat me", "You're better than all the jerks I've dated", "You'd make a great boyfriend", "Maybe someday but not right now", "I value our friendship and don't want to rush into anything". All of which shows that it's not that Good Men are doing nice things in uncertainty. They're *told* by women that their behavior makes them ideal for a relationship.^{[1][2]}

And as he waits patiently and attentively for her to come around to wanting to date him, Carol is going to the club and right-swiping on Tinder to ride the **cock Carousel**, for no other purpose than to indulge in the kind of **hedonism** that feminists have pushed for. She strings him along for attention and favors for **months to years** without a single date, while getting banged by complete strangers within hours of meeting.

Then whenever he **complains** about getting rejected or friendzoned for being the "Good Man" she claims to want, Carol's go-to response is "You are not **owed sex** for anything" and "Being nice doesn't entitle you to my body", which not only shames men for only wanting sex when they were really demonstrating good relationship material, but shows woman's utter disregard and **lack of appreciation** for men who were playing by her rules. Then to add insult to injury, she gives herself *eagerly* to men who are **breaking those rules**. He is then labeled the **real jerk** for calling out her hypocrisy, and further **condemned** for not *really* being a "Good Man" at all.

This is because attractive women in English-speaking countries lack any appreciative faculty for Good Men. They've been given constant attention and favors without merit or compensation since childhood that they think it is something due to them as a matter of course. So when Carol says "You are not owed sex for anything", she's effectively saying "You are obligated to give me copious amounts of attention and favors as the basic form of respect to which I'm entitled. But it doesn't make you worthy of sex, or even a date. I'm also shaming you for using our 'friendship' to get sex, to hide the fact that I'm using the same 'friendship' to get attention and favors from you." That she demands and receives *most* of the attention and favors in these "friendships" suggests that she sees Good Men more as servants than friends.

It is also worth noting that statements like "You are not owed sex for anything" and "Being nice doesn't entitle you to my body" are used to suppress male sexuality by making Good Men feel guilty for even **wanting sex**. Women who say these lines enjoy LOTS of sex through the carousel, but then turn around and shame men for wanting the same thing. So it's not that he wasn't doing enough to be worthy of sex. It's that his role as "servant" in her eyes meant he shouldn't be enjoying any kind of physical intimacy at all.

While I agree that people should have the willpower to walk away from situations they're not benefiting from, Good Men wouldn't feel like they were "owed" anything if women weren't stringing them along and using

them in the process.

Chasing Chad's Commitment

So Carol lives this **double-life** (NSFW) of being chaste by day and slut by night for **many years**. But contrary to popular belief, she doesn't immediately go looking for a beta provider once she approaches the Wall.

Just prior to her decline in the Sexual Marketplace due to her less attractive looks, Carol goes through a period of "**Chasing Chad's Commitment**". She doesn't *really* want a Good Man just yet, but she now wants "more than sex" from men on the carousel. She knows she's getting older and competing with younger women for the same men, so she attempts to land the most attractive man for a long-term relationship. But instead of dating the men who offer her the attention, respect and financial stability she claim she wants, she *still* chases the jerks and bad boys for commitment.^{[1][2]} Her logic is "If I'm good enough for him to fuck, maybe I'm good enough for him to want something more. Plus he gives me feels." So instead of dating a genuinely Good Man, Carol seeks "Good Man" qualities from the bad boys, and pushes them for commitment.^{[1][2]} It is also at this point that "**strong independent women**" who have college degrees and bigger paychecks tend to go after high-SMV men such as handsome doctors, attorneys and business owners.

But when the jerks pump and dump her in response, and the high-SMV men reject her wish for commitment, Carol **whines** about how much she "always wanted" a serious relationship, and how "good" and "**deserving**" she is. After freely giving away her most "**precious asset**" to men who represent the *opposite* of her idea of a "Good Man", she's still left wondering "**Why won't Chad commit to me?**"

The Karma of the Cock Carousel

And herein lies the karma of riding the cock carousel: Just as she used the Nice Guy for attention and favors while dangling the possibility of *sex* to keep him invested, Chad uses her for sex while dangling the **possibility of commitment** to keep her invested. If she friendzoned the Nice Guy with no intentions of dating him, then Chad fuckzones her with no intentions of saying "I do". And just as she shamed the Nice Guy for thinking he was "owed sex" just for being nice, she finds herself thinking she should be "**owed commitment**" just for being a slut.

"Where have all the Good Men gone?"

But when she's in her 30s with depreciated looks, jerks who won't commit, the likelihood of being a single-mom, and the social pressure from her married girlfriends and relatives, Carol *finally* asks "Where have all the Good Men gone?", which translates to "Where are all the nice, respectful men I constantly rejected to rescue me from loneliness, financial insecurity, my fatherless child, and social criticism, and provide me with the comfortable lifestyle to which I'm owed?"

She **realizes** her Sexual Market Value has tanked and that she **failed** in landing the man she *really* wants for a long-term relationship. So after a decade or more of steamy, passionate sex with dozens of bad boys she *eagerly* allowed to fill her holes, Carol is *finally* **ready** to date the Good Men.

To secure this Good Man for herself, Carol attempts to emulate **Good Girl** qualities, which includes projecting a **virtuous persona**, and **renouncing jerks** in favor of Good Men, often portraying herself as a **damsel in distress** to bait unsuspecting White Knights into rescuing her. Funny how back when she was young and eager for the carousel he was a "**pathetic Nice Guy**" who wasn't worth her time, but now that she's past her prime and needs a bailout he's a "**Real Man**" who treats her with respect.

Some think the Good Men will be there waiting for Carol with open arms at the end of the carousel ride, but that's

not true, at least not as convenient as she would like. Due mostly to her now *less* attractive **looks** - and to my bias, because she constantly pushed Good Men away to ride the carousel - she's going to go through a "**dry spell**" where *no man* wants her except for sex, and she's going to experience what life is like through the **eyes** of the men she rejected. The few Good Men willing to give her any attention now are long-distance **White Knights**.

The point being that right around the time Carol is "**ready**" for a Good Man, is the time those Good Men have become aware of their **increased value** in the Sexual Marketplace, and many aren't ready to settle down just yet.^{[1][2][3]} And the ones who *are* ready are simply not enthusiastic about sharing their time and hard-earned resources with an older woman they suspect had a promiscuous past. First off, she's no longer as youthful and attractive as she used to be. But that she was a "bad boy" chaser who would have likely rejected them in her prime - and now wants to carry her self-serving, unstable behavior into the current relationship - only reinforces their disinterest.

Women think their sexual history should have no consequences on their future behavior or relationships.^{[1][2]} They think they can ride the carousel for a decade, then somehow easily play the role of faithful, loving wife, and shouldn't be judged for her slutty behavior because "The past is the past, plus we weren't together at the time I enjoyed getting **gangbanged** by the college frat."

The truth is once a woman has been fucked by enough cocks, especially **big ones** wielded by strong, dominant men who know how to use them, her ability to stay with one man long term is diminished because she judges her current partner by her carousel years. If he's too focused on "making love" and doesn't fuck her with the same measure of dominance that Chad did,^{[1][2]} then she will cheat or leave. Good cock is an **addictive drug** (NSFW) to women, and is the root cause of **Alpha-widowhood**.

Lessons Learned

Fortunately, Good Men are **waking up** to the truth about how women operate, and with the help of an abundance of information in the **Manosphere** - combined with life experience - he learned a few lessons about women along the way:

- He learned that women aren't really attracted to men who are attentive and respectful, because such behavior only builds **comfort** and isn't sexually arousing. Too much comfort results in being "**too nice**", and "**boring**", which are prerequisites for the friendzone. Conversely, women are *turned on* by **good looks** and **Alpha behavior**. So it's not necessary for him to be a thug covered in tattoos to attract women, because women are attracted to charisma, non-neediness and cocky-funny behavior from the man who doesn't let women have their way all the time; the man who can make women feel a **variety** of emotions instead of just the positive ones. At the extreme end is women's attraction to handsome alphas who **disrespect**, **domineer**, and **abuse them**.
- He learned that women in their 20s are generally *more* interested in casual sex and serial monogamy rather than committed relationships until they hit the Wall,^{[1][2]} with some Good Men having witnessed this behavior **first hand**, the exception to promiscuity being of course woman's desire for commitment from handsome **jerks**. She knows the *genuine* Good Men are the ones she rejects or friendzones, but she takes *their* qualities and projects them onto the jerks who are more handsome and exciting. And this is because at its core, the term "jerk" and "bad boy" represents the man who has sex with women while giving her *minimal* commitment and affection she wants in return. He *withholds* affection such as complimenting her looks, listening to her problems, buying her gifts, and saying "I love you", and only giving her those things in small doses to keep her hooked in wanting more. So in the prime of her youth, any desire for a "Good Man" is *really* a desire for the jerks she dates to be more affectionate, faithful and hard-working.
- He learned that riding a carousel of cocks before settling down with a "Good Man" is not only *planned* by

women,^{[1][2][3]} but it's even **encouraged** by feminists. Some women will even run **damage control** to keep frustrated men patiently waiting while she rides the carousel a little while longer. So for her to ask about the Good Men *after* she's post-wall suggests they were available in her prime, but she rejected them thinking they'd always be around like a beta orbiter. Some women know they have a good thing early on and *still* want the carousel in order to "**find themselves**".

- He learned that the *real* reason women shame Good Men who complain about getting rejected for jerks is so those women can *feel justified* in dating the jerks. She can't come out and say "I don't like men who respect me," because she's socially *expected* to want that, and it makes her appear trashy if she doesn't. Women are expected to *want* respect and courtesy from men through a combination of conservative and feminist conditioning. But good looks and jerkish behavior gives her tingles instead, creating an internal conflict. She can't find fault in Good Men's behavior because every Good Man she's encountered has *indeed* treated her with respect by *not* escalating, by *not* bringing up sex, and by "**friends first**". But she will never reveal how *turned on* she was by the handsome jerk who moved deep into her personal space to feel her up *without* her consent, who brought up sex within minutes of meeting like it was no big deal, and how he was *not* the type of guy she wanted her parents to meet because such an admission is "taboo", "slutty", and "unlady-like". So to resolve this conflict, Carol demonizes Good Men for *pretending* to be nice, for only wanting sex, and for self-entitlement to women's bodies.^{[1][2]} Now that the Good Men appear *worse* than what they are in her eyes, Carol feels justified in pursuing the jerks, to include projecting "Good Man" qualities unto them.
- He learned that women who rode the carousel generally don't make good long-term partners because they're self-serving, disrespectful, unappreciative, they aren't good homemakers, and they aren't **committed**. First of all, they seem to think that Good Men are okay being picked last to jerks,^{[1][2]} like they're disposable toys she can take off the shelf and play with like she did on the carousel, which supports the perspective that "women are children."^{[1][2]} And secondly, just like her relationships with friendzoned men, Carol will want the LTR to be all about her like a pampered baby, and that her current partner should have *no problem* that she indulged in wild abandon with hot strangers, but can't give the man who *provides* for her an occasional handjob of appreciation without him having to **pull teeth** (NSFW) to get it. Men in relationships with women they met in her late-20s or older should be aware of the **signs** that she might be a former carousel rider who is only interested in his resources and servitude, as it would shed some light as to why she's uncooperative in the relationship, and unenthusiastic in the bedroom.
- And perhaps most important, he learned that the term "Good Man" has been hijacked by feminism to label the type of man it wants in service to its **agenda** of sexual dominance, which includes having subservient men at its disposal.^{[1][2][3]} In other words, all "Nice Guy" qualities such as "respect", "courtesy" and "provider" are now *feminist* ideals that helps it divide men into **two camps**: Alpha Fucks and Beta Bucks; the "bad", "domineering" men who women want fucking them, and the "nice", "respectful" men who women want providing for them. And that no matter what man she secures from the latter category, all she really wants from him is financial stability and pampering, not "love", despite her words.^{[1][2]} And it is for this reason that men in the Friendzone are harshly judged for complaining about their meager rations of "friends without benefits": Because they're questioning the feminine imperative, and resisting the **bondage** which was conditioned into them since childhood. As a man takes the Red Pill over time, he sees the two camps with greater clarity, and with the right qualifications can choose which camp to participate in, or go his own way (with him likely only participating in an LTR as an Alpha-provider or **Wolf Alpha**). Ultimately, he will not allow himself to be defined nor controlled by feminism.

Conclusion

In response to women's *actual* sexual preference and mating **behavior**, Good Men have started exposing women's

hypocrisy,^{[1][2][3]} sometimes doing so through **art**, **music**, and even satire.^{[1][2][3]} Even the "strong independent woman" is given a blunt response as to why - after acquiring a degree, bigger paycheck, and being "empowered" by feminism - she still can't find a "Good Man".^{[1][2][3][4]}

So where *exactly* have all the Good Men gone? Well, some Good Men have become the jerks women apparently love just to get laid, and it *worked*.^{[1][2][3]} Others have **left** the country to find women who are more appreciative and accommodating to their niceness. And still others have **stopped** dating altogether because of women's deceptive, manipulative, and relentless shit-testing **nature**, with these men going their own way to pursue their **passions**. But many are still proverbial Good Men, but now with greater income, Red Pill awareness, and selfishness about their goals, so any carousellers hoping to **cash in** after the ride is over are likely to have their pussy pass **denied**.

tl;dr: Young attractive women consistently reject or friendzone Good Men in favor of jerks and bad boys who just pump and dump them. But when she's post-wall and looking for a provider, she asks "Where have all the Good Men gone?" Through Red Pill awareness, more Good Men are avoiding commitment to such women.

934

UPVOTES

"When unattractive men have hit on me, I have honestly been insulted. It's sort of like having an amazing degree and work experience, and someone seriously asking you if you want a minimum wage job."

redpillbanana · 8 June 2015 · Archived copy · Reddit

This thread from the AskWomen subreddit is an interesting example of what goes through the minds of attractive woman when they are complimented/approached by unattractive men. ([screen capture here](#)).

Note that the top comment is one that admits a slightly uncomfortable truth: **compliments from attractive people carry more weight**.

I always appreciate compliments, but honestly they have more weight when they're coming from attractive people.

The response admits a more uncomfortable truth: **compliments from unattractive men can be insulting**:

I feel mean admitting it, but sometimes a compliment from a guy I am not attracted to is like a job offer from a company I am not interested in. It's not really all that flattering, and depending how badly it's done, it can feel a bit insulting.

The next response gets to the raw truth: **being hit on by unattractive men is an honest insult**.

When unattractive men have hit on me, I have honestly been insulted. It's sort of like having an amazing degree and work experience, and someone seriously asking you if you want a minimum wage job.

Note that this last commenter is obviously an attractive woman - she's says that, "Being hit on has grown tedious," and actually says, "If you're going to scrape your fingernails against my scar tissue, I'd prefer you be cute."

Further responses talk about how "red pill" her statement is, probably because it is the reality of how most attractive women think:

Your edit brings up many legitimate complaints that many women deal with, but none of them have anything to do with you believing ugly people are lesser than that insult you by thinking they could get a date with you. That's why you have so many comments calling attention to this. **This is red pill type thinking.**

Reply to the above:

I mean, she's being honest. And she's definitely not alone in that thinking, in my experience.

And this response shows the importance of grooming:

It has a point when for example, for a date I put on full makeup, shave everything, wear nice clothes and have a nice hairstyle, while he doesn't even bother to shave or put on anything nicer than a shirt and jeans. That's an immediate put-off.

Lessons to be learned here:

- If you approach a woman to flirt with her and she finds your SMV to be beneath hers, she'll probably take it as an insult. This explains many of the harsh rejections that you'll see.

- If your SMV is low, monk mode is your friend. Work on yourself until you get your SMV to a reasonable level. The PUA "fake it until you make it" isn't going to help if your SMV is below average.
- Your grooming is an important component of your SMV.
- Attractive women are tired of receiving complements and getting hit on constantly. Don't be like the other men who fawn over attractive women, smothering them with complements. Now you understand where negging came from - at first, it make people stand out from the other men.
- The truth can be uncomfortable/inconvenient/ugly but the truth will also help you understand and succeed in the real world.

934

UPVOTES

Guy bails on marital therapy, gets ripped, starts spending weeknights in New York City for new job, nails young Brazilian and surprise surprise...his marriage gets much much better

redpillcad · 2 July 2018 · Archived copy · Reddit

On Saturday I attended a pre Independence Day BBQ someplace in the suburbs on the Acela line. A friend of a friend was there and looked to me to be doing really really well.

Stylish haircut, fashionable T shirt and shorts that accentuated his greatly improved physique, and he was going on about a super new job he started 8 months ago.

The whole time, his wife was rubbing his shoulders, sweetly checking in on their kids to make sure they were happy, and getting him and me fresh drinks.

For years I knew they had *problems*. Arguments, Nagging, and Therapy sums it up. He didn't make enough money to suit her needs and had gotten soft after a so so college hockey background. He used to tell everybody who would listen that he was trying hard to save his family and was depressed etc etc blah blah. He really was afraid to lose her and was absolutely clueless why she *was not happy*

Later I learned that his wife had found some charges on his Amex from Victoria's Secret and while living alone 3 hours away during the week, he had been hitting gym very hard and taking some admin assistant out to try on clothes and fuck in the dressing rooms at various department stores. Alot.

So....how did she handle it? She told all her friends it was terribly hard to cut him loose now that he looked so good and he was working so hard for the family. Mind you, wifey had a lawyer BEFORE and was seeking a separation agreement but now *that* was off the table and her smile gave away a deeply happy woman who now had what she wanted:

A man that other women want

933

UPVOTES

Been waking up at 5 AM for the past 2 years and it has really changed my life. Here are 5 reasons to get up at 5 AM, and also some tips on how to get started. | Join the 5 AM club.

pugnaciousvagabond · 13 August 2017 · Archived copy · Reddit

So I have been waking up at 5 AM for the past two years and it has really changed my life, so I decided to share this post with you guys.

[TL;DR: Video Post](#)

I believe that those who wake up early have a very clear advantage over the competition. While the competition is dreaming about success in the warmth of their beds, the early risers are up making shit happen. Here are my top five reasons on why you should wake up at 5 AM.

Reason One: It allows you to get into 'flow' | 1 AM

Have you ever been doing something with such intense concentration that it seemed that you and the activity started merging into one? Perhaps you were playing golf and felt as if the club was an extension of you. Hours probably flew by you as if they were minutes. If you have experienced anything like this you were most likely in the 'Flow' state. Mihaly Csikszentmihalyi the psychologist who is behind the book 'flow: the psychology of optimal experience' describes flow as,

"Being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost."

The early hours of the day are a great time for us to enter the flow state, as distractions during the day are plentiful hindering our ability to focus.

We are entering an age of immense distractions where those who are able to focus will be rewarded. The ability to focus is now becoming an increasingly more difficult skill to have. Cal Newport mentioned this upcoming change in his book 'Deep Work' (must read), he said;

"To remain valuable in our economy, therefore, you must master the art of quickly learning complicated things. This task requires deep work. If you don't cultivate this ability, you're likely to fall behind as technology advance"

If you are serious about actually getting some focused work done, and creating some traction, get that alarm clock ready.

Reason Two: Removes Ego Depletion | 2 AM

'Ego Depletion' is a term that has been coined by scientists to describe the tendency for our willpower to deplete throughout the day. Many scientists believe that willpower is like a battery, the more you exert it the less you have to work with.

Some common things that drain our willpower throughout the day are:

- Filtering distractions
- Resisting temptations
- Suppressing emotions

- Doing things we don't like
- Selecting long term over short term rewards

Some people, for instance, use up all their willpower to restrain themselves at work, only to return and unload on everyone at home. Many of us who have worked manual labour jobs often don't want to do anything but chill when we get home. It's not only the body that gets tired, but also the mind. Waking up in the morning helps you overcome this problem. Fresh out of bed you will have your battery fully charged and can begin work on your most difficult task. You can 'Eat the frog' as Brian Tracy used to say.

Reason Three: Morning Routine | 3 AM

To save energy the mind automates various things, this biological set-up has made it easy for us to become victims of our own habits. You must consciously implement the habits that will directly benefit you in life. A morning routine helps you do just that. It's a list of things that you do first thing in the morning. My morning routine is:

- Read for an hour
- Meditate
- Cold Shower
- Begin 'deep work' on most valuable task for the day

If you can focus on implementing one crucial habit over the course of a few months, by doing it first thing in the morning you can change your life dramatically within a few years. People underestimate the power of good habits because they fail to understand the effects of small changes over time.

I recently had a dripping tape that managed to suck out an extra 24 litres from the water bill per day; this reminded me about how the small stuff can add up if you are not careful. Most people wake up and hit snooze, straight away allowing the day to dictate them. With a morning routine you are consciously taking control of the day, yes you might have work and other commitments but the morning is yours. The morning is sacred.

Reason Four: Time to think | 4 AM

Waking up in the morning allows you to have time to think. It is true that many of us think too much, however, most of our thoughts are random and lack clarity. The morning allows us to have quality uninterrupted time with ourselves, something that is hard to get during the day.

This time can be used for reflection and planning. We can ask ourselves some crucial questions that will give us some clarity about where we are headed. I like to consider the following each morning:

1. Am I on the path to hit the goals that I have set for myself?
2. Is this vision still alive or am I getting lost?
3. Am I living in accordance with my own personal values and ethics?
4. What am I grateful for?
5. If I was to die right now, will I be at peace? If not why?

You can come up with your own questions. The idea is to have a sense of clarity in regards to where you

are headed. For many of us, we never get the time to really sit down and consider questions such as this. We might entertain them, but these sessions are always short lived due to the inevitable distractions of daytime. Without these periods of thinking and planning, there is no way I would have achieved any of the goals that I had set out for myself.

Reason Five: Psychological advantage | 5 AM

There is something about getting up early before most of your competition that makes you feel like you are on top of your game. It's not uncommon for many athletes to wake up early in the morning to commence their training. Mike Tyson would wake up at 4 AM to begin his morning jog in the cold. Michael Phelps is in the pool by 6:30 AM.

I personally love getting up at 5 AM because of the sense of control you gain. When you wake up in the morning and commence your morning ritual, and get more done before 9 AM than most people do in the day, you can't help but feel like a king. You can't help but feel motivation for life when you start seeing consistent results.

Tips on waking up earlier

- Set your alarm to wake you up 10 minutes earlier each day until you get to desired time.
- Focus on going to sleep earlier.
- No TV or electronics in bed.
- Read a book or listen to music as you fall asleep.
- Avoid Preworkout supplements and Coffee after 5 PM.
- Have your alarm or phone under your bed or across the room to remove the possibility of hitting snooze.
- No midnight snacks.
- Darken your room so that there are no LED lights from phones and laptops. Darkness is your ally.
- Actually try

So what time will you be getting up tomorrow?

TL;DR : Waking up early is lit! It allows you to have time to form the necessary habits you will need to get where you need to go in life without the distractions of the day. You also have time to think, as well as plan ahead without disturbances.

932

UPVOTES

The fact that this sub has 250,000 subscribers is telling something about Western society

m_back · 18 February 2018 · Archived copy · Reddit

I've been lurking on this sub for a couple of years now, seen it grow. TRP is now at a quarter million subscribers. That's pretty insane. It speaks very deeply about the current state of relationships in our Westernized countries. It's not a surprise that every time I see a friend that I haven't seen in a while on campus, I hear that he went through a shitty breakup and he's now trying to cope. This happens all the time now. It's become such a common theme for men to get fucked over by women emotionally and the only thing they get to say, over layers and layers of deep emotional trauma, is "it didn't work out"; only to find out she's with some other guy. It's become extremely hard to open up as guys nowadays.

Women tell men to open up, to embrace their feminine side, to cry more. I've come to realize that this is the equivalent of men telling women that it's okay to get fat. We want it to be this way, but biology, our instincts, simply don't allow it. It's just being polite.

This sub has helped me a lot in my life though it's absurd that it has to exist. It's a way for me to communicate with other men who've been through similar hell with women. It reflects the very toxic state of relationships nowadays. The fact that no one talks about this, only in very intimate situations, is beyond me. The more I talk with other men, the more I realize how it causes them to be depressive and repressive, in denial about it. Please speak up. It's tough, man.

Food for thought.

edit 1: bold text

edit 2: added some text

edit 3: This post sure went viral around here. From reading the comments, I think we're all for the most part on the same page. We're pretty sick of this shit. After years of repressing your emotions, it gets crippling and you start compensating for it in ways you don't even realize. You can't repress your humanity. Even high quality men have to go through this game with western women, it's like untangling barbed wire, it's not worth it anymore. More and more men are just turning their backs on any kind of intimate contact with women. And to win at it you need to do the exact opposite of what society tells you, and this is why the 48 laws of power is so popular among CEOs and celebrities.

edit 4: Thank you for the gold random stranger

932

UPVOTES

Man spends 5.5 years as a prisoner of war - returns home to find his wife was cheating on him. She takes his kids, house, car, pension and child support.

RadioNowhere · 11 August 2014 · Archived copy · Reddit

931

UPVOTES

You should know: You're being watched, and branded, for taking part in this subreddit.

warcroft · 29 July 2015 · Archived copy · Reddit

Cross post from Mens Rights.

"Remember when Nazi Germany gave out those hip armbands with the star of david on them, to identify the jews?

Well, the level-headed and rational SJWs at 'CircleBroke' are developing a tool to auto-tag participants of MensRights (and TRP).

I was delighted to find my name on their hit list (found mine too), and I'm sure a good many of you are also probably on there as well.

Tuck this in your pocket as a friendly reminder that discussing rights, only when it comes to men, is an awful, awful thing to do and you will be branded an enemy of the nanny-state for your transgressions."

TLDR: Heres the hit list: <https://archive.is/zw5gj>

931

UPVOTES

5 things you can do to improve immediately.

redwurst · 8 February 2016 · Archived copy · Reddit

Summary

This post is nothing new - few basic things you can do to improve yourself right now. I added few personal notes of how and why this things worked in my case. It might be useful for beginners and good reminder for old cats.

Body

Always be aware of your hierarchy of needs - but I doubt anyone here is in such a bad situation that he is not in position to do even this. So:

1. Quit fapping

It is funny how regardless of all I did to improve my game and to go after poon, none of it works if I get back to my old friend named compulsive jerking off. Not chopping the bishop is giving me great ammount of energy and libido. Self doubt is not existent, same as introspection - it is almost gone, and I am much more less of an apologizing bitch. I am more assertive, my voice is deeper, body language stronger, and I want to fuck everything that moves and has tits.

Actually, my dick leads me than. If I look in my history of casual sex for last two years, something is very clear: every, single one, lay, I had in last two years, occured after I did not jerk for week or more. Every single approach I did, was done after I did not jerk off for week or more. Statistics are here and it's amazing.

I do not find useful if I do not fap at all. Once a week is best, so when I have a wish I do it on Sundays. Other days are not negotiable, and without edging as well.

2) Meditate

My big problem was that I was absent all the time. I was either scared about future, or dwelling over past. Both fucked up my body and mind, and I was less present. If you are not present it is even worse then if you are not at there at all. Without presence all I read is useless because I am not there to cultivate it. Presence is pre requisite for strong appearance and charismatic personality.

Consequentially, once when I stopped living in past or future times, I was able to, not just see problems and situations that I did not see before, I was able to focus on them and solve them. Effect was tremendous.

Meditation also helped me with reactiveness, which was another big issue for me. All the knowledge and social skills of the world is useless if you always say or something that's on top of your head.

I meditate 15 minutes a day. If I do it more, I do not feel more benefits. But, I am talking about 15 minutes of calm, present state. Sometimes it takes an hour to get there. Sometimes I also get frustrated and I quit (rare).

3) Lift

Suprisingly, right. Girls love muscles, you will be stronger and healthier, you will look younger longer and you will be more confident. So, lift, and do not be just meathead - do something else for sport as well or at least optimize your training to be efficient at rate of three times per week.

And when I say girls love muscles, then I mean it. Shit works like magic. While I believe fame or money or game can get you even easier between her legs, none of it can make her horny as muscles. And none of it will give her stronger orgasms.

I lift weights three times a week. I do not feel more benefits if I lift more then that. But often, the other days I am on the mat or in front of the boxing bag.

4) Save money

For education, entrepreneurship, single independent living in any major world city..well you will need more money then you can possibly save. I did not have enough money to start my own business even when I saved good percentage of my disposable income. My spending habits kept me three years in the same place. I had to achieve really great heights with saving to achieve something.

Not having enough will make you worry about future. It is hard to unleash your potential if you are on paycheck away from the street. First things must come first. Earn more and spend less. Make sure you have enough to live for six months in case you lose your job. If you want to start bussiness, do not invest anything that you can't say goodbye to. For Christ sake, stay out of big debt.

In case that you do not have a father who will just cash out 40 000 \$ when you wish to open a company..prepare for something that will take a lot of balls and time to achieve and break through. Not enough money on account is probably no1 reason which hinders potential of so many guys. World spins around pussy and money and one of them is easy to get. Take a guess.

It is not fair and that is the way it is. Do not even think for a second in that direction.

5) Stop drinking alcohol

Maybe you are finally going to realize how Big City Saturday Night Life TM is shallow. You will also spend less money and eat less junk food. If you are like me, so few drinks become binge blackouts more then you are willing to admit, you will stop doing it as well. And find out what is that problem that you tried to solve with drinking. You will also get one more day during the week! Sunday is great when you stop drinking.

Most important of it all, you will forget what does term borrowed brass means. You will be you without booze.

And those tipsy chicks while you are sober will become so easy that you will think it's hidden camera show actually.

Conclusion

Do this for six months. Then see what changed and do you, and how, want to continue. I recommend, before you start:

Inform yourself about minimum effective dose. That is what you aim in just about everything. In everything we do there is number which is perfect - if we do less it's not effective; if we do more it is just time consuming with same effectiveness at best, and counter productive at worst. Start with more and then reduce.

Realize that going too radical about everything at once will make you quit soon. You can't just take this five things and start from Monday. Depends on how much work you need, you might burn. Take one thing, do it two weeks, add another one. When you have all five, do it for six months. And don't stop when you fail which you will. And it's normal, if you did all of this without one single exception at all times during six months well that's also not the best thing.

Sleep - not less then 7 hours a day. I learned the hard way that sleep deprivation is real thing. You can do all of this things, and even much more, but if you are chronically underslepped you are not going to shine as much as you can. Minimum effective dose counts here as well.

Autistic disclaimer: some steps will change someone; to other it won't help at all. You should have at least basic ideas about what your problems are and how you should solve them. It should be obvious that if you are ripped as fuck that you don't need more weights, if you drink once a month that alcohol isn't root of your problem, and if you are filthy rich, saving money probably won't help you much.

edit: if there is interest, I can write in - depth version of this post where I can explain more about each of 5 things I mentioned here. Let me know.

English is far from my first language. Tolerate it. Thanks

931

UPVOTES

No one wants to hear your excuses

[deleted] · 14 January 2017 · Archived copy · Reddit

[deleted]

931

UPVOTES

Reminder: Neediness is THE Most Unattractive Trait

becoolstaynschool · 30 December 2017 · Archived copy · Reddit

Often times when giving advice to new guys just starting out, the general mantra is, "Be confident, have abundance, increase SMV, don't be needy". The first and most important of these by far is minimizing neediness.

There are so many times in the past where i've fucked things up being needy. At first the girl was interested and excited to hang out, then due to the fact that I was constantly hitting her up and inviting her out, that excitement and attraction faded INSTANTLY.

Oneitis and abundance mentality aside, there's a reason that RSDTyler has said "The best thing to do when you find a girl you really like is to find five others."; the dynamic in a relationship (guys and girls) entirely revolves around value and investment.

By texting those girls, and further by inviting them to hang out on the weekends instead of letting them initiate first, I demonstrated that I was overly invested in them and they lost interest. On the flipside, if I went out and spread my time and attention among other girls, the scarcity of my attention and investment becomes more apparent and thus the attraction continues and increases.

Needy things you do and need to cut out ASAP:

- CONSISTENTLY texting her first.

Don't bullshit yourself--girls have their phone on them and are using them literally 24/7. If you've initiated first in the past and have went out before, then leave the initiating to them. If a girl is interested she can and will text first. By hitting her up first all the time you're showing that you're way too invested. If you absolutely have to text her first (you don't), leave at least two weeks between contact minimum.

- Getting mad when she flakes or doesn't want to be with you

She doesn't want to come out tonight? **WHO FUCKING CARES??** Doesn't matter if she was your only option, your reaction should be "Alright have a good night!" and go out yourself or with someone else. A girl or (guy) is and should simply be a positive addition to your life, not the sole component in whether or not you can go out and do things.

Conclusion: Build yourself into something other people can invest in and be reluctant to invest in others. **Be a fucking man and realize that the only person you need to focus on is yourself.**

931

UPVOTES

Notes from the book 'Deep Work' (My fav on productivity). 1. Remove all distractions before commencing any deep work, hide in a cave if you must 2. Be consistent with your work 3. Don't Multi-task (it doesn't work) 4. It's not meant to be easy but do it anyway.

Joeycrackem · 20 January 2018 · Archived copy · Reddit

Time for you lads to begin some Deep Work

Deep work is perhaps the most important skill one can develop in terms of productivity. Cal Newport the author of the book 'Deep Work', defines it as

"The ability to focus without distraction on a cognitively demanding task".

We are living in a world in which we are bombarded with distractions. An instant-gratification frenzy that will destroy you slowly if you let it. People with the skill to focus on a singular task without becoming distracted are becoming rare to find in the new economy. These people are fast becoming the most valued employees and members of society due to this skill.

Here are 4 rules for Deep Work:

Rule 1: There are no distractions during Deep Work

Distractions are the bane of all good work. Those who engage in the fine art of deep work understand the distractions are the greatest enemy. If you want to get good work done you must first find a place that is immune to distractions. A study base that is impregnable.

J.K Rowling is said to have rented a hotel when she was writing the final Harry Potter book. Isaac Newton remained in solitude in his house for months whilst developing differential calculus. Study many of our acclaimed 'geniuses' and you will see that they all dedicated a significant amount of time to deep work.

Rule 2: Deep Work is deliberate

Deep work is deliberate and is not based on whims. It isn't based on how you 'feel', but is scheduled. Engaging in deep work is committing to greatness, greatness abhors inconsistency. It doesn't matter if it's raining or snowing or hot outside, you do the work. It doesn't matter if you are tired, you do the work.

As Steven Pressfield stated in his book 'The War of Art', you should assume the role of a professional. You should 'turn pro'. You wouldn't skip your day job just because you didn't feel like going, deep work is more important to you than any one job. You must respect it and keep showing up.

Rule 3: No multi-tasking during Deep Work

Multi-tasking is a myth and the favourite tactic of the amateur. Studies have shown that when we multi-task our brains switch from one task to another. This switching ultimately sacrifices the quality of the work being done as the brain has limited resources. Each time you switch tasks it's akin to your brain having to start fresh. Lots of energy gets wasted in trying to get back into the flow. Avoid multi-tasking and choose to go deep, choose to dedicate your whole mind to the pursuit of one goal at any given time.

Rule 4: Deep Work is challenging

Deep work is not easy, it's not a breeze. Deep work is challenging and pushes you to the limits. Deep work is not being in the 'flow' state (popularised by psychologist Mihaly Csikszentmihalyi). The flow state is almost always enjoyable, it's when you are in the zone and your skill set and challenge requirements perfectly synchronise.

Deep work has you working on a task that is just slightly above your skillset. Deep work has you slogging it out in the trenches. It is almost never easy or particularly enjoyable whilst you are doing it.

Deep work shares more similarities with the term 'deliberate practice' coined by Anders Ericsson in his book 'Peak', 'Flow' is Kobe Bryan hauling ass on the basketball field, every play seeming effortless. Deliberate practice is the strenuous training that is involved to be able to play at that level, training that far exceeds the difficulty of any one game.

Examples of Deep Work

- Deep work is your training, it's sitting down for hours trying to understand a mathematics proof.
- Attempting to write a sophisticated C++ program.
- Deep work is writing your book and trying to put the pieces together.
- Deep work is building the funnel for your new business and trying to optimise every page.

Deep work will make you itch at times, the shit is uncomfortable and taxing, however, when you are finished you will be unstoppable.

Animated Video Summary

930

UPVOTES

101 Basics: Get On Your Shit and Shut The Fuck Up

crisisknight · 5 November 2020 · Archived copy · Reddit

Hello!

I recently committed a cardinal sin in another thread earlier this week, *I made a complaint without offering any solutions!* Specifically, I commented on the declining quality of the sub as new people influx into TRP and are giving advice to each other, or self proclaimed 'gurus' are using watered down TRP concepts to make a personal brand for themselves and benefiting off community sourced information. So, If you're new to TRP, please allow me the space to cut through the bullshit and highlight what I believe is most important and fundamental for you to understand if you're just starting out (IMHO 2 years and under).

Note 1: If you're a veteran then please feel free to ignore the post or cosign/shit on me in the comments, This post isn't going to cover any new ground or any insights, the goal is to push key concepts that I feel we have collectively strayed away from. I'm just trying to pay this shit forward.

Note #2 (11/13/20): 102 post is now live (Punch Fucking Sharks- mental game primer) per people's request in the comments. Go check it out and read the comments and feel free to ask questions

About Me: I've been baptized by TRP since the original Roosh V book came out (circa 2010 I think). I sucked, I was blue pill but naturally had too many red pill personality traits and continually waffled and gave mixed signals and lost **multiple** guaranteed bangs because of it. I kept seeking advice from the wrong people and I never got the right information; don't ask plumbers how to fish and don't ask women, bitchass losers, or anyone who doesn't get consistent action for dating advice. Ever. So I found Bang, which led to the Manosphere, and here I am, ten years later, never washed out the program.

Without further bullshit, "Bare Minimum Basics - Let's Keep It Real":

- 1.) You found this sub because you suck. Something happened, you got played, you're tired of fucking your hand, whatever. Accept it and be humble. You don't know shit, or you wouldn't be here and you most likely wouldn't be reading this fucking post, now would you? Stop being so argumentative, receive wisdom, shut the fuck up and get on with it.
- 2.) This shit comes in stages. Denial, Anger, Bargaining, Depression, Acceptance. The order doesn't matter as long as Acceptance is last, but just know its stages and you're going to have to go through all of them, and these things can take years. It fucking sucks, I know. But that's why you have the **Sidebar**, and this community, to dull the pain.
- 3.) Obligatory "**Read the Sidebar Over and Over**" nagging. I'm not your mom, none of us are, shut the fuck up and read.
- 4.) **Do you lift? Do you work out? Shut the fuck up if you don't, because you're fundamentally wrong and literally nothing you say can alter this fact otherwise. Your opinion isn't valid if you're not lifting.** Sorry-not-sorry. Get Height Weight Proportional (HWP) at least. There's too many benefits to quantify that the gym provides, and most people don't or stopped working out and just by being HWT alone you're ahead of most other men. I can't count how many bangs I lost simply because I let myself become a fat fuck at times. Sometimes women will just fuck you for no reason other then you're **^BUILT^** and they aren't used to that. Doesn't matter if you're short, (I'm a 5'5 manlet so I don't want to hear shit from you), a manlet with a six pack is certainly a much better off than one with a gut. This is about addressing shit in your control that you can directly influence.
- 5.) **How is your money game, is your shit together?** You don't have to be rich, but you at least need to have the basics of a decent career, most likely a car, a passport, and a room or apartment (preferably without roommates). Even if you're younger, money is going to be important sooner than later. If you still live at home, can't afford to move out, don't have a career/job/hustle that supports your lifestyle then what the **FUCK** are you doing reading about how to get women when you need to be more concerned about how close you are to being homeless?? If

you're a broke bitch, you need to **full-stop** address your financial issues and become stable. TRP isn't for you at this time, but Workforce Alliance and a job application most certainly is for your broke ass. If you have a pad of your own, make sure that shit is *goddamn spotless*. When women come over, don't lose a bang because you're a fucking slob. This also applies to your car, because obviously you have one, right? Nobody, man or woman, wants to climb into a shitty 90's civic with empty mountain dew 2 liters and nasty ass cig butts everywhere. Get your ass some books on minimalism or something, watch some Marie Kondo on netflix, hire a professional maid, whatever the fuck, *just keep your shit fresh*. **Always assume someone is coming over.**

6.) **Work on your physical presentation.** Not just the gym, but your posture, your speech (i.e. slowing down when you talk). Take some charisma courses or videos online, get in a mirror and practice facial movement, know what you look like when you engage with others. If you catch yourself slouching, adjust. Make good eye contact when you talk, monitor if you're leaning towards or away from others, etc. There's books for this shit, like Toastmasters Guide to Body Language.

7.) **Work on your dress code. Seriously.** Most men I know dress like dogshit trash and even when I was fat as fuck girls still noticed me because I could dress well, had that aura of confidence, and was articulate. Do you even know that in most cases your belt should match your shoes? Do you? If this is new shit to you, I suggest you open a new tab and look up some men's fashion and dress guides. Maybe research some color charts, pick up some accessories (watches and bracelets, etc), sub to some blogs or instagrams that cater to other men with your body type and sense of style. Dressing well helps build confidence, and it makes you stand out. Is your wardrobe set up? Do you have appropriate dress code that compliments your body and skin tone? Do you have clothing that is fashionable, and does it **fit well**? If you don't own more than two collared shirts, I got news for you bro: **Shut The Fuck Up**

8.) **Be attractive. Don't be unattractive.**

9.) **Shut The Fuck Up. Seriously.** Red Pill ain't for nobody but You. After long enough you can spot others instinctively who are on the same path, and maybe have a veiled conversation with them discreetly. Otherwise, keep it to your fucking self. Don't tell anyone, especially your friends, and never reference this shit by name outside of Manosphere centric spaces. You think your 'friends' will be about this shit, but as soon as you show moderate improvement they will turn on your stupid ass from jealousy in many people's experiences, including my own. Learn how to nod and smile, and keep shit to yourself. Learn how to give vague, altruistic responses to shit you don't agree with and change the subject. Learn how to gracefully exit conversations you don't want to have, or deflect with humor or flirting. Now RP is seen as a joke because people kept running their damn mouths; we even have shit like Female Dating Strategy who are attempting to deconstruct our strats for their own plays. Make no mistake, this shit is an arms race and we've now lost the competitive edge due to a variety of reasons, one of the main ones being **People. Not. Shutting. The. Fuck. Up.**

If this post does well I may write up a part 2, but for now if you're new, fuck all the noise and get focused on these fundamental time tested basics and I -promise- you that you'll see improvement.

Good luck and Stand Strong

928

UPVOTES

Men in LTRs, do yourselves a favour and don't respond to her texts/calls for 4-6 hours occasionally.

TheGameJerk · 11 September 2017 · Archived copy · Reddit

IDK what this trick is called, haven't been to this sub in a while, but if you are doing the LTR Redpill game you NEED to do this. We all know a woman will get comfortable in an LTR. She'll start putting less effort into her looks, into sex, and everything else. Maybe she'll start to think it's acceptable to show up to your place looking like shit in a hoodie and baggy pants. Maybe one day you'll get your last blowjob for 4 months. Maybe she'll start flirting with other guys cause she knows you won't say anything and she knows you won't leave her because she knows you can't get any. The female goal in an LTR is to turn you from Alpha to Beta, whether she knows it or not.

But that's the key. She """"knows"""" you won't leave her and she """"knows"""" you can't get any. You text her all the time. She knows exactly what you're doing any time she isn't with you. She is securing you when she does this. Not all of you need this advice but I'd bet anyone here who has been in an LTR knows what I'm talking about.

What you need to do is stop texting her all the time. And don't just all of a sudden stop (common noob mistake is to go full-stop with advice from Redpill), but every once and a while. You are going out with the boys for a night of drinking (if you haven't cucked yourself hard enough that she will 'allow' this, because there is not a single woman on Earth who enjoys when her BF/Husband goes out with the boys). Do not text her at all, do not respond. She will go nuts in her head.

But once isn't enough. You have to do this enough that she'll begin to think, consciously of subconsciously, that maybe you are out there getting better pussy than her. I've done this before, and I've told my buddies to do it, and the turnaround from deadbedroom to kink factory is usually extremely fast. They panic. You might even go to [r/deadbedrooms](#) to see some great advice on how NOT to stimulate activity in the bedroom (discuss your feelings, talk it out, have an open conversation, bla bla bla).

NO, the only way to turn that ship around is to display that you don't need her. Don't EVER text her during work, and for the most part, don't text her when you aren't with her (but do let her know if you are going to be doing something that could lead to hooking up with other girls, like going for drinks after work or something).

I'll give you one example I did recently. I had arranged for after work drinks with an old female friend of mine. Like, high school old (we're both 27 now). I saw on LinkedIn that she got a job near me and thought I'd set it up. I told my GF about this and she seemingly went into shock. I've never brought up this 'Clare' girl ever before (why would I have), and all of a sudden I'm going to have a beer with her? What?? She didn't even hide it, she immediately went into interrogation mode. I didn't reply at all. Had a great time catching up with a friend from 5pm-7:30pm. Checked my phone and there were maybe 15 texts from her displaying all the ranges of emotion you might expect.

Among all her crazy texts, was a "so when are you going to go back to your condo?". I decided to only respond to that one. I said "Just leaving the bar now. I'm gonna show her my office and then split!". This wasn't a lie, my office was in the tower on top of the parking garage where we both parked, thought I may as well show her. Gave her a tour for 15 minutes and went home. I quite easily could have given her the ol' bonedog in the office if I wanted to, all the signs were there. But that's another story.

So I got home but I didn't text her back for another 90 minutes even though I had been done for a while. Why should I text her? I'm driving home and then I'm busy with whatever. When I finally texted her back she had a million angry questions that I didn't answer, but most importantly she came over on a Tuesday night all dressed up and gave me a lap dance, and had awesome sex several times. There was about a 0% chance she would have made that drive on a Tuesday otherwise.

tl;dr gotta give your GF's mind some time to wander into places she doesn't want it go.

927

UPVOTES

In South Carolina 13% to 16% of the jailed population are lower income father who cannot pay child support.

KhalabibTime · 23 January 2017 · Archived copy · Reddit

Non-American here. While the feminist agenda seem to make life harder for men everywhere, there is no doubt that it is harder in America than other places. This was a very hard truth-pill to swallow. 13% to 16% of the jailed population in South Carolina are men with lower income who cannot pay their child support. The fact that finding an alternative system for these men are not a top issue for feminists, shows the hypocrisy of feminists and their allies as they claim they fight for “equality”. Imagine any law making 13%-16% of jailed population females, especially not paying a man (sexism, boyzzz) money. This is the “patriarchy” we are living in. One article has been written on the situation on California. It is rather long, **and can be read [here](#)**. For those who cannot read through it without feeling utter anger, a lengthy quote underneath is included that summarizes the situation of these poor men

Turner's experience with the child support system is all too common. Other poor noncustodial fathers report similar dystopian experiences. A noncustodial father who participated in a research study focus group explained: I'm just tired of getting locked up every so often, every eight months or so. I don't have no bad record, no record at all. But I keep getting locked up for child support, that's the main thing. In South Carolina, where Michael Turner was incarcerated, child support obligors imprisoned for civil contempt comprise approximately thirteen to sixteen percent of the jail population. It seems a pointless expenditure of state resources to repeatedly arrest poor fathers, jail them for nonpayment of child support, then later release them (when either the law requires their release or the court eventually concludes that civil incarceration is not succeeding in coercing compliance with child support orders), and repeat the cycle all over again.

927

UPVOTES

I Have Been Doing Cold Approach For 2 Years Now: This Is How I Went From Kissless Handholdless Virgin To 15 Lays In 1 Month

ForeverKarlMalone · 2 May 2020 · Archived copy · Reddit

About 3 years ago, I was a 29 year old Asian guy with only a couple months to go before I turned 30, working at a Big 3 Accounting Firm, and I was realizing that I was unhappy and miserable, working long hours at all times of the day and night and spending all my free time playing Overwatch, and Dota 2...

And despite earning good money, I had a house and some savings, I just knew my life was NOWHERE near where I wanted it to be or thought it SHOULD be, despite all the years of hard work because I was FOREVER ALONE. I was still a virgin at age 29. A kissless handholdless virgin... I just wanted to take the time to finally get this off my chest since I have nothing better to do during the quarantine.

I soon decided, with the help of an epiphany while reading an article on RedPill titled "HOW TO GET LAID LIKE A WARLORD" that this was not the life for me and that I would need to start approaching girls and learning game to have any hope of losing my virginity before 30...

I didn't want to become a 100+ lay gigachad like the article outlined:

- I just wanted to experience what other guys experienced in college that I missed out on.
- I just wanted to have someone I could share my hopes and struggles with, someone I could come home to and hug if I had a bad day.
- I just wanted to have some fun before I get married and start a family...

Was that really too much to ask?

So I quickly began to learn about game and seduction and browsed Reddit and other forums almost daily to get hyped up and learn how to do cold approach. I soon discovered, however, that I had bitten off far more than I could chew...

I met up with a white guy I met online who seemed equally as motivated as me to go out and approach and we went out to several bars and clubs together. Every time we went out, he would always go home with a new girl, mostly Asian girls... I'm not proud of it, but I was extremely jealous since none of these girls gave me any kind of IOIs or other signs of attraction when I approached, and stopped going out with him. Now, I realize it's because he went to the gym a lot and always had a nice haircut, but back then, it was kind of ridiculous how I'd approach girl after girl and get one word answers and a GO AWAY vibe the entire conversation and he would come in a few minutes later and THE SAME GIRL would be smiling and asking him questions about himself, it felt like he didn't even need to do any work to get laid...

At this point, I was watching pickup videos from or reading articles on how to get girls on an almost daily basis, trying to study and learn all the latest game techniques. It felt like I hit a brick wall. This was SOOO much harder than I thought it would be. The "HOW TO GET LAID LIKE A WARLORD" article specifically said that "women would rather fuck an ugly guy with a strong frame than a handsome guy with a weak one" but that didn't seem to be the case. I was a 5'5" Asian guy competing with 6'0"+ white guys at every club I went to and it felt like no matter what I said, no girls were even willing to have an actual conversation with me. This is after 100+ approaches so I knew that it wasn't just bad luck or lack of effort.

So reluctantly, after learning some valuable lessons about the harsh nature of reality, I invested \$2997 in a well known pickup bootcamp since I figured I was already watching so many of their videos, and it's only fair that I pay them and hopefully learn how to break through my sticking points since my strategy of trying to learn everything by myself was clearly failing.

For those of you thinking about going to a PUA Bootcamp, be very careful you don't waste all your money like I did. This particular company did not give a single FUCK about me other than my money. My instructor just kept telling me to approach and approach, which I already knew how to do, and every time I asked for feedback on why none of the girls seemed receptive, he would give some bullshit feedback on how my vibe was off. I asked him how to correct it and he never had any real answers, always giving some woo woo answer about how I needed to have outcome independence and have more fun. It was really weird that everyone who seemed to succeed seemed to be the type to go to the gym a lot and pay a lot of attention to their physical appearance, even though they teach that looks don't matter.

I finally lost my virginity through sheer luck after over 500 approaches. It was a fat and ugly latina girl who was so drunk she didn't know where she was and I just happened to be there to help her home but it still counts. At this point, I was so desperate that I tried to go out on dates with her and become her boyfriend but she stopped responding to my texts after the second date... Over the next couple of years, I became obsessed with getting good with girls, which certainly kept me going, but it also caused some problems...

I went out with so many wingmen, hoping to find that gold nugget, that shining piece of knowledge or wisdom that would finally catapult me past this unbreakable wall, but they would either be just as bad with girls as me or be over 5'10", no exceptions. I read an article on Reddit about how you had to talk louder and slower and that actually helped a lot. Girls would actually give me a chance to have a conversation with them instead of rejecting me immediately but they would still shake their head when I asked them to go home with me or even just grab a drink together. That's when it hit me that I didn't know as much as I thought I did and that there was a lot more to learn.

The bad news is, all this rejection was not good for my mental health. I started to wonder if maybe a short Asian guy like myself is just not meant to procreate... I was seriously considering moving to Thailand or The Philippines to try to at least find a gold digger wife...

But finally, I found one particular dating coach that really resonated with me and I immersed myself in his training... He was 5'7" and Asian, so a short Asian like me.

The first thing he told me was that my hairstyle, fashion, and body language were all shit and unless I fix them first, nothing else would work. Now this is completely contradictory to some of the other advice I read like the HOW TO GET LAID LIKE A WARLORD article which convinced me that looks don't matter but I decided to give it a shot. I got a blazer and chinos from Zara and got an undercut haircut with faded sides along with a gold watch. I didn't expect anything to happen right away but the difference in girls' reactions really was noticeable IMMEDIATELY. Suddenly, they would hang in and listen to every word I had to say instead of just politely waiting for me to leave. One girl even started asking me questions about myself and followed me when I asked her to grab a drink with me! I was SOOO HAPPY, it felt like everything changed.

Next, he told me to fix my posture and stand up perfectly straight with no neck or back tilt. This was really hard for me because I spent my entire adult life playing video games and working in front of a computer, always hunched over. I even had to go to a chiropractor to undo the years of bad habits and damage to my posture but it finally got fixed after I started wearing a back brace like they give to scoliosis patients. Again, I noticed immediate results. I actually pulled a girl home this time and got a blowjob! No lay thought because of last minute resistance...

The one thing that really transformed my results though was to speak to girls with vocal variety. I had a very monotone voice that didn't change in volume or pitch at all. He had me watch episodes of F.R.I.E.N.D.S and we noticed that every character spoke with such vocal variety and inflections that it sounded like they were speaking in color compared to my black and white. This did not come easy but I worked hard on it until it was at least somewhat passable. This turned out to be the tipping point and I finally started getting laid regularly when I go out instead of once every 500 approaches like before. Overall, I'm very happy to have fucked 15 girls. I know that's not a lot compared to some other guys on here but it's a big improvement over ZERO.

That's kind of the level I'm at right now. The girls aren't like model level 9's or 10's yet but I've gotten a 7 before,

mostly 5's and 6's but it's a massive improvement over nothing. The quarantine obviously put approaching on hold but luckily, I already had a plate I was regularly seeing before shit hit the fan, so I'm not wanting for sex, just spending my days reading and learning as much as I can about working out and nutrition since I got fatter from the quarantine and plan on hitting the gym as soon as things open back up. Hope everyone reading this is safe and got some value from my post. Just needed to get this off my chest before work starts up again.

926

UPVOTES

Where is "Me too" for Feminists importing poor underage "boy toy" migrants in order to fuck them?

ObserverBG · 27 January 2018 · Archived copy · Reddit

Under humanitarian pretexts, women are importing poor underage refugees in order to fuck them. These days, this is all the rage in Feminist Sweden.

Have you noticed that most of the people demanding "Refugees Welcome" (who are mostly poor young males), are women?

<https://static1.squarespace.com/static/57122183f850824166837a41/t/57e940716b8f5b986c43699b/1474904203411/>

<https://1.bp.blogspot.com/-w2h9Gha2Sl8/VkmAh-kk9II/AAAAAAAA4ME/oxbuNCX4Ubg/s1600/Girls-standing-with-sign-welcoming-migrants-70132.jpg>

<https://neupcdnwww.azureedge.net/cache/2/6/f/9/9/b/26f99bb16ca0ce65ba34cd0b1d2a92261902d42e.jpg>

http://images5.aplus.com/uc-up/7fc70f2d-93aa-4a0e-aa95-a3fae687beda/7fc70f2d-93aa-4a0e-aa95-a3fae687beda.inline_yes

<http://www.theboltonnews.co.uk/resources/images/4251227/>

In addition to posing financial difficulties and severe integration problems, it's been found that the migrant crisis in Sweden has a morbid underside in the form of unethical sexual relations between the newcomers and staff.

Three women employed at a refugee accommodation center in Örnköldsvik Municipality were discovered to have started intimate relationships with unaccompanied tenants in their teens. The incident was ultimately discovered by the municipality and the police were contacted.

The ladies later resigned, whereupon an internal investigation of the incident began, the Nyheter Idag news outlet reported.

Mats Gidlund, Head of Social Assistance in the municipality of Örnköldsvik, stated that the municipality must work to establish a clear boundary between the private and the professional in interactions between employees and residents.

"This is clearly remarkable. Because we also think that what is happening is serious, we have reported it to both the police and the Health and Social Care Inspectorate (IVO)," Mats Gidlund told the Allehanda daily.

Previously, an investigation was launched into a local refugee center in the town of Åmål, where a female employee reportedly gave a lap dance and had intimate relations with underage inmates.

In the summer of 2017, a debate flared up concerning single middle-aged women, disparagingly called "batik witches," pushing for a more generous immigration policy to be able to get access to more unaccompanied refugees as "boytoys" in order to bed them.

The debate was intensified after Youtubers Videomannen and En Arg Blatte Talar (also known as Angry Foreigner) made a series of videos featuring copious numbers of middle-aged Swedish women posing with "refugee children," some of which appear to be in their thirties, in a suggestive manner.

"What Sweden really has done here is the biggest import of gigolos in human history. Then, taxpayers have been made to pay for this immoral sex party and call it 'humanism,'" EABT told the Nyheter Idag outlet. "This is not a migrant crisis, this is a globalist brothel," he argued.

EABT mentioned over a dozen cases where Swedish women who worked with asylum seekers were revealed to have sex with them. In a few of the cases he mentions, police investigations have been started, whereas other cases led to internal investigations.

Imagine that 45,000 young Ukrainian women come to Sweden as refugees. They claim that they are a few years younger than they really are and attract a lot of attention from older Swedish men who flock around them, prey on them, want to hug them and 'take care of them.' How do you think the feminists would have reacted? How do you think the media and the public would have reacted?" EABT said, hypothesizing on how it would have looked like, had the gender roles been reversed. According to the Youtuber, accusations of human trafficking and pedophilia would have sprung up almost instantly.

Municipality official Helena Axelson-Fisk reacted strongly to Nyheter Idag's article, claiming that the comments field was full of "men in need of a lay."

In 2015, Sweden received a record 35,000 asylum applications from "lone children," followed by 2,200 in 2016. In 2016 alone, "unaccompanied children" cost Swedish taxpayers 26 billion SEK (\$3 bln), although medical investigations later showed that a three out of four were in fact much older than initially stated and deliberately lied about their age.

<https://sputniknews.com/europe/201801221060952611-sweden-migrants-sex/>

Recently, a woman who was part of the "Me Too" movement, dating an underage Afghan refugee living in the Asylum Center where she worked, REFUSED to report him to police when he molested her 12-year-old daughter.

<https://sputniknews.com/europe/201801241061018805-sweden-feminism-sexual-assault/>

<http://www.dailymail.co.uk/news/article-5306279/Mother-refused-report-Afghan-migrant-molesting-daughter.html>

For numerous cases like this happening all over Europe you can check this compilation post:

Denmark: Female aid workers have been found committing sex acts on underage refugees at a refugee center.

<http://www.foxnews.com/world/2016/11/01/aid-workers-accused-sex-with-underage-refugees-in-europe.htm.html>

The discovery comes after it was found that British women travel to Calais to help refugees and to have sex with them in the "Jungle" migrant camp.

<http://www.dailymail.co.uk/news/article-3802351/Calais-aid-workers-regularly-having-SEX-migrants-Jungle-camp-FEMALE-charity-helpers-likely-sleep-refugee.html>

<http://www.independent.co.uk/news/world/europe/calais-jungle-volunteers-sex-refugees-allegations-facebook-care-4calais-a7312066.html>

Sweden: Female Refugee Workers "Systematically" having sex with refugees: "We all do it"

<http://www.friatider.se/v-nsterkvinnor-om-sex-med-flyktingbarn-det-g-r-vi-allihop>

<https://ledarsidorna.se/2017/06/vilka-overgrepp-sker-pa-de-ensamkommande-har-vi-lart-nagot/>

British Wife ran away from her husband and kids for an Afghan migrant she met in the Calais Jungle

<https://www.thesun.co.uk/news/2096916/devastated-husband-slams-wife-and-says-she-ran-away-from-her-responsibilities-and-kids-after-she-left-him-for-an-afghan-migrant-she-met-in-the-calais-jungle/>

Cuckolded husband of female prison guard on the run with migrant who raped 15-year-old girl fears they are going to Syria

<http://www.dailymail.co.uk/news/article-3440290/Syrian-migrant-rapist-attacked-schoolgirl-escapes-Swiss-jail-goes-run-female-prison-guard-fell-him.html#ixzz4fxVIcrbO>

Swedish politician charged with rape after she had sex with "child refugee"

<https://diversitymachtfrei.wordpress.com/2017/12/05/swedish-politician-charged-with-rape-after-she-had-sex-with-child-refugee/>

Married US woman working at the FBI ran away from her husband for ISIS Rapper she had been assigned to investigate

<https://amp.cnn.com/cnn/2017/05/01/politics/investigates-fbi-syria-greene/index.html>

Antifa Chick Goes to Turkey With Muslim Loverboy, Gets Raped and Beaten

<http://www.thegatewaypundit.com/2017/05/antifa-chick-goes-turkey-muslim-loverboy-gets-raped-beaten/>

Swedish Migrant Center Female Employees Quit Over 'Sex With Migrant Kids' Scandal

<https://sputniknews.com/europe/201801221060952611-sweden-migrants-sex/>

Woman suspended from refugee center after sex with migrant boy

<https://www.expressen.se/gt/kvinna-pa-hvb-hem-utreds-for-valdtakt-pa-flyktingpojke/>

Female head of refugee accomodation had sex with refugee boys

www.archive.is/4gJJi

Switzerland: woman fights against deportation of moroccan lover

<http://www.20min.ch/schweiz/ostschweiz/story/-Der-Staat-verwehrt-uns-unsere-Liebe--19900616>

Swedish mother dating an Afghan refugee living in the Asylum Center where she worked REFUSED to report him to police when he molested her 12-year-old daughter

<http://www.dailymail.co.uk/news/article-5306279/Mother-refused-report-Afghan-migrant-molesting-daughter.html>

In Finland, it was found that finnish women come to the refugee centers to have sex with migrants.

<https://sputniknews.com/europe/201601151033204184-finland-sex-money/>

British aid worker marries her young Syrian refugee lover after they fell in love in the Calais "Jungle" Migrant Camp

http://www.dailymail.co.uk/news/article-3806243/British-aid-worker-marry-toyboy-Calais-refugee-law-student-fell-love-Calais-Jungle-proposed-just-months.html?ITO=1490&ns_mchannel=rss&ns_campaign=1490

Married Calais Jungle charity boss beds toyboy migrant and 'sets up love nest with refugee'

<https://www.thesun.co.uk/news/2611408/married-calais-jungle-charity-boss-beds-toyboy-migrant-and-sets-up-love-nest-with-refugee-after-boasting-of-zero-tolerance-sex-policy/>

Swedish feminists accused of widespread sexual exploitation of young refugees

<http://narrative-collapse.com/2017/06/05/batikhaxor-swedish-feminists-accused-of-widespread-sexual-exploitation-of-young-refugees/>

I was dumped by text for London Bridge jihadi': Jilted boyfriend reveals terrorist's wife ended their relationship for new life with terrorist killer

<http://www.dailymail.co.uk/news/article-4582010/I-dumped-text-London-Bridge-jihadi.html>

How an activist for Le Pen's Front National fell in love with a Calais Jungle migrant

<https://www.thelocal.fr/20170608/how-a-natoinal-front-supporter-fell-in-love-with-a-migrant-in-the-calais-jungle>

British mum who was once an aspiring rock musician sneaked into Syria after an online romance with Junaid Hussain, 20. She fled the UK with her son Jojo, who she now calls Hamza, while her 18-year-old son was left behind.

<http://www.dailymail.co.uk/news/article-3043266/British-punk-jihadi-fled-Syria-10-year-old-son-filmed-leading-w>

[omen-brigade-training-spouting-messages-hate.html#ixzz4fxglLMCq](#)

US woman in Austria killed by african refugee for sleeping with an afghan refugee

<http://www.dailymail.co.uk/news/article-3642736/Asylum-seeker-court-start-murder-trial-death-American-au-pair-living-Vienna.html>

Videos:

<https://www.youtube.com/watch?v=Xrq97-cQSiU>

<https://www.youtube.com/watch?v=kBiAUdnLfpE>

<https://www.youtube.com/watch?v=5PmYuEoUTfg>

https://www.liveleak.com/view?i=721_1502664903#9YKuaMHfRqFoEuc8.99

Woman took refugee in foster home, had sex with him

<https://www.nordfront.se/kvinna-hade-samlag-med-invandrarpojke-atalas-valdtakt.smr>

Swiss woman smuggled her lover Nadeem Akram across the border.

<https://www.blick.ch/news/schweiz/ostschweiz/barbara-schwager-56-schmuggelte-ihren-verlobten-ueber-die-grenze-schlepperin-aus-leidenschaft-id6766448.html>

Female employees have been exposed as performing lap dances for “child refugees” and having intimate relationships with them at an asylum center

<http://www.friatider.se/anst-ld-kvinna-p-hvb-hem-gav-minder-rig-lapdance>

https://www.liveleak.com/view?i=721_1502664903#9YKuaMHfRqFoEuc8.99

Asylum Seeker with HIV had Unprotected Sex with Two Dozen Icelandic Women

http://icelandmonitor.mbl.is/news/news/2015/07/24/man_claims_not_to_have_known_he_was_hiv_positive/

http://icelandmonitor.mbl.is/news/news/2015/08/20/hiv_infection_suspect_released/

Refugee infected at least 11 Polish women with HIV

https://en.wikipedia.org/wiki/Simon_Mol

African migrant infected 7 french women with HIV

<https://diversitymachtfrei.wordpress.com/2017/11/14/france-african-immigrant-deliberately-infected-women-with-hiv/>

Swedish women in tears as Afghan 'boys' are deported

<http://speisa.com/modules/articles/index.php/item.3873/swedish-women-in-tears-as-afghan-boys-are-deported.html>

Austria: Growing Trend Of Middle Aged Women Having Sex with Young Migrants. Migrants even complain that Austrian women want too much sex

<http://www.breitbart.com/london/2017/07/28/growing-trend-older-austrian-women-becoming-sugar-mamas-young-migrants/>

Recently an arab professor claimed that muslims are migrating to Europe because of the welfare system and because euro women are sluts. The professor revealed that Arabs believe themselves to be honourable and that Germans are not, as German women are allowed to “sleep with everyone”.

<http://www.breitbart.com/london/2016/08/05/professor-arabs-migrate-women/>

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UPVOTES

You are not a woman. (Mindset, Environment & Frame)

InnerMir · 9 October 2020 · Archived copy · Reddit

If you are in your 20s, your life is just starting. Chill.

This is something that I suffered from for years and that I wish I had someone tell me much earlier. I've only realized it in this year, and while some would think it is a very late revelation, I like to think that it is a blessing I found this out at the age of 26 rather than at 50. I'd like to mostly blame the media for telling me how much youth is important, and partially myself for believing that dumb shit & feeling an insurmountable amount of dread from losing my youth to bullshit that was not in my control.

As a man, your early life, while being somewhat important, doesn't matter as much as when you get to adulthood; and by adulthood I mean early to mid 20s. Early years are the name of the FEMALE GAME: they get pretty, bloom, grow up, become highly desirable, cock carousel, do all the shit they wanna do and then marry in their mid to late 20s. Men, however, are different. They work in the other direction. Most of them are not that desirable when they're young but, as they grow up, they lift, they learn, they get talent and riches and experience that matters. This goes double for teenagers here: your time will come.

Youth Importance is bullshit media pushing that only applies to women, and has absolutely fucked up so many men mentally because they don't work the same. Women's prime is in their late teens to mid 20s, and they have options that men don't; which is why men who focus on youth get depressed. Men's prime is dependent on their success and age which is, on average, in their mid 20s to late 30s; with some men never losing their prime. Never forget that.

Lifting is very fucking important. Do not use bullshit examples of Pretty Model Boys to cope.

This is something I've recently seen when it comes to modern men, and I blame Instagram / Twitter Culture for it. They start saying how they're too short to lift, or how only looks matter and lifting is ass, or how "gymcel is coping and you only lift weights and eat chicken to hopelessly find someone to love you". If you think that, that's great and all but you don't know shit so maybe stop talking out your ass and find out where your mouth is.

Men tell men to lift because it works. Lifting is masculine, and looking good can be one of the biggest confidence boosters you will ever have. I had a shitty upbringing where I was a fat, weak loser and I would like to thank lifting for getting me to where I am right now. I thank it for being able to walk without suffering, I thank it for being able to have women turn their heads and see me as attractive, I thank it for the pain that I don't have & that my father does at his weight, and I thank it for letting me get through COVID with no less than a bit of a fever and some sweating.

Having muscles on and looking good is important, and any man who says otherwise is naive or doesn't mean you well. Francisco Lachowski once said: "Why lift weights when it is all about your face?". Francisco Lachowski is now in the gym working out and punching bags because his looks are fading. Aging pretty boys often look like dog shit when they stay lanky and their skin turns to ballsacks because they decided that being a feminine boy is more important than being a masculine Alpha. There's a reason why Nature is a MOTHER and Time is a FATHER. It will smack you; hard.

There are numerous reasons why lifting is a must. This is because:

a) Some men will pick on softies. Most men will leave you alone but some men will try to shit on you if they think you're not a threat. I've seen a video where a guy picked up a skinny guy from a bar and carried him like a child to take his place. He would have not tried that if the man was built strong. By lifting and looking tough, you aren't being a target. AMOGing starts on the first glance, and a man who is lanky is 99/100 times not doing the AMOG. You will get respect from men which equals social proof. Men respect men who lift, and don't usually fuck with guys who they think are tough.

b) Women just love muscles. I'm a man so I'm not gonna beat around the bush like a woman saying I'm putting on lipstick and making my boobs bigger and my ass tighter for oThEr WoMeN. I lift for the women, too, because I wanna look good and have her touching my muscles while I'm pounding her pussy; and to be good looking at the club. Lifting is an ego boost, so Deal With It. I know a lot of you will say that "lifting for women is beta" but I don't care and I know most of you lift so women would drool over your Adonis like body so stop fronting.

c) Being healthy & fit is just nice, and being able to eat more food without worrying like a Victoria's Secret model is a bonus. I put health last because, to tell you the truth, I like it but don't really give that much of a shit about it. It's nice to stay out of the hospital but I also lift so I could eat and drink more shit which is sometimes unhealthy. Some of you say that health is #1, and then shoot T in your assholes and do a bunch of unhealthy shit. I'm direct and forward, and I don't try to dance around it. I'm not about to trade my youth for being a healthy 60 year old loser.

So lift, because it works and it is good for you. Lifting is a core thing that helps keep you in your prime, but..

You still need to approach women. Lifting without approaching is like winning a lottery ticket and never cashing it in.

There's a trope that exists with men who lift, and it says that men expect women to be all over them when they get buff but often have just men telling them "nice muscles bro". This happens because men lift to look good but fail to use that shit to their advantage and hook up with women. You have to go out and get yourself out there. Lifting simply makes it easier and makes you more confident. If you don't use it, you are wasting it. Feminism might exist and women might talk shit about equality, but they ALL want to be approached by a fit looking tough man because a) it makes them feel desirable & b) approaching is risky, shitty and can hurt your ego; ergo put your man pants on.

Like I said, lifting is important. It's only half of the puzzle, though. Looks are important but average looks & good game beats nice looks & no game. That is why..

GAME is the name of the game. Experience matters.

Game is why men have a late prime and women have an early prime. Female game is LOOKS and ATTITUDE. They don't need game, they sit there looking pretty, acting sweet, and men come for an "interview". Male game is EXPERIENCE and STRENGTH. If you have lifting covered, you have the strength part covered. Experience is something that is invaluable and incredibly important. Observe any girl who likes a man older than them by half a decade (the vast majority of them) and they will all show you that they like them for their experience and what they are able to do.

And this is the absolute major key to success and something that most men don't want to hear because it implies responsibility. I don't care how shitty you look, I will tell you what women want to hear and what makes them fucking tingle: when a man says **"I can do that"**. Those four words are top of the shelf. There's a reason why women LOVE fixer uppers; because they're guys who know how to do shit and that shit is manly and attractive. Lizard Brain fires up when a man just KNOWS. "I can do that" is one of the biggest turn ons that you can display to a woman: you can fix shit around the house, you can make her laugh, you can fight, you can do this and that etc. If you are a man who can do ANYTHING, you are incredibly valuable to women AND men, and this is incredibly important because it is something that you can work on and that is in your ability to do so. Also, I'd like to say that if a man comes at me saying "oh I can do so many things and yet no one wants me", he should expect a reply saying "you can't attract a woman, therefore you can't do something, so don't overestimate yourself".

Now, let me say that looks will impact the way you get shit testing responses & how much; this is true. At the end of the day, all you have to do is pass that shit because..

Shit Testing is good and natural. If it pisses you off, you have a feminine mindset.

There are only two kinds of programming languages: the ones people complain about and the ones nobody uses.

The vast majority of men that women like get shit tested to some degree. The only people I can think of that don't get shit tested are very famous people who women have already assessed that they wanna fuck and get attention + riches from, and shit testing could fuck it up. Ask the Chad that bangs women and gets pussy, and he will tell you that he gets some level of a shit test: women implying they're being taken advantage of, calling them a fuckboy, saying other snarky shit, asking if they're the only girl they're talking to etc. Really, just ask any experienced TRP man what women say moments before they're bent over. They do this to see how the man reacts.

If you take it personally, you fucked up and you should change your mindset. Hot guys get shit tested some, and average guys get shit tested plenty. 90% of men who bitch about women giving them shit got shit tested and failed; and the other 10% met a BPD hoe. Shit Testing is biological and merely a way for women to challenge men and see if they're able to do what they look like they could. Again, mindset. You're not jumping through hoops and passing tests like a monkey, you're showing a silly bitch who wants to test you what's what. The only other people besides famous dudes who don't get shit tested are the ones who aren't desirable. Candidates who don't get invited to an interview don't even get the chance to get the job. When a woman doesn't like you, she will stay away from you; and she will tell other women to do the same. Which is why..

More women equals more women. Gossiping works in your favour.

Gossip is a man's single greatest double-edged sword. This is how a guy ends up fucking a girl and her girl friends: because she can't help telling them how great you've been (this isn't for you, they're bragging and showing you off because women) and now, women being women, want to have a taste of your dick. If they don't pursue you while you're together, they will pursue you when you break up. She will tell them all the details and all the intricacies. Especially if you've given them pleasure: women getting pleasure from a man is often very fucking rare. Even if you have an average / smaller dick, a woman will want what most men can't provide: tingles. This also works in reverse: they will talk shit about you and you will suffer. Therefore, if you're coming for the king, you best not miss.. but even if you do, it's no skin off your back because..

Abundance Mentality is something you NEED to have. Hooking up with women isn't a competition: it is a dance.

Relationships are like a dance, and good "dancers" get attention. What do I mean by this? I mean that if you got rejected by a woman or a group of women, don't stress it. And don't wait for them to take you back. Waiting for someone to reaccept your offer makes you look thirsty and desperate. Just go somewhere else, flirt, have fun, show that you're actually fun and 9/10 times those SAME WOMEN will later on try and get you because "oh shit he is actually fun and interesting". Abundance Mentality exists by default in a mind of every single woman because they know that so many men want them. If you apply the same thing to yourself and show it to be true, you will get a lot of success because abundance = options = desirability (when it comes to men). Again, gossip works in your favour, and men don't work like this. If a man sees a woman dancing with another man, he will probably move on to another woman. If a woman sees it, she will wait her turn because "who the fuck is she to have fun and not me with the cool man? thats not fair, I want to have fun too. Me me, I want fun me yes fun me fun".

If all else fails, listen: chubby chicks need love, too. Why? Because women see that shit, they see the chubby girl having a fun with an Alpha, they see her giggling, they see you having a good ass time and they get self conscious and want a piece of the cake. Now, you can stick with the girl and tell the Stacy to beat it if she comes to try and claim you; in fact that is exactly what you should do at first and I mean DO NOT give up on the chubby girl. The flurry of shit is entertaining, and Stacy's lizard brain will like that you just didn't give up on the chubby girl as soon as she came back for you to scratch her ego. You can always flirt with her later. Just realize this: **women want what women have**. If you can't dance with the prom queen then dance with the grenade and better will eventually come.

Being an interesting, fun person is worth like diamonds because..

Being funny, and I mean actually FUNNY, is a skill that most men don't have.

There's something you need to know about women: **they're both bored and boring as fuck.** The #1 thing women say most of the time every single day before they're about to do some shit, want you to do some shit or just wanna notify you that they don't like you (rare) is "im bored lol". They want to have fun, they want to feel something, they want to be entertained and there is no shame in that. Guys have adopted this shitty mentality where they cope by saying "oh im not your monkey" and while this does apply to women on Tinder and shit, if I'm trying to be funny I am doing it for me and she is simply a part of me entertaining myself. That is, at least, how I see it.

There's a reason why Alphas tell you to lift and why Boomers tell you that being funny is important: because it is fuckin' true. This is how shitty looking men get good looking women, and how guys get social proof. Being funny works on women AND men. Alphas are fine and all, but men who know how to keep shit entertaining always have one of the highest social proofs in a group and is one of the greatest skills you can have. Being chill, knowing how to crack jokes and being able to take them and shoot back is very important and attractive.

Now, being funny is not that easy. To be funny: you need wit, quick response time, you can't get offended, gotta know know what to say, when to say and how to say it with unapologetic confidence; and you'd need to do it in real time and not over text where you have time to think up a ""clever"" mile long response. As you can see, it isn't easy. Your name puns, Star Wars quotes and geeky shit doesn't push the button of most women and it is not impressive. Being funny, in real time, to women who you're talking to is impressive; and it can be done to great success.

And finally: just work on yourself and never stop. The goal of life is to put Nihilism in its place and never quit.

To leave it off with some little wisdom, it is this: follow what I've said above and you will live a very nice, happy and interesting life. However, you have to do it, you gotta keep doing it, and you can't stop doing it. **Ever.** Humans & animals in general are predisposed to rest on their laurels and stagnate. That is why pets, when given an access to buncha food, eat themselves to fucking death until they're not able to move. It is why Americans put themselves fucking disabled with fatness when given the option. This doesn't happen in the wild because it doesn't support it, but it shows the very nature of living beings when given multiple options.

Putting it simply, we are fucking confused after living for thousands of years as clothed apes, women AND men are dominated by lizard cavemen brains, and for the past hundred years we have entered modern life which promotes decay. Even at my young age, I've noticed something important. The default of modern life isn't progression: it is pure, raw NIHILISM. It is why women get fat when they have kids and don't care, or why already fat women give up on themselves and stay obese. It is why incels Lay Down and Rot, and stop trying. It is why Alphas turn to Betas and get fat and lazy across the years. People get too happy, or not happy enough, and they stop caring and give up.

Finally, brace for a punch in the guts because this is something every man must realize: you can lose everything and you **MUST** be prepared to do so. Everything in life is not permanent. Your house. Your friends. Your social proof. Your fit body. The girls that like you and the girls you're dating. It can all be gone tomorrow, and you **MUST** be prepared to move on and carry on, or to defend it to the best of your ability, and rebuild. The goal of life is to work against you wanting to just fucking quit, constantly, without ever stopping. Father Time will beat the fucking shit out of you and everyone else. Everyone dies, and everyone gets their shit kicked in by Father Time. That is why people who were once attractive or successful turn into wrecks across the years. The real winners are those who take Father Time's punches, kicks, beatings and lashes.. but go through years, run out the clock, don't let themselves get knocked out and leave a fucking legacy to be proud of.

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UPVOTES

What happens when you drop a bunch of women on an island to fend for themselves?

spicy_fries · 7 February 2014 · Archived copy · Reddit

This is a great comment from an ROK article that proves that feminism is nothing but a collective shit test.

"Quite a few years ago, I had the pleasure of watching the Dutch version of Survivor with my feminist roommate. That particular series of Dutch Survivor would have two islands, one populated by men and one populated by women. The feminist roommate had been promoting that particular series to me and the other students in the house for weeks because it would show us, according to her, what a society run by women - free from the evils of Patriarchy - would be like.

And it did. Oh it did.

Here is what happened: Initially both groups were dropped on their respective islands, given some supplies to get started and left to fend for themselves. In both groups there was some initial squabbling as people tried to figure out a local hierarchy. The men pretty much did whatever they felt was necessary - there was no leader giving orders. Men who felt like hunting, foraging or fishing did so. Another guy decided he was fed up with sitting on sand and started making benches. Others built a hut that gradually grew and evolved. Another guy cooked every night. Within days a neat little civilization was thriving, each day being slightly more prosperous than the previous one.

The women settled into a routine as well. The hung up a clothesline to dry their towels, then proceeded to sunbathe and squabble. Because unlike men, women were unable to do anything without consensus of the whole group. And because it was a group of at least a dozen women, consensus was never reached. During the next few episodes, the women ate all their initial supplies, got drenched by tropical storms several times, were eaten alive by sand fleas and were generally miserable. The men on the other hand, were quite content. There were disagreements of course, but they were generally resolved.

Watching this with my feminist roommate was wonderful. Initially she tried to rationalize the differences, but her arguments became weaker and weaker. Eventually, the people running the program decided something had to change. In order to help the women out, three men would be selected to go to their island. In return, three women would take their place at the men's island. The look on my feminist roommates face during this episode was priceless.

Initially, the three men selected for the women's island were ecstatic, for obvious reason. But then they arrived at the island and were greeted by the women. 'Where is your hut?', they asked. 'We have no hut' 'Where are your supplies?' they asked, dismayed 'We ate all the rice'

And so on. The three men ended up working like dogs, using all the skills developed by trial and error in their first few weeks - building a hut, fish, trying to get the women to forage. The women continued to bitch and sunbathe.

The three women who were sent to the men's island were delighted - food, shelter and plenty of male attention was freely available. They too continued to sunbathe.

And that my friends, is what Patriarchy is. My former roommate is no longer a feminist."

You can see the actual comment here:

<http://www.returnofkings.com/27852/why-patriarchy-is-the-greatest-social-system-ever-created#comment-1233528862>

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UPVOTES

What I wish I knew: An Open Letter to Our Teenage Audience

TRP_Scepter · 8 June 2020 · Archived copy · Reddit

To whom it may concern,

You may not know me, but chances are I was in your situation many moons ago, hell, my situation was probably worse than yours. I was the skinny kid in high school that got no pussy and had about three friends, was rarely invited to parties, relied heavily on my mother, was skinny and weak, had no sense of style, and had suicidal thoughts fairly often. I didn't even go to prom because I didn't have the balls to ask out the girls who were throwing signs at me.

I'm not going to bore you with all the details. This letter is about what I wish I knew and did when I was a teenager. I'm still feeling the effects of not doing the things contained in this letter; be better than me and heed my advice. The younger you are and the earlier you can implement this advice, the better.

1. Play a sport.

I wish I played football or something in high school. These people got a headstart on making themselves strong and experiencing male comradery. Plus, most of the dudes on the school team fucked cheerleaders. You don't have to join the school team if you don't want to, but I'm willing to bet that during lunch there are some dudes playing basketball. Join them. Find a group of people after school. Join them. Just get a sport in your life and take PE seriously. This leads me to my next point...

2. Get swole. Hit the gym at an early age.

I've seen people as young as 13 lifting weights. These people end up being stupid strong when they're in their 20's. You needn't start that young, but I'd say 16 is a very reasonable age to start. I started at 18 and decided to compete in powerlifting. Although I'm making strides, I'm getting my ass kicked by kids my age who started when they were still in their mother's womb compared to me. Don't make the same mistake I did; hit the gym early and focus on getting massive. People always respect a big, strong man whether the clothes are on or off, abs only work when your shirt is off. If you're skinny, the following shake is for you. It's not measured to a T because everybody has different needs. Commonsense applies here; the more of each ingredient you add, the more calories are in the shake. Below is what I drank to gain weight and what I'll be drinking again when I bulk back up.

-12 oz of whole milk

-2 bananas

-1 generous scoop of chocolate protein powder.

-2 HUGE scoops of peanut butter

-1 HUGE scoop of Nutella

-a generous handful of almonds

-About half a cup of oats

Drinking this and stuffing my face three times a day as well as following Jim Wendler's 5/3/1 transformed me from a 132 skeleton to a 183 bulked (fluffy) monster within a year and a half. If you get too big (fat) you can always cut. I did a calisthenics cut recently because the gyms closed and now I'm 156 pounds with veins up and down my arms, a visible/defined 8-pack, and extremely visible leg muscles if I flex. Now that gyms are opening back up I'm looking forward to joining the big boys in the 200-pound club.

3. Keep your head down and stay the course.

Radical self-improvement isn't easy. It will be painful. Your muscles and joints will ache from lifting. You will feel lonely. You will feel depressed at times. You will feel lost. You will be angry that you're not getting results fast enough. Calm down. Keep your head down and stay the course. You will get there as long as you put in the effort and trust what works. Head down, keep going; You WILL get there. This is important to keep in mind because you will be bombarded by blue pill/purple pill influences all the time. You're more likely to fall prey to their rhetoric if you're in a bit of a slump. Don't fall for it. Head down, one foot in front of the other, you'll make it.

4. Be selfish and prideful.

The more you value yourself and improve yourself, the more people will see you as valuable. Since you're perceived as valuable, people will want to do things to win you over. This is the core of The Red Pill. You want women to treat you right? Treat yourself right. You want respect? Respect yourself. I wish I knew this when I was 16 years-old being used by women because I thought being selfless would get me laid. I didn't have an ounce of self-respect or pride and ended up doing every bitch's homework. Nowadays if I even sense that I'm being used and I'm getting nothing in return, I kick the girl to the curb. I'm either going to get a place to blow my load or I'll make her hit the road. Women will always try to use you for something, it's just their nature, but they really explore their manipulative nature in their teens. Don't fall for it and have some self-respect. That goes for more than just women; being selfish and prideful is the secret to a powerful and vital existence.

5. Don't chase women.

I know you came here because you want to fuck bitches, but before you can do that you have to become a man of value, or else you're just going to be wasting time and you'll become even more frustrated. Even if you are successful at chasing women at this age, all the time you'll have wasted on pittance and pussy could have been better spent preparing yourself for the future. A man's SMV doesn't peak until he's in his 40s. You'll have plenty of time for women. Be patient and focus on building your empire. **However, if you can get some ass and you see some chick throwing you IOIs, then, by all means, have a good time with her.** Don't make the same mistake I did and never make a move, but never, ever, focus on women during the most crucial years of your life. What you do now will affect you for the rest of your life. If you waste these years chasing pussy instead of building yourself up, it'll show later.

6. Know you'll have the last laugh.

Have you ever wondered why so many content contributors come back and brag about how a chick that once curbed them is all of a sudden hitting them up? Or why so many of us talk about how much we've improved while our friends are still lazy pieces of shit? The answer is simple; it's true.

Don't worry about that chick that curbed you and treated you like shit. Chances are she won't amount to much. The same goes for the people who're kicking you around for wanting to improve. The Red Pill isn't something you can just study and become the man you want to be in a day. It's a pursuit that takes years and in the end, if you stay the course, you will have the last laugh. A majority of the people I went to high school with are still doing the same shit they did while in high school; nothing but reckless hedonism and surrogate activities. Most are still in my tiny hometown. All the women that rejected me are either depressed, getting their mind ruined by dick and drugs, pregnant without proper resources to sustain a child, failing at life, or getting fat as fuck. I'm one of the most successful people to come out of my hometown and I'm proud of it.

I'll conclude this letter with something I wish somebody told me when I was going through the struggles of becoming a man.

"You're stronger than you think. You'll be okay."

See you in the winner's circle,

TRP_Scepter

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UPVOTES

#1 on the front page: The elephant in the room has been mentioned.

ScholarInRed · 11 July 2015 · Archived copy · Reddit

The top post on Reddit's front page right now is a picture of an 'anti-rape' poster. It explicitly paints a double standard for what counts as rape when it's done by men and women, and also when alcohol is involved.

I don't need to point out how fucked up the poster is, I'm here to draw attention to the tone of the comments. Men are waking up. Most will probably nod off again, back into their slumbers of toil and cuckoldry, but perhaps a few will manage to get the pill down their throats, before the delirium sets in again, and find us.

#1 Upvoted - 4221, gilded - 1

Men can be raped to, Jake couldn't consent, Josie should be charged with rape as well.

Makes sense in the real world, but not according to law;

#2 Upvoted - 224

I think a lot of people are missing that rape laws often explicitly require penetration. (I do not condone this, I am simply reporting the laws.) For example: FBI Definition: Previously, offense data for forcible rape was collected under the legacy UCR definition: the carnal knowledge of a female forcibly and against her will. Beginning with the 2013 data year, the term "forcible" was removed from the offense title, and the definition was changed. The revised UCR definition of rape is: Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim. UK Definition: A person commits rape if they intentionally penetrate the vagina, anus or mouth of another person with their penis without consent. Canada removed "rape" from the legal code, and changed the laws to have degrees of sexual assault that account for a gender-blind definition for sexual activity without consent. One might argue that this is very progressive, but opponents of the change (anti-rape activists, primarily) argued it was regressive. So, in the legal definitions in the US, the only way the female could possibly be guilty of rape is if she used an object to penetrate the male via the anus or the mouth. In the UK, she cannot rape him no matter what she does.

Someone sheds more light into the nature of our times;

#3 Upvoted - 540

No silly, men can't get raped! Its a hilarious concept. Its literally impossible for a woman to abuse men Also all men are constantly eye raping every woman

All are links going to anti-feminist media. The comments below it are almost unanimous in their contempt and disdain for the regime of the feminine imperative.

#4 Upvoted - 2586

So according to this ad men can still think clearly enough to be charged with a crime when drunk but women are plainly too stupid to know better

It's almost like the modern feminist agenda is disingenuous, isn't it? Another few thousand upvotes for comments continuing in this absurd vein directly below.

#5 Upvoted - 1316

So that's how it's gonna be, eh, ladies? Fine. We'll just start fucking each other. Supreme Court says it's legal.

Let's get weird fellas.

1300+ votes for MGTOW, fairly high up on the most popular current post on the front page of the Internet. MGTOW is no longer the strange periphery inhabited by the occasional loner neckbeard.

#6 Upvoted - 218

Don't equate this with feminism. This isn't feminism; just ignorance.

It was only a matter of time before the White Knights arrived. However, it is interesting to observe how widespread the failings of modern feminism are - a collective with their intentions ought best to hide them, but they get more transparent by the day. We're lucky they're so fucking insane that they can't understand other people well enough to fool them *this* much.

The decline is happening, and men are waking up. The exodus continues. Feminism hammers onward.

923

UPVOTES

Scientific study show that male domestic violence victims are more likely to be arrested, jailed, and not have the charges dropped than the person beating them

AndleRiddum · 15 February 2017 · Archived copy · Reddit

Link to study: <https://archive.is/P5nTm>

A few days ago, the moderators over at the Today I learned subreddit **deleted a post about male domestic violence victims**. The study is interesting, and is according to the study “the first large-scale, nationally-based, quantitative study to systematically detail the helpseeking experiences of men who have sustained IPV from their female partners”. It should be noted that the study is hosted by the US National Library of Medicine, so this isn't a evil MRA study.

I read the study, and boy, is it eye opening. I recommend reading through the study, as it shows several different senarios and fields in which male domestic violence victims are discriminated against. One quote in particular, that I found telling is: (The emphasis have been added by me)

A large proportion of those who sought help from DV agencies (49.9%), DV hotlines (63.9%), or online resources (42.9%) were told, **“We only help women.”** Of the 132 men who sought help from a DV agency, 44.1% (n=86) said that this resource was not at all helpful; further, 95.3% of those men (n=81) **said that they were given the impression that the agency was biased against men.** Some of the men were accused of being the batterer in the relationship: This happened to men seeking help from DV agencies (40.2%), DV hotlines (32.2%) and online resources (18.9%). Over 25% of those using an online resource reported that they were **given a phone number for help which turned out to be the number for a batterer's program.** The results from the open-ended questions showed that 16.4% of the men who contacted a hotline reported that the staff made fun them, as did 15.2% of the men who contacted local DV agencies. Qualitative accounts provide a more in-depth understanding of their experiences with these resources.

bbb...but the patriarchy thoo...

922

UPVOTES

Women do not give a fuck about your "feelings".

[deleted] · 17 November 2014 · Archived copy · Reddit

Lately we seem to have received a new influx of newbies who think that clicking "subscribe" to this subreddit is all that's required to "take the red pill", and more arrogantly, that their beta outbursts from that point onwards constitute red pill behaviour. This post aims to address one particular irritation I have with these people and red pill confusion - **their feelings**

More and more I see the nonsense peddled that to "front up", "grow some balls", and "tell a woman frankly how you feel" is red pill behaviour. Worse, that it's some kind of success story for an obvious beta orbiter to come here, read a few headlines, and then profess their feelings to their disinterested target and awkwardly break free from their orbit by stamping their feet and whining that "they just can't do it anymore" (waa waa waa). It isn't, and the quite frankly ridiculous upvoting of the positive comments to such behaviour is a worrying development for the signal to noise ratio of this subreddit.

When it comes to feelings start by remembering this - women discuss their feelings (mostly for the same reasons that they do anything else, for validation and attention), men simply act on them.

There is no reason, at all, ever, to discuss your feelings with a woman. Firstly it's a waste of your time because they don't care (they get no validation or attention from it after all), and secondly it does irreparable harm to your frame and SMV, and is a sure fire way to render any vagina as dry as the sahara in minutes.

Why? Because women don't care about how YOU feel, they only care about how YOU make THEM feel. They care about the tingles you give them when you maintain your alpha frame and the SMV you have in public, they care about the protection they feel when they are out in public with you, they care about the direction and purpose you bring to the relationship and in turn their lives, they care about the financial security and social status you bring, they care about the orgasm you give them when you let your testosterone take over and give them the rough fucking they so desperately crave.

Women are programmed to be nurturing towards their young, not their men. Men are there to provide and protect while they raise their young, and if they have to be nurturing towards you too that means you're a poor protector and provider. Displaying any trait that reflects poorly on your ability to be a strong protector and provider is infuriating to a woman, because nothing annoys a woman more than accidentally fucking a beta.

For their men they are simply interested in what you can provide, and what they have to do for you to keep providing it.

Do yourself a favour gentlemen, keep your feelings to yourself.

922

UPVOTES

It is Literally 2016

GayLubeOil · 1 April 2016 · Archived copy · Reddit

As many of you know I GayLubeOil have long been a cog in the Red Pill hate machine. Since 2013 I have been writing articles promoting toxic masculinity, fat shaming, transphobia, and sometimes even psychological manipulation. Well guys, its *literally* 2016 and that has to stop. I understand that I am *literally* a fucking white male and that I have a lot of privilege to check and reparations to hand out, but change has to start somewhere. I know that I can't take back what I've done, but I can at least try to fix it. Today on April 1st 2016, I am going to be the change I want to see in the world, because after all change starts with me.

Women are Wonderful: The only thing that you need to know about women is that they are all wonderful. When I say all women I mean *all* women, *especially the ones with penises*, after all its the current year. The only way a man should ever interact with a woman is through praise and admiration. A man should never risk damaging a woman's self esteem. How can a woman be strong and independent, when internet trolls are constantly triggering her? A woman should never be disparaged even joking. Men need to accept women for who they are without judgement. What's that honey muffin? You sucked off a dude on the subway? I respect your decision. Let's put another *sticker on the board*. Five stickers and you can have an ice cream party.

Women and Men are Equal: Women are just as emotionally and physically strong as men. Anything that suggests otherwise is sexist. Pull up bars? **Sexist. Flight Simulators? Sexist.** Spacial Reasoning, Logic, Math? All incredibly **Fucking Sexist.** Women can play any game just as well as men. The game might need to be changed to be less sexist, but men and women are definitely equal 100%.

Men are the Problem: Remember when I said that women are equal to men. Forget that you shitlord. Women are more equal. According to my role model and spiritual guide Hillary Clinton: women are the primary victims of war, and as someone who came under *sniper fire in Bosnia*, she should know. *Everything* wrong with the world is the exclusive fault of men. Women deserve credit for all that is good, even if they didn't create it themselves, they inspired it.

Rape is Like Very Serious: There is nothing more serious than rape and when I say rape I once again mean *all* rape. Internet Rape, Imaginary Rape, I Changed My Mind Rape, its all rape. Rape is rape! A woman shouldn't have to *drag a mattress* around Columbia University to remind everyone that literally begging to get fucked in the ass does not constitute consent. According to Andrea Dworkin all heterosexual sex is rape and its about time that university policies change to reflect this fact. Its 2016.

Support my apology fund, while telling globalists to fuck themselves.

Grab a *Samson triblend tank* at a *foolishly* low price

Follow me *Twitter* or *TRP.RED* the only site that rewards misogyny with bitcoins

Or just PM me for fat positive fitness advice

921

UPVOTES

When there is a hiccup in your RP journey

littleblacktruck · 21 March 2018 · Archived copy · Reddit

In my professional career in labor law, I often find myself being a champion for equality. Not the SJW-type, mind you, but fighting the real bullshit that employers try to pull on people just trying to earn a living. In doing so, I research applicable cases and even sometimes studies about hiring practices. Using my professional/public reddit account, I found [this article](#).

What is it?

It's a study in which interviewees were anonymous as much as possible (via technology) and studied to see how women performed verses men... all things being equal. What was learned is women quit the process at an alarming rate after a perceived failure. The men seemed to stick it out over time.

Interesting. So what do I take from this?

In your RP journey, you're going to slip up. You'll cross paths with your ex and BP behavior might come out. Maybe you'll miss the gym for a week to play PS4. Hell, you might even go through a string of hard rejections gaming women. IT'S GOING TO HAPPEN. **Do not quit.** That's a feminine trait. You aren't a bitch. This shit doesn't get done over night. Keep gaming. Keep up your AM. If you see an HB8 at the bar, strike like a horny convict who just got out of prison.

Go back and read the stoics when you get down on yourself.

Women quit, RP men don't.

920

UPVOTES

Friend's Fiancee Cheats on Him with CHRIS BROWN - An Unbelievable Case Study in Hypergamy

gardenofbacchus · 20 July 2017 · Archived copy · Reddit

EDIT Since i'm understandably getting people doubting this, I've looked up Chris' whereabouts for the night in question - <http://www.songkick.com/artists/519159-chris-brown>. I'm not posting pictures as it's essentially doxxing this girl and no-one is going to believe it's her anyway, as no one actually knows her.

This story is **100% real**. There's photos of Chris with this girl in his car, with her covering her face. I've got them. Anyone can check the background if they're really bothered, it happened a little under a month ago in Vegas, I don't know the name of the place but it was a rooftop bar somewhere.

My good friend and his fiancee of 4 years have been in the U.S since the beginning of the year, he's landed a good IT role and has been flown over there. This girl is his college sweetheart, his first proper girlfriend. This guy is not a beta male, by any stretch. He's in great shape, good looking, has cool hobbies and is naturally red-pilled, minus the "never get married". I've always known him as a Chad and he's been a hound-dog with me growing up, always claiming he'd never "settle down".

His fiancee is gorgeous, they're looksmatched for sure and she's for the most part a down to earth, level headed girl. I've known her for as long as I've known my friend. She works as a nurse and makes good money. He's making average money at the moment but is forecast to be pulling big numbers in a few years.

The information I've been told is she went out with a group of new work friends she's met in LA to Vegas for a weekend for one of their birthdays. When grilled over this my buddy said he knew he shouldn't have let her go but he "never thought" this would happen, since she doesn't drink and is a homebody for the most part. **Mistake one.**

So my friend is at home working on a project, and his fiancee is out in Vegas. Somehow she ends up at the rooftop bar Chris is at, I was told she started drinking and the rest is history. She messaged my friend saying "*I'm with Chris Brown!!!*" and apparently he didn't believe her and just wrote back an emoji or something dumb. **Mistake two.**

This was on the Saturday night, my friend had the details to the hotel they were all supposed to be staying in and had called her on the Friday to check in, and she was fine. He said he didn't think he needed to call her again on the Saturday, and trusted she'd just be home safe with her friends. **Mistake three.**

Long story short, she went home with Chris, was snapped in the backseat of a limo/one of his cars covering her face. She received a BBC workout and stayed at a hotel with him all day, presumably indulging herself further in the obscenely endowed C.Breeze before he basically kicked her out and she had to get a cab back to the hotel.

She didn't tell my friend for over a week.

He's completely destroyed and is moving back home. I've spoken to him twice, once after it happened and then again today for an update, which is why I decided to make the thread. She's staying with her friends in LA.

The take-home is this.

Hypergamy doesn't care. My friend is a good looking, interesting, red-pilled man who makes good money and has a bright future. It doesn't matter. Chris Brown is a millionaire celebrity, a literal God in the eyes of most women on the planet. His huge dick is public knowledge. He is extremely good looking. He's an asshole. His presence would've been completely and overwhelmingly intoxicating to her, and him taking interest in her would've been simply too much to handle.

Women are slaves to hypergamy. The biological mechanisms inherent in female sexual strategy override any and all logical or objective thought and morality. Chris Brown is *better* than her fiancee. When a woman cheats with such a high value man, she isn't doing it because she's consciously vindictive towards her partner. It is simply her biological imperative to do so. To NOT cheat with Chris Brown (the highest value man she could conceivably

obtain the genetics and resources of) would be a betrayal of her biology.

Never even entertain the idea of a girl's weekend away. Do not let your women go out to clubs without you, ever. Never inherently trust a woman, no matter how "strong" or "unique" your relationship is. Understand hypergamy, don't dwell in bitterness but really *understand* it and internalize it. There is always a man better than you. Briffault's Law - your relationship and anything you've ever done for a woman means nothing and is forgotten in the face of hypergamy.

And most importantly, and as always gentlemen, **AWALT**.

918
UPVOTES

The Other Side is Better, but Lonelier

Immune2DNP · 5 August 2018 · Archived copy · Reddit

This post turned out to be an essay, so ADHD kids, you better pop that addy before reading on.

Intro

I find myself posting on TRP whenever I do some heavy introspecting for a few days. It is a great platform to flesh out my thoughts, see them in writing (which helps reinforce beliefs immensely, also why I suggest people write in a journal), and provide insight and value to those just getting started with TRP, or those further along in their journey.

I have been reading TRP for a little over a year at this point.

The Path to Becoming an Alpha

We all know the blueprint to becoming an alpha, it has been echoed here many times:

- Lift hard, eat right
- Groom well, have a good sense of style
- Read non fiction
- Meditate everyday
- Develop a titanium frame
- Have a solid foundation for your finances
- Talk to everyone, learn to be social with everyone
- Have fun hobbies that you are passionate about
- **Find a purpose in life**

When I read that list, I think to myself "is that really all it took to completely transform my life? Is that really ALL it took to go from a LIFETIME of being beta to completely transforming my inner and outer world?" The answer is yes. However, with this change in lifestyle comes consequences in the form of opportunity cost.

The Lonely Road to the Top

So what did I do after initially discovering TRP? Similar to most of you, nothing.

I simply read post after post, wanted to internalize it, master the theories and concepts, memorize the lines, and become Chad in my head; I wanted the end result without having put in any actual work, without risking anything. I was happy with my mental (and physical) masturbation, happily living vicariously through "Fake" RP stories.

I say "fake" because once you actually implement the principles you read here, stay consistent, and do it over a long period of time, you suddenly find yourself as the protagonist of those very same stories.

After an excessively prolonged period of mental masturbation, I decided to put theory to the test. The way my

perception was at the time was this:

If I was already at rock bottom, I had nothing to lose, and had nowhere to go, but up, what's the worst that a drastic paradigm shift could do? So I did, I put theory to the test.

Suddenly, you're the guy who other people are looking at in the gym for motivation, the "douchebag" with fitted clothes showing off the physique you've worked hard for, the guy who has read NMMNG, The Power of Now, 48 Laws of Power, and other books that has helped shift your mentality and expand your worldview, the guy who people do not fuck with because of his physique, and if they try, it doesn't work because of his unshakable frame, the "life of the party" type of guy.

Yeah, yeah I get it, hard work, meditation, lift, blah blah, NOW TELL ME ABOUT THE SLUTS!!

Girls

I used to hate girls. I thought "why are they so mean, why am I a friend, why do they never talk to me about their girl friends, sex, etc."

Guys, when you are a BP, beta, a soyboy, a guy with no frame-sex does not register in a girl's mind when she looks at you. In her eyes, you might as well be a eunuch. That's why after Chad gives her a dose of daily vitamins and minerals (dumps a load in her mouth) and leaves, you are the one she cries to about "that asshole". She will obviously never reveal the details of what happened, just paint him to be "an asshole."

When I started on this journey, I was a gymcel. I always loved working out, so I had a decent physique at the start of my RP journey, but was still struggling with an eating disorder, smoking weed multiple times a day, porn addiction, jerking off a lot, playing video games/watching Twitch tv, binging on TV shows, etc. **My life was going from one artificial dopamine hit to the next.**

Since then, I've hooked up with several girls, had a couple of plates, and fucked a couple other as well. I'm currently in a LTR with a girl and things are progressing well. I know, it's nothing super crazy, I haven't creampie'd a girl's asshole in the club bathroom yet, but all of this is still substantial progress for me.

During this time I have learned the following about girls:

- Every girl is on a spectrum of masculinity to femininity; the girls I am most attracted to are ones furthest towards the feminine side. Sounds obvious, right?
- My experience has been, the more feminine the girl, the more bratty, bitchy, entitled, etc. These are also the girls that tend to be the hottest, most submissive, and eager to please. These girls will shit test the most, because they are looking for someone to replace daddy, and once you demonstrate that your frame is unshakable and they're either operating in your frame or they'll be replaced, you will see an entirely different side of her
- Girls are beautiful and there is something that turns me on from an evolutionary perspective when experiencing masculine/feminine polarity
- There is an **ABUNDANCE** of girls out there, so do not settle for a manipulative/abusive/shitty one
- Talking to girls everywhere, going on a lot of dates, or spinning plates internalizes Abundance Mentality-you don't have to be fucking tons of girls to have this. All it takes for you to internalize abundance mentality is knowing you CAN fuck new girls with relative ease if you want/have to
- If you find a good girl, worth a LTR, then go for it. A LTR provides a different type of experience from a hookup, plate, or FWB. You can enjoy each others company, care for each other, grow together, go on dates/trips together, and love each other (yeah you can do the same with plates, but if you're doing all that shit

it's basically a relationship at that point.)

This is not a green light to stop hitting the gym, reading, holding frame, etc. LTR's are great, but the girl must be aware that she can and will be replaced if she acts out.

- Don't be an autist with TRP. When you first start reading, you will be balls to the wall and internalize very black and white thinking. Remember, TRP is a toolbox to use-you have been gifted the tools/knowledge to navigate life. **Do not have expectations that every girl you meet will be a marriage worthy, virgin, unicorn. On the other side of the coin, don't assume every girl is a cum guzzling slut who has rode 100 cocks.**
-

The Other Side is Better, but Lonelier

So how does all of this tie into my title? It's simple, after a year of really pushing myself: physically, mentally, spiritually, financially, socially, creatively, with game, frame, and more-**at times I find myself feeling lonely and someone who others can't relate to.**

This isn't meant to be a sob story, but a reality. A concept that is consistently repeated is this: "you are the average of the 5 people you spend the most time with."

When your old friends are incels, or waste time drinking beer and playing video games, or binge watch Game of Thrones for the 5th time, will you be a reflection of them? More times than not, the answer is yes.

If you want to, and I mean truly want to, become "alpha", which for me means become the best version of yourself, embrace/develop your masculinity, and create the life you truly desire and envision for yourself-you will have to spend significantly less time with those people, if not cut them out entirely.

I'm at a place where I had to cut out some of my childhood friends, some due to the fact that they are stagnating, and others who are simply jealous for where I have gotten in life. **It's such a shitty fucking feeling, the people who were closest to you, are jealous or resent you because of your transformation.** Luckily, I still keep in touch with a couple of old friends who I know have my best interests at heart and will be lifelong friends.

New people I've met? I've met a handful of new people who are driven, have goals, and actively work to better themselves. These are the people who I can connect with on a deep level and who I've made friends with and talk to on a regular basis.

I now find myself able to get girls with relative ease, but struggle with finding/keeping strong male friendships.

If there's one thing to take away from this post, it's this: work HARD, consistently, in the face of failure and ESPECIALLY when you don't want to work, to achieve things others won't. Do these things to develop yourself as a person, to self-actualize, because once you get there, you will realize how many others you've left in the dust. Once you get to this point, you will be able to reap the rewards that others can only dream of.

917

UPVOTES

What I Learned From Not Reading The RedPill for A Year

Clint_Redwood · 10 July 2017 · Archived copy · Reddit

I learned fuck all, what'd you think? I'd learn shit by doing nothing? Pretty much recessed back into bluepill, got married, divorced, had 5 kids, think one's mine, started doing cuck porn to pay the bills...

Alright jokes aside let me reintroduce myself real quick for the new guys since I haven't written in a year. And damn, the sub is up to 211K. Was 120k when i started.

Intro

Started reading redpill almost 4 years ago now. engaged, dropped her, she sucked, read redpill every day for 2 years, went from 175 skinny fat to 195 ripped, doubled my count in around a year, endorsed in 11 months, currently have a 2 year plate and another going on 8 months, they're fantastic, cook, clean, porn star sex, educated and old school redpill girls and a healthy dose of self awareness. Setting up a threesome with them in a month or two, etc, etc.

This past year I saved up money to quit my job that paid great but was absolutely misery and soul crushing. Currently struggling to stay afloat but wouldn't trade the freedom for an ounce of what my old life was like. Currently studying compound investing my money, day/swing trading, options, forex, etc. as well as building my own business. Pretty much been monk mode all year focusing on me, barely read TRP at all, so here's what I've learned.

One Year Without TRP

Attitude

Without a doubt I'm more pleasant to be around and engage girls easier. Reading TRP every day and having a constantly stream of sluts and whore stories definitely influenced me subconsciously and this is coming from a guy who never entered the anger phase or really cares about women's mischievous bullshit cause I've seen it my entire life even as a kid. With that said I'm not recommend you cut back your TRP reading. Infact I'd suggest you accelerate it. TRP is a resource not a creed or way of life. Take it as your own personal Man College but you don't want to be the dude on year 9 and 4 bachelors and fucking clueless where you're going in the world. No you want to treat TRP like your trying to make PhD in 6 years tops. Learn as much as possible as fast as possible and don't fuck around. TRP is a **diminishing returns asset**, you will max out on learning and shit just gets repetitive then. Don't be the dude reading TRP every day for 10 years straight because you identify with it or somehow tied your self image or ego to it. TRP should have definitely made it clear to you by now that maybe 1 or 2 people in life will ever really care about you. Us random dude on this forum could give two fucks about you, we've all got our own lives and problems to worry about. When you reach the point that you aren't getting anything out of something, stop wasting your time with it and find a new thing to learn from. Case and point, I also don't read TRP much anymore because it's the same posts over and over. However my constant self improvement has anything but slowed down. Infact it's accelerated, the majority of my time is spent learning the stock market, accounting and in general educating myself financially. That's my new TRP.

I'll close with saying that your attitude and demeanour is definitely indicative of the people you associate with, whether real life or virtual. When I was a blue pill women were wonderful and I enjoyed getting shit faced with all my friends blowing all my money. When I found TRP all women were sluts and whores(*a lot are fyi*) and I still enjoyed going to the bars but now I was banging girls when i did. Now that I'm studying finance I realized 90% of the population is abso-fucking-lutely terrible with money and they will die as broke as they were when they were 20, 30, 40 years old. I also don't like going out and blowing 10% of my net in a weekend over booze and pussy anymore, I'd rather reinvest it for 10% return a month and in a year my money doubles.

You know that 67% of American's don't even have 1k in the bank? That's how uneducated the majority of people are. Also, If you're in this bracket you need to educate yourself, you'd probably be rich as fuck in 5 years if you cared about finance as much as you do getting pussy

Assess your level or return from TRP because TRP does come at the cost of negativity. People are attracted to positivity and you making them feel good. If you've got a constant voice in your head of negativity it will affect your engagement with others. This might be pretty damn important for you depending on your life goals. Like if you work in corporate america where social interactions have a massive impact on your life and could totally destroy your life if you fuck one up. I have a friend who just recently found out his girl of 8 years was cheating on him, he's rightly pissed and in the anger mode hardcore. But, I can watch his interactions and his subconscious outlook is definitely influencing his confidence and ability to engage with others. TRP in itself is a minute dose of anger phase in my opinion if you consume it longer than needed. If you aren't getting much out of something, stop wasting your time with it and find something new to learn because it comes at the cost of your time and in TRP's case your subconscious demeanor. If not stay focused and don't be fucking around cause the only thing you're wasting is still your time. you get one life, do as much with it as you can.

Slippage

Next thing I noticed obviously with not having a constant voice of sluts and whores is that I slacked up on standards a bit. Luckily I've always been kinda stonewall when it comes to principles and holding a person to their character. I don't wavier much on my standards of who I date or if a friend crosses me. It wasn't large things though, just noticing really small things. I'd randoming catch myself explaining myself on shit that I didn't need to or wouldn't have just a year ago. Nothing real serious but it was a habit from my past I developed from my mother and walking on eggshells for a few years of my teen years. I broke those habits with TRP and don't plan on letting it come back. I made it a note to reassess and check myself every so often. Just 10-30 mins of thinking about my relationship with the two chicks I'm seeing. going through a check list and comparing the health and quality of each encounter, etc. Comparing sex, how much or little we talk, are they slacking in the gym, moods different? Where's my confidence, what should I be learning right now to maximize my return? How much fucking off am I doing or need to to stay sane? General TRP shit, red flag checking, assessing where I might be slacking or can improve not just a relationship but myself as well. Once you get on the road of constant self improvement it almost becomes an addiction in itself. I don't read TRP anymore but I'm still just as obsessed with improvement anywhere I can.

Since slippage was the second biggest thing I noticed, I want to tie it back towards the attitude thing. I'm very... stoic and extremely critical when it comes to judgement of character. You might not be however and if your reading this your first week into TRP, you want to make sure you've got your shit lined out, demeanor on point, confidence, standards and boundaries in line. I have blue pill friends that have the spine of a mouse when it comes to chicks. If you don't have a strong backbone you're not ready to stop reading TRP because slippage will be the next big thing you notice. backbone and being resolute definitely prevent slippage. And a healthy dose of self awareness.

Confidence

This is an interesting one. I'd definitely equate reading TRP every day to hanging around with a bunch of muscle bound meatheads hyped on synthetic testosterone. My confidence was higher with TRP but it was inflated confidence, not resolute or true confidence. It's like going out with the boys, you're on top of the world and take on anything only to wake up the next day with a hangover next to some chick you shouldn't have taken home. For that reason when i stopped reading TRP my focus on improving myself actually increased. The drop of confidence needed to be offset so I started studying more. Focusing on building internal vs external confidence. Starting my own business and leaving the comfort of a steady 40 hour work week wrecked me mentally depending on the week.

Not having a steady stream of security definitely fucks with you no matter how confident you are. No surprise that my relationships would swing with the swings of confidence. Luckily TRP primed me on how to handle adversity. I don't talk about my problems nor let them know what's really going on in my head. I'm a firm believer in captain and first mate. Any movement in the relationship was purely them picking up stuff subconsciously that I was projecting, which I'd see their reactions too, note and correct as needed. Relationships are 100% your responsibility and you being a Rock or a cuck, the relationship doesn't care and will act accordingly. Makes perfect sense from an evolutionary perspective too. A female isn't going to stay with a starving, defeated or unresourceful mate. Not conducive to her or her offspring's health.

Three Types of Confidence

I think confidence can be broken down into three parts. One part **External Confidence**, people giving you validation, praise, scorn, rewards, successes, failures, etc. One part **Internal Confidence**, yourself achievements, goals, desires, education, ability to tackle obstacles, etc. and lastly one part **Group Confidence** or inflated confidence. this goes back to attitude. If you are hanging around blue pills, you're gonna be blue pill. You have to have something to offset a behavior or level of confidence. If you have shit for confidence we tell you to fake it. If you have bluepill friend we tell you to stop having them. I personally make a mental note of distant towards actions or behaviors I never want to have. but I'm also not influenced by external confidence much, I don't really nor have ever cared what other people think. I can hang with my bluepill friend and it doesn't effect me, in fact the opposite, they start acting more redpill. You might be a guy who's the complete opposite though so stay self aware of what influences you and manage to control it. I'd recommend and pretty much all of TRP does as well though, focus on building internal confidence. You can use external or group confidence to bang sluts but long term it will fuck with your self perception and inner confidence.

Hopefully my endeavors of suffering now will pay off in returns later. Right now educating myself financially has probably been the biggest thing to improve confidence even more so than what TRP did. I just got done reading a message from a newbie about him being worried of having sex the first time. Being a virgin till I was 21 I can relate. In retrospect, pussy is one of the most shallow and unfulfilling resources of confidences. It's purely external & group related. Focus on yourself & inner confidence as much as you do trying to bang sluts and life will be hella easier. Banging chicks becomes easy mode as well.

hope you guys have had a good year, probably won't post again till I get financially afloat and then I'll probably do a write up on how I did it. So far I haven't had a 9 to 5 in 6 months and it's been the best 6 months of my life.

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UPVOTES

Interesting technique I developed for training your brain to be confident at all times.

Kennen1Trick · 3 November 2016 · Archived copy · Reddit

First off, I would like to say Thank all of you guys for this outlet. I was stuck in a rut. I didn't understand why I felt like I was banging my head against a wall metaphorically speaking. I knew I was confident. I am a catch. I'm fit, tall, smart, and funny. I had no self worth and couldn't even consider approaching a woman or even holding my head up as I go about my day.

After discovering this sub, I've had way more confidence. I'm just a lurker normally but just reading and relating to so many guys who have been able to overcome their blue pill lifestyle, I felt inspired. Today I look great, feel great. I couldn't have gotten here without this sub.

Without further pontification, I would like to share my secret for fooling your brain into being confident and keeping your chin up.

I pretend I have the majestic horns of a giant stag. I picture myself and all women with deer antlers. The women only have studs, more pointed and satanic the more attractive they are. I haven't quite worked out the psychology behind why I've become so much more confident from this method, however I feel much more stoic when I picture the appendages. (Who wants to have their head on a swivel with 50 lb antlers am I right?) This accomplishes two things. When I'm standing and pretending I'm showing off my 8 foot tall 24 point rack, I hold my head up, I puff my chest out, and I smile ear to ear every time this method has positive results.

This method also helps with selfdoubt. This was I think my main problem. I could be confident until I felt challenged. When a girl looked at me, it would totally throw off my confidence, now I just know she's noticing my antlers, and I haven't been this happy in a long time.

Upvote or downvote, try it for yourself, Idc what you do, I just needed to share my sneaky little trick to train your brain and give back to the community what's worked for me.

Again thanks to all of TRP for helping me find my confidence again.

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UPVOTES

"Sexual Assault" is Why I'm Endorsing Donald Trump for President of the United States

redpillschool · 14 October 2016 · Archived copy · Reddit

For the most part, we've stayed politics neutral here on TRP, limiting political discussion to how it applies to TRP (or how TRP applies to the political world), and what we can learn from it. This policy isn't changing any time soon; the last thing we need is for TRP to devolve into a political debate sub.

But discussion of red pill principles has always been on topic, and events that occur in the greater culture do affect us, as men, and are on topic.

This election season we're not going to be able to put up any walls between sexual strategy and politics, because the outcomes from these candidates are directly tied to the very cultural influences and trends we've been discussing here for the past few years. They're tied to sexual strategy.

To begin, I want to state with a disclaimer that TRP is not going to officially endorse one candidate or the other. If you lean liberal or conservative, or if you lean in any other direction, you're always welcome to discuss your viewpoint on TRP. This hasn't changed.

That said, I am posting this today to announce my endorsement of Donald Trump for president. And not in spite of his alleged sexual assault gaffes, but rather because of them.

Today's US presidential candidates do not represent Republican V Democrat. They're not representing a difference of economic or social opinion at all. I've had casual arguments with many people of different political leanings, and many have well-reasoned arguments for their disagreements on policy. The reason there's a political debate is because there is no hard answer to many of these questions. If economics was a solved field, we probably wouldn't even need elections today.

No, our presidential candidates are representing instead a system set up to increasingly damage the lives of men (and promote the choices, advantages, and positive outcomes for women), and those alienated by this system, respectively.

I'm sure you've heard the old adage that Democrats and Republicans are just two sides of the same coin. Our elections with a two-party system have been set up to offer us an illusion of choice, but no matter which party you end up with, the new boss is strikingly similar to the old boss.

Yes, the "liberal" media is against Trump, and democrats are crying louder than ever. But there should be no better tell that Trump is outside of this system than the fact that his own party is now turning against him.

It would seem that our entire culture is against Trump. If this didn't appear particularly damaging to his chances, I'd suggest Trump orchestrated this himself just to bolster his credibility with those disenfranchised by our system. But alas, this may not be good news for team Trump. Only time will tell.

This is a fascinating scenario on its own, but the point that interests me the most about it is on what pretext our culture saw fit to turn against Trump: An off-color remark about his legal, consensual sexual exploits.

Essentially, the establishment took a benign comment that uses coarse language, and made it into a sexual assault using their newspeak versions of consent and assault. They lied about what took place, but nobody is catching the lie because consent today means, well, whatever the hell works for the feminists' narrative.

Why is this election important?

The last eight years have been a great example of the left generating a society in which baseless attacks that involve certain keywords (such as "misogyny") will now be taken seriously in lieu of any actual proof or crime having been committed.

I hope that it's clear to any red pill veteran what the culmination of this past decade has achieved. The erosion and broadening of the term "consent" (among others) has played a pivotal role in the grand movement against men. By making the concept as nebulous as possible, it not only makes it impossible to play by the rules, but it retroactively makes any law abiding citizen that they point the social justice beam at into a guilty one.

There's no doubt in my mind that the past two terms have done more damage to our language and race/gender relations than anything I can point to in the past half century. Anybody who thought it was coincidental or unplanned should have another look at exactly how they weaponized these changes in language and relations to attempt to maim a presidential candidate. The worst part is, it might actually work.

Let's imagine the next four (or God help us, eight) years with Hillary at the helm. Is there any reason to believe that this war on language and men will subside? The very tools that put her into power will obviously be solidified, and built upon with Hillary in power. These tools are too effective to be used once and then tossed. They will be used and abused.

This is why I am officially endorsing Trump. I'm not here to get into the nitty-gritty details of foreign or economic policy, or discuss the best way to fix the healthcare situation in our country. I do have opinions on them, and coincidentally I believe Trump has pretty decent stances on a lot of them. But the reason I'm addressing this here on TRP and to this community is because what we stand to gain or lose is much larger than these items.

The war on men hasn't been abating as many here have suggested over the last few years. It's growing, and it's growing out of control.

The accusations of sexual assault are unfounded and convenient. People come out of the woodwork to accuse Trump of sexual assault years prior, but conveniently wait until right now to announce. The very accusation itself now holds as much weight as a guilty verdict, and our changing vocabulary ensures that any man, acting normally, would be considered guilty (both in the court of public opinion, and possibly in a court of law).

I know too well that these tactics and climate will affect more than just a presidential candidate. I know there are a number of men here today who have been on the receiving end of such false attacks. I know that these problems will only get worse for us as men, especially so if we endure more time under leadership that so willingly engages in (and takes advantage of) such nonsense.

When somebody accuses a powerful or famous figure like Trump of "sexual assault," I don't look the other way. I don't denounce them or their behavior. Instead I run towards them, because there is no truer signal which side somebody is on, than when they're given a bogus accusation by the establishment. **This is our beacon to find allies in the war.**

Do you ever wonder why, after an event like the Trump leak, reporters are quick to ask his endorsers: "But you don't condone sexual assault, do you?" Because the story they are trying to sell is that there is no question a sexual assault took place. They do this by distracting the viewership into thinking the only question left to ask is whether the bad people *think it's okay*.

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UPVOTES

Welcome New Subscribers! The newcomers from Reddit's yearly "THE REDPILL WILL KILL YOU INSIDE" post are arriving.

MUTHAFATHAGENTLEMAN · 6 June 2016 · Archived copy · Reddit

Welcome newcomers. We've prepared a great sidebar for you. Please do go ahead and read that, then sort by *TOP > All Time* and read that.

Every so often, there's a post about how TheRedPill has some great stuff about confidence and self-improvement, but it's all going to kill you on the inside. The most recent one came up earlier and so I thought I'd respond.

Feel free to ask questions or discuss below, there's lot of smart people here to help you.

The OP, with his post at the top: <http://archive.is/ctopL>

My reply:

I thought I'd challenge some of your points, I have some time waiting for my flight.

I'd preface this with a statement that TheRedPill, which has come out of the PUA community, is 100% a male focused strategy. It's interested in attaining the most utility for men, so it doesn't matter when people complain about it's "tone" towards women, because it's tone doesn't matter: TRP is not about what's best for women.

Secondly, I'll inb4 anyone tries to reject my arguments by saying something like, "You just sound like an angry virgin." (As if being a virgin, as a guy, is a bad thing.)

Why is it weird/wrong that we enjoy a prolonged adolescence where sex is fun and the points don't matter?

Because the points do matter. Studies have shown that having multiple prior sexual partners dramatically increases your odds of being unhappy in your marriage, which leads to divorce.

Often Cited Source

Another with more weight, since I don't like that one so much.

No one wants to date a man that whores himself around to feel less empty inside anymore than they want to date a woman who does the same.

I disagree. In my experience, when I'm in a bar and I come with 2 girl friends, picking up is much easier. Women like to see that other women want you.

A man who "whores himself around" has strong social skills, high emotional intelligence and a life that is attractive to the women around him. Good luck being a sexually active man if you're overweight, have no ambitions or confidence and can't talk to girls.

A women who does the same is a slut because this takes 0 effort. I've seen fat, ugly girls who have abrasive personalities going home with guys because the guy is thirsty.

Now, for a women to get a relationship from a wealthy and attractive man who is on his game, she must have good social skills, an interesting life and be charming enough to entice him.

A lock that is opened by any key is a shitty lock, a key that opens any lock is a master key.

Mind you, if she fucks you, she's a whore.

You're falling into the logical fallacy of oversimplification. I don't want to get into the pages that have been written about what you just tried to describe in four lines.

The fact is that women today bring little to the table. (Men are in many cases just as bad, hence TRP's preaching about self-improvement.)

Women and men trade sex for resources, at a basic biological level. Biology creates culture, which then creates ideology. [More on this here if you don't understand.](#)

If I meet a girl, kinda drunk, grinding on the dance floor, I can safely assume that she's not a virgin. From there, I can read the rest of her through our interactions until I have a general idea of what I'm willing to pay (in terms of commitment) for having sex with her.

If she takes a shitty deal and doesn't get ANY commitment out of me, that's very unattractive because she's probably slept with a TON of men before me. Men generally choose charming, happy, youthful girls, rather than jaded, abrasive and older (in spirit or in body) girls. If you've been with 50+ guys and been unable to extract any level of long-term commitment from them, that's really going to fuck with your head. [More on the "1000 cock stare" here.](#) And in that case, why would I want to commit to you? *Why buy the cow, if you get the milk for free?*

On the flip side, if a girl who doesn't bring anything to the table (isn't charming, isn't fun to be around, constantly challenges you, can't care for you on some level, etc.) then she can't ask much from me. I'm not going to wait 3 months to have sex with you because it's not worth the effort. Your friends will have sex with me, and they're just as vapid and boring as you.

For example, [this girl](#) gets pumped and dumped by a hot guy she's excited about and then gets mad about it. She is now telling her audience that waiting is the right idea. Sorry honey, but if you're not going to compete for men on price, you have to compete in other ways.

To sum it up, if I overpay (I take you out for 3 months when the last 7 guys fucked you on the first night) then I'm a chump. If you undercharge (You sleep with me 2 hours after meeting me) then you're a whore.

If you want to have a long-term relationship, then find a women who brings serious value and isn't a whore.

and not judge the women who do the same. [have casual sex]

Because men and women are different. Men are the keepers of commitment. (He decides when the relationship starts, he asks you out.) And women are the keepers of sex. (She decides when she consents to having sex, anything else is rape.)

A man who gives away his commitment easily is a man who falls in love with every girl who gives him attention. He's needy and desperate and it's pathetic to women (and everyone). Just the same, a women who gives her sexuality away easily is not worthy of commitment. These girls been sluts since the dawn of time, it's only now we're trying to change the definition.

The only people who insist you do [accept their ideology], reject you if you don't, are cults.

Obviously, this is not the case. Go to TRP right now and take a look into the threads. It's basically a giant debate. TRP advises against marriage, yet has a meta tag for, and often discusses, the problems facing men who are already in marriages.

They often debate the merits of marriage as "life on hard mode", and the benefits of bringing children into this world who you can mold into powerful men and supportive women.

To say there is no discussion in TRP is disingenuous.

That's a problem we MUST address.

So who is going to do it? Who is addressing these problems you claim are real for men? Are you?

Are you starting a community that offers advice and help for young men who are completely lost?

No.

You're just a critic that wants to silence something that makes you uncomfortable, while offering no alternatives. Meanwhile, feminism continues its march to destroy masculinity.

Every so often, there is a post or comment on Reddit about how TRP "seems not to work and [can] be really damaging". It gets a zillion comments and gets on the front page. It says, "TRP has some really great things to say, but in the end it's really bad for you. I wish they'd tone it down a bit."

But then the subscribers jump significantly in the weeks afterwards because it's not "much to do about nothing".

On that note, I'd like to welcome anyone reading this to go check out TheRedPill. Form your own opinions. Just a tip: before you start posting, I'd get a cup of coffee and start going through ALL of the sidebar. A lot of effort has been put into curating it.

913

UPVOTES

Obsessing over a slutty past is an indirect pedestal; Assume she's a slut, but don't obsess

Archwinger · 10 February 2017 · Archived copy · Reddit

There was recently a man lamenting on the Married Red Pill subreddit about his wife's sexual history. He was a virgin when he met her, and to date, she is the only person he has ever had sex with. When asked, she told him she had 2-4 previous partners. I'm not quite sure why she answered him with a numerical range, especially when there are only three integers included in that range, all three of which are a small enough quantity to clearly remember the accurate number, and none of which are socially embarrassing. It's almost like she didn't want to tell him, or was lying. But whatever.

Like most lost boys, this man didn't understand his problem. He said he felt like he was missing out, which is true. He did feel that way. But he thought that the reason he was missing out was because he had only had sex with his wife, while she had some previous sex before him. This was eating at him terribly, and he was wondering if it would be best if he divorced his otherwise satisfactory wife to have sex with other women.

Obviously, the "right" answer is to forget her sexual history. He's married, has two kids, and at least by his report, his wife is a good wife and mother. I don't think he'd be able to take it if he dumped her and she started fucking other guys, introducing his kids to them, and playing family with someone else. Plus, her sexual history isn't the issue he should have been looking at. The right questions are whether or not she's fucking him on the regular, whether or not she treats him with respect and deference, and whether or not she stands by his side and supports him as he leads their family forward. The fact that she fucked other guys previously, while he was too much of a loser to get any, doesn't really matter if she's a decent mother to his kids and treats him well today, both personally and sexually.

But this guy's issue was interesting, because he thought his problem was lack of sexual experience, or even just an aversion to his wife's potentially slutty past (assuming her professed sexual history was under-reported, which seems very possible given that she answered "2-4" instead of replying with an integer). Neither of these were his issue at all, however. This man's problem was much simpler: He had oneitis for his wife.

He was not obsessing over all the women he didn't fuck when he was younger. He was obsessing over all of the men his wife did fuck. He had given her all of himself, while he was only getting what was left of her after she had given herself to others.

He didn't feel like he was missing out on other women. He felt like he was missing out on his wife.

Instead of getting everything she used to be, he got what was left, after her past. And he was consumed with the idea – the fantasy – of his wife, the virgin, and how he should have gotten all of her, not just the remainder.

While it's not discussed heavily, this is really part of the reason why men are so repulsed by sluts. When we invest in a woman, we want all of her. Not just the parts she has left after giving herself to numerous previous men. We don't want to pay full price and give all of ourselves for half of a woman.

The thing is, this is classic oneitis. In the case of our example man, he had placed the idea of his wife, the virgin, on a pedestal. He failed to realize that even before she met him, and even before she'd ever had sex, his wife, the virgin, was still just a woman. She wasn't any more special, unique, or perfect than she is today. She was just another woman. Easily replaceable, and just as likely as any other woman to lie, cheat, leave, make shitty decisions, and so on, responsive to the right stimulus (the right stimulus most often including loser behavior from her man).

Ironically, in an indirect way, fucking lots of women before marrying his wife would have helped this guy out, but not for the reasons he thought. It wasn't fucking other women he had missed out on, nor was it evening the score before meeting his wife. What he was missing were the lessons best learned through experience: that sex isn't anything special, and women aren't anything special. If this guy had fucked his way through a few dozen women, the fact that one particular woman he was currently fucking had a sexual history wouldn't bother him. Because he'd

understand that sex isn't special, and this woman isn't special. He wouldn't idealize what this woman used to be, pre-sex, because he would understand that even then, she was just a woman like any other.

Worrying about whether one particular woman is or isn't a slut is, at its core, a form of oneitis. Unless you're a child and just starting to notice girls or travel in some extremely religious circles, all women you meet have some kind of sexual history, and on a broader scale, all women have some kind of life history. When we obsess over a woman's past, sexual or otherwise, what we're really experiencing is a fear of loss, a fear of missing out, or possibly a fear of buyer's remorse. We worry that if we invest in a particular woman, we won't be getting all of her, just what's left after her past.

These aren't socially popular thoughts, however, so the blue pill world has spun a narrative to twist things a little bit, in the form of modern sex-positive ideology. In the blue pill world, sexual experience is natural, healthy, expected, and even encouraged. It's practically regarded as an essential rite of passage for every girl to have a wild, slutty, casual sex phase, to "experience life", "figure out what she likes", and "get it out of her system while she's young", and people today laud this as a good thing. Since every human is the sum of his or her experiences, it stands to reason in the blue pill universe that a sexually experienced woman will know a lot of great sexual techniques, will be confident in bed, know what she likes and doesn't like, and so on. All of that slutty casual sex is regarded as a very positive experience that has enriched a woman and turned her into the great, sexually liberated person she is today.

The less extreme corners of the blue pill world are less sex-positive, but still fairly sex-neutral. Since the vagina isn't physically used up by having sex, the sex-neutral thing to do is to ignore a woman's sexual history. She still has a working vagina, nothing is used up, and therefore sex has not negatively affected her as a sex or relationship prospect, so we're not supposed to ask or care about her sexual history.

In contrast, the Red Pill's fixation on sexual promiscuity is a fairly sex-negative ideology. The notion that sex diminishes a woman, and if you invest in a slut, you're investing in a used-up, less valuable fraction of a woman that gave parts of herself to others before you, is a pretty classic sex-negative mindset. Not that there's anything inherently wrong with this mindset over the other two. Because in many cases, previous sex is very negative.

The fact is, we're all the sum of our life experiences, but not all life experience is positive. If one of your life's experiences involved having all of your limbs blown off, that experience has diminished you, not enriched you. If you're a heavily-traumatized rape victim and plagued by that baggage despite years of therapy, that experience has not improved your life. It's crippled it. Not all life experience is positive and enriching. And the same applies to sex.

The next time the blue pill universe tries to tell you that a sexually experienced woman is better than a less promiscuous woman, ask whether a rape victim is better off than a virgin. Nobody seriously believes that a bar slut who goes home with a different dick every weekend, desperately searching for validation from the touch of men, is actually a strong, empowered, liberated woman. Nobody thinks that's healthy behavior. Not all sex is positive.

But not all sex is negative either. A wife who has a very healthy sexual relationship with her husband is having exactly that: healthy sex. If her husband gets run over by a truck and she starts to date again, do the years upon years of sex she had with her husband diminish her or detract from her life? Of course not. If anything, her ability to build that kind of sexual relationship with her past husband reflects well on her. Likewise, if a girl you're currently dating fucked her previous boyfriend, but they were together for three years and had a very healthy relationship, does the fact that she has the ability to form a sexual relationship with a long-term boyfriend really ruin her? Of course not. I'd be more wary of a girl who was with her boyfriend for several years and didn't fuck him.

Now, am I saying that sexual history isn't important when judging a woman? Fuck no. I'm actually saying the opposite. Sexual history is vitally important. Detailed sexual history. Not just a woman's body count, but who she fucked, how, under what circumstances.

But society dictates that nobody is to share this information, and nobody is to ask about it, and if you ever ask, that immediately brands you as “insecure” and an unworthy prospect, which makes it okay to lie to you. The downfall of modern women isn’t that they’re slutty. Or I guess, it isn’t just that they’re slutty. It’s that they lie. You will never, ever, obtain an accurate recounting of a woman’s sexual past, because women know what sells, and they will lie through their teeth to get you to buy it.

In short, there’s no point in obsessing over whether a girl you’re currently eyeing is a slut. You’ll never know for sure, because she’ll lie and take great pains to hide it. Additionally, obsessing over the parts of her she already gave away, as though this woman, before she became a slut, was somehow special is a form of oneitis. It’s putting the idea of what this woman might have been previously on a very, very undeserved pedestal. The woman she used to be became a slut when exposed to the right circumstances, so it’s not like the woman she used to be was that great.

So for every woman you meet, you need to do two things. First, assume she’s a slut. Anything she says or does that seems non-slutty is probably an act, because women hide their slut-pasts. If she’s actually a non-slut, great, but the burden is on her to prove she’s an exceptional woman, not on you to assume she’s great until she slips up and gets caught in a lie. Second, pretend to be sex-positive. Act like you think sluts are cool and fun and funny and smart and that their stories, especially the sexual ones, are oh so interesting. Be open and non-judgmental on the outside, while secretly laughing at them on the inside. Make them feel comfortable as they fuck you while you seemingly don’t judge them for their past and silently place them in the fuck-only box.

The burden is on a woman to prove to you she’s more than just a fuck object. Not on you to seek out her favorable traits or to assume she’s awesome until she gets caught.

Check out this and other content at The Red Pill's off-Reddit site. Here's a [link](#).

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UPVOTES

The culmination of the pro-women movements and their unabashed abandonment of logic and reason is that their narrative can now be publicly misandric and any critical opposition is simply ignored as they march forward. Everything leading up to this has created the Hollywood sex scandal fever.

redpillschool · 12 January 2018 · Archived copy · Reddit



Follow

Hey James Franco, nice #timesup ⚖️ pin at the #GoldenGlobes 🏆, remember a few weeks ago when you told me the full nudity you had me do in two of your movies for \$100/day wasn't exploitative because I signed a contract to do it? Times up on that!

4:43 PM - 7 Jan 2018

3,446 Retweets 9,657 Likes



💬 1.3K ↺ 3.4K ❤️ 9.7K

 🐱  · Jan 8

Replying to 

Im a little cloudy on details if you signed for two films then i get that but if you agree to it once then did it again a second time if the first was so harrowing. obviously i don't condone any form of abuse to women/anyone just want some clarity

💬 20 ↺ 48 ❤️ 1.1K

  🌈 @ · Jan 8

If you are a true #male #ally then you wouldn't mansplain and then ask me to "clarify" before you believe me. Thanks though!

💬 153 ↺ 32 ❤️ 550

912

UPVOTES

Just dumped gf of two months. Feel pretty good.

[deleted] · 18 December 2014 · Archived copy · Reddit

912

UPVOTES

Reading Women; Maintaining Control

KeffirLime · 14 November 2019 · Archived copy · Reddit

Women are great at reading men. They are able to instinctively pick up how invested a man is or where they stand with him. They seem to know how much to give and when to pull back. This is because for many, many years, emotionally manipulating men was absolutely essential for their survival. They didn't possess the brute strength of the male to protect and provide for themselves, their survival depended on their ability to sway and manipulate men to fulfill their needs and wants. The better they were at understanding men, the better their chances of surviving.

Men on the other hand, tend to be terrible at reading women. They didn't need to manipulate or sway women for their survival, they could generally survive on their own simply by co operating with the other men. This means that men tend to be far worse at knowing where they stand with their women and they often don't know how much to give. More often than not they're completely blindsided when their encounters with women blow up and fall apart. For women it's intrinsic, for men, it's a skill that needs to be learned and harnessed.

The first step most take as an early Red Pill is defense mechanisms. Learning to recognize potentially harmful behaviors and react. Like if she want's to go with her slutty friends to Europe for the summer you inform her that that will be the end of your relationship. This is a useful tool to learn, it helps you avoid situations where you later find out she was blowing Chad and his buddies in his lowered Nissan Skyline, but it's not where it ends. Defense mechanisms are simply treating the symptoms, they are not designed to treat the disease.

If your woman is talking to you about going to Europe with her friends, the problem is not going to Europe, the problem is that **she even wants** to go to Europe. It's indicative that "girls party time" is more important to her than the sanctity of her relationship. Women who are smitten with their men don't want to go on trips with their hoe friends, they don't want to go on coffee dates with "hes just a guy friend", they avoid those situations all on their own because they don't want to risk losing the what they've got.

You telling her that you'll end it if she goes doesn't mean that she didn't want to go and a similar problem will manifest in a different way soon after. This is because you're not in control, you're doing damage control. You're not dictating the frame, you're reacting to it. Had you been more in tune with her behavior and better at reading it, you would have noticed the signs long before. You would have reacted and she would never get to the point where she's coming to you with ridiculous requests.

How do you know? What do you look for?

First you need to establish a baseline dynamic between you two. It can be whatever you want, but male-female relationships function best with masculine dominance and feminine submission. I like mine where she's sweet and submissive. She messages first, she does cute little things for me, cleans my place, fucks me like an animal and doesn't go out to places she knows could be compromising. She cock blocks other dudes herself and always respects me, no bitchiness allowed. That is my baseline, it's how things always are. From there on out it's simply maintaining that baseline with a healthy amount of subtle dread, like keeping up my appearance, my career, social life and generally not falling into beta bitch habits(If you are unaware of how to establish a dominant baseline, you should only be focusing on gaining experience).

The signs that tell me that things are veering off path is when there are deviations from that baseline. A women's behavior is a projection of her internal state, if her behavior is changing, it's early signs that her feelings are changing. If you notice she's not messaging as much, or she's being less sweet, she's being more bold and bitchy or the biggest most obvious tell-tale sign with women, when shes not as keen sexually, then it's an alarm bell and you need to take back control. It's a clear sign that she is getting too comfortable and comfort kills attraction.

The simple fix is to change gears from subtle dread to direct dread. Withdraw attention from her, communicate less, be less affectionate, talk to other girls directly. Due to women's heightened ability to read male behavior she'll quickly pick up that her behavior is yielding a negative response from you, pushing you away and reducing your

interest. This will spark tension and competition anxiety as the prospect of losing you dawns on her. She'll then adjust her behavior back to what works and you'll be back at your baseline. Continue this for as long as you want the relationship to last. Notice the changes, react, back to baseline.

This allows you to consistently dictate the frame of the relationship. It allows you to establish the baseline you desire and maintain it. You're not allowing small symptoms to fester into monumental shit test like hoe trips with the girls or coffee dates with Barry. You're being proactive and nipping it in the bud to give your self the interactions with women you desire. When guys go on askTRP saying their women is acting up what they're really saying is they've missed all the signs that there's was a problem and its finally manifested into a shitfest.

911

UPVOTES

"We are working on changes to make reddit a safer space for discourse."

Garl_Vinland · 7 May 2015 · Archived copy · Reddit

I've always wondered how long reddit would let subs like this exist. Over the past few months there has been an increasing amount of censorship (just look at the CEO lawsuit shit) and shadowbans resulting from it.

Yesterday, reddit admin [/u/kickme444](#) had this to say:

We have a problem right now where there are people/communities that exist under the "freedom of expression" point, that do not create a safe space to encourage participation.

The order of these points is important and a safe space to have discourse is of the utmost importance to reddit. We are working on changes to make reddit a safer space for discourse.

If you're not familiar with the term, 'safe space' is pure SJW-speak for a hugbox. And he used it 3 times in as many sentences. Who do you think is going to define what makes a space safe?

Surprisingly, I don't see many people talking about this. To me, this is as close to a warning as we're ever going to get. Either admin imposed changes to subs or full subreddit bans are the only thing he could be alluding to.

To restate what has been said before, www.puerarchy.com is the place to go for news in case of a shut down.

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UPVOTES

Guy's girlfriend pushes him to open up the relationship. Guy decides he deserves better and dumps her. Girlfriend subsequently has a mental breakdown.

TheRedPillsner · 24 May 2015 · Archived copy · Reddit

I was just browsing the relationships subreddit and saw this thread which gave me my good laugh of the day.

<https://archive.is/WwKkv>

Whoever the guy who posted this thread is, he's red pill as fuck. Listen to some of the remarks by him:

My girlfriend works in a job where it's basically her a bunch of women and this one guy. This one guy that works there is a real ladies man type guy, and my girlfriend is enamored by this guy. Nothing new, here I get it we have been in a relationship for a long time, and lusting after something new isn't bad.

Good old Chad Thundercock. You can always count on him to show up and give 'gina tingles to women who are already in a relationship.

However, my girlfriend started pushing more than that. She basically started asking me "what if I was to have a threesome with you, if I was to sleep with another guy." She started pushing more and more, about things we should do before we tie the knot and become boring old people. Then she started saying that I worked out so much, and look so much better, now than when I first got with her, now was my chance to get some more action etc. And she started really pushing this idea of an open relationship.

But unlike in many of these threads, the woman's boyfriend is pretty alpha himself. He works out, he takes care of his appearance, and he's capable of getting other women.

I realized, that her crush was something far more than that. And I didn't need her in my life, there were some complaints I had about the relationship, and now was my chance to find someone new that didn't have those faults. So I simply told her that this isn't something I want to do anymore, and that I think we should see new people.

The guy is smart enough to realize what a shitty deal he's getting and bails from the relationship. Like I said: Red pill as fuck.

I don't think it sunk into her, until like the day after when I deleted her off social media. Then she legitimately snapped. She forced herself into my apartments (roommates were there), and just sat there crying. She ended up buying me some really expensive shirts (\$300+) for me to show me her love. And in general she is going crazy, she has taken sick from her work.

I think it hit her that she sacrificed an exclusive relationship with an alpha because she wanted to have her cake and eat it too. Worse, she's 28 years old and on the verge of hitting the wall, so she's probably gonna have to settle for a beta bucks if she wants kids. Meanwhile, her ex-boyfriend will likely spend the next little while banging hot women in the 19-24 age range.

I don't have any desire for getting back together with her. I know a lot of people will say I am bad for giving up on a relationship after so many years. But the thing was, I cared about her, but when she started talking about her lust towards the other guy, it basically killed my feelings towards her. And honestly, **I am at a point in my life where I am happy with how things with just me are. I know I am an awesome person, and I don't need to convince anyone to stay.**

Holy shit, even if this guy has never visited this subreddit before, he's truly got a red pill mindset. He doesn't depend on other people for validation, he provides it to himself.

The rest of the thread is him looking for advice on how to stop his ex-girlfriend from messing with his life if she gets vindictive. And also people patting him on the back for dumping her (there are a lot of RadFems and white knights in the relationships sub, but on a whole that subreddit *hates* infidelity).

909
UPVOTES

How the Feminine Imperative is Destroying Reddit... on Purpose

redpillschool · 15 July 2015 · Archived copy · Reddit

While I don't much care for the drama taking place in the greater reddit, we just recently saw a new announcement from our new CEO letting us know that we've just traded one master for another, and free speech is on the chopping block in favor of making reddit a safer, cleaner environment, absent the dark underbelly that erodes reddit's morals.

I thought it would be worth while to analyze what's going on here, because it's actually very relevant to what we study here at TRP.

Those of you unfamiliar with the term "Feminine Imperative," it basically boils down to this (borrowed from Rollo's blog):

The Feminine Imperative is the presumption of a feminine reality. It is a pervasive set of memes and conventions which shift the ownership of women's personal liabilities for their sexual strategy to men.

It is this very imperative that defines the mainstream culture we live in today, shifting criticism and critique away from females and their strategy, and imposing values on men.

Looking at today's culture, just the discussion of female sexual strategy labels our board as women haters and sexists. Our entire political system is built around appeasing women and their made-up threats- the rape hysteria, the wage gap.

You are either found in accordance with the feminine imperative, or you are found committing political suicide.

It's the effect that produces these following nuggets:

- If he cheats on her, he's an asshole. If she cheats on him, it was because he was an asshole.
- If she has no-strings-attached sex with him, she's expressing her sexuality. If he has sex with her and won't commit, he's a asshole who used her.
- If a man and woman are both drunk and have sex, he raped her.

All of these are "true" by social convention. It's obvious when you look for it, but it's "true" because most people aren't looking for it.

Rollo often refers to this as "the matrix" and it's where we've gotten our name "the red pill" from, which is breaking free from the feminine imperative to understand what is really taking place.

We ask ourselves, in what way do these views and beliefs help us? And we discover that they don't.

In the 90's there was an extreme push in our culture for men to get in touch with their softer side, to embrace feelings and focus on equality and communication with women. We were taught that the best way to attract a woman is to be open and honest and tell them how we feel. Don't be the macho asshole, be the underdog nice guy who understands your feelings. Anybody who wants to deny that would have at least two decades of movies and television shows to answer for.

The reasoning in our minds was that women were looking for this new version of masculinity- any why wouldn't we believe it? Feminism spent a lot of time convincing us that women were oppressed, and that it was men and masculinity keeping them down. So we believed them and did what they wanted.

And it created this world of peter pan boys who didn't grow up and needed a website to teach them what the hell being a man actually is.

This is the Feminine Imperative. And it survives and thrives off of two factors that I can think of:

1. It utilizes the male's proclivity for wanting to comply with or help women in need in an effort to win her favor and have sex.
2. It tirelessly breaks into male spaces to make sure number one can take place.

The feminine imperative cleverly disguises itself as morality, so once broken into a male space, it uses these mechanisms to inject feminine values and use social norms (or shaming) to try to temper the discourse and modify the tone.

From Rollo's **Male Space**:

Men unaccustomed to having women in their midst generally react in two ways; According to their proper feminized conditioning, they embrace the opportunity to impress these 'trailblazing' women (hoping to be found worthy of intimacy) with their enthusiastic acceptance of, and identification with, their feminine overseer(s), or they become easy foils of an "out moded" way of thinking that the new 'in-group' happily labels them with.

There is no coincidence that the new politically correct movement, and social justice warriors, and feminists all overlap. They all have one thing in common- they are to appease women above all.

And the end goal is easy to spot. When discussion is open and free, the danger that takes place is a new cultural morality that may take hold in a portion of the population. This is a direct threat to the feminine imperative. The very discussion of sexual strategy (and women) leads us to discover that most mainstream values and ideas are actually nothing more than a cover for women's behavior, and this type of discussion can only lead to less compliance by men, and ultimately disrupt the freedom that women have for their own sexual strategy (hypergamy).

So they tone police and frame it as morality, but make no mistake the end goal is to prevent discussion from happening that does not conform to the feminine imperative. Because the very discussion is a threat. Knowledge is a threat.

Interestingly enough, the administrators at Reddit may very well be unknowing pawns in this battle. Because we know the feminine imperative frames itself socially as morality, the admin and CEO aren't necessarily making moves because advertisers are actually putting pressure on them, but instead they believe they are making moves because they are moral and right, and that if the feminine imperative is to be believed, the business and advertisers will be quick to jump on board. Because it is *right*.

How could people be so lead astray? We already know that a number of red pillers (or those at the red pill apologetic center purplepilldebate) try to pay lip service to this feminine imperative. I see it time and time again, in quotes like:

"I agree with most of TRP, there's some good stuff there... I just don't know why they have to go so far into that hate stuff..."

or

"There's some good advice there, but it's ruined by how much hatred and anger there is..."

You know what you'll never catch me doing? Denouncing the anger, the fringe, or any of the extreme elements of The Red Pill. You know why? Because it serves absolutely no purpose but to appease the feminine imperative. And once that sneaky little bitch gets her foot in the door, that's when the race to the bottom begins.

I embrace the anger, and every single dirty fringe idea we have on here. Not because I agree with everybody, no. I embrace it because it is our strength and protection against the feminine imperative. I embrace it because tone _____

policing and topic policing *is* a race to the bottom. I embrace it because either it belongs here, or we perish as a forum.

People have asked me time and time again if we can remove some of the "dirtier" elements of trp, or change the language to be more palatable to the greater reddit. I have always, and will always say: NO.

Reddit is in a race to the bottom. When they decided the first round of unsightly or distasteful subreddits needed to go, they started the countdown. The feminine imperative will never be satisfied, and will continue its work until there is nothing left. Every time reddit cuts off what they believe to be the worst 10%, a new worst 10% is created.

And that's exactly what the feminine imperative does.

If you haven't already, you may reserve your reddit username on Puerarchy for use on our off-site backup board in case of emergency. We have no plans to move to the new forums unless we are being shut down, but you're welcome to register now! <http://www.puerarchy.com/verify/index.php>

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UPVOTES

Stop being a martyr and learn to be selfish

hawkeaglejesus · 24 May 2017 · Archived copy · Reddit

One of the defining characteristics of man is his predilection for sacrifice.

A man is expected to go off to war to die or get maimed, while the men at home pay more taxes so that women can have free birth control and raise college tuition rates due to Title IX.

But why do this? Why put in more effort when it doesn't benefit you in any way?

Pulling on this thread is the key to finding the blue pill conditioning inside you.

Delayed gratification; holding off on immediate reward to receive more reward later. This idea has to be planted into the psyche of child and nurtured over many years until a man's entire identity is ego-invested into his ability to sacrifice for the "greater good". Like a pavlovian dog you're conditioned to do certain things using covert contracts.

- Eat your veggies and you'll get two scoops of ice cream for dessert instead of one.
- Charge grandma \$10 to rake the leaves, or do it for free because you know she'll slip a \$20 in your coat pocket when you're not looking.
- Be a good boy and Santa will bring you gifts. Be a good man and you will be given entrance to heaven.

That is the essence of chivalry. You do not explicitly ask for a reward, because you've been conditioned to expect one as part of a covert contract.

But therein lies the greatest hypocrisy of selflessness and martyrdom; it only works as long as the martyr expects a reward for his actions.

The entire concept of karma is inherently a selfish ideology. You're not a good person for the sake of being good, you're investing in a pseudo-spiritual ponzi scheme and expect to "get out of it what you put into it", "what goes around comes around", and "good things come to those who wait." Islamists aren't blowing themselves up because they hate infidels, they're doing it for the 72 virgins.

And while I admit sacrifice is a necessity, after all any great society would not be what it is without the sacrifice of men, it is ultimately a sisyphian task where each time you satisfy the existing list of demands a new list arises to take its place. Look no further than Feminism.

The truth is, Game for women is learning how to manipulate that conditioned response to their benefit.

Just as Pavlov could get his dog to salivate even when there was no food present, women are able to get men to sacrifice even when there is no longer any reward.

Like a ponzi scheme women have figured out how to take advantage of this. Ask for large upfront investments, kick off a few small returns, and keep the investor hooked with promises that a big pay off is coming, but it never does. A Beta orbiter will spend hours listening to his oneitis talk about the guys she's fucking, drive an hour to give her a ride home from the bar, hold her hair while she vomits, and spend what little money he has on gifts and all she has to do is say, "You're such an amazing guy. Why can't the guys I date be just like you?"

And that little burst of hope and validation, being told you're a "good guy", is all it takes to perpetuate more investment. She'll recognize his sacrifices eventually right? If he's the hard working ant while the grasshopper is

fucking the girl of his dreams, surely he'll get his reward soon...

But the reason you're here today is because you realized this is a lie. Like a restaurant which brings customers their food first with the expectation of payment later, you've seen far too many women simply run out on the bill.

Which is why I advocate being selfish asshole.

To me, the definition of asshole used to be someone who goes out of their way to make the lives of others worse. But that is not the definition that women hold. To women an asshole is simply a man who refuses to get with the program. A man who refuses to be a martyr because he knows there is no reward waiting for him on the other side.

A "normal" man is expected to give away his work for free and *hope* that payment will come. An asshole says "fuck you, pay me."

Society (women) will tell you to "Do the right thing" and you have to ask "Why?" Why is it that 99% of the time the "right thing" is one where you benefit and I don't?

Because the only thing they have to offer in return is validation. You give them what they want and in return you're given permission to call yourself a "good man."

Guilt and shame are their weapons. The implication that by refusing to go along with their emotional manipulations it means you're a bad person. Martin Luther caught on to this scam 500 years ago when the Catholic Church took your soul hostage and offered to sell it back to you.

Advertisers and women are just as savvy. Why shop at Starbucks and Whole Foods? Because we'll give away .0001% of our profits to charity and that means you're a "good" person for giving us your money.

Be a "bad" man. Be an asshole. Because assholes have committed the dastardly crime of defining their own self worth instead of buying small chunks of it at a time from the women who have assumed ownership of it.

When an asshole sees a girl he thinks, "She seems cute. I'll go over and talk to her and if she's interesting I'll ask for her number."

Instead of "Oh no! I'm objectifying a woman's value based on her appearance. But because I didn't actually go over to harass her with my presence that means I'm still allowed to call myself a good guy unlike that asshole over there. Thank you Feminist overlords!"

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UPVOTES

Post-post-wall single women figure out that when they're old enough to have gray hair, men don't find them attractive anymore. Wow, who knew? Now they call it "gray-shaming" and pretend it's another way that "society" is being sexist to women.

Comicus · 2 May 2018 · Archived copy · Reddit

<https://twitter.com/attn/status/990981603374616576>

Correct me if I'm wrong, but this is like the ultimate hamstering. These women had all the time in the world - literally decades - to settle into a stable relationship and build families, but decided to spend an extended period of time riding the cock carousel instead. It never occurred to them that their *one* good quality that made guys desire them and allow them to have high standards, despite their shitty personalities, had an expiration date. Now that it's faded away and nobody wants them anymore, maybe it's time to reflect on poor life choices? Maybe admit that they should have settled for one of the guys they thought they were too good for when they were younger and still had a chance? Wrong! *They're* the victims, and it's everyone else's fault but theirs!

The gray haired woman complaining about "the dating apps" was the best part. Sweetie, if you're that old and still using dating apps, *you're* the one who fucked up. Also, how much do you want to bet the preferences she states are identical to what she wanted when she was 21? "I still deserve a guy who's over 6 feet, fit, rich and has no kids...even though I'm older than dirt, have saggy tits and have kids who have kids."

And naturally, their examples of how men have it better include guys like George Clooney and Anderson Cooper who've aged abnormally well, ignoring the majority of single men their age who are balding and have pot bellies and extra chins and are probably not doing any better than their entitled female counterparts.

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UPVOTES

If You're Afraid to Lose Her, You Already Did

imatahigherplace · 21 June 2021 · Archived copy · Reddit

Good afternoon once again gentleman, another short and sweet topic for you all.

Abundance. If you don't know what it is, I suggest you do a deep-dive of the sidebar, but to keep things simple, abundance is basically not framing your LTR, FWB, hell, even a plate to be the centerpiece of your life.

I've seen it time and time again. A guy will somehow stumble his way into some pussy (this is rare for him), he asks himself, *"this is great, I've never felt a greater feeling in my life, but what will I do if I ever lose her?"* The moment you start to ask yourself that question, the answer is you've already lost her.

We all know that women as a whole are narcissistic, emotion-driven beings, but that doesn't mean she wants to be the center of your attention 100% of the time. Fuck what she says, did you hear me? **She does not want to be the center of your attention 100% of the time.** Now I don't say this to say you should neglect your LTR, by all means, you should give a fuck about her if you've given her the title of girlfriend, wife, whatever, but that doesn't mean she's the only thing you've got going on in your life.

Let me give you guys a checklist of ways you will lose in the long run if your ultimate goal is to not have your LTR branch swing:

- The moment you cut ties with female friends because she is jealous, insecure, etc... you lose.
- The moment you stop going out with the guys so you can stay in and watch episodes of *90 Day Fiancé* with her... you lose.
- The moment you go from 6 days in the gym to 3 or 4 because you can't bring yourself to leave her alone in bed... you lose. In fact, if you were any type of leader in your relationship she would be bringing her ass to the gym with you.
- The moment you stop progressing in your career, because you've already got the car(s), house, and a girlfriend or wife that's fucking you, why should you care about moving up or doing something different? You lose.
- The moment you stop making decisions for the betterment of yourself in place of making decisions for what she wants... you lose.

You get my point right?

Now this isn't just for the men who lose sight of who they are and the things they need to take care of as a man just because they slipped into some pussy, it's for the guys who are on their purpose for the most part and still get an intrusive thought every now and then that goes *"this relationship is going great, but what if she finds a better guy, what if she leaves me?"*

Yes, what if she leaves you? The answer is **you shouldn't care.** It should be nothing but a blip in the almost century-long timeline each of us is given. No woman on this planet is a unicorn, I don't care how bad your mind wants to believe so. There are no better women, or different women, **there are just women.**

The problem that I see a lot of guys run into when it comes to LTRs or even FWBs is that they frame their entire lives, their whole sense of identity around their current relationship. That's why if and when the relationship ends they're left in limbo, picking up the pieces of what they think life was before that woman showed up in their life.

Gentleman, for the sake of rambling I'll leave you all with some key points:

- Your woman is in a relationship with the man she met before you even knew she existed. Never stop being that man, and never let a single woman on this planet shift your thinking or your beliefs.
- Eventually all things must come to an end. Whether your relationship will last a few months or a couple of decades, only time will tell. But always remember and never forget: **she's not yours, it's just your turn.**
- **Don't stop doing the things you love to do.** Go fishing with the guys on the weekend, work on your project

car, no days off at the gym, etc. It doesn't matter what it is you love doing, as long as you don't STOP doing it.

- **Never stop working on yourself** in place of placating to a woman's wants/desires. I get it, you got the hot girl so you feel like the man and don't need to work on yourself. Don't be fooled, self-improvement is a lifelong game. Don't be lazy and complacent.
- **Be attractive.** This one is self-explanatory, but I seen too many guys fall off the wagon as far as looks go once they get into a relationship that I had to hit on this. Your girl might tell you it's okay if you're getting a bit of a beer belly and haven't gotten a haircut in a few weeks, but it's not. My guys, never stop being sexy.
- **No woman on this planet is special.**
- Never worry about if (really, when) your girl is going to leave you, **enjoy her while she's here and forget her when she leaves.**
- Remember every girl that you told yourself was the "love of your life", another one came right after her.
- Woman are fickle and their decision to branch swing rarely make sense, that alone should help you not worry when your turn is up.

"These hoes, they for everybody."

Respectfully,

IAHP

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UPVOTES

Your Devotion is Worthless

Whisper · 29 May 2018 · Archived copy · Reddit

Most men who fail with women, fail because they apply the "**Golden Rule**".

They treat women how they would wish to be treated, and, when they desire love, they act in a way that would inspire love in *them*. But men and women are different, and they want different things. **How you wish to be treated, women hate. And how women wish to be treated, you would hate.**

The easiest way to understand how this is so, is to understand *why* this is so.

Many of you are in university right now, and some of you are nerds and will graduate with degrees in Computer Science, while others are losers and will graduate with degrees in Literature. Five years after that, you will have very different experiences.

The Literature graduates will be desperately looking for a job, any job, and worrying about the rent.

The CS graduates will be ducking phone calls and emails from Amardeep Nagpal, who wishes to advise them of much very fine opportunity to move to San Francisco and spend sixty hours a week coding javascript for some shitty startup's website for fifty bucks an hour. He also wants them to have a blessed day.

Now, the Lit guys would be thrilled to have a job come looking for them, and aren't going to understand that *software engineers loathe Amardeep for the same reason that women despise attention from most men*. It makes no difference to the engineers that Amardeep is very impressed with them, they get that every damn day. They are swimming in a sea of attention from the Amardeep Nagpals and Pritesh Krishnamurtis of this world. They hate them because San Francisco is a shit city, working sixty hours a week is a shit life, and fifty bucks an hour is a shit wage.

Men who court women by telling them how devoted they are making this same mistake... **men's devotion is worthless**, because girls have been swimming in a sea of constant male attention, love, and devotion since they were old enough to recognize emotions in other people. Offering them your love and devotion is like offering them plenty of air to breathe. They can get it anywhere. What they want isn't men who care, but men who are awesome.

- Do not offer women your devotion. Your devotion is worthless.
- Do not show them how deeply you care about your their feelings. *Everyone* cares about their feelings. Human beings are genetically hardwired to care about their feelings.
- Do not tell them about how awesome you will treat them. Everyone is nice to them. Human beings are genetically hardwired to be nice to them.
- Show them how awesome you *are*.

Men want to be treated awesome by someone okay. Girls want to be treated okay by someone awesome.

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UPVOTES

Feminist subreddit made new default

ibuprofiend · 7 May 2014 · Archived copy · Reddit

According to the Reddit blog, they just changed the default subreddits, adding [/r/TwoXChromosomes](#). Since it has barely any subscribers compared to popular subreddits (the old standard way of becoming a default was based on subscriber count), I can only assume it was handpicked by the admins to indoctrinate new Redditors with feminism and attract more women to the site.

Do you see trouble brewing? Is Reddit turning into Tumblr? And if so, should TRP have a lifeboat on another site that we can turn to when this sub is eventually taken down?

EDIT: **Welcome, downvote brigade. Stay classy, Reddit.**

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UPVOTES

The Art of Whore: Why Betas Marry Leftovers

tits_out_forTheBoys · 21 June 2015 · Archived copy · Reddit

This is a re-post of Red Pill gold.

Submitted over a year ago, it appeared when our blessed male space was probably less than half its current size. When I first came here, crawling away from a relationship which ended after my ass got beaten half to death by 3 White Knights, I was lucky enough to read it. It cut to my fucking core, and helped me put a giant foot forward in killing my inner beta.

This sub is now much larger and still growing at a pace that's multiple times faster than your average tech startup trading on the NASDAQ. Sadly, this post has been hidden within the depths of The Red Pill archives.

I say fuck that. It deserves better. This is a "greatest ever" type of post, and any newbies who've stumbled here during their darkest moments need to read this shit, save it, and re-read it in the future. I don't want you to progress at the same pace as I did; I want you to *surpass it*. Be better than me. That's why I'm here. Great men gave me the exact same treatment a year ago, and I owe it to them to follow in their footsteps.

And most importantly, enjoy. This shit is just as funny as it is true.

This entry was originally posted in The Empty Halls of University of Man on May 21 at 12 AM, as a gift to you from Professor Mentu

Bottom-feeding scum sucking Cory Catfish, thy name is beta.

Thank you for cleaning the algae and fecal remains of bigger, stronger, faster fish from the pond of society. You are the homeless guy I give my leftovers to, packaged in a glossy takeout box from a restaurant you could never afford. You, beta, are the malleable putty that fills the karmic gap between what she wants and what she deserves. If ever there was an exultant scavenger, a happy beggar, or a willful fool foraging through the rotting leftovers of discarded femdom like a soon-to-be roadkill raccoon, it's you. Thank you for your service.

- A man with options would never put a ring on anger that's been wrapped around a dozen cocks.
- A man with options would never pay the ultimate price of commitment for a born-again virgin fucktoy.
- A man with options would never let his son's first home be a womb that's seen more traffic than I-35 during rush hour.
- A man with options would never allow his son's first kiss to come from the lips of a mouth that's hosted lotsa cocksa.
- A man with options would never let his son's first nourishment come from a rack that can be viewed on any number of cell phones.
- A man with options would never let his son's first throne be the lap of a woman who's been passed around like a blunt at a frat party.
- A man with options would never be a dickstand for a woman who squandered her youth and beauty on the men who respected her the least.
- A man with options would never consider being the last man standing at the end of a long line of conquests she racked up while being the Grand Marshall of a rather impressive cock parade.

Do men with options pass up on whores because of religious ethics?

Sometimes.

Do men with options pass up on whores because a promiscuous lifestyle stunts a woman's ability to bond with her husband and children?

Yeah, I reckon.

Do men with options avoid committing to whores because of social pride?

I certainly hope so.

But there's one gloriously simple, easy to define and even easier to defend reason why men with options do not marry whores: They don't have to. Beta males have four primary deficits when it comes to making sound relationship decisions, which leads them to permanently settle down with Gangbang Barbie after the rest of us are done with her.

The Art of Whore: Why Betas Marry Leftovers

(1) Their inability to identify a whore/slut

Thanks to a lack of experience with women, betas believe that a whore is a filthy girl who will sleep with just about anybody. When their pea-sized brains conjure up the idea of a whore, they imagine a woman who stops at a red light, sees a man waiting at a bus stop, and has an unbelievable urge to put the car in park and go bang him. Betas think a whore is a girl who goes out to the bar four nights a week and bangs four different men. Dead wrong.

With this definition of a whore, it's no wonder why betas defend women — they've never seen a whore. But in reality, whores are selective. In fact, they're probably the most selective women in the mating market.

The Art of Whore is displayed by women who harness their sexual power and unleash it with stunning accuracy on the men at the top of the social hierarchy — often in a serially monogamous fashion (with a few "mistakes" along the way for good measure).

Wake up, beta. That nice girl in your social group who has a different boyfriend every three or four months on average, has casual hookups on vacation, and has that "special friend" who keeps her warm at night in between boyfriends is a two-bit worthless whore.

"But wait, Mentu! Most girls do that these days!"

Now you're getting it. Walk with me.

Whore is not about a number; it's about her decision-making abilities and the value she assigns to sexual congress. Women are the gatekeepers of sex, so the men she lets through the gates — regardless of how many or how few — tells you everything you need to know about her relationship value. I don't care if she's slept with 5 men or 50 men; her sexual past reveals her relationship worth and her ability to make sound decisions.

Take for instance a healthy 28-year-old woman. In my experience, your average American woman has had anywhere between 12 and 23 sexual partners by this time. Let's call it an average of 17. A reasonable man would not assume that all 17 men dumped her, or that she dumped all 17. A myriad of reasons, situations, emotions and circumstances led her to this place. So what does this tell us?

It tells us that a number of men just had fun with her (promiscuity), she had to bounce a number of men after she opened her womb to them (bad decision-making), and a number of men sampled a mini-relationship with her for a while and decided not to keep her around (low value).

So, beta, which of those 3 traits — promiscuity, bad decision-making, and low value — would you like to have instilled in your children? Which of those traits do you believe will make her an excellent wife? Which of these traits do you believe will not increase your likelihood of being cheated on or landing in divorce court? Can you see yourself waking up in the morning, rolling over, looking at her and thinking "Thank God I committed to a worthless

whore who has a 15-year track record of making bad decisions?" Of course not.

But this leads us to the 2nd primary deficit of the beta:

(2) Their susceptibility to shaming language

Betas cower in fear and quickly acquiesce when confronted with shaming language. "I'm not like that anymore", "You can't judge me", and "A woman's worth is not decided by her sexual past" seem to be the go-to responses for women who find themselves in the awkward situation of justifying why they've banged more men than can be comfortably seated in a small Family Diner.

For the record, the correct responses are "Yes you are", "Yes I can", and when it comes to marriage, "Yes it is."

Does promiscuity make her a bad employee?

Nope.

Does it make her a bad friend?

Nah.

Does it make her an evil person who is likely to knock over a liquor store and steal a getaway car?

Not at all.

Does a promiscuous past mean she can't do good in the community and make profound societal contributions?

Of course not.

Does it make her a high-risk marriage partner and a shitty role model for your children in a society built around the family unit instead of the "it takes a village" approach?

According to the church, the Center for Disease Control, your buddy who laughs at you behind your back, biological evidence, gender anthropologists, a growing number of psychologists, your own gut instincts, and yours truly: Yes, it most certainly does.

It always amazes me how betas will agree with a woman that her past education reveals her dedication to scholarly pursuits, her past work experience reveals her quest to improve her business acumen, her past payment history reveals her credit worthiness, her past workout routine reveals her desire for a healthy lifestyle, and her past volunteer efforts reveal her heart of gold, but her past sexual habits reveal absolutely nothing. That, my beta friend, is The Art of Whore.

If you buy into that shit, you deserve whatever ill may befall you.

(3) Their unnatural dedication to the female definition of "fairness"

Here's where the rubber meets the road for most bottom-feeding beta males.

We've all heard the statement, "It's not fair that a woman who sleeps around is a whore, but men who sleep around are studs!"

There has been more than enough digital ink spilled on this topic within the manosphere, so I won't go into it. Everybody knows it's easy to be a whore, but hard to be a player — and society doesn't award trophies for doing easy shit. It's not a double standard; it's two different standards for two different genders with two different barriers of sexual entry and two different sets of risk factors.

But forget that for a moment. For the sake of this article, let's assume that the woman's statement is true. That's right, let's assume for a moment that there is an unfair evil double standard afoot.

What the fuck do you care?

If you're a beta male looking for marriage, it's not your job to be fair — this is your life, not a general

assembly at the UN. Your job is to find the best mother for your children that you possibly can.

It doesn't matter if you banged 5,000 women on camera last night; you need to find the most competent, capable, qualified, trustworthy, physically and emotionally stable woman you possibly can to help raise your children.

Let her worry about your past and whether or not she thinks you're qualified to be their father, and you focus on her qualifications.

Come to think of it...*That actually sounds quite fair, wouldn't you say?*

(4) Their lack of options

When it comes to liaising with whores, Alphas are volunteers, and betas are voluntolds. The Art of Whore is not lost on the Alpha male — they volunteer to use them for what they're good for, then pass them off to the betas who are voluntold to put a ring on their anger.

Beta, your lack of options is making you weak, distorting your judgment, and may eventually land your pansy-ass in divorce court. The Art of Whore is real, and women work to better their craft every day. What have you done lately besides make excuses for her?

Women proficient in The Art of Whore get what they want: A decade-long ride on the cock carousel with no consequences, then a willing hapless beta with open arms, an open mind, and an open wallet to cushion their landing and finance their recovery.

As long as you're standing there ready, willing and able, I honestly can't say that I blame them for taking you up on your generous offer.

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UPVOTES

Learn to shut the hell up. Never talk about your sexual experiences, even when asked.

Simptopimp-co-uk · 24 October 2020 · Archived copy · Reddit

Iron Rule of Tomassi # 2

NEVER, under pain of death, honestly or dishonestly reveal the number of women you've slept with or explain any detail of your sexual experiences with them to a current lover.

When guys who have been sexually / emotionally deprived all their life start committing to self improvement and actually see some results with women, they fuck it up by talking too much. They get laid and blab all about it.

A potential new plate asks them questions like "How many girls are you sleeping with?" or "When was the last time you had sex?" and these newly Matrix-escapees do the worst thing you could possibly do when a woman asks you a question: Answer seriously.

You think telling this woman that you had sex yesterday or that you have a high number count is going to impress her, and actually.... it kind of does. She calls you a player, a fuckboy (which by the way is a fantastic compliment).

But then she doesn't sleep with you.

Why?

By revealing any detail, no matter how small, about your sexual experiences, you have shown to this woman that **you talk**, and that **you will talk about her**.

She may seem impressed and call you a fuckboy, but now her anti-slut defence has kicked in massively. Her desire for casual sex now has a potential to be leaked to the public because you have just shown her that you will likely speak about your sexual experiences with her to another person.

Never. Ever. Talk about your sex life. Even to most male friends. Nothing good comes out of it.

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UPVOTES

Man Fights Child Support Order For Infant Born To Wife He Hasn't Seen in 15 Years. After Thousands in Legal Fees, He Wins.

grewapair · 28 September 2016 · Archived copy · Reddit

Iowa law (and the law of many other states) automatically assigns paternity to the husband, even if he can prove it isn't his. Man splits up with wife but never files for divorce. 15 years after he last saw her, she has a child, and the state tracks him down and demands child support. He argues it isn't his. The state says it doesn't care, pay up and keep paying for the next 18 years.

Thousands of dollars are donated to fight it and today **he wins..**

It was an administrative appeal to the department that was hounding him for the child support payments, it was not a court decision. Whether that can be used for other similar cases in the state remains to be seen.

And in the end, the woman will NOT have to pay what HE would have had to. All Iowans will pay the share of that special snowflake.

903

UPVOTES

Today I ended my LTR

omonicor · 16 May 2017 · Archived copy · Reddit

I was with the girl for a year when she cheated. I was living with her, so you know the story. I felt like shit and get depressed. I kick her out of my house and then she begged to return but I ghosted her.

I played the ghost for a while but during that time I felt very destroyed and slowly returned to normal until she appeared and said how "seriously" she was apologized.

I was still struggling with oneitis when she appeared, so I was still addicted to her and I gave her an "opportunity".

Fast forward half a year, I recovered from oneitis and today I ended the LTR with her. I said: "I found out that I don't feel good around you because it always reminds me about your cheating, so I want to be ok and I want to end this."

She replied with: "You're so selfish and you think only in yourself, I don't understand this. What about me? All this time didn't matter? So why did you give me an opportunity? For this? There's someone else?" and so on.

She made a ton of drama and tried to make me feel guilty, but honestly brothers I feel very great and feel a lot of relief. I realized I was doing too much damage to myself and wasn't able to let the past go.

902
UPVOTES

GET HARD WHEN YOU HEAR THE WORD “NO”: The Truth About Rejection & Getting A Ten

MikeHaines · 12 February 2018 · Archived copy · Reddit

PART I: MARK MANSON LIED TO YOU

1. If you're a serious student of game, you have read *Models* by Mark Manson.

In my opinion, it's the best book on success with women that's ever been written.

Unfortunately, some of the teachings of this book have been turned into an ideology which many guys in the seduction community now cling to dogmatically.

2. The rejection myth

In this post I am going to annihilate one of the core teachings of *Models* — an idea which has been embraced as revealed truth in the seduction community for years now.

This is the idea that pursuing women who have rejected you is a “time sink”, and you should simply move on to those who are more interested.

3. The premise of the myth:

Here's what Mark writes in his book:

“I'll say this, in six years, after approaching thousands of women, and hooking up with hundreds of them, I can think of less than 10 instances where a woman was flat out unreceptive towards me and I ‘won her over’. If she shuts you down, tells you to go away, tells you she's not interested, tells you she has a boyfriend—move on. Seriously, get over it and move on. You're wasting your time. There are 3.1 billion women on this planet. She's not worth it.”

While this advice is good for beginners, it promotes a DEFEATIST ATTITUDE which will prevent you from getting laid with the most attractive women in the long-run.

Specifically, it will prevent you from attracting and mating with the kind of woman I call a “Total 10”. This is because the highest quality women almost invariably give you the harshest tests, and if you're inexperienced (or even intermediate), you will misinterpret these tests as “rejection”.

4. My background

I didn't lose my virginity until I was 18. After my first girlfriend broke things off, I spent 2 years involuntarily celibate.

At 21, I discovered “red pill” ideas (back then it was just called game). I started working on my cold approach skills with a relentless, almost autistic intensity.

I approached about 30 girls a week for some 78 consecutive weeks before I got my first same night lay from cold approach.

From that point, it got easier. I knew game was real, and now it was just a matter of getting more efficient at it.

Soon I was pulling ass every two weeks, more or less, like clockwork. I banged a lot of pretty girls from my college, along with the occasional model, actress or exotic dancer.

Six years later I'm in a long-term relationship with the girl pictured [here](#). We plan on having kids soon.

5. A “Total 10” defined

I’m with a woman who is a Total 10 to me. I want you to be able to do the same.

When I talk about a Total 10, I mean a girl who is (to you) a 10/10 in both looks and personality.

She’s exquisitely beautiful and highly feminine.

She’s the type of girl who’s so pretty that it physically hurts when you see her on another guy’s arm.

This is the kind of woman I want you to be with.

And this is the calibre of woman you will never get if you have internalized the idea that you should only focus on women who make themselves easy to approach.

PART II: THE PSYCHOLOGY OF A “TOTAL 10”

6. When you approach a 9 or 10, it almost NEVER goes easy at the start.

Commonly, she will give you the following kinds of reactions:

- looking at you like what you’re doing is weird
- turning away and pretending to ignore you
- laughing at you or making a face
- giving you just enough attention to get you hooked, then running away without explanation
- kissing you, then disappearing to the bathroom and the next time you see her she’s flirting with some other guy

7. These hostile reactions are NORMAL

They don’t go away when you get better at game, or get more good looking (trust me, I’ve done both over the years)

These hostile reactions are normal, and they are necessary.

They are the girl’s (unconscious) way of *testing* you.

8. Testing you for what exactly?

Dominance? Charisma? Value? Alpha male characteristics?

No.

It is much more simple.

She already knows you’re a man of value because you approached her.

This puts you in the top 5% of all men.

So why is she testing you?

9. She’s testing your desire for her.

“Is this man so strongly attracted to me that he is willing to overcome any obstacle to get me?”

If she's interested in you, this is the *burning question* a Total 10 wants to find out with every fibre of her being. And this is why she tests you, irritates you intentionally and places obstacles in your path... even after you've displayed value by approaching her.

10. Being an alpha male is not enough

Women want alpha males.

However, a Total 10 has many alpha males competing for her.

You have to be alpha male — and you have to have a profound and aching desire for her.

A desire so *energizing* that it enables you to blast through any bullshit she throws at you with a smile, and keep pursuing her even in the face of seemingly insurmountable odds.

11. This is what all women crave on the deepest level.

It is the plot of every romance novel.

It's the driving impulse of every erotic story.

It is the reason women spend hours doing their hair and makeup to lure as much male attention as possible — but then, upon arriving at the club, go to great pains to make themselves appear unattainable. Unapproachable.

Inaccessible.

Prohibited.

12. She wants to be chased.

Luring you close... and then making herself “inaccessible” so that you'll *chase her*... is actually what turns her on.

She wants to be pursued.

She wants to be, in a sense, overpowered by your desire for her.

This is arousing to women.

12. “The desire of the man is for the woman. The desire of the woman is for the desire of the man.” (Madame de Stael)

A “Total 10” knows her own value (to some extent), and she wants to feel like you're going to lengths to get HER which you'd almost never go to with any other girl.

And so she tests you. She places obstacles in your path.

And occasionally, she flat out REJECTS you — just to see if you'll come back and try again.

When you do, she becomes aroused by your persistence and your desire.

When you don't, she forgets about you and moves on.

Rejecting you is part of her process of becoming attracted to you.

PART III: REJECTING YOU IS PART OF A WOMAN'S PROCESS OF BECOMING ATTRACTED TO YOU

13. White trainers

This has all been pretty theoretical, so let me give you a concrete example of how this dynamic works.

A few years ago I was in a club on my own, and I saw a pretty girl walking through.

She was about 18. Blue eyes, dark hair, great boobs, long legs. She was wearing a mini-skirt and white trainers.

I walked up to her. The floor was empty apart from me and her. There were about a dozen people watching us, seated around us on various couches.

14. The ultimate humiliation

I extended my hand to the girl. "Hey I'm Mike. Who are you?"

She looked at me and made a face.

She walked past me without even breaking her stride, leaving me standing with my hand held out in mid-air like a chump.

The people on the couches laughed and hollered at this.

My cheeks burned with shame. I could actually feel my testosterone levels plummeting. I quickly fled the scene.

15. "How awkward can I make this"

Around twenty minutes later, I was out in the smoking area nursing my wounds.

I spotted the girl in the white trainers smoking a cigarette with her friends.

Out of some kind of perverse masochistic instinct, I said to myself, "I wonder what would happen if I approached her again?"

How awkward can I make this?

I wanted to find out.

So I approached her as if nothing had happened.

"You're cute," I said bluntly. "I had to meet you." I held out my hand.

She smiled at me. I got a look at her eyes properly for the first time. She was really beautiful. "Hi!" she said. "Who are you?"

16. It was like I was speaking to a DIFFERENT PERSON.

We got to talking and I started teasing her a little bit and put my arm around her.

Soon we were making out.

We left together 20 minutes later.

An hour later she was naked in my bed sucking my cock.

17. Epiphany

As we cuddled in bed afterwards, I asked her what caused her to change her mind. I was genuinely curious about what the fuck had just happened.

"What do you mean?" she said.

"When I approached you near the bar, you totally blew me off. But when I approached you in the smoking area, you were into it. What did I do differently the second time?"

“You never approached me at the bar,” she said.

“Yes I did.”

“Hmmm. I don’t remember that.”

18. Cracking the code

After that experience I started doing things differently.

From then on, when a girl rejected me, I would walk away, then come back and re-engage her an hour, twenty minutes, or even just 5 minutes later.

Shockingly, almost every single one of the girls I “re-approached” after being initially rejected responded extremely positively to me on my second approach.

I ended up fucking dozen of pretty girls who had—just hours earlier—seemingly “rejected” me.

All from simply walking away and then re-initiating with them again a few minutes later.

19. The art of “flipping”

Pretty soon, I largely dispensed with the need to re-approach altogether.

Now when a girl “rejected” my approach, I didn’t even take it seriously any more.

I just kept talking to her, teasing her and smiling like a fuckhead anyway.

Almost every time I did this, the girl would sooner or later “flip” from being non-responsive and bitchy to being friendly and flirtatious.

Again—it *was like talking to a completely different person*.

20. Biologically programmed

This has worked so consistently for me that I’ve come to believe women are actually *biologically programmed* to respond to persistence in this way — much the same way that we are biologically programmed to be turned on by big boobs or a flash of bare leg.

In other words, it’s not a choice.

When you can hold frame and tease her playfully in the face of her initial resistance, she will be as attracted to you as you are by seeing a hot 21 year old in a bikini.

It’s an *automatic, unconscious response* which she has no control over.

She may hate you, find you irritating and consider you loathsome.

But she will be attracted to you.

THE BOTTOM LINE

21. The proper response to a woman “rejecting” you, telling you to go away, telling you she has a boyfriend—is to hold frame, SMILE LIKE A FUCKING SHARK and continue talking to her in a playful and challenging way.

If you can do this convincingly, she will slowly turn from unreceptive... to attracted and aroused.

Sometimes it happens immediately.

Other times it takes a few “tries” before she starts to warm up.

But it happens almost every time.

(Very often you’ll find that reason she was “cold” initially was just that she felt *nervous and self-conscious* around you.

In other words, you were actually *too high value*, and it caused her to become shy and reactive.)

Since learning this, this is where around 80% of my lays from cold approach have come from.

In one form or another, it’s how I attracted every every really hot girl I’ve ever dated, slept with or was in an LTR with — including my current LTR.

22. You’re not going to be able to do this well immediately.

The first few times you try it, it won’t really work.

However, once you get good at this — it is the secret which unlocks the entire game.

When you respond non-chalantly to the fact that she “rejected” you, and continue talking to her in a relaxed and playful way, this is what MAKES HER attracted to you.

23. Holding frame and being playful and relaxed in the face of her initial rebuff is what makes her aroused by you.

Persisting in the face of her initial cold response is not something you do in order to be able to game her.

It *is* the game.

24. The only way you can prove this to yourself is by doing it.

If you’re an online theory autistic then don’t even bother thinking about any of this.

It will only work for guys who are GOING OUT and ACTUALLY APPROACHING.

I can’t prove it works to you with words.

You have to actually go out and try this for a while (and get decently good at it, because it is a skill) before you’ll see it works with your own eyes.

But it does work.

And if you don’t understand this crucial part of the game, you simply will not get the women you really want.

FREQUENTLY ASKED QUESTIONS

Q: OK, SO WHAT CONSTITUTES A “REAL” REJECTION? WHEN SHOULD YOU GIVE UP?

A: This was a question I got a lot in response to my "Get Laid Like A Warlord" post.

A better way to phrase the question is this:

How many times should you keep trying with a girl, in the face of her giving you a hostile or negative reaction?

The answer is FOUR.

You can (and must) try up to FOUR times, or else you will simply seem like too much of a push-over to be attractive.

Her first THREE rebuffs are to be regarded as TESTS.

Her FOURTH rebuff is to be regarded as a real and sincere rejection—and should be honored with a certain formal respect. That's when you move on.

If you keep trying to get with her after four times of being rebuffed in an interaction, that's where you start to legitimately look like a low value creep.

If you persist LESS than four times, however, you simply will not convey enough *information* about your status in the dominance hierarchy for her to become attracted to you.

This is called the Four Times Rule, and I did not invent it. A guy called Alexander did — and I am forever grateful to him for doing so.

(Alex used to teach for RSD. He now runs his own thing — check him out on Youtube [HERE](#).)

Q: SO YOU'RE SAYING LOOKS DON'T MATTER AT ALL AND I CAN BE 200 POUNDS OVERWEIGHT AND I JUST HAVE TO KEEP PERSISTING WITH THE HOTTEST GIRL IN THE CLUB AND SHE'S GOING TO DROP HER PANTIES AND FUCK ME RIGHT THERE?

A: No.

This will not work for you if you're morbidly obese.

It will not work for you if you've got extreme health problems, open sores all over your face, or have a cock where your nose should be and a nose where your cock should be.

This advice will work for average, typical looking guys, with good hygiene, who are in decent shape, have decent style, a nice haircut, and good clothes.

In other words, it will work for 99% of the guys here reading this.

I'm not interested in getting into autistic arguments about the relative importance of looks and game.

I'm not a particularly good looking guy but I've made it work. If this causes you cognitive dissonance, take it elsewhere. I'm here to help people like me—regular, boring, normal guys who want an edge.

Contrary to what the media would like you to believe, the vast majority of men who study game online are not obese, basement dwelling neckbeards.

Getting into arguments about “b-b-but it won't work for the fedora neckbeard morbidly obese virgin D&D players!” is a complete and utter waste of time, because such hard-cases actually constitute a fractional minority of the people reading this.

(If you don't believe me, just look at the crowd in videos of an RSD seminar, or the 21 Convention.)

Q: THIS IS TOO MUCH WORK. I'LL JUST STICK TO TINDER / PORN / ANIME / MY FLESHLIGHT / WAIFU PILLOWS / ETC

A: You're right that this is too much work to do with every girl. That's not what I'm recommending.

This is appropriate only to do with women you're really sexually attracted to.

In other words, this will only work on girls who have a femininity about them that deeply energizes you.

Another way of putting it is...

You know when you see a girl who's so pretty you immediately get nervous and get butterflies in your stomach?

This is to be used on THOSE kinds of women. The ones whose beauty and feminine energy truly inspires you.

A lot of girls you approach will just be "practice approaches", or approaches to warm up when you get in the venue, or approaches simply to be social and express yourself.

You're not especially attracted to the girl, and although you might fuck her once, you wouldn't keep her around.

What I'm advocating here is NOT APPROPRIATE in those situations, because it's inauthentic.

Pursuing a woman in the face of tests and resistance only works when it's pure. And it's only pure when you're doing it out of a genuine and sincere desire for her.

If you don't feel this desire for women — if you don't feel butterflies in your stomach when you see a beautiful girl — then you need to cultivate this, because it's what makes everything else in game work.

Do nofap (hardmode—no "edging"). Lift heavy weights for testosterone.

Drink protein shakes, and make sure you're maxing out or exceeding your protein macros every day.

(This last one seems trivial, but I only started doing it properly a year ago and fucking hell has it ever made me hornier.)

Q: STOP ATTACKING MARK MANSON. HE'S CONTRIBUTED MORE TO THE PICKUP COMMUNITY THAN YOU HAVE

A: This shouldn't be construed as an attack on him personally.

I am instead attacking a particular ideology which has taken hold in the manosphere/PUA community — partially as a result of the popularity of his book — and which says that pursuing a woman who has "rejected" you is a "time-sink".

This advice is a "white lie" which is actually very good for beginners.

He's telling his audience (who are mainly complete newbies to game) what they need to hear to start approaching, and not take negative reactions too seriously.

However, when this "time sink" idea is taken dogmatically, it hinders your ability to attract the women you want by promoting a defeatist mentality and making you easily demoralized.

I neg Mark Manson a bit in this post, but it's in good humor (like all my negs). I respect him as a writer and love the core message of Models.

Q: WHAT IF THE GIRL SCREAMS AT YOU OR HITS YOU OR GIVES YOU AN EXTREME RESPONSE? SHOULD YOU STILL KEEP TRYING UP TO FOUR TIMES?

A: If the girl is giving you extreme responses like this, there's something very, very wrong with how you're playing the game.

What I'm advocating here will ONLY work if your approach is chill and normal.

If you're using extremely "high risk / high reward" forms of physical game (grabbing the girl immediately on the approach, trying to kiss her etc), then that changes the equation quite a lot.

I'm not saying using aggressive physical game doesn't work — it often does, and in some environments it's actually the only game that works.

But in this case, you need to be very well *calibrated* to how she's responding. This is a topic for another time, however.

Q: DOESN'T THIS RISK MAKING WOMEN FEEL UNCOMFORTABLE AND GETTING HIT WITH A HARASSMENT CHARGE?

A: Talking to somebody is not a violation of their rights. She can walk away any time she wants.

As long as you're not being physically invasive, you have the right to talk to anyone you want in a social venue (or even on the street in the day), and they have the right to walk away if they're uncomfortable.

(Don't even look at a woman in work.)

If the girl is telling you to go away, but she's still standing in front of you without moving, guess what? It's a free country. You can talk to whoever you want, and they can leave whenever they want.

A little trick you can do any time you're trying to make some magic happen and she tells you to go away is this:

Simply tell her, "You're free to leave whenever you want."

90% of the time, not only will she NOT leave when you say this, but she'll grin and start laughing because you've called her bluff.

Women like men, guys.

I know this might seem like a huge bombshell (especially in our current environment), but attractive women actually *enjoy* talking to men, and they get good emotions from being flirted with and pursued by a cool guy.

TL; DR

- Man up, you sons of bitches. You need to start ENJOYING a bit of conflict in your approaches.
- Let it energize you. Let it motivate you to *double down* and ramp up the fucking charisma levels even higher.
- Walking away from every woman who gives you the slightest negative feedback, and thinking that this is "saving you time", is A PHILOSOPHY OF LOSERS.
- I want you to be *energized* by apparent rejection.
- I want you to get HARD when you heard the word "no". That goes for whether you hear it from a girl, your boss, that prospect you're trying to close, or whoever else.

And on that note, I leave you with the immortal words of the man who is in spirit and should be in actuality the REAL patron saint of the pickup community — not leftist soy boy "Mark Manson", but him they call The Bronze Age Pervert:

"Ancient men conquered cities and put them to the sword and fire. Meanwhile you go to WINE BAR with 'gf' and enjoy tasteful banter.. YOU ARE GAY!!" — BAP, 2017

If you enjoyed this post, you might like my blog. Start with my most popular article: [How To Have Sex With A Woman You've Just Met](#)

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UPVOTES

Jordan Peterson, Fallacies, and the Tragic State of this Sub

nietzschethegreat · 31 July 2018 · Archived copy · Reddit

Introduction

There's been a whole charade of backlash and relentless vitriol against Jordan Peterson by a ton of members on this sub recently.

Just yesterday, the top, pinned post was the moderator making fun of Jordan Peterson's lecture on psychopathy and pick-up artists. He simply took a transcript from his speech during a university lecture and edited out all the punctuation to make it seem like a bunch of nonsensical ramble.

Anyways, I thought this sub was supposed to bolster good quality content, not turn it into a fucking dumpster fire.

Peterson's right. Forget all of your ridiculous notions about politics and "conserva-cuck" nonsense.

Pick-up artists are inherently psychopathic. And the fact that the creator of this sub is upset about this is absolutely inane, and really goes to show where it's headed. If he knew anything about men and sexual strategy, he'd know that pick-up artistry doesn't actually fall in line, at all, with the "Red Pill."

I can already hear you yelling that it's not inherently psychopathic. Or that psychopathy isn't bad. But that's besides the matter.

Pick-up is inherently for low-status men, against that which embraces the flourishing of the masculine, and counter-productive for those who are attempting to truly ascend the male dominance hierarchy.

The Male Dominance Hierarchy

Men have their own evolutionarily driven dominance hierarchy. They compete, fight, and struggle towards its peak. The females sit idly on the side, waiting to choose those who emerge on top.

Men hold each other to a high standard. As does the individual. You have a personal obligation to become all you can be. To follow your true calling, listen to the individuated self, and righteously strive towards the metaphorical kingdom of God on Earth.

A real man engages his true mission up the male dominance hierarchy and focuses solely on himself and actualizing his pluripotentiality, narrowing a multitude of possibilities into one single frame of existence as he becomes who he truly is.

If a man tries to escape his evolutionary prerogative or that which calls his Being forward, he will suffer and never live a fulfilling, meaningful existence. It's natural law.

Pick-Up

How does pick-up fit in with that?

You're shying away from becoming who you can be, and attempting to circumvent the hierarchy by manipulating the highly-perceptive feminine into thinking that you are high status, when you're not. And that never plays out well—for the male. No male will ever be truly sexually successful through a facade of status, memorized routines and lines, and a weak masculine foundation.

As a result, if the facade and veneer of sophistication succeeds, we get men who are inherently low status, unattractive, and have no real value fucking women who think they are high-status, attractive, and capable of climbing the dominance hierarchy. It's bad for society and men themselves.

"Pick-up" and "Game" masquerade as facades for any true imperative of climbing the male dominance

hierarchy. It's a rationalized, half-baked attempt for men to cheat the rules of reality—one that will never succeed in the end.

“Pick-up” is for low-status men.

"Pick-up artists" and teachers of "pick-up" use routines, verbal tricks, and superficial elements with the "veneer of sophistication" to trick women into thinking they are something they are not. Low status men who don't have the ability nor the potential to become what they could be, so they have to resort to displaying all the behaviors that a high status man naturally, outwardly manifests without being the high status man themselves.

The "Red Pill" isn't about low status men trying to "pick up" women or manipulating them subconsciously (from both frames of reference, that is) into liking them. It's about becoming a truly high status man who lives for his own values and needs, naturally attracting women.

Peterson's Dilemma

Just because you disagree with one or two of Jordan Peterson's statements doesn't mean you should throw out the baby with the bathwater.

He's studied, endlessly, the horrors Western civilization was capable of in the 20th century, and has a deep understanding of the human mind in every facet imaginable. He's a trained clinical psychologist, and not just any old one at that. He has over ten thousand citations on his psychology papers, he taught at the most prestigious university in the world, and wrote the best-selling non-fiction book in the Western world at the moment.

He has good intentions. I can't believe how close-minded some of you could be to call him "blue-pilled" or any more of that blabber. In fact, he probably understands more about society, the political spectrum, and intersexual affairs more than any of you. No, he definitely does.

He's all for the individual and for the bolstering of young men both as individual, masculine beings and as benefactors of society. In fact, he's probably the first well-known public figure to speak about such important topics that directly relate to this sub's motives in recent times. You should be thanking him for bringing a new light to masculinity and for fighting against the radical liberals and those who condemn "toxic masculinity."

Just because he knows certain things doesn't mean he has to speak about them in public. His "credibility" would be shot off the moment he mentions any real truths to society.

You don't think Peterson knows exactly what women are attracted to? You don't think he knows exactly how bitter and resentful men are? You don't think he knows exactly how society is structured?

How well would it go if he starts spewing out true female nature on some random podcast, or proves that society is run on a set of dominance hierarchies, and it's an inevitable fact that human nature will always tend towards these paradigms, no matter what?

He's not a fucking retard. He knows exactly how all these things work. Just because he keeps his mouth shut so he can keep a living and not get death threats doesn't give you the right to start attacking him. I'd like to see how you measure up to the man himself.

I don't agree with everything Peterson says himself, but not for the retarded reasons TRP "higher-ups" are attacking him for. He's out to help you, and if you can't see what he's trying to do there's nobody coming to rescue you. He's making your pathway to powerful masculinity and a healthy sense of what a man is much, much easier. Jesus, have some gratitude.

Conclusion

This dogma that has been circulating the sub, especially that by the endorsed contributors and moderators, is drowning us all.

Don't any of you have anything better to do than hate on a psychology professor who's making radical changes, especially those that indirectly support a conservative political agenda?

The only reasonable explanation is that none of his attackers have read a word of what he's preached or watched a single one of his acclaimed lectures.

Peterson's the man giving a sermon out on the mountain to thousands of eager listeners, and those who criticize him are a bunch of insignificant sheep roaming out among the fields below. If you have a real contention, stop complaining and have some respect for yourself.

Peterson's words absolutely should be scrutinized. But not with half-hearted write-offs, pseudo-intellectual polemical attacks, ad hominem criticisms, and certainly not with satirical, biased posts which fail to present sufficient evidence against that which he argues.

So I don't know where the fuck this sub is headed, but honestly I couldn't care less. If you all drive yourselves into the ground in a carnival of fury and self-righteousness, go right ahead.

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UPVOTES

Sleep is important, here are some great tips on getting sleep

Capital_Recognition · 4 October 2019 · Archived copy · Reddit

TL/DR: From a theoretical standpoint, or a “mindset standpoint”, I am going to tell you how to get into bed willingly each night at the same time. Additionally, once you’re in bed, some ideas on how to fall asleep faster.

How to stop fighting yourself:

If you have a problem with getting into bed, you start off by first “killing the idea” of staying up late. In your mind, you must “give in” to the idea of going to sleep early. This is where mindfulness comes in. I remember a painful feeling would come over me when I got into bed at 8pm. I didn’t want to go to bed, there were so many better things to do. This made falling asleep and fighting these habits very difficult. However, over time, I gave in to this feeling, and let it happen to myself. This may take much time for some, but this process needs to occur so that you’re not fighting yourself tooth and nail to get into bed at the same time each night. You cannot have this feeling of anxiety, or fear of missing out on something, constantly haunting you. Here is my message to you, there is nothing to do, big guy, trust me, just go to sleep. Give in, and let it happen.

THIS IS THE MOST IMPORTANT PART: get rid of what is keeping you up, stimulus. Screens, drugs, alcohol, stress, coffee, pre-workout, get rid of it. You will be okay. I haven’t had coffee in 1 year, I never thought I would be able to quit. The first 2 weeks I quit, I wanted to die. My head hurt so badly, I had a headache for 2 weeks straight, and slept around 11 hours a night. I drank coffee since 18 and quit at 30. I probably drank around 5 cups a day, or 2 larges a day. Once I quit, fixing my sleep schedule was easy. And, the pain faded after a couple of weeks.

You can further give in to yourself by realizing the following logic:

1. Your hormones are positively affected by going to bed and waking up at the same time for the entirety of your life. Additionally, the same hormones are affected by sleeping a set number of hours. These hormones affect your weight, emotions, attitude, and energy.
2. “Nothing good happens after 9:00PM.” This is so fucking true. You are so burnt by this point, nothing you do after these hours is really going to help you in any way. The speed at which you do things is so much more efficient when you first wake up. All the people partying and drinking are really just fucking themselves up, you don’t have to do that to yourself to enjoy life.
3. There is no need to get up SUPER early, and any guy that tells you otherwise is trying to toot his own horn. Who gives a fuck if you get up at 4AM, I don’t, knock yourself out tough guy. Get up at 3:45AM for all I give a fuck. For people who are trying to get out of a bad way, you need to get up early, but pick a good time that works well for you until you’re on track. 7:00AM could be good, 6:00AM can be good, who gives a fuck. Just get yourself on track first, then worry about the earlier time. You don’t need to start getting up at 5:00AM all of a sudden if you have been sleeping until 10:00AM most days, that won’t help you. The only thing that matters is that you have a decent amount of time (at least 90 minutes) before you really have to start to get ready for your day, whatever that may be.
4. Realize that when you do get up early, there is nothing to bother you. It’s just you, and this alone time is great. You can think, write things down, and you have time before you leave to do so. I love getting up early and it’s still dark out, it’s a great feeling. It’s just me and my thoughts... and they are almost all positive thoughts in the morning. I can plan, journal, and execute things that are very important to me.

Okay, now for some tricks:

1. No caffeine (or if you really want to go down this road, no caffeine after noon).
2. No screens 90 minutes before bed (read a book, or lay there, you’ll be fine)

3. No mentally stimulating activities at all 90 minutes before bed, except maybe sex.
4. 1mg of melatonin if you feel you need it. Benadryl or similar if you really feel the need. Benadryl actually really helped to get my sleep in order, I quit taking it about 3 weeks in.
5. Give yourself an 8.5 to 9 hour window to sleep.
6. High glycemic carbs about 1.5 hours before bed. Why? It keeps your blood sugar high, and keeps you asleep. I usually have 1.5 tablespoons of chocolate almond butter and a banana. Even on my cut diet, and I account for the calories. I sleep all the way through the night when I do this.
7. Cold room, big blankets.
8. Ear plugs if you live with people. And put them things in right. You gotta twist the ends, shove it all the way in, and let it expand in the canal.
9. Calm your head. Here is the trick. Lie down, then slightly sit up. Push your shoulder blades together, then lie back down. Scoot your tail bone down. Now your chest is poking out, and the bed is helping you keep it this way. Put your two hands, palm side down (don't put your hands on top of each other, instead put one closer to the head side, and one closer to the feet side), on your stomach. As you inhale, say "one inhale", then take a deep breathe (say it in your head, not aloud). As you exhale, say "one exhale". Now count to 100. Go slower and slower, it's okay if your breathe is shaky for the first ones, it'll get smoother. As thoughts start to rush in, stay on track with the counting. If you get really lost, just pick up from the number you most recently remember.

I hope this helps you all get deep sleep. Do realize, sleep changes everything and makes you stronger. Without it, you will burn out. If you really want to be great, the first hurdle you must conquer is that of creating a sustainable, healthy life.

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UPVOTES

Advice after 26 years with a borderline

adam142857 · 29 November 2017 · Archived copy · Reddit

Reposted after having been taken down for not having a flair. Some addenda at the top.

TL;DR 53 yo successful white male from UK offers advice on spotting a woman with BPD (borderline personality disorder) or similar symptoms. Avoid these women. Mate selection: women change; expect bad features to worsen with age. Bad post-natal depression is a sign of far worse to come at menopause. A peri-menopausal borderline is a monster who will try to destroy you. Child-rearing: keep it simple. In gynocentric Western culture, you're probably a better influence on your children if separated from their mother by the time they're about 13. Love: don't be fooled, it's just chemicals. Women can be good or bad, try figuring them out instead, and if you're looking for an LTR, pick a good one. Never get married. Divorce is stacked so heavily against men, it's not worth the risk. BUT, divorce--if you're resourceful and as cunning as she will undoubtedly be--may be the best thing that ever happens to you. Women stick together no matter what, never ask them for relationship advice. TRP/MGTOW/alpha-beta is a workable and useful guide in contemporary Western culture. Uncultivated alphas are not men but animals, and women love them. Which tells you yet more about women, if you needed to know. The West is in a poor state, and it's up to men to solve it, by starting with themselves. With or without a spiritual teaching, it is possible for a man to make his life meaningful and profound. I may respond to the odd comment, but basically, readers should view the following as take-it-or-leave-it advice. Here goes:

I have been familiarising myself with TRP/MGTOW/alpha-beta theory over the past year, four years after ending a 26-year relationship with a borderline wife. I am older and more experienced than most of the contributors here, so I hope readers can benefit. About me: I'm a 53 yo white man from the UK. I have three amazing children aged 16, 19 and 22. I travel all over the world with and without my children for three months per year, and ski for three months-plus per year. I am in great physical shape, run a half-marathon every week outside the ski season, and lift three times per week. I've been in a spiritual teaching for nearly 20 years. I have a high six-figure net worth measured in US dollars, and own a profitable business that only requires me to work two days a week. Not seriously wealthy, but good SMV/MMV. I don't want to boast, but I do want readers to understand that this is not a post from some bitter loser.

Although the story of my relationship with my ex could easily fill a novel-sized memoir, here's some bullet point guidance that resulted from my experiences.

Spotting a borderline. Well documented online, but worth repeating: If she exhibits emotional lability, mimicking you in clothing and mannerisms, has fraught interpersonal relationships, psychological crises, cooks up friction and arguments out of nothing, constantly changes her mind etc., end it immediately. Close off all contact. The first "tell" for my ex was a series of mysterious but minor ailments that no doctor could ever diagnose, followed by a series of psychological crises. To her mind, I was always somehow the cause of all of them. Why did I stay with her?

Borderlines are good in bed. They're also interesting and exciting to be around, especially when, as a young man, I had narcissistic tendencies. The borderline-narcissist couple is also well documented. As it turned out, she proved to be a good colleague, and then, a good mother. By the time her issues were impairing our lives, I had learned to bear the downside, and we had children. With the benefit of hindsight, I see that although it was extremely difficult and fraught for me, staying with her until our youngest child was 13 was the right thing to do. I now look back with pride at what I withstood and achieved for my children in the face of adversity.

Selecting a life partner. I overheard someone say this once and it has stuck with me "if a man is a prick at 20, he will be the same prick at 60." In other words, with men, you know what you're buying. Women, however, change. The personality of my ex-wife changed completely every seven years or so. This is partly a borderline feature, but not so unusual. Astonishingly, my ex always thought her chameleon nature was attractive, fascinating. I hated it, and was constantly in dread of her next incarnation. Just one of her metamorphoses occurred from 2010, when she was a Stepford wife (I liked that one), to the present, when she is a radical feminist, who organises various 'anti-

patriarchy' and other misandrist events. Women are not creatures of principle, and do not aspire to virtues such as truth and honour. Their hormones control their moods, their moods control their actions, and they change, radically. By the time they hit the menopause, borderlines are monsters. BTW a good predictor of a bad menopause is bad postnatal depression. If your partner has bad postnatal depression, I'd advise you to leave her before she hits the menopause. Her hormones will make her hate you. She may well try to destroy you. Be on the safe side and assume that the vivacious, bubbly and beautiful girl you met at 20 will have transformed into Susie Greene from Curb your Enthusiasm by 45.

Bringing up children. As a father, I would recommend having very few rules but applying them firmly. I had two: no arguing in my earshot, and do your homework as soon as you get in from school. Academically and socially, my children are top performers. They are extremely close, maintaining daily contact with each other, and with me. Undoubtedly, the fact that they are smart is also partly due to the fact that both my ex and I are high IQ. If you're cohabiting with your children's mother, I would advise living in separate homes by the time the children reach about age 13. You'll be a far better influence on them without her diluting, distorting and contradicting the guidance you give them.

Never, ever get married. I emerged very well from my divorce by studying the law so closely that I knew it better than my own lawyer, and my ex's. But it was still a tortuous, four-year process that took every ounce of my skill, knowledge, strategic and tactical nous, duplicity and cunning. When it comes to separation and divorce, a woman can and will act and lie, and the authorities and courts will immediately believe her and back her all the way. Anything and everything you say to counsellors (male or female), therapists, lawyers and judges will be summarily discounted, dismissed and invalidated. If you're wealthy, do not make the mistake of believing your prenup will protect you. Your wife will hire a good lawyer and go "forum shopping." This will mean she takes up residency in the country that gives women the best divorce deals, and divorce you there. In recent years, this has been the UK, where there has been an influx of high net worth Russian wives. The UK courts will throw out your prenup, reach its divorce judgement—which will be heavily stacked against you—and this will capture ALL your global assets and income. There is no get-out. Not only that, but here in the UK, marriage means financial responsibility for your wife for the rest of your life. It does not stop when you divorce, or when you retire. Only when you die.

Love. Love is chemicals in your brain, nothing more. Beautiful, wonderful, magical chemicals at times, but they are NOT your friend. Your love for a woman is an expression of the will of nature, a force far stronger than you can resist. Nature wants us to reproduce, then die. That is all. You may believe you want to have children—in fact you may actually want to—but the force that makes you reproduce is out of your control. In the past, marriage was a good idea, generating stability and balance, which are important for producing psychologically healthy children. But if you want living proof that long-term marriage is now bad for men, next time you're at your local shopping mall, or even walking in the park, observe closely the body language of the husband in the older couples you see. Study his face. In almost every instance, you will see careworn, melancholy impotence. He will be bowed, his spine gone. Often shuffling obediently a few paces behind his nagging wife, who is in total control, and exploiting it to the max. He is a tired servant, a spent force, a lap dog. A husk. Again from Curb your Enthusiasm, Larry David: "Most of the happy men I know are single, most of the happy women are married."

Divorce=freedom. The best three things that have happened in my life so far are my children, encountering a living teaching, and getting divorced. I have been doing what I want, pursuing my goals, for the past four years. I go to sleep every night with a smile on my face, and it's still there when I wake up in the morning. In the last 13 years of my marriage I was permanently irritable, anxious and stressed. I currently spend no time pursuing women. Socially, I get on fine with them—I'm confident, funny and even charming, but for someone in my position, the cost-benefit of an LTR is highly questionable. For a marriage, it's a piece of shit, unless she's richer than me. The risk-benefit is even worse. If I did meet someone and we were making each other happier, then if she insisted on marriage, I hope that I would have the strength to walk away.

After divorce. One of the most astounding phenomena for me after divorce has been my married female friends, who with precious few exceptions, defended my ex's heinous acts during our marriage, and now appear to believe

that I am hiding some secret desperation to remarry. They go out of their way to introduce me to overweight, unattractive divorcees, usually with two or three children in tow. They appear to expect me to instantly fall in love, and believe that I desire nothing other than to spend the next 20 years being nagged to emasculation by a fat, ugly woman who spends all my income and enrolls me in bringing up someone else's children. I have learned to suppress my astonishment and laughter, and now put a practised polite smile and nod in their place.

TRP/MGTOW/alpha-beta theory etc. Having sampled various philosophies, and having been in a living teaching, I would rate the sum total of TRP/MGTOW/alpha-beta etc. as a coherent approach. There is, unfortunately and inevitably, a negative, angry element. And also in-fighting. But the central thrust—of reasserting men's rights and promoting men's advancement—is a good and timely cause. I would make the following observations. All models of human nature are maps rather than territory. Do not confuse the one for the other. I notice many posters taking a dogmatic view of TRP, going monk and so on. This is inevitable, but if you notice it in yourself, it is time to refrain and take stock. Our situations are individual, and the forces that govern our lives are constantly changing and largely out of our control. If you want to get laid, TRP will improve your chances. But it is a mating strategy, it is confined to our animal urges. Human beings also possess other qualities and are capable of commanding higher faculties. Conversely, if you want to reclaim yourself, MGTOW will help, but remain MGTOW/monk and you will take yourself out of the gene pool, a derogation of evolutionary duty.

On alphas, I remember one early truth bomb when I was aged about 16. I was in love with a girl who I judged to possess a rare and delicate beauty. I was bucking up the courage to ask her on a date, when to my horror, I discovered that she was fucking a local guy who was the worst kind of violent—his hobby was picking fights with weaker guys and quite literally kicking their heads in. It wasn't so much that I was scared of him, although I was a little, it was that I was disgusted by her consorting with him. Left unchecked by a coherent culture that controls and directs our urges, these are the "men" who will get (or perhaps more likely impregnate and dump) the desirable women. Women have been genetically programmed to be unable to distinguish between high-testosterone behaviour and the more cultured qualities necessary for caring for them, and fathering and bringing up valuable contributors to society. In short, women (with a sprinkling of exceptions who we should be thankful for) are not as smart as men. Nor are they principled. Moreover, Western society has lost its way in providing them with the necessary tools, controls and guidance in this respect, and until there is a change, I think applying TRP/MGTOW/alpha-beta etc. in aggregate is a workable, serviceable approach for young men.

In the Western world, whose culture is dominated by advertising and consumption, gratification has replaced the search for happiness. Women, who are easily swayed, are more at the mercy of these forces than men. But for men too, our lives have become a matter of getting what we want, of satisfying our appetites (TRP is actually an example of this). We have lost touch with some of the finer faculties available to us: fortitude, forgiveness, abiding, persisting, sacrificing and giving, qualities that enable us to set our aim higher.

Finally, my life experience, faith and hope tell me this: Do not check out permanently. Do not give up. Look deeper, and ever deeper, within yourself. You come from somewhere sacred, and hold something sacred. Pursue your goals. If you're young, take the risk and leave your bad job. Dump your bad gf. Travel the world—you will discover that it is inordinately beautiful, as indeed is the overwhelming majority of humanity. Start a business, and if you're young, go for it like hell. Get educated: generally, the harder the degree, the more it is worth. Do work you love, work you are called to, or at least, work that serves your aims. Be courageous and move to a better place, if necessary, perhaps a country with better conditions and potential partners. An essential gratitude for the gift of existence still permeates the culture of many Asian countries. And their women are feminine. Cultivate your pursuit of virtues like honour, truth and beauty. Grow your mental, spiritual and physical strength. Peace.

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UPVOTES

Rejections makes you a Man.

TheShearerComplex · 1 May 2018 · Archived copy · Reddit

Show me someone who hasn't gone through multiple prolonged periods of rejection/failure before, and I'll show you someone who is unfulfilled.

The strongest swords can only be forged under immense heat and pressure.

Look around you right now, look at people constantly filtering, hiding, playing it safe, trying to fit in, fearful. Hiding behind their ego, avatar, mask, whatever you want to call it. They live on the surface level, avoiding any meaningful confrontation or challenge. Never growing.

Behind their sock puppet persona, it's safe there, they can delude themselves...they can construct their own reality, where in their mind they are successful. They can live vicariously through reality TV, social media, gaming or fiction.

They are missing the one true fuel for success. They are resisting the one portal that will introduce a man to his real power, a mirror into his soul.

Do this game long enough, and there's really one unifying experience that we all must go through to reach our goals, whether it's the gym, women, career, school... it's the reason we are drawn here.

Rejection and failure.

Failure is success and success is failure. Ying and yang if you will. You can't have one without the other.

You see this realisation is what makes a real man, an Alpha. A real man will at any given moment shed his mask get right up in rejections grill, stare straight down into those cold dark eyes, feel the heat, and the searing pain....then he will nonchalantly just smirk and laugh to himself. When you can truly accept rejection and can fully take everything it can throw at you, that's when the real power shifts.

You're unstoppable.

You now have infinite opportunities. No girl, gym or career can give you a greater feeling then that realisation, it's like you finally beat yourself and you realise that's the only person you ever needed to beat all along.

Let me tell you, men who don't fear rejection in this game, have the power. When a woman can see you don't give a fuck either way, there's nothing she can say or do which will even have minuscule impact on your psyche, YOU now have the power in the interaction/ relationship. There is nothing more attractive. It's nature's aphrodisiac.

The key thing to realise is this mindset can only be earned, it can't be faked for any real length of time. There are no shortcuts. The universe made it this way, it's your challenge as a man.

So get out there and earn your stripes, earn your power, earn your manhood. Be warned the universe won't give it up easily so prepare to suffer many battle scars, that's part of the journey... it's not just normal but required. After a while it will weirdly start to make you feel even more alive.

Why wouldn't it, it's the tool the universe has given you to help you find your true best self.

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UPVOTES

Reminder: Never discuss your feelings

CCJ22 · 6 May 2018 · Archived copy · Reddit

This morning, my brother contacts me and begins to tell me about his weekend. Specifically tells me about his gf & how amazing she is. Detailing how she asked him what was wrong and how she listened to him for over an hour rant and even gave him advice.

I took pause to this because I recall how I had done a similar thing in my twenties with not one relationship. But 3 in total. Never have a girl be your emotional tampon. Do you need advice? Call a level headed man for advice. Need to cry? Do so alone or, again, with a level headed man (be it your pastor, father, best friend, etc...) Don't contact a girl. Don't contact your mother, your sister, your best friend that is a girl, etc... Seek the advice and comfort from a man. Don't contact the guy that's gonna tell you you're being gay or the guy that will say fuck bitches and get money.

Seek sound advice and sound comfort from a male. Call your Uncle that you haven't talked to in 3 years if needed.

Did your dog die? Things at work are terrible? Maybe your mother passed away? Use that excuse as time AWAY from your plate(s) as "you're busy". If you have an S.O. Tell her you need time to be alone because xyz(fill in blank) occurred. The less details the better. Time apart allows her heart to grow fonder anyways.

Always make sure that your girl or plate(s) sees & ALSO HEARS you as confident, in frame, & able to accept everything life throws at him. This gives you the appearance to her, that you are very powerful emotionally.

TLDR: Do not ever allow your frame / emotional wall down and "vent" to a woman. They are NEVER to be your emotional tampon.

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UPVOTES

Do not let them shame you for being a man

smolzino · 17 April 2020 · Archived copy · Reddit

This morning I was reading the top askTRP posts of the week, and stumbled upon a thread of a guy being threatened by some white knight, telling him that his actions were making the group of females they are friends with uncomfortable, "including his girl". This story sent me back a few years, at the beginning of my TRP journey, and it was probably the most significant period of my journey to reconquer my masculinity.

I had always been a very popular kid, I got laid very early at 14 and kept it pretty steady for the average teen until I hit my 19ish years. Fucking acne had finally caught up to me, and while it started pretty mild, it soon turned me into some pizza faced ugly bastard. This shit creeps up on you hard, it destroys your appearance from the outside, but it does even more damage on the inside. Long story short, I lost all my mojo, I was scared of interactions with the general population, I felt disgusting. As with any negative feedback loop, my own negative thoughts turned girls away and soon I found myself at rock bottom, on almost a 2 year dry spell with zero confidence, convinced I was going to die alone.

Then I fucking got the clearance for accutane. For those who don't know, this is easily the greatest achievement of mankind. In less than 2 months, my skin cleared up and I felt like I was waking up from a horrible nightmare. I got off with extremely minimal scarring and you would never believe I had severe acne. This was during winter. I started looking online for advice on how to get girls because I had completely forgotten how to interact with females and my inner game was still nowhere to be found. After watching tons of stupid videos from scam pickup artists, I eventually found TRP. I knew instantly that this was a game changer, and I read all the material at the time and started working on myself.

Summer came by and I had managed to get back into the mix, attended a few parties and became a regular face among my group of friends and some females we were hanging out with. I lived on a coastal city at the time, and summer meant holidays and lots of get-togethers where friends of friends come, so a lot of opportunity. I was slowly trying to make moves but I was still very hesitant to do the one things that was the main advice on the sub at the time, **showing sexual intentions**. The boys I hung out with were all very blue-pill, and while we were regularly hanging out with girls, nobody was making big moves, we were all talking a big game but nobody was getting any pussy. I got pretty tired of the dynamic and decided that I would go all-in or bust. I was going to test the teachings of TRP, even if that meant being rejected.

After an afternoon at the beach, I kinda caught one of the girls, I'll call her C, checking me out. She wasn't really part of the group, she was friends with one of the girls and she came occasionally. We had had good conversation on two occasions at parties, but I kind of ignored the signs and pussied out. She was easily the hottest girl and was a regular subject of conversation between us guys. After driving home, I decided to add her to our group chat, and proposed that we all meet at the beach again the next day. She declined and said she only could the next week. I then typed a message on my phone, and froze. Should I really send that? No way man, that's inappropriate and way too aggressive. I'm definitely going to get rejected. Everybody will make fun of me. My entire being was trying to make me delete that message. Yet deep down I knew I had to do it, I had to see for myself. Took a deep breath, fuck it, press send.

"Cmon C, no way I can wait a week before I see your body again". I felt a rush of adrenaline after sending that. I hadn't made a move in years. Immediately a couple of guys react, "loooooool", "wtf bro". I'm still waiting for her answer. I keep checking my phone impatiently, getting nervous. Nothing. A couple hours later, I get a private message from her. "Hey smolzino, honestly I don't think we know each other well enough for you to make these kind of comments in front of everyone like that". Another guy from the group writes in the chat "dude, creepy lol." Well, shit. That didn't go well, what should I do now? "Haha it's not that serious" I reply. Fuck I feel like a loser now. TRP was wrong, I'm a cuck and being sexual is not for me. I'm gonna have to apologize.

She replies, "I just don't like being made fun of like that". Being made fun of? What is she on about? "Well C, this was a compliment actually". Then it hit me. This girl, as hot as she is, is actually **insecure about her body**. At this moment I realized that I wasn't in the wrong. I was in control, I made her react strongly and now I'm in her head. We text a little more, I slowly change the conversation to a more playful, flirty tone, and she opens up.

Next day, I go on a hike with 2 other guys and 2 girls. It's a hot day, and after we are done we decide to chill next to a river in the shade. No one took any swimwear, but I really want to swim. I take off my clothes, get down to my boxers and the girls express their regrets, saying they wish they took their swimsuits. I tell them that I am glad they didn't, because there's no way they're not joining, in a playful tone. The boys look a bit puzzled, but also a bit excited. I'm finally saying what they all have been wanting to say for months. I'm making shit happen. The girls chat a bit to each other and they strip down. They're both topless and in thongs. It's all good, we can be sexual in front of each others now. We all make some jokes, like whistling and shit. The whole dynamic of the group has changed drastically in the span of a day. Now the girls are opening up, we aren't just sidekicks anymore. On the drive back, they tell me that C had talked to them about me the whole evening yesterday, and that she's super down. This is the first time in 6 months that there is any kind of gossip in our group. Before that it was just a group of cucks thirsting over some females but never making any moves.

This is getting long, but eventually the next week, we all had a barbecue at one of the girl's place for her birthday, got drunk and hit the club. I spent the whole night being flirty with all the girls, and eventually hooked up with C. All my other friends hooked up with a girl that night as well. And it all happened because I finally decided that it was okay to be a man and go after the girl openly and unapologetically.

The following month I got 4 more girls riding that high. I had been with 5 girls my whole life prior to that, and beat that in a month.

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UPVOTES

OP's girlfriend of 4 years breaks up with him, sleeps with the local Chad, then asks if they can get back together. He considers it. This is your brain on BluePill.

needsomehelp3211 · 5 June 2017 · Archived copy · Reddit

Summary: Girlfriend of 4 years suddenly breaks up, sucks strange dick for a month, comes back. OP seriously considers taking her back like nothing happened. This... is what happens when you're brainwashed by society and feminism.

[Full thread here.](#)

For those of you who would like a back story, here it is.

My girlfriend and I have been dating for 4 and half years. We were going to move in together and everything but she told me she wasn't ready, and she told me a few days after that, that she wasn't happy and didn't know what she wanted. I think she suffered some depression and anxiety due to some medications. So we took a break. I know, a break is never a good thing. But I love her. I didn't want to end things, at all. So I told her to take some time to think about it and if you really don't want to be together anymore that's fine.

So we took about a month break, we talked a little bit here and there, but she came back to me very apologetic, ready to start over. So of course I took her back, I love her.

But she told me that while we were on a break, and at her best friends house, her friends cousin was there and he ended up getting my girlfriends phone number from her friend. He starting texting her and talking to her. She admitted to texting him and said she was nice to him but that's it.

So eventually he developed feelings for her and wanted to hook up. She told him she didn't feel that way about him, and didn't want to take it further. He took it badly and began threatening her and took it further and sent a Snapchat around that said he had been fucking her for the past month.

So here we are. She swears it isn't true. And I believe her. What bothers me, however, is that this took place when we were on a break. The problem, is that there is no evidence either way. TLDR; my girlfriend and I were on a break. She was texting a guy and he developed feelings for her. When she said she didn't feel the same way, he went ahead and told everyone they were having sex.

EDIT: let me make one more point, I believe her because of how much effort he has put forth in retaliating against her and trying to exploit her. I saw the Snapchat. It was very mean, it was your typical response if someone had just gotten rejected.

EDIT 2: after a little research and asking around. I have found out that this guy has issues. He has abused girls before, and tweeted nasty things about them. I don't know if it makes things any clearer.

AskMen always gets threads like these once in a while, where you can tell that the guy's caveman instincts are screaming at him to run away from this woman because she's trouble - but he can't because society has told him that men are white knights who must protect the damsel no matter what.

So to recap: OP has been showering this girl with affection and love for *four fucking years*. And one day she gets up and walks out the door because "I'm not haaaaaaaapy". Even before we get into the rest of the post, there's your **RedPill Truth #1: she's not yours, it's just your turn**. If she can just leave in a flight of fancy like so, what would prevent her from doing it when you marry her? And then you'll truly be fucked due to our court and alimony

system.

Anyway, so she goes on this break and comes back with a story about how a Chad-like man tried to get with her at a party and got her number. But but but but she totally didn't do anything with him!!! Just talked!!! **RedPill Truth #2: trickle truth.** This is a common mechanism women use to deliver bad news. Start slow, admit to doing something sort of wrong, but also end the story in a way that makes you seem moral and chaste. Then over time, if the beta pushes you for more info, slowly release more and more in a controlled manner. Never believe a woman's initial story.

And then of course, OP's juicy tidbit at the end of his post. "I have found out that this guy has issues. He has abused girls before". Girls. Not girl. Girls. As in, despite being a scumbag asshole, he still managed to attract multiple women (including OP's gf... even if they didn't bang, she gave him her number) so he could act like a douche towards them later. Compare this to your average Billy Beta computer programmer who's kind and sweet but can't even get a date. **RedPill Truth #3: Girls are attracted to dangerous men.** Ever wondered why all the high school bullies, the gang members, the drug lords, the sociopath Wall Street bankers end up getting the most beautiful and loyal women? It's because females, despite proclaiming that kindness/honesty/compassion is important, actually gravitate towards the most aggressive and socially dominant man in the group.

I don't want to witchhunt OP but I'll just say a look through his post history shows he's not in shape and generally is a beta male. My advice is for him to cut this chick out, lift, start enjoying some plates and regain his confidence.

Sadly, instead he will likely take her back, marry her, enter a dead bedroom, and have two kids who are oddly darker skin toned - but he'll shrug it off as some weird genetic quirk. And this is how he will live and die, because bluepill society has poisoned the minds of our men.

TL;DR: A woman's commitment to a LTR with a beta is about as strong as thin tissue paper. Do not lock yourself into marriage with these people.

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UPVOTES

Trust Women to be Women

Bigusdickus2020 · 9 May 2021 · Archived copy · Reddit

Just a couple of years ago I was broke, homeless, suffering from ptsd and cannabis addiction. When I lost it all my oneitis abandoned me. I slept alone on a smelly old mattress on my friends floor for six months. During which time I secured a job, quit smoking and started training hard. I also began to take the red pill a lot more seriously and would often binge on rp material during my darkest moments. My ex didn't care about my struggle. She moved on pretty quickly, blocked me on all platforms and ceased contact. It was the light switch effect. And on top of everything else, it was hard to take.

A couple of months ago I injured my back training and had to go to ED where she works as a nurse. We barely spoke. We were frosty. I got seen to and got out of there.

Skip to this past weekend. She's in town hanging out with some mutual friends. They tell her how much I've changed, about girls who are interested in me, and that I've bought my own apartment. Her hypergamy kicks in and she sends me a text.

An hour later we're in my kitchen drinking and chatting shit. This chick who left me when I had nothing. I don't take it personally anymore. She's female. It's part of her dating strategy to move up. I had nothing left to offer. That's just the way it is.

She asks how I turned it all around. She praises me for my accomplishment. She comments on my muscles several times throughout the night. She asks about the girl from work (girls talk). Her competition anxiety is kicking in. She says she has been dreaming about me. She says she regrets moving on with her new guy and not choosing me. The hamster wheel starts turning. She tells me how good he is to her, how he likes all of her social media posts and takes good care of her. How he doesn't check out other girls on insta etc. Yet here she is with me. Then she talks about the raw primal energy we had. How great our sex was. How I still do bad things to her in her dreams. We both know where this is going. She wants to use her pussy to monkey branch back to me. Whatever. I know the play. I remain stoic and flirt a little. I won't let her use me. I'll take what she's offering and get back to my life.

We do it. I cum quick, it's been a while. She gets pissy but I don't care. I had my fun and that's all that matters. I didn't fuck her brains out so she probably won't be back. She just cheated on a two year relationship for a two minute squirt. I bid her farewell and wish her good luck. She thought her pussy would make me simp again, she thought it would open up the door to my life and a roof over her head. She thought wrong.

I want to use this post as an example. I hated this girl for leaving me how/when she did. And for a lot of other disrespect over the years. Yet, like magic, her hypyergamous nature kicked in when I bettered myself. I simped, begged and pleaded to have this cheating garden tool in my life once upon a time. But all I had to do to get her back was become better. Now that I'm better, I also know better. I don't want her.

Stay sharp. A woman's hypergamous nature knows no bounds. You can only trust women to be women. They don't care about your struggles. They hang out at the finish line and they pick the winner.

895

UPVOTES

Final Warning: Keep Your Damn Morals To Yourself

RedPillWatchTower · 21 June 2015 · Archived copy · Reddit

Due to observations by [/u/Aerobus](#) and a few others, this post from over the summer is being re-stickied as a reminder to keep your damn morals to yourself.

Remember:

The Red Pill is nothing more than a working set of keys to a shiny new car. How and where one man chooses to drive it is **his** business, not **your** business. If he decides to take it off-roading and gets stuck in the mud (i.e., fuck women in relationships), rather than keeping it to the safer highways and backroads (not fucking women in relationships), that's his decision to make and his alone. Therefore, the consequences are his and his alone. We don't need you, Captain Moral-Bro, coming along with your white super-knight cape, and your wagging finger of shame and judgment, and starting moral-bicker-fights in the hallowed halls of TRP.

I will treat this the same way the cops do when they break up a mob fight; toss everybody in jail, sort it out later. Or in this context, ban everyone involved, assess the length of sentence later.

Keep the bro-shaming to yourselves. It has no place here; never has, never will. **If you wanna go be PC Principal**, go do it somewhere else. AskMen, AskWomen, and 2XC are always auditioning for new Guardian Saviors of the Gynocratic Order of Be-Slutted Wives.

Shaming is the tool of feminists, SJWs, and Blue Pillers.

I know we have a whole slew of new members. 117,000 subs, compared to the 8,000 when I first came around. Remarkable. This place has grown beyond any of our wildest dreams. However, as with any forum, club, organization, or fraternity, more voices means more deviation and more static. The mod team, led by [/u/redpillschool](#), continues to walk a fine line between keeping the message on track, whilst also trying not to be too "censor happy". When we remove too much, we are told we are "censoring". When we allow borderline posts to stand, we are told we aren't doing our jobs.

I say that to say this: there is one subject, that periodically rears its ugly head, that we invariably end up dealing with, and that subject is **morality**.

If you want an in depth explanation of morality vs. Machiavellianism, please check out our very own [/u/illimitableMan](#)'s blog on the subject.

<http://illimitablemen.com/2015/06/20/morality-and-machiavellianism/>

But the reason for this post is as follows:

KEEP YOUR DAMN MORALS TO YOURSELF.

This thread:

http://www.reddit.com/r/TheRedPill/comments/3acya4/cheating_wife_tells_her_lover_me_how_loyal_she/

has invariably given rise to this thread:

http://www.reddit.com/r/TheRedPill/comments/3af9cz/a_failure_in_understanding_or_please_ignore_my/

And a whole bunch of moral lecturing.

I understand that, among a large swath of you, fucking married women is outside your wheelhouse. I get it. God is going to send you to hell, you have inhibitions about being a home wrecker, inhibitions about your personal fee fees, etc. Whatever. Shame language about "low hanging fruit", etc, "what bro, you can't get single chicks so you fuck married women, etc etc..." It's been said time and time again.

Some see no problem with fucking married women. Others see it as worse than God flooding the Earth in the Old Testament. I'm here to tell you that your moral judgements have **no place** here. If a man posts about fucking a married woman, that's his own prerogative, not yours. This sub is about **discussion of sexual strategy in culture increasingly lacking a positive identity for men.**

These "morality" bicker fights never go anywhere, they devolve into bullshit that we have to sort out, and quite frankly, we're sick of it.

How one man chooses to use TRP knowledge is up to him. Not you. So, I'm going to link my post from back in December 2014:

http://www.reddit.com/r/TheRedPill/comments/2qdc08/psa_im_adding_broknighting_to_my_list_of_bannable/

And as a final reminder, **keep your damn morals to yourself. Any shaming language from one man to another is going to trigger my ban-hammer.** This is fair warning.

Shaming is the tool of feminists and blue pillers. It has no place here.

Happy Sunday.

895

UPVOTES

The only oneitis in your life should be lifting.

RedditAdminsSuck_88 · 24 January 2017 · Archived copy · Reddit

Summary: Prioritize lifting like you used to prioritize the oneitis you once orbitted.

My favorite question to ask people in AskTRP is whether or not they are lifting. I do this because if they aren't lifting, there is no point in them asking for advice when it comes to women, because lifting should be a mandatory pre-requisite before women. A good number of them say yes, but far too many say no and come up with their hamster wheel of excuses of why not.

- "I can't afford it"
- "I am hurt"
- "I have no transportation"
- "I have a lingering injury"
- "I don't have time"
- "Fuck you for giving the YOU NEED TO LIFT! advice, I am tired of coming here and the only advice people give is to lift"

Etc. Etc. Etc.

My favorite is when they bookend their question saying "Please don't give me the advice to lift, I have heard it too many times, I want actual advice"

Lifting should be your oneitis.

Think of the time you had oneitis for some girl. Most of us here probably have. Think about how badly you wanted her. How you would have done anything to be with her.

What if she called you up? Asked to hang out? At her place? And to bring a bottle of wine? What would you do? You'd do anything to make sure you were able to meet with her that night. Even if you were sick. Even if you were injured. Even if you couldn't afford it - you'd find a way. Even if you didn't have time - you'd make the time.

This should be your attitude toward lifting.

This past weekend I jammed the fuck out of my fingers. I thought they may have been broken(thankfully, they weren't). However I had giant gashes that probably needed stitches on them. My first reaction was "How will this affect my lifting". Because I have been lifting long enough to where I am constantly making progress, going hard, seeing results. And a hiatus from that would undo all the hard work I have done in the gym and slow my progress.

My past me would have used my hand injury as an excuse to be a lazy fuck and not go to the gym for a week. Not anymore. I still went to the gym and dead lifted - I couldn't do as much weight as I normally could for grip reasons, it was a bit painful, and my bandage/gauze turned into a dark red bloody mess by the time I was done, but I didn't skip.

If you are not uncomfortable at the thought of missing a day of lifting, you are

not doing it right. You're not training hard enough or lifting heavy enough.

Now let me be clear - I am not encouraging those of you who truly have a legit injury, or legit illness, to lift through it. At some point its more important to recover that injury than suck it up and lift through it.

What I am saying is that you need to be completely honest and accountable with yourself. Do you truly, truly, truly have an injury or illness in which its best not to lift until it gets better? Or are you just using it as an excuse to be a lazy fuck? Don't cheat yourself. Because it will become a habit. Sooner or later you will invent more and more excuses to not lift.

Lifting is all about discipline and toughness. What is the point of lifting if you are not being honest with yourself?

If you can't afford it - Find a cheap gym. Shit, the gym I go to is \$40 a month. If you can't afford \$40 a month for a gym membership you have deeper issues. Stop using money as an excuse to not lift - It doesn't fly. Think back to when you had oneitis. Would \$40 deter you from going out with her? Nope.

If you have no transportation - Find a way. Get a bike, get a cheap beater car, take the bus, whatever. There has to be a gym within a reasonable distance. Think back to when you had oneitis. Would you have crawled 10 miles over broken glass to go out with her? Probably. Same attitude needs to be taken when it comes to lifting. Find a way.

If you are sick or hurt - ask yourself if you REALLY are sick or hurt. If you are sick, its best not to go to the gym - as you wont be able to give your best, and you don't want to make others sick. But find a way to make up for it. If you are hurt - how serious is it? Ask yourself this question: In your oneitis days, would this sickness/injury have deterred me from fucking my oneitis? If the answer is no, you are good enough to lift.

The "I don't have time" excuse is the dumbest of all. You can use a great, progress making weight training program that only takes an hour a day 3-4 times a week. You're telling me out of 168 hours of your week, you can't find 3-4 hours (1-2%) of your week to dedicate to lifting? Really? In your oneitis days, you would have done anything to spend 3-4 hours with your oneitis. You would have cleared your schedule, asked off at work, even skipped your own parents funeral if you had to. Like with the I dont have enough money excuse, if you can't find 3-4 hours a week to dedicate to lifting, you have deeper issues. I used to work 2 jobs, 90+ hours a week, and still found time to go to the gym. Was I tired? Yes. But I sucked it up.

Make lifting your oneitis. It should be something you make time for, prioritize, and would jump over many hurdles in order not to miss. It would take a serious injury or illness to keep you away.

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UPVOTES

Marcus Aurelius said - "If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment."

avacadotreelmao · 26 February 2017 · Archived copy · Reddit

I've always liked this quote.

But I have a difficult time understanding how to take control over your worries. The worries feel so beyond you, so out of your control.

As if the worry is 100% certainly going to happen/happening. Even though I'm aware these worries are irrational, I can't convince myself that they in fact are irrational. I'll keep tricking myself into believing the worries are going to happen.

Stoicism basically says that all you can control is your reaction (thoughts) about a situation. So yeah a lot of it is easier said than done, but in theory, its safe to say that if you stopped looking at things as life ending, they would be easier.

In his excellent "A Guide To The Good Life: The Ancient Art of Stoic Joy", William Irvine devotes an entire chapter to voluntary discomfort.

Seneca contemplated bad things happening, in order to appreciate what he had. The Stoic rival Epicurus practiced poverty to determine whether he really needed what he had. But it was Musonius, says Irvine, who took things to a higher level:

In particular, we should periodically cause ourselves to experience discomfort that we could easily have avoided. We might accomplish this by underdressing for cold weather or going shoeless.

Or we might periodically allow ourselves to become thirsty or hungry, even though food and water are at hand, and we might sleep on a hard bed, even though a soft one is available.

The Stoics didn't embrace discomforts such as cold, or sleeping on a hard floor out of masochism, rather the Stoics advocate for the deliberate use of discomfort to raise the appreciation for what they currently have.

In many ways taking a cold shower strengthens this argument, by voluntarily accepting the discomfort of the cold, a decision that is not mandatory for us to make allows us to essentially immunize ourselves for any misfortunate and hardship, both physically and mentally in future moments.

The power of the cold, or exercise for that matter is that it encompasses the will of both the physical sensations and mental.

Epictetus advocates this intentional discomfort.

"But neither a bull nor a noble-spirited man comes to be what he is all at once; he must undertake hard winter training, and prepare himself, and not propel himself rashly into what is not appropriate to him." (TD, Book One, Ch. 2, p. 10)

As with any practice that defies the norm, there is always criticism of such unusual practices, that to the average person may in fact just seem pointless, only being convincing through the rhetoric dialogue of ancient Stoic writing.

Simply, voluntary discomfort helps us practice being indifferent to situations that to the normal, untrained and unwise would seem stressful and disheartening.

Are you guys into stoicism? I've found that in some ways (not all) it aligns itself well with TRP--especially in regards to self improvement.

Watch Your support is appreciated.

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UPVOTES

All Guns Are Loaded

NO_LAH_WHERE_GOT · 18 November 2015 · Archived copy · Reddit

TL;DR:

This post is about addressing the idea that AWALT is "unfair" or "inaccurate" from a scientific perspective. AWALT is an "unfair generalization", but the concept doesn't exist to be perfectly accurate or perfectly fair. It exists as a rule-of-thumb to keep you safe. Protect yourself, protect your interests, then go out there and have a good time with the people you love, you handsome devil you.

I was thinking a while ago about the phrase AWALT, and how (from a philosophical/scientific perspective), it can't possibly be an actually valid statement. So I started thinking about why that is, and why it persists.

And then I realized that there's another phrase like that, which is All Guns Are Loaded. It's a very simple concept to understand: If you have a gun, assume it's loaded. If somebody points a gun at you, assume it's loaded. It doesn't matter if you've personally unloaded it or witnessed somebody unloading it. All guns are loaded.

It's admittedly a little bit troublesome that we use the phrase AWALT, because it can be interpreted as oversimplifying women. It's annoying to have to explain to people. I've had someone come to me and say, "Okay, the truths about TRP seem to make sense, but I can't get past how they generalize a huge population. That's just unscientific."

I agree. And the important thing to realize here is this— AWALT isn't an attempt to come to a scientific, accurate assessment of an entire population. It's a heuristic meant to remind you to prepare for the worst.

Consider how we "oversimplify" guns. We assume that they're all loaded. Why? How come that's okay? Because it's better to be safe than sorry. The same logic applies with AWALT. And in any respectable relationship between equals, both parties will appreciate the fact that the other party is first and foremost responsible for their own interests.

Some people will say that that's not what relationships are about, that relationships should be about blind, passionate trust in the other person's absolute and total devotion to both parties' mutual interests. That's incredibly naive. It's a fairy tale. Even siblings kill each other. Why do we expect better from romantic love?

I believe that it's possible to love people deeply, to be kind, to be generous, to be warm, to be loving. (Sometimes I wish I saw more of that from TRP, but I respect that that's not what this forum is about. So I'll keep those fee-fees to myself.)

A leader doesn't impose discipline on his crew because he hates them and he thinks crews are necessarily unreliable. He does it because he wants them to achieve great things as a collective, and have great experiences along the way. That said, he also protects himself so that he might live to fight another day, should he find himself utterly compromised.

So it is with relationships. Be as warm, kind, and loving as you like. But protect your interests. Remember that you can't negotiate desire, you have to earn it. Remember that nobody *truly* cares about your suffering.

And remember that all guns are loaded.

PS: Also, you can also assume that 'AMALT' with regards to all sorts of negative and damaging behavior, too. You should assume, for instance, that any money you lend will never be returned. I'm sure you can think of all sorts of other such heuristics that are necessarily "unfair" or "imperfect" but are designed to save yo ass.

EDIT: When I say "troublesome", I don't mean "Aw, gee, it's not very nice that the boys at TRP are saying mean things about women." This is the Internet, who gives a shit. What I mean is this: If you're not careful about how you

think and talk about a rule of thumb, you have a good chance of ending up in a nasty situation. This is a meditation on how to avoid getting into nasty situations. Think however you like, but consider the ramifications and act accordingly. (Or not. It's your life.)

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UPVOTES

Women are taking on substantial more debt than men to get objectively useless degrees. Patriarchy is blamed.

Atavisionary · 26 May 2017 · Archived copy · Reddit

Original Article.

An [article](#) recently came out lamenting that a larger number of women were incurring student loan debt and that debt was larger per capita among women than men. It is based on a [report](#) (click this, the graphs are worth looking at) by the “American Association of University Women.” Certainly this sounds like a factually unreliable organization with an obvious agenda. However, their findings are broadly in line with what I would expect from my own [research](#). Of course, the Forbes article is filled with a lot of ideological garbage blaming the patriarchy, racism, and the mythical wage gap. Feel free to read the article at the first link, but the only really useful information is the numbers.

- 56% of all college enrollments in the fall of 2016 were women.
- 833 billion dollars of the 1.3 trillion dollars of American student loan debt is owed by women. This is approximately 64.1% of student loan debt.
- At the end of a bachelor's degree, women have on average about 1500 dollars more debt than men.
- Women on average take about 2 years longer than men to pay off their debt.
- Women earn about 20% less than men 5 years after receiving their bachelor's.
- Within four years of graduation, men had paid on average 38% of their debt vs. 31% for women.

It is interesting that women are over-represented in incurring debt relative to their overall presence at universities. Possible explanations include affirmative action placement at more expensive schools, better scholarship opportunities for serious degrees which are male dominated, or male workforce participation during college years, which enables them to take on less debt. Or something else.

More women are taking on more debt, earning less, and taking longer to pay that debt back. I really have no trouble believing this is true. Unlike the Forbes writer, I don't believe it has anything to do with patriarchy or gender discrimination. Biologically based gender differences can explain approximately the totality of the differences in outcomes here. For one thing, men have an innate superiority in [visuospatial reasoning](#) which makes them tend towards harder sciences, engineering, and computer science which more usually offer a higher wage. This makes it easier to pay back loans regardless of price. The following is a brief excerpt the book, [Smart and Sexy](#) which discusses in great detail the intelligence differences in intelligence. There is of course much more detail and information in the book about this topic.

If a closer look is taken at the specific degrees women are receiving the picture isn't quite as rosy as is often implied. To be sure, men also succumb to pursuing essentially worthless degrees, but they do so at a lesser rate than women and since the absolute number of men pursuing college degrees is less, the problem is quantitatively less severe even when they do. Some of the most common degrees women are getting, such as business, health, and biological sciences, do make them more employable and socially valuable. Most, however, are notorious for conferring little value in the job market and can be expected not to improve income significantly. Among the top ten most common subjects studied by women as undergraduates are education, social science, psychology, visual and performing arts, communications, liberal arts and humanities, and English. Graduate studies which can also be expected to produce less or no human capital and do not confer much in the way of high income also seem to be much more attractive to women than men. The following tables show the graduate degree paths that are dominated by women (i.e., 50% or more of the students are female) and men respectively, as well as the average GRE score for each major.

Graduate level fields dominated by women

The proportion of women in the ten graduate programs with the lowest GRE score

The male percentage of the top ten graduate programs by GRE score

All of the degree paths examined by the particular study and found to be female dominated are included. A number of these paths are essentially just “professionally” training women to be mothers or surrogate mothers of children. Elementary and early childhood education sticks out in this regard, though probably all of the education paths do this to one degree or another. How anyone could possibly think it is necessary for women to have expensive post-tertiary degrees to watch young children play is hard to understand. Women have been watching young children successfully without any education for millennia before this farce was introduced at universities. Other degree paths which seem particularly useless include English and foreign literature, art history, home economics (i.e., how to be a housewife; where is grandma when you need her?), and student counseling. Disciplines which in theory might be useful if properly designed, such as psychology, sociology, and anthropology, have the problem of being almost totally infested and controlled by people with very **radical, far-left ideologies**. Considering how far these ideologies force these areas of study away from realistic understandings of reality, their utility is heavily undermined. Though the study this table comes from does not provide information on the relative number of women pursuing each field, it does provide a general idea of the type of degrees women are more attracted to than men in post-tertiary education.

Another issue making it difficult for women to pay back their debt is that on average they prefer working significantly less hours than men. Again, from Smart and Sexy:

A study which tracked high ability men and women found that there are large gender differences in the preference for number of work hours per week even after controlling for the high general intelligence prerequisite. Those who prefer to work 40 hours a week or less are overwhelmingly female, and those who work or would be willing to work over 50 hours a week are overwhelmingly male. The preferences found in this study are supported by US department of labor statistics. 26% of working women were part-time in 2011, which is twice the rate of men.

Hours worked per week by gender

Now to ease up on “blaming women” a bit, we can look at the overall pattern of college debt. According to the AAUW report, for both genders, the accumulated student loan debt by the time of graduation increased by approximately 30% between 2004 and 2012; a mere 8 years!!! And it is probably even worse in 2017. Women may overall be more prone to bad decisions, but it would be a lie to say that this is the only important factor involved or that large numbers of men aren’t also making bad decisions with respect to education. Universities are churning out an increasing number of people with useless qualifications and exponentially increasing the cost of these degrees at the same time. Meanwhile, high schools, parents, counselors, media, etc are all highly encouraging both men and women to incur this ridiculous debt for these **worthless credentials**. Let’s not forget that the people expected to competently make financial decisions with respect to education are only 18 years old. 18 year olds are understandably not experienced nor well-read enough to be expected to make good decisions without proper support and good guidance from elders, which they are decidedly not getting. If I were assign blame with respect to the higher education farce, I would probably only assign 20-30% to the naïve kids being duped. The lion’s share of blame belongs to the propagandists and liars in the media and education who are willfully scamming kids out of tens or hundreds of thousands of dollars.

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UPVOTES

Hypergamy 101 - Women See Men the Way Men See Jobs

Garl_Vinland · 8 May 2015 · Archived copy · Reddit

Imagine this: You have spent the better part of your life learning the skills necessary for your career. You've landed a job at a decent company, and over several years you have proven your value at what you do. Now that you are in your prime, even more opportunities are opening up. Better companies are courting you, with better packages than you are getting now. Left and right you get offers to work elsewhere. You are told how valuable you are. Your skills are exactly what they're looking for. You're wined and dined by all the big players in the industry, validated at every turn.

Do you stay with your current company out of loyalty?

Fuck no. You make the proper business decision and go with the best offer, because that's all it is; a business decision. Your friends don't berate you for leaving your old company. You found a better deal, of course you took it.

Should you take a low offer from a company that is barely surviving, that would be entirely dependent on you to do more than you would enjoy, for little to no extra compensation?

Fuck no. You go with the one that benefits you the most. You have what they want, and they will compensate you generously for it.

Should you have quit your old job before entertaining the idea of taking a new one?

Fuck no. You've been told your whole life that you don't quit a job until you've got another one lined up. What if you can't find one right away?

These are basic examples of the way most men view their jobs. You make the best decision for yourself. Morality has little to nothing to do with it.

Different people want different experiences. Some people want to go with the established company, where they will feel safe and secure in their future. Some people want to join a startup, where they have more flexibility and a prospect for even better future. Again, these are just business decisions you will make, often dependent on where you are at in life.

Most women have spent their majority of their lives learning one skill above all others: How to attract and manage men. Their hypergamous nature leads them to the same conclusions about men as I described above regarding jobs. They show little to no remorse about it because it really is just a business decision to them. Which company do I attach myself to? The best one of course!

The main difference is secrecy. In business, this is all universally understood. Business is transactional by nature. Nobody argues that. But suggest that interpersonal relations are transactional by nature as well and you are labeled a sociopath.

By convincing men that relationships are not transactional, women hold more power. You should just love her for who she is. After all, she's different than *those* girls anyways.

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UPVOTES

What nobody tells you about marriage, from a married man

MasculineHapa · 31 August 2018 · Archived copy · Reddit

So hear me out... you may think, because I am married, I do not understand what goes on in this sub. What motivates you. What drives you. That I am against your beliefs. But I am very much in favor of a great many of the things you say.

Long story short... I started dating this cute girl when she was 18 and I was 20. She's this cute, perky, small thing... curly black hair, big brown eyes. Sexy body, sexy breasts, everything about her was fine... fast forward two years, she's 20 and I'm 22, and we find out she's pregnant (before anyone asks: yes the kids are mine, tested and all). Anyway... she get's pregnant. And we keep it. We even get married. We have gorgeous daughter. So far, so good.

Sex continues to be regular, believe it or not. We have our ups and downs and periods when it's less, but remains pretty solid. Over the next years we have two more kids. But things start to deteriorate. First thing to go was her body. This is a big deal to a lot of men, myself included, and I'll share these things because I think too many men are NOT aware of what pregnancy and motherhood does to a woman's body. It completely fucks it up. Ruins it.

The first baby we had did not yet deal the killing blow to my wife's body. In fact she got hotter in some ways; her perky and small breasts got a little fuller, slightly less perky. Her nipples grew to be very large, which to me was a major turn-on. She gained some weight, which mostly went to her hips and ass and didn't bother me. Her pussy was less tight, but this, too, did not bother me as I am not lacking in size. She gained some stretch marks, again, it's okay with me. I mean, I loved her! I didn't mind.

But the next baby came. And her stretch marks got worse. Her breasts got bigger, and more saggy. Her belly no longer went back to being as flat as it used to be, right after baby number one. She didn't 'bounce back' anymore it seems. She still looked good in clothes, but less good out of them. When she started breastfeeding baby number two while dieting, at the same time, this completely fucked up her breasts. Not only did they become saggy like those African women on an old National Geographic Magazine, they also shrank down a lot. Like tiny little veiny bags, each topped with a gigantic plum-like nipple that no longer belonged to me, but to that baby.

She got skinnier. Her ass shrank. She barely had any breasts to speak of, and only looked good in special pants and in a bra that suited her figure and pushed up her boobs. With make up she still looked good. Even in her late twenties, now she looks good to the naked eye. Her face is cute. Her slender body, while clothed, looks fine. Few men realise how ugly, stretched out, bloated, scarred and saggy even a young woman can be after countless fucks and a few babies. How completely and utterly ruined their bodies become.

Behavior-wise, she got fucking mean. Called me useless. Called me all sorts of names. Did not appreciate me even as I am trying my hardest always to be the best father to our three children. I've been with a few girls prior to our relationship. I wonder if age, marriage, and in some cases motherhood, has treated these girls any kinder. But I doubt it, honestly. I think the biggest and harshest Red Pill I had to swallow is that women age disgustingly. Milk, rather than fine wine. At thirty I look better than I ever did. I'm fitter, more in shape, more muscular and overall more attractive than I was when I first married. But my wife is but a shell of her former self.

Now for the rest of my life, provided we do not divorce or whatever (which, in some ways, would even feel like a release), I will have to wake up to this woman. Stretch marks. Saggy tits. Enormous wrinkly nipples covering most of her chest. Flabby, toneless belly. Negative attitude towards me, and caring only about looking good *on the surface* for others... meanwhile, I get to see the real picture every day. And it ain't pretty. Yes we still fuck. Very regularly. It's only really good anymore when it's a hate fuck really. I am simply not attracted to her anymore and haven't been for a long time. I realize this now. I freely admit it. It's like I am a married man, faithful to a fault, dutiful. And yet I was cucked, not by any other man, but by Mother Nature itself. And by society's unrealistic expectations.

TL;DR: I married a cute girl, she turned into a harpy. Her once sexy body quickly deteriorated and now I will have

to live the rest of my life with a woman I detest and who detests me, while pretending to the outside world and to our children that we love each other deeply. And fuck a pussy I am disgusted by for the rest of my earthly days while those of my bro's who were smart enough not to get locked down continue to fuck hot twenty-something pussy and discarding it when necessary.

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UPVOTES

You Can Barely Make Yourself Dinner, And Yet You Deserve to Date 9's?

LegendaryPeace · 14 December 2016 · Archived copy · Reddit

Claim: "I should be dating hot women."

Underlying Claim: "I deserve the experiences associated with being a high-value male."

Reality for 80% of Men:

- Overweight
- Find basic life functions like making meals, taking out the trash, and exercising to be very difficult (may ignore these altogether)
- Provide no value

If you're in this situation, realize that your **thoughts** and **actions** aren't aligned.

When you say: "I deserve hot women," you're implying you're kind of a baller. Not a celebrity or any thing, but a top 20% guy who provides value to those around him.

When you then order Chinese and play eight hours of Xbox every night, your brain becomes confused. It says subconsciously: "You claim you're a Player, and yet here you are eating crap and watching TV again. You little bitch."

It might seem like your weeknight routine has little to do with the Game you spit on the weekends, but nothing could be further from the truth.

If you can't meet your *own* needs, do you really think you'll be able to fulfill the hottest women in the city? You may lie to yourself to try and cover up the insecurity, but it will always be there.

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UPVOTES

Feel your emotions, don't express them

613WeTheGreatest · 9 July 2018 · Archived copy · Reddit

As kids we cried when we felt like crying, laughed when we felt like laughing etc. If our parents were good parents they'd listen to our problems and worries and issues and let us be our loud crying yapping selves. Then as time elapses and a boy ages the parents start having less slack for his tantrums and sobfests, tell him to be a man.

We at this step go from feeling our emotions to expressing them. Whether to our parents, or our friends. (LPT a mate isn't a mate until you can talk about what's going on negatively in your life without concern of "weirding" someone out, until then a lot of "friends" you think you have are actually just guys you go out with and get lit with but aren't actual "friends")

Years later many men forget how to properly process their emotions and I give you the answer.

Many men get into relationships for the "emotional" competent, either their parents are dead or have turned onto deaf ears to your problems or you aren't close enough with any other man to talk about the shit you've been through in your life. This is level I of the Trap.

Expressing an emotion through words or actions don't do shit for you or anyone.

Instead feel your emotions. My advice to you may be anecdotal but it works and works well. Once a month or once a quarter of I've been really busy I go for a run into nature, then walk far off the beaten path and find a tree to sit on. Start bringing up the fights you've had, the failures you been through and don't "think" about how they made you feel, actually GO into your body and FEEL it. There's usually a click point where you realise you've actually been resisting feeling that emotion and you then allow it to cascade over you. Really BECOME that emotion, if it works well you'll even notice that your emotion is taking form in the way you remember it as a child. Personally I start sobbing lightly, then screeching then there's a lull, followed by another wave of screams yells and screeching followed by some hyperventilating and then another crash of crying that all of a sudden turns into manic laughing and life feels splendid afterwards.

It's important to not judge yourself as this happens, it's weird as fuck, very animalistic, and very raw, you will literally feel like when you were 3-4 years old and kicking and screaming in your bed. But do it properly and you've ACTUALLY PROCESSED and released those baggages and chains.

Past a certain age your parents don't care to hear about your complaints the same way they once did, any girls you're seeing don't want to hear it either, and while it's important to have mates that you can talk to about that kind of stuff, YOU'RE NOT ACTUALLY PROCESSING THE EMOTIONS.

This "hack" is life changing because you realise that you can release these wounds on your own, and that you don't need anyone to 'help' or talk you through it. You never "needed" anyone and therefore never will.

All psychologists do is ask questions that lead you into the right state of mind to let the emotions wash over you. Sometimes it takes sessions to get to that point. I'm not saying not to use psychologists they have their place, but you can do a lot for yourself psychologically and you might not even know it.

Release the good and the bad and you build your way towards a more and more rational mind more and more grounded in the now and free of emotional and mental baggage of the past.

Books like Letting Go by David Hawkins, RSD Julien's letting go technique, The Work by Katie Braun(?) Might be useful for you to understand how to get to this. Ultimately it's something you have to figure out on your own, this isn't a 1+1 type of lesson, learning how to go into yourself and actually feel things will take practice but it is extremely refreshing and rewarding. If you've had a bad week, got into a fight with family and haven't had things going your way, it's human that you're going to feel beaten down and your mood is going to suffer, can't escape it. Being immune from a depressed mood after negative events isn't human. The problem is that most don't ever actually let themselves FEEL into that depressed mood.

I've gone from flat and emotionless and empty to absolutely ecstatic and loving life and having a radical perspective shift, and all it took was 5-10 minutes of leaning against a tree trunk letting it all out like when I was 5.

Good luck in all your endeavors.

Tldr: crying as a man isn't bad, just don't do it in front of others, we are ships out in the ocean, we must remain steadfast in the face of high water. When docked back at Port however ships need repairs and refurbishment, likewise as men taking moments of solitude to feel out emotions isn't only "acceptable" but mandatory

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UPVOTES

Agree and amplify: why it is such an important tool

Popeman79 · 10 April 2019 · Archived copy · Reddit

Women and socially acceptable opinions

On any given subject, society allows for a spectrum of opinions, usually between polarizing and extreme limits. Usually, if your opinion is beyond one of these limits, it will be rejected by the hive.

For example, for the current hivemind:

making fun of short guys: ok

making fun of midgets: not ok

So regarding height, we can say that one limit of the spectrum is right there between short and midget. Women won't go beyond that.

Girls completely live and navigate within those social cues, this spectrum. Their way of communicating is a constant, cautious attempt to establish what the common ground is with others. They wanna know where the hive stands on any subject. Because a woman doesn't have fixed boundaries, she continuously lives in this spectrum defined by both society (what the majority of society tells her is acceptable through the media, interactions, etc) and circumstances (what she can get away with right now). This spectrum is basically her whole universe.

Is it cool/acceptable to make fun of midgets? How will people look at me if I do it? That's all that matters to them. Not whether the joke is funny or not.

On the contrary, masculine men usually tend to speak their mind, without thinking about consequences. When consequences are bad, you are labelled an "asshole". 'Yeah maybe my midget joke was inconsiderate, but whatever..' Women love assholes because of their freedom. In comparison, women are slaves to the collective hivemind, and they hate it. They have to be constantly cautious. Throughout history, you can find many talented or smart women, but rarely do they go against the accepted spectrum of opinions. All rebellions, all groundbreaking ideas come from men, because men care more about finding their own truth than being accepted by the hive (at least masculine men). It's also why it's hard to find funny women: because they don't dare go beyond the approved spectrum. They're wired to do the opposite, to stay within.

Responding to a tease with agree and amplify

When somebody comes at you with a joke or a tease, it's their way of saying: "see this social boundary where our interactions are nice and acceptable, I'm gonna go over it and pinch you a little to see what you are made of". They go to one limit of the spectrum, and tease you there.

Girls do this all the time, although they're not really imaginative when it comes to it. Typically, it's gonna be something like "you're short", "you're skinny", "you're fat", "you're old" (that's the one I get), "you're a loser", etc. They choose words that can hurt you, on purpose (if not what's the point), not because they're necessarily true.

Agree and amplify is your way of responding "I see your ridiculous little tease and I raise it tenfold. You're not even close to touching my boundaries, the ground where I stand firm is way too large for you to cover". It's basically a declaration of a bigger frame.

Agree and amplify is especially efficient because, instead of going in the opposite direction, which gives a polarizing power to her tease, you go in the same direction which leaves it in the middle of the spectrum, mediocre and useless. For example if she says 'you're short', if you respond with 'no I'm not I'm actually average height blabla' you go in the opposite direction and you give value to what she said. You acknowledge that she found a limit where you're uncomfortable. If you respond with 'yeah I used to work in a circus as a midget, this is how I paid for college' you're going in the same direction and now her tease seems lost in the middle. Being short has lost all its negative power.

So agree and amplify shows her that not only are you not affected by this poke, you're comfortable going way further than that. It also gives her tingles.

Tldr:

When she shit-tests you, she does it by teasing you at the boundaries of her spectrum. When you agree and amplify, you push these boundaries. This literally expands her sense of reality, it establishes your frame over hers. You establish that you're solid and more comfortable than her on a *wider* range of the spectrum.

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UPVOTES

TRP spilling out in TwoX

JohnGalt316 · 13 April 2016 · Archived copy · Reddit

<http://imgur.com/a/g9rmL>

CLIFFS:

woman writes a TwoX post about her amazing fiance who doesn't mind doing the household work.

her fiance's grandparents made fun of her fiance for doing a lot of housework and he proudly stood up to them

someone looked at her post history and found out she was cheating on her fiance. she wanted to be in a relationship where she was submissive and her man was dominating her. she felt terrible not because she cheated on her fiance, but because she couldn't give 100% to her cheating partner.

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UPVOTES

A member of Johnny Depp's inner circle says Amber Heard threatened to falsely accuse him before going public

Five_Decades · 31 May 2016 · Archived copy · Reddit

<http://www.thewrap.com/johnny-depp-is-being-blackmailed-by-amber-heard-heres-how-i-know-guest-column/>

If true, and if it is proven she is lying, I hope she is charged criminally and in the civil courts. I'm not naive though and know at worst she'll get a talking to. Point is, that if Stanhope's accusations are true, that this is a reminder that women like this exist (women who will abuse the advantages they have in the legal and social system to harm men) and you have to guard yourself against them.

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UPVOTES

If You're Struggling With Women its for 1 Reason and 1 Reason Only. Here's How to Fix That

ShitsWithTheDoorOpen · 2 March 2017 · Archived copy · Reddit

This is one of those lesson you have to learn OVER and OVER again. This is THE core truth about masculinity.

Ever heard of the phrase "You can't make pussy your mission"? This comes from two ideas, one that men have to have a mission, they have to be on their purpose, and two DON'T PUT THE PUSSY ON A PEDESTAL.

Before RP even existed, about 10 years ago I first got into seduction. Literally if any of you fuckers remember, sedfast. I was on that bitch. I was learning, voraciously reading about mirroring, pacing and leading, tonality, body language, escalation ladder, GFTOW, inner game, reframing, holding frame, be the prize, etc. etc. and I'll tell you what. **THAT SHIT WORKED.** It worked like a fucking charm. I went from virgin to fucking swimming in pussy in a very short time. First couple years of college was absolute slay day. The seduction shit was money, but there was a crucial flaw in it, or rather in how I APPROACHED IT, and therefore how I approached TRP, and any other Male improvement lifestyle work.

I MADE IT ABOUT THE FUCKING CHICK.

I got into this as almost all of us do. As an unsuccessful, sexually frustrated, angry fucking dude. The goal was to learn about women and how to pull their strings so I GET WHAT I WANT from these stupid hoes. AND YES it worked,...for a time. Then I started getting older, and still fucking hoes but I had to ask myself a question. WHO THE FUCK AM I? Better put; **what is masculinity?**

See I was looking at masculinity through the frame of the female perspective this whole time, I was trying to gain qualities that women would find attractive and because I approached it that way, somewhere deep in my mind I was thinking that was the extent of masculinity; an object of female desire, with no greater inherent purpose or value. With this frame, you are gonna get REAL SICK of women, and game. No matter how many 10s you pull, SHE AINT WORTH YOUR FUCKIN SOUL BRO. She isnt worth your identity, your integrity, your motherfuckin PURPOSE in this world. This is exactly why dudes go MGTOW. Because they are looking at the frame through the female perspective. It's time we flip that shit on its head.

LOOK AT MASCULINITY FROM THE ONLY PERSPECTIVE THAT MATTERS; THE MASCULINE PERSPECTIVE.

First of all, masculinity is not defined by what women want out of men. Masculinity is not defined by what the state wants out of men, or your parents, or your boss, or the church, or the media. **MASCULINITY IS WHAT MEN WANT OUT OF OTHER MEN.** Men have always worked in packs to achieve their mission. We hunt in small groups, we go to war in fireteams. We form ourselves in tribes. So being a MAN, was and has always been about what men want from their team members. What you want from the dude to your right and left when you're sweeping an enemy hold out. When you're hunting dangerous wild game and the tribe hasn't eaten well in 2 days. When the job needs to get FUCKING DONE. Enter the masculine ethos:

1. Courage - Not flinching in the face of fear.
2. Honor - Accountability, living by a code, being reliable and unchanging based on emotion or circumstance.
3. Loyalty - The Pack and the Mission are above all. Any one member would die for the pack.
4. Strength - Physical Strength. Being able to move things or resist other things moving you.

This is what you are. Even if you have no fireteam, no small group of men to trust in and help each other stay on purpose, you have your ancestors, a spiritual fireteam, whom you need to fucking honor. If the men from thousands of years ago, looked down upon your lazy, incongruent, little bitch ass, you would bring shame upon your entire lineage. Inside of you is hundreds of thousands of years of living virtue. These virtues are etched into your soul. THAT is what masculinity is. THAT is why we do self development. THAT is why we go "monk mode". That is why we conquer ourselves and choose struggle and strife over and over again until in that fire of chaos we forge and reforge and battle test our character BECAUSE THATS WHO THE FUCK WE ARE: MEN. Latin; Vir = Man. Virtus = Manliness. Masculinity is by definition virtue. We develop virtue because thats what we are. And we do it to honor ourselves, our team of close male friends, and our ancestors themselves. A male who does not develop his masculine virtues is not a man, Man must chisel himself out of nothing to become something, **to become himself**.

BE VIRTUE. BECOME MAN.

SWTDO

EDIT: Some dudes are butthurt I didn't cite Jack Donovan in the post explicitly, just down in the comments so here you go. Disclaimer: This post borrowed concepts from the book The Way of Men. Specifically the 4 tactical virtues also stuff about masculinity in general. If you like this post go buy that book. It's must read material about the origins of masculinity.

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UPVOTES

Never believed treating girls like shit makes them want you, until yesterday!

ohRyZze · 11 June 2017 · Archived copy · Reddit

2 days ago I found out my GF of 2 years cheated on me like a year ago. Immediately I broke up with her and was kinda heart broken so I went out clubbing with some friends the next day. I was clubbing before that as well and whenever I tried to talk to a girl I was like "Oh ehm... girls would you mind dancing with us?" and even if they said yes I would dance with them and ASK for everything and only give them compliments!

Yesterday though I found this hot girl dancing in front of me, I remembered all the advice I have read on forums and subreddits about seduction so I turned her around and told her: "Dance with me ". She was surprised a little but eventually, she did. Throughout the day I kept being an ass to her from time to time and every time I did, she was, even more, interested in myself. As the morning comes close I didn't give any fucks anymore and told her "Let's go outside I know a nice place we can go to". I didn't even wait for her answer I just fucking took her hand and she went with it. Eventually, at the spot, we are alone make out and the usual stuff as it starts raining. I tell her we should go somewhere with a roof above us so we don't get wet. I really dunno what I had in mind but as we were getting close to the bus station I just stopped there and took the bus back to my place. Again without asking and again she rolled with it.

Back at my place, I fucked her and the next morning she left. This was the first ever time I took a girl with me!! And it was the first time I tried some tips from the forums, mostly leading her and not just asking for things. As an added bonus, it helped me to get over the bitch my GF was :P

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UPVOTES

Do you have a son? Don't ever send him to public school. Confessions of a conversvative history teacher.

SoleDaddy76 · 25 May 2018 · Archived copy · Reddit

I am a history teacher in one of the most liberal places in the world. Every single bureaucrat in the public school system wants to demean, humiliate, and emasculate boys. The evidence re. the under performance of boys in schools has been compiled and spoken about for ages; however, the curriculum is continually feminized, as are most of the extra curricular activities.

I have seen from the inside the ugly nature of female teachers' disdain for energetic male students. Always complaining and overdisciplining them simply because they are rambunctious. When these very same boys behave for me, my female colleagues always mutter, 'oh it is because you are a male teacher!'. No bitch, it is because I am competent, and I actually encourage them to compete in gym class. A few days ago some boys approached me from another class and asked if I could ref their soccer game. I, of course, accepted; however, a few of the boys started saying that they are not allowed to head the ball. I asked them why? As it is an integral part of the game, and they said their teacher (this crazy, lazy, always on her computer during instructional time feminist that always whines about the pay gap) said that it could lead to concussions. I was, of course, surprised and horrified at this revelation. I showed them a proper heading technique, told them to tell their teacher how ridiculous she was being, and reffed the game. This took me back to high school, when a female teacher crushed my hopes and dreams about learning the nitty gritty details of World Wars I and 2 by focusing an inordinate amount of time on the 'home front', you know, when the women were home making munitions, while their men died in horrible conditions somewhere.

I have heard female administrators slam boys for normal behaviour, some going as far as to call them 'sexual predators'. I felt bad for one kid in particular. He was showered with texts and photos from one particular female student, ended up doing some 'inappropriate' things in the boys change room, and then he was subsequently blamed and destroyed. Later evidence proved this kid did nothing wrong, but he was still known as a 'groomer'. There were absolutely zero repercussions for the girl, after wasting school and police services.

I know the mantra here is 'don't get married'; however, if you have a son or multiple sons, avoid the public school system like the plague. If only I could go into the details of how crooked and degenerate leftist the union truly is.

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UPVOTES

Become Obsessed With Your Goals

103342 · 22 May 2016 · Archived copy · Reddit

I remember when I started learning french, for someone that was already fluent in 2 languages, I felt like I should start learning another.

Everyday, no matter where I was, I learned a couple of words and remembered some of what I had already learned. EVERY. SINGLE. DAY.

The girl I was seeing always said. "Relax, you don't need to do this stuff everyday..."

I also remember when I went back to serious lifting, and decided to lift 6/5 days a week.

My family, my friends, girls, always say: "Stop it. Slow down. You are obsessed!".

This happens with everything I tried to put my head into. Everyone sees people giving 100% and they feel bad, they feel like you are doing something wrong. Don't believe it.

When you have a goal in your life, you have to become obsessed with it. Study it. Try different angles of the same problem.

You want to have sex but can't? You are doing something wrong, change your approach.

You want money but can't get it? You are doing something wrong, change your approach.

Becoming obsessed with productive goals is the secret to being happy. This is what men are build for, doing things, mastering things.

Don't ever forget that. That feeling you have when you love your body, that feeling of speaking a new language, building a software, winning a fight, making tons of money. This is what life is all about.

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UPVOTES

Here's the Top 20%

atticusfinch1973 · 27 August 2018 · Archived copy · Reddit

Daily on the asktrp sub we see threads where guys lament that they can't get laid because they aren't in the top 20%. This is the magical number it takes to get laid, have a baller lifestyle and be able to have an incredible life. Apparently.

There's tons of good advice that has is usually given. However, what I decided to do is actually show the real stats for what it takes to get into the top 20% of several items. The point of this isn't to rehash, it's to give a bit of a reality check. Likely you're able to achieve these things somewhat easily or they don't matter as much as you think they do.

All these statistics are taken from US sources, so take them for what you will. If you live in Europe or another country things might be slightly different.

Height: If you're 5'11" or above you are in the 80th percentile for height. Most women judge a guy if he is under 6 feet but don't realize that only 16% of men are that tall. That's one in six.

By the way, I checked stats as well from other areas. Anyone 6 feet is a giant in South America or any Asian country, averaging about the 95th percentile. Europe skews slightly taller overall but overall anyone 6 feet is still 76th percentile.

ProTip: Lie. If you're 5'10" you can easily say you're six feet and nobody is going to call you out. If it even matters to the person you're with.

Dick size: If you're above 5.7 inches then you're in the 80th percentile. Meaning if you're packing 6 inches then you're well ahead of the game. Girls have no idea about normal dick size so when you whip it out unless you're severely small then don't stress about it. Frankly, if she's seen so many cocks she can actually compare visually them then you're probably with the wrong girl.

Guys obsess about this which is why I included it but realistically unless you're exceedingly small it won't make a difference at all. And no, you're not eight inches long. If you were even 7 inches, out of 1000 dicks, only 33 would be your size.

N-Count: If you are 30 years old and have banged 21 women you're in the 80th percentile. If you are 25 and have banged 16 women you're in the 80th percentile.

The interesting thing about this calculation is that if I put in the same numbers for women who are 25 (16 partners) they are in the 92nd percentile. Meaning either a lot of women lie on these surveys or the ones with a high N count balance out the ones who wait for marriage and only have a couple of partners.

So don't stress about having sex with a lot of women. If this is an achievement you want to unlock, you can hit that number fairly easily by the age of 30 if you stay single and have decent game.

Debt: I put this is because it's something we don't often speak about in TRP, but it's important especially for younger guys. Here's a scary statistic:

If you have zero savings and no debt – you're ahead of **85% of the population** in the US. So many people let themselves get into high amount of student debt, credit cards etc that really you should be shooting for debt free **EVEN WITHOUT SAVINGS**. Hopefully you're smart enough to not fall into this trap, and if you're one of those people who spent 100k on a useless liberal arts degree and now work at Starbucks I have nothing for you.

Debt free – make saving automatic from your paycheck – and don't spend money on useless things (like a useless degree).

Earnings: Another one that might blow your mind or make you feel a lot better. If you make **\$72,000 a year** in the

US you're in the 80th percentile for income. Now, cost of living is a thing. If you live in New York, San Francisco, etc then you likely need to make a higher amount but this is the average. There are cheaper places to live and work across the country.

The 1% statistically makes just under \$400k a year – so if you're even making six figures you're laughing in comparison in the US. And if you moved somewhere else? That 100k would easily make you a king. Try heading to Thailand with \$10,000 and you can live with servants and hookers daily in a suite for three months.

To summarize, the reason for this is to show people that you likely are ahead of the game. The other important rule to follow is not to compare yourself to others, especially the fake lifestyles you see all over social media. To get into the top 20% there are some simple adjustments you can make. Instead of complaining about how you'll never get there this is an example of what it actually takes and it's likely not as hard as you think it is.

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UPVOTES

Action Always Beats Intention - a cheat sheet on game / approaching

Masteron_The_Don · 31 August 2016 · Archived copy · Reddit

Hello, I am re-posting this game post of mine from an account that I had to delete. I am tired of seeing all of the concern trolling. The OG's are still here, lurking. Be kind to our new members. Challenge them to think. Continue to post your (well formulated and thought out) ideas. New members will continue to pop up out of the weeds, seeking growth, yet their discipline and ego's are weak. Accept it for what it is. Teaching others is the best way to truly understand the material.

[original post, with comments](#)

Attitude

- Let go of your outcome.
- Strive for FUN.
- You can never be certain that she won't reject you, so give up on green lights (IOI) and GO.
- You rely on "pickup" lines to eventually discard reliance on pickup lines.
- Normal guys are boring and slightly awkward when /if talking to hot chicks
- Even if you are totally boring and awkward, the worst you can be is normal.
- NOT opening a girl means you are a selfish dick who wants to retain all the awesomeness in your life for just yourself.
- She is just as nervous, if not more, than you.
- Women go into public to be opened, they put on make up to be opened, their "girls nights" are designed to get dick.
- See yourself as a man that women desire.
- Know that you can and will please her.
- Always assume that it's on, that she desperately wants you, and that you hold all the cards.
- Have the attitude that you are auditioning or testing the girls to see if they meet your standards.
- Never focus on your looks (genes), focus on how you present yourself
- You deserve the best of everything.
- Be Energetic.
- Be Well-groomed.
- Be Sexual (Thoughts and Actions.)
- Show desire through eyes.
- Be Confident.

- Be Relaxed.
- Don't be a friend; be a lover.
- Slow movements
- Minimal smiling
- Contrapposto
- Impatient outward glances
- No hands in pockets
- Open legs
- Straight back
- Hold your drink low
- No fidgeting
- Low vocal tone
- Slow speech/accentuate every word
- Don't laugh at own jokes
- Take up space
- Avoid nervous tics/self-grooming
- Pregnant pauses
- Look straight or up, never down
- Center yourself around your crotch

Approaching

- Don't wait to approach her until she's alone. Even if she likes you, her friends will soon drag her away.
- Don't stare at her for more than three seconds before approaching. Hesitate, and you'll either creep her out or psyche yourself out.
- Don't be afraid to approach her just because there are men in the group. Often, you'll discover that she's with family, friends or co-workers.
- Never open a conversation by apologizing. Phrases like "Excuse me...", "Pardon me..." and "I'm sorry, but..." make you sound like a beggar.
- Don't hit on her or give her a generic compliment. Instead, start a conversation with an entertaining anecdote or question, such as asking the group to suggest names for a three-legged cat or a store that sells 70s memorabilia. It may sound corny, but everyone loves to give their opinion.
- Never, ever buy her a drink. You shouldn't have to pay for her attention.
- Don't touch or grab her right away. If she touches you say, with a smile, "Hey now, hands off the merchandise"

- Don't lean in or hover over her. Stand up straight and, if the music's too loud or she's seated, simply speak up.
- Don't ask her what her name is, what she does for a living, or where she's from. She's bored of talking about the same things with every new guy she meets.
- Don't focus all your attention on her when she's with other people. If you win her friends over, you'll win her.

Approaching Groups - 2+

- Approach indirectly. When you begin speaking, talk over your shoulder. Do not face directly or lean in. This will make them uncomfortable. As they become more comfortable with you, then you may turn in and join the group.
- Do not hit on the woman you are interested in right away. Win over her friends first. Even ignore her, if you must - this will only pique her interest. If she does something silly, tell her friends: "You can dress her up, but you can't take her anywhere!". This will make her friends feel safe with you and make her wonder how you could possibly be unaffected by her charms. Note: this should not be an insult, but more of a tease, like one might do to a little sister.
- Enter with an energy level equal to or slightly above that of the group you're approaching. Everyone's out to have fun. If you are able to make them have a little more fun than they're currently having, they'll accept you.
- Use a neutral entertaining opener. To start a conversation, ask a question that will pique the attention of most people. Two subjects fascinate everybody: relationships and the unknown. So ask, for example: "Where would you take someone on a blind date?"
- Root the opener. If you don't let the group know why you're asking then they are going to think you're taking a survey. So add a story: "I'm asking because my friend over there just moved to Los Angeles, and his boss has set him up with his daughter. It's kind of a lose-lose proposition."
- Offer a time constraint. As soon as you approach, the first thing the group worries is, "How long does this guy plan on staying here?". Until you win them over with your humor, personality, or special skills, you must short-circuit that fear by telling them, "I can only stay for a second, because my friends are waiting over there."
- Demonstrate value. Now that you have approached and talked to the group, the next step is to make it so they don't want you to leave. This is where any skill you know - or can learn - will come in handy, whether it be magic, hand-writing analysis, palm-reading, psychological personality tests, or teaching her something about herself. You'll know you've done it correctly, if you pretend as if you are going to leave afterward and they drag you back to talk more.

Banter - HAVE FUN. Little Sister mentality

She Tells You Where She's From

>"Oh no, a [location] girl? You guys are trouble." When she asks why, "[location] girls are all brats" or "They're always hitting on me. They're really grabby."

Artist, painter, sculptor?

>"Oh my god, you're not going to ask to draw me naked, are you? I'm not falling for that again!"

Musician, poet, writer?

“So where do you get your inspiration for writing? Do you need someone to break your heart? Because I’m really good at that.”

Finance?

>“Oh my god, are you a rich girl?! Because I’ve been looking for a rich girl so I can stay home all day and sit on the couch, eat potato chips and watch TV.”

Student ?

>“Oh my god, are you cutting classes right now?”

Cashiers

“I’ll take 17 cups of coffee.”

“I’ll take a large coffee. And put a little extra love in it for me!”

“I’ll take a massage and a warm bath.

“So what do they pay you here, like \$10,000 a week? No? That’s too bad. I was going to ask you out. But I’m looking for a rich girl.”

You run into her again

“That’s so cute, are you following me?”

Talking about the weather ?

“Oh my god, I am hiring you as my meteorologist.” Or “What’s with this horrible weather? You did something to anger God, didn’t you?”

She’s carrying a shopping bag or says she went shopping ?

“What did you get me?” When she starts to answer cut her off and say “No wait, just surprise me with it later.”

She spills a drink or does something stupid ?

> “I can’t take you anywhere. Go wait in the car. This is why you can’t have nice things.”

You’re In line in front of her ?

> “You’re not trying to cut in front of me are you? Because I’m pretty tough”

Or if you’re in line behind her

“I’m not trying to cut in front of you. I wouldn’t do that. You look pretty tough.”

She Tells You Her Name and it’s Strange –

“Oh my god, you’re the fourth [her name] I’ve met today!”

Showing interest is a great conversational pivot from these banter examples to more serious conversation. At a high

point during banter — when she's laughing or smiling and generally digging the vibe — you show interest in a simple, straightforward way. Something like “You seem pretty cool” or “I dig you... you're all right” works great.

Bonus - Masteron_The_Don's Kino Specialty - THE BOOB TOUCH

You'll need to be holding a drink in order for this to work.

When you're talking to a girl and standing close to her, you lean in and talk into her ear while the hand that's holding the drink makes contact with her boob.

Leave it there; you'll be surprised at how many girls let you keep it there and they may actually push up against it.

Remember, this is the back of your hand touching her, so it seems totally unintentional.

If she backs away, you can immediately realize that she's gonna take some effort, so if you want you can next her without wasting any more additional time. This move can be pulled off minutes after introduction.

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UPVOTES

The real gender gap: the tax gap

G_Petronius · 21 September 2016 · Archived copy · Reddit

For every 100 dollars a man makes, 77 articles are published on bullshit statistics showing how women are oh so underpaid. If you've spent any time around TRP at all, you must have seen a dozen threads about it.

What you probably don't know, because there's a veritable dearth of articles published on it, is that there is actually a gender gap: the tax gap. Men, you'll be *shocked* to know, pay a massively disproportionate amount of taxes compared to women. But more than that, men pay a massively disproportionate amount of taxes *compared to what they get back in government spending*.

The data I'll use comes from a [New Zealand study](#) [PDF warning]. That's not because I'm a Kiwi but because, very unsurprisingly, gender tax gap studies are very hard to come by, due to how incredibly un-PC their conclusions are. I could find the raw data for the United States and my home country, but no elaboration as thorough as the one I'm going to present. I invite you to be as skeptical as you feel like and verify these conclusions for your country if you like.

So, first item:

For all age groups, men pay much more tax per capita

This graph is pretty self-explanatory: at every point in his life, the average man will pay more tax than the average woman of the same age. In fact, from age 24 until age 65 (i.e. during the average graduate's working lifetime), the average man will pay more tax than the average woman in *any* age group. Only before beginning to work and after retirement are men surpassed in tax paid, and only by working women.

On to the next:

For nearly all age groups, men pay more tax than they receive in public spending, while the opposite is true for women

As you can see, once men hit graduate working age they pay more into the system than they get back, and only revert to taking out more when they hit retirement. Women, on the other hand, take out more than they put in all their lives, except for the 45-65 period (i.e. after they've stopped having and caring for young children and before retirement). Also, the net contributions by men are much larger than those by women: a 30-year-old man will on average give an average annual net contribution higher than a typical woman in any age group.

And for item three:

Women never repay what the state spends on them, while men do so unless they live past 85

Those two decades of net positive contributions by women mentioned above do not come close to repaying all the tax money spent on a woman: on average, there's no point in a Kiwi woman's life when she'll be in the black towards her country. The average man, instead, pays his dues by age 40, and stays in the black unless he lives to be 85+, in which case he will be a little in the red. Still, even those men will cost a net cumulative loss of about \$10,000; by the same age, a woman will have cost state coffers *fifteen times as much*.

Conclusions

- Men, on aggregate, are the ones keeping the lights on. Countries depend on taxing male income.
- The tax and welfare systems result in a large net transfer of income from men to women.
- The disproportion is so severe as to constitute a *real* gender tax gap, as opposed to the overhyped and largely

imaginary gender pay gap.

I'll note that this was probably always the case throughout modern history; the difference between now and 50 years ago is that today men are no longer socially and institutionally recognized and rewarded for their larger role in sustaining the community, and are in fact berated and accused of discrimination even though they work more and contribute more than women.

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UPVOTES

Realizing that nobody gives a shit about you should be the most liberating thing you think.

whythecynic · 15 December 2016 · Archived copy · Reddit

You are the only person in the world who cares about your own happiness. Especially your parents, if you're lucky all they'll want is grandkids, if you have to go through an unhappy marriage to have them tough fucking luck.

Does that make you depressed? Yeah, maybe, if you can't do a fucking thing about it. But you can. You're here reading this, you're capable of at least some action. You care about you, so treat yourself right and make yourself better.

Then when you realize that precisely because nobody gives a fuck, the meaning of your life is yours to decide, and the world is yours for the taking, congratulations. Go out and get some.

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UPVOTES

Foundations

deepthrill · 4 February 2017 · Archived copy · Reddit

This is my contribution to Endorsed Red Pill Weekend. At the risk of this being an annoying self-help guru hippie type post (since we don't want this subreddit to devolve into that), I do think that once in a while it helps to revisit the foundational work. Foundational work which will result in more sex and money (what more do you want in life?).

This post is meant to be a collection of a whole bunch of disparate topics condensed into a single place. They all relate to male sexual strategy in some way. More detail on each topic can be found in our community's archives. Hopefully it's practical and I'm sure you all have your own foundational shit you want to shout to the world as well. So here it goes. This is what I do:

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### PHYSICAL:

**Posture: (2 minutes / day)** Clinical studies have demonstrated that better posture increases testosterone and lowers cortisol. Do **this exercise** daily. Whether you're sitting in a car, walking, or socializing, dedicate some brainpower to being aware of your posture. See if you can stretch the back of your head towards the ceiling a bit and check in with your posture frequently.

**Showering:** Take cold showers daily. Alternate hot and cold water in the shower a few times. It boosts both your testosterone and your immune system.

**Exercise: (60 minutes / day)** Lift weights every other day. The days you don't lift weights, go for walks (it's not only for cardio but for your mental health, creativity, confidence, and anxiety). Do this for 12 months, and then come back. Learn about proper form, but don't debate on the pro's and con's of different routines quite yet. Only once you've been consistent for 6-12 months can you start asking questions about optimizing, or go work with [/u/gaylubeoil](#). **Get consistent first, optimize later.**

**Diet: (constant vigilance)** Eat a lot more vegetables. Let me repeat that. **EAT MORE VEGETABLES.** Seriously. No matter how much you're eating now, eat more. Eat enough protein. Don't analyze the proper ratio of certain food items until you're on a consistent schedule. **Get consistent first, optimize later.** Others might disagree here, but so be it. This is what works for me. The ones who disagree probably already have this foundation down pat, and forget the value of taking the first few steps. This is more for people earlier in their training. There's also some early scientific evidence that meat could be linked to an increased risk of cancer and heart disease, but I'm not a staunch vegan or anything; I am just including it here for others who may wish to do their own research. You can also **consider fasting**.

### MENTAL:

**Knowledge: (1 book / week)** Reading the right books gives you a tremendous leg up on the competition. I always ask myself: "If I were competing against someone else in my career, and that person has read this book, would I feel intimidated?" I won't go into too much detail on book selection, except to say that Robert Greene's books are mandatory. I enjoy persuasion and strategy books myself, and I think the amount of time it takes to fully internalize Nietzsche's books can last me a lifetime. Use services like [Summaries.com](#) or [KI Book Club](#) to learn more efficiently. [/u/illimitableman](#) explicated this better than I ever could, so I'll simply **defer to his blog post** on this. [wallstreetplayboys](#) recommends 100 pages / week. I prefer more, but only if the books seem to have practical value.

I have no experience with podcasts (I prefer to read) but I include it here for completeness. You might enjoy [Mike Cernovich's](#) podcasts and I always learn things from [/u/illacertus's Youtube Channel](#).

**Meditation: (5-20 minutes / day):** The book Peak discusses the value of both consistently being outside your comfort zone, and yet doing things extremely gradually so that your brain barely notices that you *are* actually outside your comfort zone. I applied that principle to meditation. When I used to try to meditate for 20-30 minutes per day, I'd skip days, I'd barely get into a rhythm, and it was a challenge. I now am at 10 minutes and 21 seconds, and every day I only add 1 second to my meditation time. By the end of 2017 I'll be at 15 minutes. This helps me stay consistent, and meditation is a long game anyway. Start at 5 minutes (300 seconds), and simply add 1 second each day. Before you know it, you're both on a regular schedule and picking up speed. Secondly, a trick I do to stay present when I'm not meditating is to say these words to myself (preferably outloud but in your head works): "What am I doing right now? I'm asking myself what I'm doing. I'm focusing on the present situation and my concrete senses." You can adapt that mantra to whatever you want. For example, you may want to give yourself some motivational positive self-talk after saying that (e.g. "I'm hunting/grinding.").

**Fear Bootstrapping: (2 minutes / day)** Write down your fears with your *non-dominant* hand. It looks like a child wrote it. *"I'm scared I won't have the discipline to go to the gym consistently enough to actually have as much sex as I want."* This is most important to do when you're feeling especially down about yourself. When you're in a better mood, *answer* the child-like handwriting with your *dominant* hand. *"Whether or not I was disciplined enough in the past doesn't matter. The past is set in stone and I can always choose to start being more disciplined today. When I weight 190 lbs and have 9% body fat, it's going to be much easier to get sex, so it's worth the difficulty now."* Your fears are your own. They may center around fitness, around girls, approach anxiety, money, whatever. This method is one form of self-therapy I developed for myself. It trains your subconscious to see your fears coming from a ridiculously stupid inner-child, and your confident answers coming from a powerful adult man.

**Scheming: (10 minutes / day)** You're a smart person, right? You have things planned out pretty well? You see how to get to your future financial goals? No matter how smart you are, keeping your plans in your subconscious hides how sloppy your thinking truly is. Have you fleshed out the details? Do you actually internally believe it will occur? Write it down. Read it over. Rewrite it. Read it over. Repeat. Once you have step Z written down you realize you're at step A today. Have you filled in B through Y? Write down the lifestyle you want, write down the career path you want, whatever. By writing it down, you realize how sloppy your thinking is. Also don't spend too much time on this in one big spurt, only to ignore it for the next few months. Write down a paragraph on week 1. Add another paragraph on week 2. Get consistent with this first, and do it gradually. Before you know it, your confidence grows because (1) you start to internalize that you will actually hit your goals, and (2) you see the next action items more clearly. Do this from the first person perspective (from your own future self's eyes). Keep it simple in a single Word document. Don't try to optimize the method before you become consistent. **Get consistent first, optimize later.**

**Fiction: (as a vice to relax)** TV may be pink slime for your brain, but I find certain fiction shows (like Peaky Blinders) wonderful for seeing which personality traits I value and which I don't. Which character do I identify with, and why? (Hint: It's usually the villains). I enjoy TV and fiction books at the end of a busy day. When reading fiction books, in the past I used to visualize the story from the third person perspective. "Gandalf looked at Frodo and the ring." Instead of visualizing this from the third party perspective, as a "floating body" above the scene, I actually make it an exercise to visualize it from the first person perspective. I envision it from Gandalf's or Frodo's eyes. I go back and forth between the two. I practice envisioning details. If this seems useless, I promise you it's not. Many highly successful athletes, authors, and business coaches discuss the value of visualizing your future from the *first person perspective* using all your senses. When I read, it becomes an actual *exercise* to *practice* my visualization skills. It improves my memory, and when I plan out my future, using this skill helps me fill in details.

**Sex: (3 approaches / week)** Read the top red pill posts weekly, because there are always new gems, but don't spend all your time here. Don't watch porn. If you're single, log your number of approaches / week. After each approach, analyze the good and bad based on your own behavior. Write it down when it's fresh. Then don't harp on it; throw it

away after looking it over a week later. Always ask yourself: *"Would she have treated someone stronger, richer, more confident, or more aloof this way?"* (It used to be called "The Brad Pitt Test" if that term is still floating around the manosphere). Take a good hard look at yourself. You're probably too fat, too scrawny, or care what people think (male and female) too much to be successful with sex. Here's a simple test: are you actually happy with your current amount of sex per month? **If not, you're probably mentally or physically weak, and you can change that by working harder using the above advice. It will take a long time, but so what?**

Add those all up, and you get: 588 minutes/week, 1 book/week, and 3 approaches/week. It really isn't that much time for foundational work (the majority of which is allocated for exercise), compared to the 7000 minutes/week you're awake. And the results are tremendously exponential for your fitness, finance, and sex. *If* you're consistent. This is what works for me. Adapt it to your life.

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- [View this post on TRP.RED](#), the official off-Reddit site of TRP.
- [@deeperthrill](#)
- www.deeperthrill.com

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UPVOTES

In 1991, I Was Accused of Sexual Assault and Sexual Harassment in College—These Were My Mistakes

Coach-Red-Pill · 1 July 2017 · Archived copy · Reddit

In the fall of 1991, I was accused of sexual assault and sexual harassment.

I don't need to tell this subreddit that it was bullshit. I had met this girl, call her Alice, by chance in the common room of my dorm one Saturday afternoon in September. We hung out the whole afternoon, and ended up at her dorm that night, making out hot and heavy.

She wanted to have sex—but I didn't because there was something about her which I thought was a little bit off. Besides that, I had other (better) prospects, and I didn't want to get tied down to someone I wasn't that interested in.

She got pouty when I turned her down for sex, so I sweet-talked her with bullshit about wanting to get to know her better, how we'd hang out and do more stuff together at a later date, blah-blah-blah. She seemed mollified, so I figured, "All good."

I left her place and went back to my dorm—and I didn't get in touch with her after that. I just found her a little weird, and besides, I was busy with other girls I liked more.

About a week later, by the student mailboxes, I was talking up one of these girls I liked more, when who should stroll by but Alice and a friend of hers.

I said, "Hi Alice!", but she gave me a *look*—clearly pissed that I hadn't called her. Even the girl I was with noticed it—and of course liked me more because of it. Because it was clearly a look of jealousy.

I forgot about Alice and continued with my life. But two weeks later, I got a notice saying that I had been formally accused of sexual assault and sexual harassment.

I was stunned when I read the letter, and read Alice's attached photocopied statement. Handwritten by her, it claimed that I had gone to her room on Sunday—not Saturday, when we'd actually hooked up—and that I had tried to forcibly kiss her. She claimed she had pushed me away, said that I was being "selfish" for trying to kiss her, and had sent me away.

After that, she claimed that I had sent her obscene email messages. She said that she couldn't produce these messages because she had deleted them—claiming that she had not wanted to have any of that "filth" on her computer.

This was 1991, recall. We'd just gotten our email accounts, and nobody was that sophisticated about them. Nobody realized that emails can never be deleted—and Alice certainly didn't.

I quickly mounted a defense—and it quickly turned out that not only did the campus computer center have copies of all our emails, there hadn't been a single one between me and Alice, let alone any obscene ones.

Furthermore, I could produce witnesses—ironically all of them women—who could swear I had been with them or in their presence at the time of this alleged sexual assault.

Alice kept changing her statement, pushing the time of our alleged encounter to later and later in the day. She changed her statement, of course, every time I produced a witness claiming I had been speaking to them at that time, and so could not have been assaulting Alice.

In her first statement, she had claimed I'd assaulted her "around lunchtime" on Sunday. In her fourth and final statement, she claimed it had happened on Sunday night—when I didn't have an alibi.

But the changes to her various statements were so blatant—and the computer department's conclusion that I hadn't sent her *any* obscene emails was so categorical—that I figured that I was *set*.

There was no way anyone halfway honest could believe her.

Finally, the charge itself: The “sexual assault” was of me *forcibly trying* (but presumably failing) to kiss her. It just seemed ridiculous. (She completely denied that we had hung out together all of Saturday afternoon and evening, and made out at her dorm room that night.)

The whole thing seemed ridiculous—and I went into the disciplinary hearing totally convinced that, if anything, *Alice* would get in trouble for lying.

God I was naïve.

When I walked out of the hearing 90 minutes later, I was suspended for a full academic year.

My First Mistake: Overconfidence

Everything I said that could be proven to be true turned out to *be* true—and everything *Alice* said that could be proven to be a lie turned out to *be* a lie.

Precisely because the truth was on my side, I was way too overconfident. When I got to the disciplinary hearing, I was practically smiling. I wasn’t taking the situation as seriously as it warranted, because it was so obvious that the girl was lying.

The blatant way her statements changed—not to mention her outright lying about the obscene emails—all made me assume that everyone in the disciplinary committee would see that she was lying, and I was telling the truth.

It made me assume that there was nothing for me to worry about.

Fucking idiot. *Me*. Fucking . . . *idiot*.

The fact that the truth was on my side made me cocky and overconfident—and blinded me to the dangers I was walking into when I got into the disciplinary hearing.

My Second Mistake: Not Understanding the Politics of the Situation

This was back in 1991, when campus Feminism was just rearing its ugly head.

Only recently had my college instituted a Sexual Assault and Harassment Counselor position. She was the one advising *Alice* during the proceedings. It was this woman’s *job* to find men guilty. The Women’s Resource Center, which had assisted *Alice* during this whole process, also existed in order to find people—men—guilty.

When people’s jobs depend on finding a certain group of people guilty, they will find them guilty.

The people on the disciplinary committee—three students, three professors, and three administrators—were also more inclined to think I was guilty, because they wanted to “fight sexual assault and harassment on campus.” They didn’t want to be on the wrong side of that issue. So they were predisposed to finding me guilty for no other reason than because I had been accused—evidence be damned.

They *needed* to find me guilty—so that they could feel good about themselves.

My Third Mistake: Not Frightening the School’s Administration Into Being Fair

A big part of the reason for these kangaroo courts in colleges and universities is of course Title IX. This law, which was supposed to fight discrimination in college’s athletics programs, has been used by Feminists as a weapon to hurt men.

Colleges acquiesced to this because they are terrified of losing their Federal grants. That is the thing they most fear.

So for colleges and universities in the US, they are inclined to find men guilty rather than innocent—because of fear over losing Federal funding because of Title IX. Remember, sperm are cheap, but eggs are dear. Easier to get rid of a male student than a female student.

But college administrators also fear bad press. In fact, they fear negative public attention more than anything else—and if they get a call from a skeptical journalist, they positively freak out.

What I should have done was get some journalist to call the administration *before* the hearing. That would have put them on notice that there was awareness beyond the college campus of what was going on—and pressure to be perceived as “fair”.

Note my language: *Perceived* as fair.

The other thing I should have done, but in all honesty could not have done at the time because I didn’t have the resources, was to have some lawyers call up the administrators and make them aware that any finding of guilt would immediately lead to my filing a suit against the college.

Like I said, in my particular case, it was too obvious that the girl was lying her ass off. The email issue alone should have been enough to have scuttled this whole farce.

But see, the college administrators had no incentive to scuttle it.

Having a serious lawyer call up and say that there’ll be legal action immediately would have given them the incentive—and protected me.

There are a lot of ways that a college or university can quietly shut down a disciplinary hearing before it happens. If I had put legal pressure on the administration *before* the hearing, it likely would have been scuttled—and quite easily, in fact: Alice’s blatant lies about obscene emails that did not exist would have been enough justification. Enough CYA for the college administrators to make the whole thing go away.

But I wasn’t smart enough to do this. And I didn’t have the experience.

My Fourth Mistake: Not Lining Up Allies *Before* My Hearing

After the hearing—*after* being found guilty—I reached out to college conservatives: The Young Republicans, the conservative paper, etc.

After the hearing—*after* being found guilty—I reached out to lawyers and whatnot.

After the hearing—*after* being found guilty—I reached out to journalists, telling them my tale like the Ancient Mariner.

Too late, and stupid as well: I had already been found guilty by this kangaroo court. Even though it was a horrible miscarriage of justice, the word “Guilty” was stamped on my forehead. So none of these people could help me *after* the hearing.

They only could have helped me *before* the hearing.

See, it is much harder to repair damage than to avoid it. By being found guilty, the damage was done. My mistake was in not fighting with all I had to prevent the hearing from happening to begin with.

All’s Well That Ends Well

This story has a happy ending.

When I was suspended, I had no money, no contacts, no place to go. But I quickly talked my way into a job in D.C., found a place to live (a basement apartment in a suburb outside the city), and generally got my shit together.

Best thing that ever happened to me. I realized how resourceful and determined I could be when the chips were down.

When I returned to campus after my suspension—much wiser and more cynical, natch—I ignored everything except my studies, proceeding to graduate in record time. Not only did I graduate on time with my class, I graduated with honors.

I went on and made a successful life for myself.

The lessons I learned from this episode—lessons I learned because of the mistakes I made—are actually the most—

valuable lessons I learned in my life. And they are lessons that I've applied over the years.

1. Never assume you will win just because you're right.
2. Always understand the motivations of everyone involved.
3. Frighten your opponents enough that they realize that fighting you might not be worth it.
4. Line up your allies before you get into a fight—so that you might not need to get into the fight.
5. It is harder to repair damage than to avoid it—so avoid it.

Sun-Tzu in *The Art of War* said that, “The supreme art of war is to subdue the enemy without fighting.” That about sums it up.

Hope these lessons help.

TL;DR: The truth will not help you if you are accused by some girl in a he-said-she-said type situation. To stop this type of situation from wrecking your life, you have to make it too damaging for the institution to continue.

If you want to check out more of my rants and raves, go to [my YouTube channel](#), [Coach Red Pill](#)

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Science says: Women most attracted to arrogance, confrontative behavior, and musculature for short term relationships

grandaddychimp · 22 July 2017 · Archived copy · Reddit

This is a repost of a [post made by /u/lono12](#) a few years ago. Unfortunately the hyperlink in his OP is dead. So after painstakingly searching the Internet, I finally found a PDF of the study he referenced. I've reposted his original text with the hyperlink updated to an archive of the PDF.

Changes in Women's Mate Preferences Across the Ovulatory Cycle

Everybody's been talking about the ovulatory cycle, even mass media articles. So here it is redpill style.

The science is pretty clear. Women go for good genes when they're ovulating and beta resources the rest of the month. Same with short term versus long term relationships. What's interesting is the specific traits and behaviors they're attracted to, and how these traits interact.

This quote for example:

Relative to women low in conception risk, those high in conception risk particularly preferred as short-term mates men who appeared more confrontative, arrogant, muscular, socially respected, and physically attractive. When high in conception risk, women were also more attracted to men who were viewed as lower on faithfulness as short-term mates.

You heard that right. Women are more attracted to men who they think are unfaithful.

We also tested these effects while statistically controlling for two behavioral display > indicators examined by Gangestad et al. (2004), Social Presence and Direct Intrasexual Competitiveness. In most instances, interactions remained significant or neared significance, indicating that the effects reported here are not redundant with the effects reported previously. For confrontativeness, arrogance, **faithfulness**, and muscularity, $t_s = 3.13$ ($df = 7986$), 2.64 ($df = 8081$), **-2.27 ($df = 8057$)**, and 1.85 ($df = 7957$), respectively, all $p_s < .041$. For social respect, $t(7927) = 1.51$ ($p = .081$). For physical attractiveness, the effect dropped to nonsignificance, $t(7925) = 1.09$, ns. Women rely on behavioral information when evaluating the attractiveness of men. The results suggest that fertile women are particularly attracted to these components of physical attractiveness.

What this quote is saying is that even while controlling for two big traits that were found attractive in a previous study (Social Presence and Direct Intrasexual Competitiveness), the traits in this study were still significant and the one that was most significant was social respect ($p = 0.01$).

confrontativeness: 3.13 arrogance: 2.64 muscularity: 1.85 faithfulness: -2.27

Basically, women love shit starting cunts.

The most interesting part was this chart: <http://archive.is/INvTs>

Women's standards of attractiveness do not change across the cycle in general for all mate traits. Standards associated with particular traits perceived systemically change. This pattern is consistent with the good genes hypothesis. This hypothesis however makes an even more specific prediction. about which male traits should be most attractive to fertile > women. Fertile women should be especially drawn to men who possess traits typically values > in short term mates.

Figure 1 shows the results of these tests. As can be seen, the extent to which male traits > were preferred in

short-term mating contexts strongly predicted the extent to which this > was particularly true of fertile versus infertile women. indeed the correlation is close to > perfect .93.

And thus the arrogant confrontational douchebag wins the girl while the warm faithful beta stays home and faps into his sock

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Top Quotes From RedPill Books I've Read

tits_out_forTheBoys · 8 March 2015 · Archived copy · Reddit

The Rational Male by Rollo Tomassi

"It's sex first, then relationship, not the other way around. A woman who wants to fuck you will find a way to fuck you. She will fly across the country, crawl under barbed wire, climb in through your second story bedroom window, fuck the shit out of you and wait patiently inside your closet if your wife comes home early from work – women who want to fuck will find a way to fuck. The girl who tells you she needs to be comfortable and wants a relationship first is the same girl who fucked the hot guy in the foam cannon party in Cancun on spring break just half an hour after meeting him."

No More Mr. Nice Guy by Robert Glover

Read over the list of rules below. Try a few of them on for size. Add to the list your own personal rules. Write these rules on note cards and put them where you can see them every day.

- 1. If it frightens you, do it.*
- 2. Don't settle. Every time you settle, you get exactly what you settled for.*
- 3. Put yourself first.*
- 4. No matter what happens, you will handle it.*
- 5. Whatever you do, do it 100%.*
- 6. If you do what you have always done, you will get what you have always got.*
- 7. You are the only person on this planet responsible for your needs, wants, and happiness.*
- 8. Ask for what you want.*
- 9. If what you are doing isn't working, try something different.*
- 10. Be clear and direct.*
- 11. Learn to say "no."*
- 12. Don't make excuses.*
- 13. If you are an adult, you are old enough to make your own rules.*
- 14. Let people help you.*
- 15. Be honest with yourself.*
- 16. Do not let anyone treat you badly.*
- 17. Remove yourself from a bad situation instead of waiting for the situation to change.*
- 18. Don't tolerate the intolerable — ever.*
- 19. Stop blaming. Victims never succeed.*
- 20. Live with integrity. Decide what feels right to you, then do it.*
- 21. Accept the consequences of your actions.*
- 22. Be good to yourself.*
- 23. Think "abundance."*

24. *Face difficult situations and conflict head on.*
 25. *Don't do anything in secret.*
 26. *Do it now.*
 27. *Be willing to let go of what you have so you can get what you want.*
 28. *Have fun. If you are not having fun, something is wrong.*
 29. *Give yourself room to fail. There are no mistakes, only learning experiences.*
 30. *Control is an illusion. Let go; let life happen.*
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The Way Of The Superior Man by David Deida

"It is time to evolve beyond the macho jerk ideal, all spine and no heart. It is also time to evolve beyond the sensitive and caring wimp ideal, all heart and no spine. Heart and spine must be united in a single man, and then gone beyond in the fullest expression of love and consciousness possible, which requires a deep relaxation into the infinite openness of this present moment. And this takes a new kind of guts."

The Book Of Pook by Pook

"Don't SPEND your time chasing girls, INVEST it by putting it into your interests and desires, thus the whole of your life. When you do this, all of a sudden you have what every woman wants: Ambition, charge, decisiveness, backbone, kindness, stableness, and confidence."

The Power of NOW by Eckhart Tolle

"I cannot live with myself any longer." This was the thought that kept repeating itself in my mind. Then suddenly I became aware of what a peculiar thought it was. "Am I one or two? If I cannot live with myself, there must be two of me: the 'I' and the 'self' that 'I' cannot live with."

"Maybe," I thought, "only one of them is real."

The Prince by Niccolo Machiavelli

"A Prince must imitate the fox and the lion, for the lion cannot protect himself from traps, and the fox cannot defend himself from wolves. One must therefore be a fox to recognize traps, and a lion to frighten wolves."

The 48 Laws of Power by Robert Greene

"If you are unsure of a course of action, do not attempt it. Your doubts and hesitations will infect your execution. Timidity is dangerous: Better to enter with boldness. Any mistakes you commit through audacity are easily corrected with more audacity. Everyone admires the bold; no one honors the timid."

Meditations by Marcus Aurelius

"To observe too who these are whose opinions and voices give reputation; what death is, and the fact that, if a man looks at it in itself, and by the abstractive power of reflection resolves into their parts all the things which present

themselves to the imagination in it, he will then consider it to be nothing else than an operation of nature; and if any one is afraid of an operation of nature, he is a child."

The Art of War by Sun Tzu

"Strategy without tactics is the slowest route to victory. Tactics without strategy is the noise before defeat."

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The Sixteen Commandments Of Poon

redpillschool · 23 April 2016 · Archived copy · Reddit

The Sixteen Commandments Of Poon

I. Never say 'I Love You' first

Women want to feel like they have to overcome obstacles to win a man's heart. They crave the challenge of capturing the interest of a man who has other women competing for his attention, and eventually prevailing over his grudging reluctance to award his committed exclusivity. The man who gives his emotional world away too easily robs women of the satisfaction of earning his love. Though you may be in love with her, don't say it before she has said it. Show compassionate restraint for her need to struggle toward yin fulfillment. Inspire her to take the leap for you, and she'll return the favor a thousandfold.

II. Make her jealous

Flirt with other women in front of her. Do not dissuade other women from flirting with you. Women will never admit this but jealousy excites them. The thought of you turning on another woman will arouse her sexually. No girl wants a man that no other woman wants. The partner who harnesses the gale storm of jealousy controls the direction of the relationship.

III. You shall make your mission, not your woman, your priority

Forget all those romantic cliches of the leading man proclaiming his undying love for the woman who completes him. Despite whatever protestations to the contrary, women do not want to be "The One" or the center of a man's existence. They in fact want to subordinate themselves to a worthy man's life purpose, to help him achieve that purpose with their feminine support, and to follow the path he lays out. You must respect a woman's integrity and not lie to her that she is "your everything". She is not your everything, and if she is, she will soon not be anymore.

IV. Don't play by her rules

If you allow a woman to make the rules she will resent you with a seething contempt even a rapist cannot inspire. The strongest woman and the most strident feminist wants to be led by, and to submit to, a more powerful man. Polarity is the core of a healthy loving relationship. She does not want the prerogative to walk all over you with her capricious demands and mercurial moods. Her emotions are a hurricane, her soul a saboteur. Think of yourself as a bulwark against her tempest. When she grasps for a pillar to steady herself against the whipping winds or yearns for an authority figure to foil her worst instincts, it is you who has to be there... strong, solid, unshakeable and immovable.

V. Adhere to the golden ratio

Give your woman 2/3 of everything she gives you. For every three calls or texts, give her two back. Three declarations of love earn two in return. Three gifts; two nights out. Give her two displays of affection and stop until she has answered with three more. When she speaks, you reply with fewer words. When she emotes, you emote less. The idea behind the golden ratio is twofold — it establishes your greater value by making her chase you, and it demonstrates that you have the self-restraint to avoid getting swept up in her personal dramas. Refraining from reciprocating everything she does for you in equal measure instills in her the proper attitude of belief in your higher status. In her deepest loins it is what she truly wants.

VI. Keep her guessing

True to their inscrutable natures, women ask questions they don't really want direct answers to. Woe be the man

who plays it straight — his fate is the suffering of the beta. Evade, tease, obfuscate. She thrives when she has to imagine what you're thinking about her, and withers when she knows exactly how you feel. A woman may want financial and family security, but she does not want passion security. In the same manner, when she has displeased you, punish swiftly, but when she has done you right, reward slowly. Reward her good behavior intermittently and unpredictably and she will never tire of working hard to please you.

VII. Always keep two in the kitty

Never allow yourself to be a “kept man”. A man with options is a man without need. It builds confidence and encourages boldness with women if there is another woman, a safety net, to catch you in case you slip and risk a breakup, divorce, or a lost prospect, leading to loneliness and a grinding dry spell. A woman knows once she has slept with a man she has abdicated a measure of her power; when she has fallen in love with him she has surrendered nearly all of it. But love is ephemeral and with time she may rediscover her power and threaten to leave you. It is her final trump card. Withdrawing all her love and all her body in an instant will rend your soul if you are faced with contemplating the empty abyss alone. Knowing there is another you can turn to for affection will fortify your will and satisfy your manhood.

VIII. Say you're sorry only when absolutely necessary

Do not say you're sorry for every wrong thing you do. It is a posture of submission that no man should reflexively adopt, no matter how alpha he is. Apologizing increases the demand for more apologies. She will come to expect your contrition, like a cat expects its meal at a set time each day. And then your value will lower in her eyes. Instead, if you have done something wrong, you should acknowledge your guilt in a glancing way without resorting to the actual words “I'm sorry.” Pull the Bill Clinton maneuver and say “Mistakes were made” or tell her you “feel bad” about what you did. You are granted two freebie “I'm sorry”s for the life of your relationship; use them wisely.

IX. Connect with her emotions

Set yourself apart from other men and connect with a woman's emotional landscape. Her mind is an alien world that requires deft navigation to reach your rendezvous. Frolic in the surf of emotions rather than the arid desert of logic. Be playful. Employ all your senses. Describe in lush detail scenarios to set her heart afire. Give your feelings freedom to roam. ROAM. Yes, that is a good word. You're not on a linear path with her. You are ROAMING all over, taking her on an adventure. In this world, there is no need to finish thoughts or draw conclusions. There is only need to EXPERIENCE. You're grabbing her hand and running with her down an infinite, labyrinthine alleyway with no end, laughing and letting your fingers glide on the cobblestone walls along the way.

X. Ignore her beauty

The man who trains his mind to subdue the reward centers of his brain when reflecting upon a beautiful female face will magically transform his interactions with women. His apprehension and self-consciousness will melt away, paving the path for more honest and self-possessed interactions with the objects of his desire. This is one reason why the greatest lotharios drown in more love than they can handle — through positive experiences with so many beautiful women they lose their awe of beauty and, in turn, their powerlessness under its spell. It will help you acquire the right frame of mind to stop using the words hot, cute, gorgeous, or beautiful to describe girls who turn you on. Instead, say to yourself “she's interesting” or “she might be worth getting to know”. Never compliment a girl on her looks, especially not a girl you aren't fucking. Turn off that part of your brain that wants to put them on pedestals. Further advanced training to reach this state of unawed Zen transcendence is to sleep with many MANY attractive women (try to avoid sleeping with a lot of ugly women if you don't want to regress). Soon, a Jedi lover you will be.

XI. Be irrationally self-confident

No matter what your station in life, stride through the world without apology or excuse. It does not matter if

objectively you are not the best man a woman can get; what matters is that you think and act like you are. Women have a dog's instinct for uncovering weakness in men; don't make it easy for them. Self-confidence, warranted or not, triggers submissive emotional responses in women. Irrational self-confidence will get you more pussy than rational defeatism.

XII. Maximize your strengths, minimize your weaknesses

In the betterment of ourselves as men we attract women into our orbit. To accomplish this gravitational pull as painlessly and efficiently as possible, you must identify your natural talents and shortcomings and parcel your efforts accordingly. If you are a gifted jokester, don't waste time and energy trying to raise your status in philosophical debate. If you write well but dance poorly, don't kill yourself trying to expand your manly influence on the dancefloor. Your goal should be to attract women effortlessly, so play to your strengths no matter what they are; there is a groupie for every male endeavor. Except World of Warcraft.

XIII. Err on the side of too much boldness, rather than too little

Touching a woman inappropriately on the first date will get you further with her than not touching her at all. Don't let a woman's faux indignation at your boldness sway you; they secretly love it when a man aggressively pursues what he wants and makes his sexual intentions known. You don't have to be an asshole, but if you have no choice, being an inconsiderate asshole beats being a polite beta, every time.

XIV. Fuck her good

Fuck her like it's your last fuck. And hers. Fuck her so good, so hard, so wantonly, so profligately that she is left a quivering, sparking mass of shaking flesh and sex fluids. Drain her of everything, then drain her some more. Kiss her all over, make love to her all night, and hold her close in the morning. Own her body, own her gratitude, own her love. If you don't know how, learn to give her squirting orgasms.

XV. Maintain your state control

You are an oak tree. You will not be manipulated by crying, yelling, lying, head games, sexual withdrawal, jealousy ploys, pity plays, shit tests, hot/cold/hot/cold, disappearing acts, or guilt trips. She will rain and thunder all around you and you will shelter her until her storm passes. She will not drag you into her chaos or uproot you. When you have mastery over yourself, you will have mastery over her.

XVI. Never be afraid to lose her

You must not fear. Fear is the love-killer. Fear is the ego-triumph that brings abject loneliness. You will face your fear. You will permit it to pass over and through you. And when your ego-fear is gone you will turn and face your lover, and only your heart will remain. You will walk away from her when she has violated your integrity, and you will let her walk when her heart is closed to you. She who can destroy you, controls you. Don't give her that power over yourself. Love yourself before you love her.

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UPVOTES

Don't allow people to disrespect you when you've made a mistake.

clon3man · 14 September 2017 · Archived copy · Reddit

In society there's this concept we all somewhat adhere to - We keep a running tally in our head of people who are misbehaving (rude, lazy, late, absent, doing something illegal) and we decide at least temporarily that their opinion is of lesser value. People who are behaving properly, working hard that day, being nice, or just first ones to speak up, get a higher value assigned to their ideas. We do mental accounting math to figure out if we should give a shit about someone. The recentness of good behavior or bad behavior amplifies this. In extreme cases, people who make a big, recent mistake, are completely cast aside, and people who've done something really great, suddenly become powerful and everyone listens to them. This is a dangerous mindset to have, and provides FAKE , temporary value, and can cause manipulation. **You can repay any debt you feel you owe, after the dust has settled, on your own rational terms, if you choose to do so.**

Example 1 : Someone walks in very late to a meeting. It is assumed they they should shut up and accept everything everyone else wants them to do, until a lot of time has passed or they've turned it around with compensatory good behavior. If that person rude to you while giving instructions, you should just take it because you were late. "You're their bitch for the next hour because you fucked up."

Example 2: You suck at doing a particular task. It's assumed that you should let more competent people lead and direct you without much fuss, possibly even being their gopher.

Example 3: Someone is in a vulnerable state e.g. they've just been injured, verbally abused by someone or, just started crying. It's assumed anyone who bothers them or interferes with them getting care, is immediately a dick. Society expects you to bend over , at least temporarily, and not add any additional discomfort to this person. This can happen by proxy: someone decides they will assign a bunch of work to you under the rationalization that they represent someone who is ill.

Example 4: Dealing with a mentally challenged person (either through health or acquired stupidity) who doesn't understand how conversations work and use up a lot of your time. Convention dictates that you're supposed to be extra nice to them.

These examples are all an incorrect response in frame management. Folding to pressure under the guise of compassion or mistake-compensation is a terrible idea. You will not score points for your meekness or compensatory adherence. It can be appropriate to let others take some control when you've made a mistake, especially briefly for the dust to settle, but often this becomes disproportionate manipulation. It's never okay to let others disrespect you when you're "wrong", especially in unrelated, tangential matters. "You were late so your opinion on how to chop wood efficiently isn't important today" is a ridiculous, rationalization - yet this is how people think.

This mindset of keeping track of who made mistakes today, and who's a dick, and who's been working hard recently is tedious, toxic and utterly useless. It rewards behaviors that may have no merit of their own. If you decide to go out drinking and wake up at 3pm, you don't have to "make up" for it by doing all the house work for that day.

You "make up" for it by your intrinsic value as a person: you're a competent, useful, compassionate, powerful human being who's value stands by itself with how you live your life, not with what you've done in the last 12 hours or 12 minutes. If you feel you "owe someone", repay the debt on your terms. **Being trampled by others on after you fucked up does NOT constitute a social debt repayment.**

Similarly, a incompetent person who shows up early or does something nice, is still an incompetent person. They should not be handed control of a meeting or interaction.

A competent, powerful person continues his frame of work or living as normal after a very brief , and often optional "compassion time". If doctor walks in 5 minutes late, do you think that entitles you to manipulate him and tell him how to do his job? No. Powerful people continue to set the frame of interactions, even after they've fucked up. They can apologize and even compensate you in some form but they never give the other person control.

Another example of people who don't let "who's the bigger dick" mental accounting run their life: "free spirits" that don't have anxiety. They talk or fart loudly in public and then forget it happened after 6 seconds. They don't mind asking strangers for stuff. In their mind, they don't owe anyone anything after committing a social faux-pas . They aren't necessarily powerful people; but they've learned that it's much better to live life without keeping track of who's a dick and who's not for every micro-interaction throughout their day. As long as they don't go overboard (e.g. becoming chronically loud, exhausting extroverts with no consideration for other people), they get what they need, and they have no anxiety problems, and they take action in their life.

A mindset of keeping focus on what's important, instead focusing on who is being rude, helps powerful people and free-spirits stay away from "white-glove" , politically correct, red-tape jobs and environments. They hate these things automatically, and don't work there which is better for their health. Whereas, neurotic people find comfort in "safe space" jobs , tightly regulated meetings, and upscale restaurants, where all the interactions are controlled and uptight, which makes their overall life unhealthy, monochrome, micromanaged, and full of resentment for everyone. That's right: if spend a lot of time keeping track, even subconsciously, of who is wrong and who needs to be comforted, you're going to hate everyone and have a distaste for even being alive.

Your temporary compassion helps no one. Mistakes are hard to evaluate in the moment, so don't change your frame because you think someone deserves it or because someone fucked up. Wondering what people think of you and bending to their will , will leave you with resentment and negative emotion.

If you hold frame even when you're the one who fucked up, you allow your previously stored value as a person a chance to win. No one is allowed to become the king , all of the sudden, because of circumstance or error.

As always, use your judgement. Don't lock horns with someone when you fuck up and they feel entitled to undermine you briefly. Allow a (very tiny) amount of time to pass where you follow their instructions so they can feel like they are regaining the upper hand. Then stand your ground and don't let them disrespect you disproportionately.

Also, listen other people's ideas on their merit and not some irrelevant feelings you might have of them in that

moment. Allow powerful ideas to steer the ship of all your endeavors, not short-term emotion and compassion.

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UPVOTES

Women hardest hit. "Men won't be able to deduct alimony from taxes...You would expect that the pro divorce lobby (nearly everyone) would be cheering... the problem is ex husbands are already being bled white. It has gotten so bad that the parasite is now expressing concern for the host."

Dalrock

redpillschool · 10 January 2018 · Archived copy · Reddit

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UPVOTES

This sub was WAY ahead of it's time

BlindingTwilight · 14 February 2021 · Archived copy · Reddit

I used to spend a lot of time in here about 5-6 years ago. I was an endorsed contributor but I had to delete my old username due to doxxing threats. Those were great times and I remember them very fondly. The things I learned in here were life changing and I had the pleasure of passing on tips to help other guys. Now we exist in an age of censorship but this sub copped it all first and you are still standing! Quite an achievement to give so much truth in a world where speaking the truth is now a crime.

1. You were one of the first subs to be quarantined/ banned for “wrongthink”
2. You were cutting edge. This knowledge was seKret before you let the cat out of the bag and you DID IT FOR FREE!! You did it for the LOVE of your fellow man
3. You told the TRUTH! To quote G Orwell “In a time of deceit, telling the truth is a revolutionary act.” We are truly living in a time of universal deceit and this sub right here was one of the canaries in the coal mine.
4. It was always FREE. This place was never successfully co opted for profit (although there was the Red Man debacle)
5. askTRP was a resource ahead of its time. Filled with noobs asking for all sorts of advice and it was given for free by guys like Vasily. That sort of consulting service should cost per hour but the very best endorsed contributors gave of their time for free to help sad strangers
6. I have absolutely no doubt that this site saved many lives. I recall seeing Redpillschool and other senior members helping desperate broken men to make sense of their situation and find a new way. My bet is that there is a lot of people above ground today 100% due to this kindness
7. There was some absolutely top notch and extremely well written stuff. GLO is an amazing writer and his satire and double meanings were wonderfully instructive and fucking hilarious. Guys like Whisper, Humansockpuppet and Uncle Vasily were sharing absolute gold which was helpful in more ways than just getting laid. Some of GLOs posts were world class and I learned a lot from his style.

Due to my involvement in this sub my life is very different to the way it could have been. Apart from the wonderful HBs I enjoyed spending time with in and out of the bed my personal life also improved dramatically. I kept myself in better shape and always had my pick of high quality women to spend time with. Learning skills like agree and amplify, how to ignore shit tests, maintaining good eye contact and how to control the flow of conversation has enormous applications in business, friendships, family and all other personal interactions. My life is better off physically, emotionally, financially and socially because of my work in this sub. I learned a lot of things and I helped a lot of people. To give is to get.

I can see that the current mods are very vigilant as to what gets posted here and this is very important. The price of freedom is eternal vigilance and this mindset has allowed you to stay relevant, stay pure and to continue to help men. So I hope this post finds you all well and I also hope this post does not break any former or existing rules. I would love to come back from time to time, share some comments and maybe even post a little if people find my insights to be worthwhile. For those of you who are relatively new to this knowledge you need to stick at it and fail forward. We all need to learn to walk before we can learn to run. So a huge congratulations to all of the mods, senior members and endorsed contributors that have made this place so special and helped so many people.

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UPVOTES

Summary of How To Win Friends and Influence People. Great guide for a beginner who wants to improve their charm!

throwawaycomedian95 · 8 May 2016 · Archived copy · Reddit

This quote resonates with me often:

“When dealing with people, let us remember we are not dealing with creatures of logic. We are dealing with creatures of emotion, creatures bristling with prejudices and motivated by pride and vanity.”

Fundamental Techniques in Handling People

- *Don't criticize, condemn, or complain.* Human nature does not like to admit fault. When people are criticized or humiliated, they rarely respond well and will often become defensive and resent their critic. To handle people well, we must never criticize, condemn or complain because it will never result in the behavior we desire.
- *Give honest and sincere appreciation.* Appreciation is one of the most powerful tools in the world. People will rarely work at their maximum potential under criticism, but honest appreciation brings out their best. Appreciation, though, is not simple flattery, it must be sincere, meaningful and with love.
- *Arouse in the other person an eager want.* To get what we want from another person, we must forget our own perspective and begin to see things from the point of view of others. When we can combine our desires with their wants, they become eager to work with us and we can mutually achieve our objectives.

Six Ways to Make People Like You

- *Become genuinely interested in other people.* "You can make more friends in two months by being interested in them, than in two years by making them interested in you." The only way to make quality, lasting friendships is to learn to be genuinely interested in them and their interests.
- *Smile.* Happiness does not depend on outside circumstances, but rather on inward attitudes. Smiles are free to give and have an amazing ability to make others feel wonderful. Smile in everything that you do.
- *Remember that a person's name is, to that person, the sweetest and most important sound in any language.* "The average person is more interested in their own name than in all the other names in the world put together." People love their names so much that they will often donate large amounts of money just to have a building named after themselves. We can make people feel extremely valued and important by remembering their name.
- *Be a good listener. Encourage others to talk about themselves.* The easiest way to become a good conversationalist is to become a good listener. To be a good listener, we must actually care about what people have to say. Many times people don't want an entertaining conversation partner; they just want someone who will listen to them.
- *Talk in terms of the other person's interest.* The royal road to a person's heart is to talk about the things he or she treasures most. If we talk to people about what they are interested in, they will feel valued and value us in return.
- *Make the other person feel important – and do it sincerely.* The golden rule is to treat other people how we would like to be treated. We love to feel important and so does everyone else. People will talk to us for hours if we allow them to talk about themselves. If we can make people feel important in a sincere and appreciative way, then we will win all the friends we could ever dream of.

Twelve Ways to Win People to Your Way of Thinking

- *The only way to get the best of an argument is to avoid it.* Whenever we argue with someone, no matter if we win

or lose the argument, we still lose. The other person will either feel humiliated or strengthened and will only seek to bolster their own position. We must try to avoid arguments whenever we can.

- *Show respect for the other person's opinions. Never say "You're wrong."* We must never tell people flat out that they are wrong. It will only serve to offend them and insult their pride. No one likes to be humiliated, we must not be so blunt.
- *If you're wrong, admit it quickly and emphatically. Whenever we are wrong we should admit it immediately.* When we fight we never get enough, but by yielding we often get more than we expected. When we admit that we are wrong people trust us and begin to think sympathize with our way of thinking.
- *Begin in a friendly way. "A drop of honey can catch more flies than a gallon of gall."* If we begin our interactions with others in a friendly way, people will be more receptive. Even if we are greatly upset, we must be friendly to influence people to our way of thinking.
- *Start with questions to which the other person will answer yes.* Do not begin by emphasizing the aspects in which we and the other person differ. Begin by emphasizing and continue emphasizing the things on which we agree. People must be started in the affirmative direction and they will often follow readily. Never tell someone they are wrong, but rather lead them where we would like them to go with questions that they will answer "yes" to.
- *Let the other person do a great deal of the talking.* People do not like listening to us boast, they enjoy doing the talking themselves. Let them rationalize and talk about the idea, because it will taste much sweeter to them in their own mouth.
- *Let the other person feel the idea is his or hers.* People inherently like ideas they come to on their own better than those that are handed to them on a platter. Ideas can best be carried out by allowing others to think they arrived at it themselves.
- *Try honestly to see things from the other person's point of view.* Other people may often be wrong, but we cannot condemn them. We must seek to understand them. Success in dealing with people requires a sympathetic grasp of the other person's viewpoint.
- *Be sympathetic with the other person's ideas and desires.* People are hungering for sympathy. They want us to recognize all that they desire and feel. If we can sympathize with others, they will appreciate our side as well and will often come around to our way of thinking.
- *Appeal to the nobler motives.* Everyone likes to be glorious in their own eyes. People believe that they do things for noble and morally upright reasons. If we can appeal to others' noble motives we can successfully convince them to follow our ideas.
- *Dramatize your ideas.* In this fast paced world, simply stating a truth isn't enough. The truth must be made vivid, interesting, and dramatic. Television has been doing it for years. Sometimes ideas are not enough and we must dramatize them.
- *Throw down a challenge.* The thing that most motivates people is the game. Everyone desires to excel and prove their worth. If we want someone to do something, we must give them a challenge and they will often rise to meet it.

Be a Leader: How to Change People Without Giving Offense or Arousing Resentment

- *Begin with praise and honest appreciation.* People will do things begrudgingly for criticism and an iron-fisted leader, but they will work wonders when they are praised and appreciated.
- *Call attention to people's mistakes indirectly.* No one likes to make mistakes, especially in front of others.

Scolding and blaming only serves to humiliate. If we subtly and indirectly show people mistakes, they will appreciate us and be more likely to improve.

- *Talk about your own mistakes before criticizing the other person.* When something goes wrong, taking responsibility can help win others to your side. People do not like to shoulder all the blame and taking credit for mistakes helps to remove the sting from our critiques of others.
- *Ask questions instead of giving direct orders.* No one likes to take orders. If we offer suggestions, rather than orders, it will boost others confidence and allow them to learn quickly from their mistakes.
- *Let the other person save face.* Nothing diminishes the dignity of a man quite like an insult to his pride. If we don't condemn our employees in front of others and allow them to save face, they will be motivated to do better in the future and confident that they can.
- *Praise every improvement.* People love to receive praise and admiration. If we truly want someone to improve at something, we must praise their every advance. "Abilities wither under criticism, they blossom under encouragement."
- *Give the other person a fine reputation to live up to.* If we give people a great reputation to live up to, they will desire to embody the characteristics with which we have described them. People will work with vigor and confidence if they believe they can be better.
- *Use encouragement. Make the fault seem easy to correct.* If a desired outcome seems like a momentous task, people will give up and lose heart. But if a fault seems easy to correct, they will readily jump at the opportunity to improve. If we frame objectives as small and easy improvements, we will see dramatic increases in desire and success in our employees.
- *Make the other person happy about doing what you suggest.* People will most often respond well when they desire to do the behavior put forth. If we want to influence people and become effective leaders, we must learn to frame our desires in terms of others' desires.

Letters That Produced Miraculous Results

In this chapter, the shortest in the book, Carnegie analyzes two letters and describes how to appeal to someone with the term "do me a favor" as opposed to directly asking for something which does not offer the same feeling of importance to the recipient of the request.

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UPVOTES

Applied TRP for the first time, fucked my friend's boss.

[deleted] · 5 January 2017 · Archived copy · Reddit

[deleted]

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UPVOTES

The Stranger Test -- Be more like a stranger to her

Archwinger · 17 May 2016 · Archived copy · Reddit

When you marry a woman, cohabit with her, or enter into an exclusive relationship and remain exclusive for an extended period of time, she becomes comfortable with you. Comfortable that you are invested in her. Comfortable that you're not going to leave her. Comfort, time, and familiarity breed contempt.

After spending a mere 30 seconds on the internet, you can find a massive list of stories about men complaining that their wives and girlfriends are mean, ungrateful, judgmental, bitchy, crazy, and so on. It's become something of a societal trope. Something we laugh at. Women who proudly wear T-shirts proclaiming that they're a bitch. "I'm a great girl. I just get a little crazy sometimes! LOL!" If you can't handle her at her worst, you don't deserve her at her best, right? Real men ought to be able to handle a strong, independent woman who isn't afraid to express herself, right?

Things didn't start this way for these men. These women used to be great girls. Fun, pleasant to be around, sexually generous. Their eyes lit up when they saw their men. They smiled. They gave him that look. They would spontaneously touch him. They would do things for him. They cared what their men thought. They cared whether their men were happy. They did things to make their men happy and felt pride in doing so. But comfort, time, and familiarity breed contempt. These men let their women get too comfortable and too familiar. They invested too much time.

The common Red Pill response to a bitchy woman is to laugh. Agree and amplify her shit tests. Apply dread game and put the fear of loss back into her. Maybe even soft next her, demote her to plate, and put the actual realization of loss back into her, not just the fear of it. Or even hard next her if she's being especially unruly.

After all, if you're "alpha" enough and pass enough of her shit tests, she'll magically behave herself, right? Well, maybe for a few days. Then you're back at it again. But if you're a good leader and teach her and train her well, she'll become a good girlfriend, right? Nope.

Because women fucking know better. They don't need to be "led". They already fucking know better. Women know that men don't like sexless bitches. You don't have to tell them that. If you find yourself having to talk to a woman about her poor behavior – something she already damn well knows – then she's already proven herself not to be wife or girlfriend material. She knows better but is choosing to be an ungrateful, mean, sexless bitch out of contempt for you. She thinks you'll put up with it, because you're a loser who can't drop her for somebody better. Maybe you ought to prove her wrong.

But all women are mean, bitchy, crazy, and ungrateful some of the time. All women shit test. If you're looking for a woman who doesn't, you're actually looking for a pet dog. A well-treated dog is always grateful and never mean.

So if you intend to interact with women, then you need to expect shit tests, bitchy behavior, meanness, craziness, and a complete and utter lack of gratitude for everything. You can't just drop every girl who's ever a bitch, or you'll never get laid. But you need to have limits. Enforce boundaries. If you let a woman walk all over you and shit test you at will, you're going to be a very unhappy, very sexless, very invested loser who lives with a nagging, cheating, bitchy shrew.

One way to gauge the status of your relationship is the stranger test. Watch how your wife or girlfriend treats strangers.

If your wife or girlfriend is a bitch to everybody, she's crazy and unstable and you need to dump her right away, change your phone number, and move. Unless you have a good system for hiding bodies. Don't waste your time with sociopaths and the mentally ill.

But if she's not (which is most women), then the problem isn't her, it's you. Don't focus on how she treats you. Watch how she treats others. Everyone. Grocery sackers, waiters at restaurants, her friends, her family, strange

guys who hit on her. Everyone. That will help you put things in perspective.

When your wife or girlfriend is being a mean and ungrateful bitch and pissing on you, remember, she's not a bitch. She's just a bitch to you. She's perfectly respectful and pleasant to her friends, to her co-workers, and even to strangers she meets on the street. She wouldn't dream of being a bitch to others, because she knows that being a bitch will get her de-friended, fired, and blow any chance of a good impression on a stranger. But she's a constant bitch to you because she thinks you're a loser who can't do anything about it. If you dropped her for another girl without making any changes to yourself, that other girl would be just as bitchy to you a few months in.

Does your wife or girlfriend do things to you, refuse to do things for you, and say terrible things to you that she would never, in a million years, say to a friend, to a co-worker, or to a complete stranger she met at Starbucks?

Then she respects you less than she respects a total stranger. She is treating you, the man she supposedly loves, worse than she treats bystanders at a coffee shop. You get her at her worst, while some random guy in line at the bank gets her best behavior. Her most pleasant, attractive, respectful self that she only showed to you back when you were dating and she thought she might lose you if she misbehaved.

Do you want that woman back? Do you want to be treated at least as well as she treats her office-mates and strangers she meets while running errands? You know, with basic human decency and respect instead of utter contempt, meanness, and a serious lack of gratitude?

Fuck that. Did you just think "yes" to yourself? Fuck that, and fuck you.

If you chose this woman to be your girlfriend or wife, she should be treating you **better** than her friends, co-workers, and random strangers she meets. Other people aren't doing shit for her, you are, and you're expecting the same respect that she gives to a stranger? You're giving away your time and investment for free, as though you're worthless? No wonder she pisses on you.

Do you know why she's nice to that stranger, but a bitch to you? Because that stranger's opinion of her is still in flux. That stranger can walk away right now.

Be more like a stranger to her. Do your own shit, live your own life, and let her wonder who you are, who you've become, and why, all of the sudden, she feels like she doesn't know you any more. Make her audition and re-audition for the role of your wife/girlfriend every day. Make her feel as though your opinion of her is constantly in flux, like she could fail at any time. Like tomorrow, she could lose you. Like her status is hanging by a thread.

Because you are not a stranger. You have power over her. Whether she likes sex, your money, your time, the status of being next to a cool, good-looking guy like you, or whatever else you bring to the table. She wants something. Be forever willing to take that something away. Even give it to someone else. You worked hard to earn your shit. Make her work twice as hard to earn it from you so you can turn a little profit on that shit of yours.

Check out this and other content on The Red Pill's off-Reddit site. Here's a [link](#).

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UPVOTES

My condolences on your forthcoming ban by Reddit

ultra-royalist · 1 October 2019 · Archived copy · Reddit

I saw the new rules and thought, "I see, it's just in time for the election."

Every time the Left -- including corporate sponsors like ShareBlue and Google -- starts losing ground when an election is coming up, Reddit revises its rules to enable it to ban any resistance to the Borg.

Despite all these glorious new rules, organized Leftist brigades continue to operate with impunity, as do the large echo chambers of politics, pics, and news where suspicious sock accounts that may be tied to Reddit admins recycle content and mass-upvote politically important articles. Remember that Reddit has never claimed that the voting here is fair and representative, and has never answered the question when asked how much of the content is still posted by admins.

Now they will ban you just like they banned other subs for no reason, so: I feel your pain. It is not fair and not right. You are doing the smart thing by running your own site, outside the probing fingers of the FAANG companies or their slightly slow little brother, Reddit. The important thing to keep in mind is that despite appearing to be about morality, these bans are not about morality; they are about one side trying to win over the other.

I say this as someone with no real connection to The Red Pill. I dig the general concept, which is that "people are biology" and the best guide to how to interact with other humans comes from *The Discovery Channel*. If you follow this concept, it will lead you to extremist cynics like Fred Nietzsche and Tom Wolfe, who see humans as simply "talking monkeys with car keys."

Poor Reddit. It so badly wants to be cool like Facebook, but here it is, stuck with this old-style internet software and attitudes toward Open Discussion and free expression. Every time the admins implement new rules and cut out more unruly nonconformists such as yourselves, more people leave the site. And not just any people, the interesting ones. Reddit is systematically destroying the one advantage it had over other social media.

You might have noticed that Reddit keeps losing rank on Alexa. Not surprisingly, the nu-Reddit -- censorship, safe spaces, hipsters, SJWs -- is not doing as well as the old. This means that over time this problem will correct itself, but only after something that was once good is vandalized into obscurity, which seems to be Reddit's fate. It is following MySpace into doom by driving away the interesting users, keeping the inoffensive ones, and then wondering why fewer people want to visit.

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UPVOTES

Can I have a cigarette?

myrectalthermometer · 4 June 2015 · Archived copy · Reddit

So I work as a lineman hanging power lines from a helicopter. And my best friend is a chef. We live in a college town so every May college kids graduate and he is BUSY. I worked in kitchens for a lot of my youth and for the past 3 years I help him out on graduation weekend as his assistant. It is kinda fun and nostalgic for me, we get to work together, he pays me cash and I get to eat and drink for free. Why not?

Well this past graduation weekend we are done (its about midnight), the cooks are cleaning the kitchen and we were having a drink outside while we smoked. Outside there is a super hot college aged female surrounded by 4 guys chatting it up. She makes eye contact, smiles but I'm exhausted, I smell bad and I'm just not in the mood to put forth any effort to game her. But me and my buddy talk about her, those 4 idiots trying so hard and how we used to be the same way. We are outside for about 5 minutes when she comes up to us and asks for a cigarette. I respond "only if you show me your tits." She kinda laughs but I think she was more shocked. She says please and I keep saying only if you show me your tits. By this time her white nights come over to save her. One guy starts calling me faggot, one guy offers me \$10 for a smoke for her, one guy offers to go buy her some from a gas station and the other tries to convince his friends to fight us... Unbelievable. Me and my friend start laughing and walk away. She then says "wait, how long do I have to show them to you?" I was kinda surprised, and didn't really believe her but I played along and respond with "long enough so I can get a good look but nothing obscene, its just a cig." Her gang of guys all start complaining; "don't do it, you are better than that." "You are so beautiful, he is a jerk don't show him your breasts." "I'll buy you a whole pack of cigarettes, don't do that for one."

She asks me where we should go for this to happen and I reply we should do it right here. But, she is hesitant because others might see. I'm not sure but I think she was referring to her idiot orbiters. She'd rather show me, a complete stranger, her tits than her lame guy friends. So we go around the corner, she flashes me her tits for about 10 seconds (longer than I expected), I compliment them, give her a smoke, light it for her and we come back around. My friend has a HUGE grin on his face and the gang of 4 look pissed.

This is where they turn on her, calling her a slut, how could you do that, bla bla bla... Now she is standing next to ME with them across from us. I speak loud and commanding, "that's enough, I think you guys need to go." They walk away bitching and moaning but walk away nonetheless. I get her name, introduce myself, and introduce her to my friend. He says he owns the place, is the chef and offers to buy her a drink. We all go inside get drunk and I take her home that night.

I was just trying to fuck with her for my own sick amusement and it worked out better than i imagined. I think it worked because she is gorgeous and always gets what she wants from men. I didn't cave.

Its been 2 weeks and we've hooked up a few more times. When she wants dick she always sends me a text -- "can I have a cigarette?"

EDIT:: I just want to say that I've it go the other way too. I received some PMs asking if was just that easy. This time it was but I've said smart ass things and had drinks thrown in my face, been called a pig, a creep and others. So don't think being smart ass will work with everyone. The point of my post was that I was having fun. I enjoy being a smart ass. I work a blue collar job, with a bunch of high testosterone guys. That is what I do all day. Give people shit. I gave this girl a hard time and it worked. Lots of people call bullshit, and I guess you are entitled to your opinion but I have better things to do with my time than to make up stories online. Anyway someone asked for a picture if she texted me. She is usually my Monday and Tuesday girl but she texted me last night.

<http://imgur.com/Fqr3bWo>

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UPVOTES

You should ghost women who have cheated on you

lanky32 · 10 December 2016 · Archived copy · Reddit

If a woman you have been in a relation with cheats on you, what's your best bet to come out of it not feeling like a cuck and a loser?

There are 3 options. Let's examine them, one by one.

The first option is what men without abundance tend to do.

And that is pleading with her. Requesting her to come back because you are such a great guy and you'll do anything to make her happy. We all know how this ends. Its not even a real option.

What about the second option? The option of confronting her? Confronting her with irrefutable evidence that she was in the wrong? Gathering proof and presenting it to her? What would she do then, she will have to accept her fault, right? And that would put her on the defensive, right?

Maybe. But it's more likely that she will twist your arguments against you and still not accept ownership for her actions.

For example, if you logged into her FB, Whatsapp etc. to gather evidence she will shame you that you spied on her. She will put a post on social media on how trust is important for relationship and the entire social media will egg her on.

She will insist that she was only chatting with/ speaking with or partying with friends of the opposite sex and she had no physical contact with them . She will lash out at you saying that you are an insecure prick.

Thing is she will do anything to not take ownership and blame you for the breakup instead.

99 times out of 100 she will find a way to put the blame on you. Her hamster would be satisfied that it did the right thing by breaking up with you because you were such an insecure prick/jealous boyfriend etc. Between the two of you, she would still be the one with the upper hand.

But there is a third option that will nuke her hamster.

She will have no defense against because it gives her nothing to play with. And that is ghosting her. No calls, no texts, no answers. Its like you have fallen off from the face of the earth. Any and all attempts by her are met with stone cold silence. She is dead to you . She can do anything she wants to but she doesn't ever get a response or a reaction from you.

Let's examine how this can nuke her hamster and send it into absolute delirium. If you want revenge, ghosting is the way to do it. If you don't want to take revenge but just kill oneitis, this is still the way to do it.

Ghosting is cold, calculated and efficient for you and kryptonite for her hamster.

Why ghost?

Because ghosting gives her nothing to play with, she won't be able to arrive at a conclusion because there would be no data to help her reach one.

'Why is he not answering my calls? He's not even answering my texts. Why is he doing it to me? But I was the best gf to him.

No, wait, did he find out that I was cheating? But it was a one night stand anyway. Nothing serious. Is he going to tell everyone now? Will he spoil my reputation? Fuck.

Did he find a better looking girl? What a douche! He should at least have had the decency to tell me. He is such a misogynist..

Oh no, I think he switched jobs. Did he get a better job? Maybe he has started earning more and found a girl in his new workplace . Fuck. Did he move to another state? Is he dead?

Give me an answer, someone give me an answer. Fuck, fuck fuck, my head feels so heavy now, I am going mad. Fuck, why does it always happen with me, why God why?'

Sometimes, you do too much to win when the best to way to win is by doing nothing.

Do nothing, cut all contact and see how you win. Revenge is a dish best served cold and ghosting is the way to dish out revenge on a cheating ho.

If you don't want revenge, this is still the best thing to do. Why would you explain the reasons for breaking up to a woman who has breached your trust, who has no respect for you?

In fact, it does not matter whether you see ghosting as revenge or not. Cutting off contact helps you in freeing your mind from her thoughts and that is what is required for you to move forward.

Ghosting is very effective in pushing her out of your mind, even if that's not the reason why you first started doing it.

To many of us she appears attractive because she isn't giving us her time of day. Ghosting reverses the dynamic. Instead of acting as if she were above you, she starts craving and begging for your attention and because you don't give it to her, she tries even harder, her worth drops in your eyes, you start seeing her flaws, she isn't the unattainable goddess anymore. She falls off the pedestal and your mind breaks free from her shackles.

It's a very potent medicine, it frees your prime property - your mind, from the unwelcome dweller that she is.

Highly recommended for all lovestruck betas stuck in one-sided love.

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UPVOTES

Reddit Admin give /r/TheRedPill a Stay of Execution

redpillschool · 1 October 2019 · Archived copy · Reddit

In a surprising twist, we received a new notice today from the same reddit admin as yesterday informing us that we have been spared from our immediate closure. We have been granted a stay of execution.

[Proof is Here](#)

This is a very strange twist indeed but we are grateful to have more time on this platform. Since yesterday's closure seemed imminent to us, we let a few cats out of the bag- namely that we were finishing **our redesign of Forums.Red and had originally aimed to have it ready by December 2019.**

Our original plan was not to move [/r/theredpill](#) but to open ancillary forums on the new platform.

I can't say exactly how the next few months will play out, but here's what we do plan to do:

- According to the notice from the admin, we have some compliance issues. We want to find out what those issues are from the admin and rectify them.
- We will finish our Forums.Red Platform independent of what happens on Reddit.
- As soon as it is ready, a red pill forum will be opened on forums.red.
- However **we will not be closing reddit.com/r/theredpill.**

Some people have suggested we made this up to push traffic to our other site. We didn't. Why would we push people to forums.red when it wasn't ready (and was slow as death because it wasn't ready?!) Take a look at <https://www.forums.red> and then look at our redesign we're working on: <http://a.trp.red/files/screenshot-2.jpg>. It doesn't check out.

I'll ask [/u/acuddlybabytapir](#) to weight in and verify that we got these messages and have not altered them.

In the mean time, let's continue doing what we're here for: Rule Zero

TRP's mission is to discuss men's identity, sexual strategy, and options in the context of our current global culture for the benefit of men. Anyone who does not share that goal will be banned the instant we detect them. We are not interested in debating or defending our experiences to those who disagree with the red pill, nor do we want to clog up our threads defending the morality of our choices.

While we intend to fully cooperate with Reddit's rules and Admin, they have shown us today that they are not above making mistakes. Make sure you subscribe to <https://trp.red> for a safe meeting place if anything were to happen to us here.

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UPVOTES

The cheaters script

projectself · 28 March 2016 · Archived copy · Reddit

Let's talk about cheating.

More specifically, let's talk about the cheaters script. I have been through this, and many men here have as well. Many men the world over have, many men over the centuries have. What I continue to encounter, over and over and over is that the script stays the same. Different states, different countries, different ages of men and ages of women. The actions and words before, during, and after have an uncanny repeatability that is freakishly adhered to. Over and over. I call it the cheaters script. Once you see it a few times you will begin to see it everywhere. Once you recognize it, you can never not see it.

First off, my quick background as it relates to cheating. This is to provide some perspective of my views, and how I formed them over time. I am now a single man, approaching 40 later this year. I have been single for almost 4 years now. I was married for more than a decade, and we lived together for 3 prior to marriage - so my longest relationship was 15 years. I had two children with that woman. During that entire time, I never cheated on her. I had opportunities to, but I never did. I discovered infidelity on her part during our last year or so together. Confronted, blah blah. It ended. We separated, we divorced. That sucked.

Since then, or I should say soon afterword, I do not know why, but I began dating and actually rather quickly began sleeping with a married woman. I then began sleeping with multiple married women. I am not particularly proud of this, but it is what it is. One of those girls left her husband (actually he left her). We pseudo-dated, I then cheated on her one weekend she was not available. She immediately forgave me of course, but our fun had run its course and I moved on. I began seeing multiple women at a time, and did pretty much nothing but that for about 18 months. I had a soft harem of women that I saw regularly. Some of them had boyfriends, some of them had boyfriends, then was single, then had new boyfriends - never once affecting what they would do with me.

Sometime about a year ago I decided to drop my harem and go the LTR route. Overall, a very rewarding relationship. However, if I had to guess, she probably cheated on me, and I definitely cheated on her.

I have done one night stands, 2/3 night stands, carried on an actual affair with a woman or two that claimed to love me and gladly accepted the "side girl" role knowing I was involved with someone else. I have heard women on the phone with their partners after having sex with me, heard them talking to their kids that they would be home from work soon. Even had side girls proclaim I was the only man for them only to be with another man a day or two later...

"Cheating" no longer particularly angers me, or really even concerns me. I have seen it from so many perspectives it is more of a given than an unexpected heart breaker. I would never let a woman get close enough to me to change my view of self like that again. I have seen it from just about every perspective, as a victim, as an active participant, as an unknown participant, all of it. It is a part of life. It is a part of relationships. It is just a given.

So with my experience of cheating out of the way - let's really talk about the script. What does it look like

mechanically, emotionally, what should one watch out for? What should you do? What should you expect?

Side note - I am not a woman basher - this is not an "all women are like that" post. Both men and women cheat. For the most part, the script does not change. In my post below, I will attempt to alternate from the women cheater perspective to the man cheater perspective. Both are applicable, this post is about cheating, not just about cheating women...

The before

There honestly are pre-signs. These should help you determine if a problem is on the horizon. At this point, things are likely resolvable.

Here are some facts I am fairly certain of:

No one cheats when they are happy and getting their needs met.

There are only two types of cheating women:

- promiscuous sluts
- women who paired with loser men who are the cause of everything wrong in their life.

When you have a cheating woman in your life, more than likely when she looks in the mirror, she does not see option #1. Ever. That does not mean it is a true statement, it means she convinces herself it is a true statement. It is always her partners at fault she is unhappy. This is crucial to the script, and comes up later.

There is generally only one type of cheating men:

- those who are not getting their emotional or physical needs met.

What does the before look like?

Here are the clues:

You start hearing "Never and always". We never... you never.. we always.. you always.. all of them followed by some negative remark. Of course, they are not true. This is an emotional statement, wherein the other person is being framed as a constant and static problem.

You start seeing emotional detachment. You will have no idea what's going on inside her head. Many questions will get answered with "I don't know", anything to increase confusion and indecision. This is where the not knowing where she has been, where she is going, and for how long begins. Anything to increase detachment and confusion on your part. Of course, it will be coupled with "I love you's" to amplify the confusion levels.

Making the spouse look bad and feel bad.

Here is another fact of relationships; when a woman is into you - it really doesn't matter what you say or do. You can almost do no wrong. When a woman is rejecting you, you can do no right. Many men fall for this trap and try to listen to their women telling them what's wrong and begin supplicating them. Of course nothing they do is right.

That set's the stage..

The During

The chase is now afoot.. here are the things that are the most classic signs cheating has began.

She starts going to the gym, or getting a membership to a tanning salon, dressing better. All of them individually mean nothing. When combined you should ask why she is putting this much effort into her appearance.

Cheaters are very protective of their phone. Yes, it never leaves their side. It may suddenly get a password protect, (for the kids of course), it is usually now on silent or vibrate only. Especially take note when they do not share that password.. also, leaving the phone face down is something I have consciously done and seen.

Speaking of phone, leaving the room to talk on the phone or text.

New credit cards, new online identities. I do not really know the psychology behind it, but I have seen this a few times and want to add it to the list. If she is creating a new identity with her name only, it's because she already sees you out of the picture.

Sudden appreciation of a new style of music she never cared for before, out of nowhere. It is often said that women adopt the hobbies of the man they are with, and my experience in life shows that to be true. If she suddenly adopts new tastes out of nowhere, you might wonder about it.

Not wearing the ring, or other jewelry you gave her. Not going to elaborate on this one but it is a big flashing red sign.

Going to the store for groceries, or a quick shopping trip takes 5 hours.

You hear any of the following:

"we are just friends" "i need privacy" "i love you but am not in love with you" "im confused and need time to figure out my feelings"

Of course, it cannot be one sided. She also will be loving sometimes, she will do everything in her power to maximize the confusion and anxiety. That is how she maintains the scheme. Also expect a SHIT TON of blame shifting.

Gaslighting - This truly is perhaps the worst in my opinion. Gaslighting is psychological abuse. It is a form used to make the victim of the affair feel crazy in order to let the cheater get away with it. You'll be made to feel crazy, hate your thoughts, maybe even consider suicide. The cognitive dissonance involved with having two thoughts in your head is awful. Some examples of this might include: "you're crazy", "you're overreacting"... Then begin the "I have to go here" "I need to run an errand after work" or "I need to stay late", "I hate how jealous you are."

The After

Denial and Trickle Truth - A hidden love affair is chemically, a lot like a line of cocaine. It is a huge surge of Dopamine. It also flood serotonin and oxytocin in the brain. It feels good, and all people - men and women - are vulnerable to doing things that feel good. Drug addicts do not care about hurting their family. They do it, they hide it as long as they can. It's a fog - and their brain only cares about keeping that high in their life. You very rarely if ever get the truth out of a drug addict in withdrawal - just as you almost never get truth out of a cheater once caught. It is always the least amount of information they think they can share and get away with. Over time you might get another piece - and that's when the true emotional damage becomes clear. Once you know that this other person cannot be trusted at all, it is a total wash, you mourn the relationship.

Blame shifting is a given, and should be expected. Hearing the following? "You pushed me away", "if you had been there for me", etc.

Re-writing of history - It doesn't matter that she was sending you love notes and texts a month ago. She has been unhappy for a long time now. She will find everything you ever did wrong and try to use it against you. Some of the shit I have heard.. "that time 10 years ago when you bought a hamburger but didn't get me one". It is natural from both sides at the end of a relationship. Both sides are re-wiring themselves to prepare for being single and need to purge those memories. This is a large part why nobody really enjoys hanging out with people going through a divorce by the way. If you are a man and have caught or even worse publicly outed a cheating woman - expect the wrath of Kahn to come down on your reputation.

This highlights a simple truth more men should understand.

I think it is common knowledge that you cannot control anyone else or anyone their emotions. You cannot make a woman like you, only she can do that. But in order for her to like you, what really has to happen psychologically is that she has to like herself when she is with you.

She is always viewing the world as it relates to her, so for her to like you, she has to enjoy the feels she has when she is with you. It is subconscious, and it really needs to stay there because no woman will ever thank you for pointing it out.. but it explains a lot.

Take the common case we see everyday on this forum, some chump has been married to a cheating woman. Same lying, same vocal attacks, same gaslighting, same emotional manipulation, same eventual rage from her to him .. the man is the victim but is made to be the worst person on the planet. why? Because how does miss cheater feel about herself when she is with him? She hates herself so she feels like she hates the man. Just like when she is in love and feels great about herself - she loves him.

Final thoughts and take-aways

Cheating happens, you should assume it will happen to you. It has, and it will again. If you have had sex with a woman outside of a relationship it is likely you are part of her cheating on someone else. We have a huge divorce rate in this country, and nobody wakes up and says I just don't love you anymore. It is all cheating. All of it. Many relationships "go on". Many relationships are kept in the dark. I firmly believe that 100% of relationships will have a cheating element in them given long enough.

If you disagree, that means in my opinion you are the one likely to be cheated on.

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UPVOTES

This is the most Horrific Dead Bedrooms story, I read it a month ago, amazed it hasn't been posted here.

quityourbullshit777 · 17 December 2017 · Archived copy · Reddit

So last friday night I get a message from my ex wife, she says "Can we do dinner sometime, I have some things I need to discuss with you."

I had a bit of a knot in my stomach, for some reason I thought maybe she had seen my post, knowing that I had used to visit this sub, but that was not it.

So we meet up, order food, she has a glass of wine, takes my hand, tells me her therapist and her had a breakthrough, she tells me that she brought me to a public place so that we can both just be "honest" with no fear of "anything" and she kept reiterating that, like "Just so that we don't have to worry about Anything... ok?" So I was thinking she wanted to get back together or something, just by how strange she was acting, like she expected me to hear her say "I want us back together!" and I'd throw my glass of water and scream at her? I have no idea at the time, now I do...

So she tells me the typical "I want you to know that I did enjoy our time together, you provided a father to my children, you raised them as if they were your own, you sacrificed for them, and they turned out wonderful, and for that I'm eternally grateful!"

She then pauses and says "I need to come clean with you, I've been lying to your face for a long time."

I say "Ok, honey, no matter what it is, I'm past it, it's ok, you don't have to hurt anymore, just say what you need to and we'll enjoy our lunch."

She starts crying, at first just a bit, then it turns into a full on breakdown. She's holding my hand, rubbing my finger, and just staring at my hands, her lip trembling, tears running all over the place.

I tell her to take her time, I'm starting to get really curious about what is going on, I'm REALLY starting to suspect she's about to ask me back now.

Suddenly she says "I was never there for you, and I want you to know why, Bob, and I never stopped seeing each other." Bob is our kids biological father, who has managed to remain a low life jobless alcoholic for the past 18 or so years.

I freeze in place, I feel the sensation of time slowing down, like is described in movies etc, it feels like a knife is being shoved into my back.

I feel like I'm going to vomit, but my brain jumps to her defense, "You mean you were still in love with him right you weren't actually together right?"

"No, I'm so sorry, I'm so so so sorry."

I go out and sit in my car, just staring at my steering wheel, my hands are shaking.

She eventually comes outside and taps on my passenger window, I let her get in, she has regained her composure, I think that just telling me was the hardest part for her.

She informs me that she was still having sex with Bob as early as 6 months after we got married, that he would just show up on her lunch breaks, or after work, and they'd go get a motel, or go to his place.

She says she was "lost" and that looking back it was all a "mistake" and that she now realizes she killed our sex life, not me. She tells me that the reason she went back to Bob, after me pressing her, was because I was "Too good" for her, and that she never thought I actually loved her.

I asked her what part of me taking on her kids, her, and her responsibilities made it seem like I didn't love her. She says "I don't know."

I asked her if she was still with and seeing Bob, she said yes, I asked her if they had been sleeping together regularly over the years. She said yes.

She then asked me how many times I had cheated on her. "none." She sort of scoff / giggles "What...?"

"I never cheated, I was honest when I married you."

She seemed more surprised that I hadn't cheated on her, than that I was reduced to a man child in just 30 minutes of her being honest. I eventually told her to get the hell out of my car and to never contact me again.

I am going to see my therapist this evening. The one situation I had NEVER thought she was even physically capable of doing she apparently was doing, for 20 years, on a weekly basis.

By my math her ex husband had sex with my wife 48 times a year, for 20 years, while I got told to be patient.

I told her if she get's in an accident and needs help to just pull the plug, that I'd jump in a volcano before ever helping her again with ANYTHING, she looked at me as if I had betrayed her.

So now I'm back to being 12 again and wondering if anything I know is real. I just can't understand how she can be that way, hide it all these years so well, act like I'm the bad guy, then it turns out she was cheating on me all along, this whole time.

On top of that, my new HL GF, that seems awesome, when I told her about all of this, she informs me that she also has a proclivity for finding random men from time to time and that "it's just sex!" and now I don't find her attractive anymore either. Goddamnit.

I'm sorry if this has been posted here before but this is just breathtaking. I feel for that man. So often deadbedrooms aren't because sex isn't occurring at all, it's because it has been transferred to a different bedroom and you're being cuckold! And this is what a guy gets for "being a real man" and taking in someones children as their own. Sometimes it's like women cannot handle honour and virtuous qualities, it just makes them straight act out and find the closest scumbag lowlife to cuckold you with.

Sort by TOP/YEAR to find the post- "Had dinner with ex-wife friday..", I don't want to link to it and get messenger bots scuttling.

877

UPVOTES

So you want to get fucking laid? Here's how.

[deleted] · 9 September 2014 · Archived copy · Reddit

This is a 4chan gem I discovered over three years ago. Despite at the time thinking it was "misogynistic", I couldn't completely ignore it for some reason. So I saved it. There was something about it that just felt... true. Thought I'd share. It is well worth the read.

<http://imgur.com/yOOLjGz>

877

UPVOTES

Respect is earned

Archwinger · 1 October 2014 · Archived copy · Reddit

There's a post floating around today from 4chan, containing a story as old as time: A guy gets dumped by his girl because she found someone better. I guess I can elaborate with a little more detail. A guy and his girl move into a new apartment, the girl starts hanging out with some of the people there, doesn't come home one night, and the next day dumps her boyfriend. She explains that she met someone else, is really attracted to him, and was with him last night. The guy asks, "Did you fuck him?" and she responds, "No, but I'm going to." She explains, essentially, that she didn't want to cheat on him, so she waited to break up with him first.

Honestly, that little factoid doesn't matter. The part where she spends all night with this other guy talking about how they're going to fuck, making sure she has sure thing lined up before dumping her boyfriend – that's cheating, too. Just as much as fucking the guy would be. If you ask me, she might as well have fucked him.

Our Red Pill brethren predictably flood this thread with comments about how annoying women are. How can she be so callously disrespectful, people ask. I actually find it interesting how much more direct and honest women are toward men that they don't respect. Once she doesn't need you any more, she doesn't need to lie to you any more. I'd give it decent odds that this girl was telling her guy the truth, and she hadn't fucked the other man yet. She's breaking up with him anyway, she clearly doesn't respect him, and she gains very little by lying to him. It's not like she seriously expects this guy to remain her friend or admire her for not actually cheating. That's stuff she's telling him for his benefit to let him down easy. She doesn't benefit from that.

But anyway, TRP predictably complains. Women have no honor, no respect, yada yada. But there's something our fathers told us, or should have, that really applies here. Something society tells us daily, actually: Respect is earned.

Think about what we're asking of this girl, or of women in general, if we expect loyalty. We're asking that if a woman meets another man who's better than you – be it better looking, higher status, more wealth/security, better social acumen, more interesting skills and hobbies and shit to talk about, whatever – that she pass on this better opportunity **solely because you came along first**. Essentially, we're asking women to only commit to a relationship with you if she expects to be with you forever. She can never cheat, never dump you for a better offer. Just stick around forever, or until you dump her. Because apparently, it's a race and you came along first, so anyone who comes along later must be ignored.

That's not a fair thing to ask of women. It's not her responsibility to stay with you on principle alone. It's your responsibility to be the kind of man who doesn't get dumped or cheated on. It's your responsibility to earn her respect, every minute of every day. If she passes on a better offer just on principle, she'll spend the rest of your soon-to-be-very-short-lived relationship resenting you, finding fault in everything about you, suddenly "realizing" how unhappy she is.

Society's message – "respect is earned" – is a true one. Where society fails us is in the shitty advice we're given on how to earn respect. You'd think that being a loyal boyfriend, having an established history with a woman, moving in together, doing shit for her, planning on a future together – that all of this would lead to her respecting you, such that when she meets another guy she's attracted to, she can shrug it off. Sure, the new guy is hot and fun, but she has history with you, right? You've done so much for her over the years, right? Tough shit. That's not how you earn respect.

You do not earn respect by respecting others. You earn respect by respecting you. It's counter-intuitive. By being a selfish ass who puts himself first and does what he wants, even at the expense of others sometimes, the whole world bends at the knee and chases after you, trying to win your validation. Everyone else is so fucking polite and respectful by default, while you're busy respecting yourself instead. That rubs everyone funny, not just women. That makes people try harder around you.

Your job is to be powerful. Important. Successful. You don't have to be a dick if you don't want to, but being nice

and doing shit for your girlfriend? That's the path to being replaced. Your job is to do shit for you, that as a side-effect, benefits your girlfriend. Your job is to be a man that raises others up. That raises the value of everyone in the room just by being there. To be the man that every woman wants to fuck and every man wants to be.

You don't avoid getting cheated on and dumped by being a nicer boyfriend. You avoid getting cheated on and dumped by becoming a man that nobody in her right mind would ever risk fucking things up with.

I, for one, don't want women to be loyal, principled, and honorable. That would just encourage me to get lazy. Reward the stupid and lucky. The right-place, right-time guys who just happened to get there first. I'd rather earn respect.

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UPVOTES

What words mean:

cappadocianhawk · 6 August 2018 · Archived copy · Reddit

In this modern era we live in I see a lot of newspeak. Even in this very forum I see people use terms incorrectly, presumably to make themselves feel better. However, reality should be your best friend and you should embrace the reality of all things to know where you stand and how to improve. Here is a short reminder to know where you stand with a bitch to complement the excellent bitch management guide on the sidebar:

You are giving her attention beyond the initial contact but you aren't fucking her: You are an **ORBITER**.

You are giving her little to no attention and you are fucking her and several other chicks: She is a **PLATE**.

You are giving her attention and both of you are fucking others: You are **FRIENDS WITH BENEFITS**.

You are giving her attention and fucking only her and she is also only fucking you: She is your **GIRLFRIEND**.

You are giving her attention and fucking only her, she is fucking others: You are a **CUCK**.

You are giving her attention but she is a long distance away from you: You are an **ORBITER** and a **CUCK**.

Bonus round:

You think she is special in some way and different from the other bitches: You have **ONEITIS**.

You post a long story about her in asktrp: You have **ONEITIS**.

Didn't read the sidebar because you don't think it covers your situation?: You have **ONEITIS**.

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UPVOTES

Women are as shitty as you let them be

Archwinger · 10 December 2015 · Archived copy · Reddit

There is a lot of Red Pill advice out there that overlaps conventional advice for attracting women. (e.g., “Be attractive; don’t be unattractive.”) For example lifting weights until you have a rocking body, dressing well, grooming well, developing social aptitude, hobbies, skills, becoming professionally successful, well-connected. Being confident. Powerful. Having an awesome life.

In fact, all of that is pretty basic common sense. Everybody knows that all of the above traits will help your chances at having a great sex life, and even the ones that don’t help or help very little still can’t hurt you. In fact, a lot of these practices are just good life habits in general. It’s not surprising to think that a girl might be attracted to a guy who has good life habits and builds an awesome, healthy, successful life using those good habits.

The Red Pill part of all of this isn’t so much the notion that doing that shit is a good idea. Everyone knows exercise is good. It’s the emphasis on how incredibly important all of it is. The traits in those two paragraphs above are the absolute only things that matter to women. Those are what define your status. Your value. Nothing else matters.

All of that bullshit about talking to women, treating them well, having common interests, having compatible personalities, getting along as friends for awhile, then maybe moving things toward sex/relationships later? None of that matters. The only purpose behind the way you interact with a woman is that it signifies your status and value. For example, having a confident, non-socially-awkward personality, carrying yourself with muscular, confident, powerful body language, always being busy having shit to do and talk about – all of that is not, itself, attractive. But these things send the woman signals that the underlying person who has this personality and these behaviors is good looking, successful, social, skilled, and interesting. A valuable man.

Where “blue pill” people go wrong is seeing valuable men have success with women via these interactions with them, then leaping to the wrong conclusion. They conclude that if they do the same things -- talk to women, treat them well, have common interests, a pleasing personality, and get along as friends for awhile -- that this is what is attractive to women. That this will lead to success, just like it did for those valuable, high-status guys. But it doesn’t work. Guys who lack value but interact with women in a pleasing manner either become friends only, or get blown off entirely as creepy.

One might even say that all of this bullshit about common interests, being nice, being compatible, and getting along as friends is completely trivial. If you’re hot, successful, social, skilled, and interesting enough, you can be a complete asshole and women will still fuck you. Sometimes, they’ll even perceive that you’re not an asshole, but are, in fact, a sweet and misunderstood guy. When you’re a valuable, high-status guy, every single thing you do will be seen in the best light possible – even the asshole things. When you’re a low value man, every single thing you do is seen in the worst light possible – even the nice and well-intended things. Women think awesome assholes are funny. Women think low-value assholes are jerks. Women think awesome nice guys are sweet. Women think low-value nice guys are creepy.

Women mirror valuable men. Valuable men are the containers, while women are the liquid that fills the space they are given. Women who interact with valuable guys end up taking an interest in the valuable guy’s skills, hobbies, conversational topics – even if these things never interested the woman before. They suddenly notice how cool those things are and want to learn more. Likewise, when an awesome guy expresses displeasure or distances himself from something she does, she changes her behavior. She conforms to please him.

When a man is low-value, women laugh at the things he does, dub them loser activities, and distance themselves from his interests. This often leads to low-value men instead conforming themselves to try to please women, further signifying their low value. It’s also just plain off-putting. Who wants to fuck a man that acts like a woman?

Many modern women don’t have much going on in the way of personality, hobbies, skills, interests. You’d be hard pressed to pry a 20-something in 2015 away from her cell phone. The lives of most modern women consist of

social media, eating out, buying clothes, and “dating” guys. The really deep ones maybe talk about music. They spend their time shallowly reflecting the guys they want to be with, latching on to the lives of their men.

It's easy to hate them. To look down on them. In fact, The Red Pill encourages a negative view of women. Why? Because when you see women as non-unique, non-special beings, each one defined primarily by how much of a boner her appearance creates, you can approach them confidently, without really caring how things go. Because what's it matter if one particular non-unique, non-special woman doesn't fuck you tonight?

We see stories left and right of women acting up, cheating, dumping, divorcing, and generally being pretty shitty toward men who love them. But remember: Women mirror their men. If you're a high-status, valuable man, everything you do looks like you're glowing – even the asshole things – and your interests and goals seem downright cool to her. If your value is slipping, everything you do looks awkward and creepy – even the nice things – and your interests and goals look like loser stuff. High value men don't stand for bad behavior. Low value men let it happen because they have nowhere else to go.

If a woman is being shitty to you, it's because you're letting her. She's reflecting your own shittiness back at you. Women are only as shitty as you let them be.

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UPVOTES

No matter how much she wants you to "open up", she WILL use your sensitivities against you.

BladeRunner2098 · 3 October 2020 · Archived copy · Reddit

It's like riding a motorcycle. You're not wearing gear for IF you go down, but for for WHEN. It might not be exactly this moment, but it's coming regardless. Women will always try to feminize even the most macho of men to see how much they can bend them, but the second he bends to her will she loses respect for him and loses attraction. Even if it's "her idea" for you to make yourself vulnerable, she will hold it against you. Deep down, even the most redpilled men half a purple-tainted heart and want to be loved for who they really are inside, so sadly even the most vigilant man can be caught off guard. I've done it and bet you have too, where you unicorn at least one woman, and you can't help but let down those walls. No matter how amazing you think she is, she's still a woman.

We've had bad things happen to us. Maybe we were raped, molested, assaulted, etc, and we feel safe confide in our significant other. Feeling safe is different from being safe. Inside, she's turned off by this happening to you. She knows it's not your fault, but she can't help but lose fondness for you. She longs for a man who shows his emotions/feelings to her but wants to toss him out when he does. You are damned if you do and damned if you don't.

It's not your fault, but never let her know about it.

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UPVOTES

Girls you orbit will say they care about you, but really only care about your attention.

it_takes_the_redpill · 9 June 2018 · Archived copy · Reddit

The lure

Got infatuated with a girl at work (large company) before I discovered TRP.

We started out as friends, but as time progressed she started flirting with me. I asked her out and she said she was still getting over someone (mutual acquaintance that works with us; she'd been seeing for 3 months), but claimed she was interested in me. She set that hook real well.

The game

A month passes and we begin spending more time together. I'm thinking that since I made my intentions known, she wouldn't be wasting my time like this if it wasn't going to go somewhere.

But a month passes and I raise the topic again. Again, she says she really cares about me; that if only the circumstances were different we could try. But she is scared of getting hurt by someone from work again, because she hates having to see him all over the place as a constant reminder. (Oh, the irony.)

So I swallow my second helping of spoon-fed bullshit with gusto. I tell her I'm going to get a little distance from her to get over my feelings so we can continue to be friends. I really believed that was something you could do.

After a couple weeks, we start hanging out again. She is more reserved, like it was in the beginning. No more physical flirting from her for a couple weeks. Then the behavior comes back in full, and my head goes right back to the clouds.

The breaking point

I finally confess to her that I wasn't over her and really hoped we could try something. She confesses to me that she's been seeing someone the last several weeks but has been keeping it a secret. She tells me that she understands if I need some space, and that she's really sorry.

I snapped and discovered TRP after I found out the guy she was seeing was from work. Despite suddenly being violently thrust into the anger phase, I play it cool, as it's a workplace situation. I tell her that yes, I do think I'll be needing this space after all. Told her "I don't think it's healthy to be spending time with someone I have feelings for."

Which is true. Just knowing you are being affected by infatuation does not allow you to stop the way you feel overnight. It may have been pretty weak to have told her I had feelings for her, but it seemed like the best way to get her to leave me alone without getting dramatic.

Either way, I went hard on Tinder, banged an average chick to get it out of my system and began my monk mode/further engagement with TRP as it was now clear that I needed to change/deprogram.

Confirmation

I stick to my conviction. No contact with her at all. I stopped thinking about her as much, or as frequently, and things were fine.

Two months pass this way without her trying to contact me, until one day I get a hand written note from her saying she missed me and hopes we can hang out again soon.

I'm not falling for that shit again. I ignore it.

Two weeks pass, then one day she comes to my desk and starts chatting. I'm not being very engaging, but she asks if we can talk. So again, this time in person, I give her the same line as before: I don't think it's good for me to hang out with her while I still have feelings for her, so I'd appreciate it if she stopped trying to hang out again.

But is that the end of it? No. The very next week she comes by again! I can tell how bad she wants me to orbit again, but I'm not falling for it. Would still bang her if I got a chance, but I'm under no delusions. I look at her seriously and say "I told you it hurts me to see you while I'm still attracted to you, and we agreed not to hang out. Has something changed?"

She replies "no, I'm just going through some hard times right now and wanted a friend. Sorry, I'll try not to again." Wrong answer sweetie, the only thing that gets me back now is an invitation to play doctor. She slinks away with shame on her face.

Conclusion

I've had to give her 3 warnings, each increasingly more brusque. The solipsism is strong in this one.

She was and is totally willing to trade my happiness for her sadness. If she really cared about me as she claimed, then she wouldn't do something that I repeatedly told her was painful to me. She considered herself entitled to my time and directly violated my requests to leave me alone.

Girls that put you in the friendzone actually care about you in much the same way as they care about a puppy. They like you because you give them constant attention on demand.

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UPVOTES

Is MeToo turning into NotYou at small companies?

ThaiEscapePlan · 27 June 2018 · Archived copy · Reddit

Came upon this yesterday. Cannot vouch for veracity but it rings true to me.

<http://www.staresattheworld.com/2018/06/congratulations-metoo-youve-made-women-employees-radioactive/>

Congratulations #Metoo... You've Made Women Employees Radioactive BY DAVIS M.J. AURINI · JUNE 25, 2018

The following was posted anonymously on LinkedIn, on June 10th, and it's been growing in popularity since then. Earlier this afternoon it was taken down, and not even the Wayback Machine has a record of it. Welcome to modern Internet censorship. The article reads as true – the #MeToo movement might just be undoing all of the damage that Affirmative Action and HR Harassment Firings have done to men's ability to work, and perhaps we'll be returning to a proper, Godly ordering of things where men can bring home the bacon, and trust their wives to stay home to support the household. One can hope. It gives a whole new meaning to the phrase "Ban Bossy", heh.

Congratulations #Metoo... You've Made Women Employees Radioactive Published on June 10, 2018

As a corporate CEO I now have a fiducial duty to avoid hiring women

I was having lunch the other day with my group of fellow CEOs...some current and some former. I asked the question: "Well, who has gotten that visit from the corporate lawyer, advising you to avoid hiring women executives". Every one in the group groaned and looked away. The message was clear. They had ALL gotten that visit.

As a corporate CEO, I have an fiduciary and moral obligation to my employees, NOT to do something stupid that will destroy the company and throw them out into a very hard and dangerous world. The streets of Silicon Valley are full of RVs and campers with homeless former engineers and former managers, many with no health insurance. I am obligated by law and by custom not to add my people to that list.

That's why I can't hire women.

Even before #Metoo, hiring women came with a significant risk. I've seen several small companies wiped out by some angry ex-employee claiming some sort of sexual harassment. In each and every case, the company leaders honestly tried to prevent the problem, but were wiped out anyway. "\$150K just to walk in the front door" says any law firm. That's enough to destroy most startups.

As a CEO I have a legal obligation to avoid risk. Because of #Mettoo, women walk in the door with the metaphorical equivalent of a suicide bomb strapped to their back. The slightest wrong move, the slightest insult, and BANG. Everybody is dead.

In the past it was just a few women who had this tendency to use lawsuits to destroy. Now in the era of #Metoo, it has become fashionable. Even the not-so-bright receptionist I hire as a temp is on the lookout for her moment of perceived fame.

As a CEO there is absolutely nothing I can do to prevent a clash, when women are so eager to take offense. Human sexuality is wired into every man and women. Even if I install webcams and watch every single second of every interaction, having training classes, and instill fear in my male employees, there will inevitably be some action that some man will take, maybe on purpose, maybe accidentally, that will cause some woman to take offense and sue. I am unable to prevent it, just as I can't prevent someone from passing gas after lunch.

Litigation is the business equivalent of nuclear war. It only destroys. Now every woman walking into my HR department is carrying a nuclear launch button on her sleeve, and is being goaded by their friends to USE IT! Every other employee in that company — male and female — has a mortgage and family expenses, and is looking with fear at that new female hire.

This is what generals call an “asymmetric threat”. I have zero control, almost no preventative measures, and huge, deadly risk.

That leaves me and other smart CEOs with only one solution: stop hiring women. And that is what’s happening, quickly or slowly, at every small startup all over the country. Will we be sued for not hiring women? Nope. Hard to prove. Penalties actually quite unlikely.

To my granddaughters who are just entering the workforce, and to the many wonderful women who long ago learned to ignore male clumsiness and just get the job done — I can only say how sorry and sad I am to see this. Unfortunately, you women have been betrayed by a group of radical women who are, to put it bluntly, fools. They are dragging you into a conflict which will leave you burned and the men in your lives burned. Everyone will get burned except the lawyers and the activists who will, as always, sit back and profit from the war they created.

Maybe there will be comments from women telling me “I don’t get it” or “You’ll get sued.” Um, no. I get it just fine. I’m just speaking a harsh truth, that people don’t like. Listen.

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UPVOTES

How to Deal with Apathy, Depression, and Lack of Motivation

thelandofdreams · 30 April 2017 · Archived copy · Reddit

My writings tend to lean towards the philosophical or theoretical— but this week I've decided to go in a bit of a different direction, to dedicate some words to a nuts and bolts topic, and to dispense with the theories in favor of something concrete, something tangible.

After my post last week about apathy vs. passion, a lot of guys commented that they were going through bad breakups, that their shattered relationships were causing them to feel seemingly insurmountable apathy, to lose their sense of purpose, drive, and passion, along with the ability to control their emotions. Others had no breakups, but still felt despair in their day to day lives. Still others sounded like they might have had straight up clinical depression.

All in all, I've noticed a lot of young men around here just struggling with emptiness.

I've been there myself. So let's talk about it a bit. There is no shame in it. This post is for the young men among us who are battling with apathy, with rejection, with general low spirits and feelings of simply not having their shit together: guys are looking for a place to start their uphill battle to "get their mind right" as the black folks say.

Some people here might balk at this kind of discussion, but I really think the Red pill shouldn't be just about sex and lifting. It should be a sort of brotherhood. A brotherhood of the cynical, perhaps, but a fraternity none-the-less. After all, where else can men come together to talk about this shit? As part of the brotherhood, I want to help and support my brothers as best I'm able— so let's jump in.

Here are ten steps I've taken with great success to beat low spirits and feelings of emptiness in my own life.

Please note I am not a licensed therapist and the following advice is anecdotal and based on common sense observations and my recovery from personal struggles. It is not scientific. If you are feeling suicidal or otherwise severely clinically depressed, skip straight to step number 10.

Step one) Get a Fucking Hobby.

That really is all there is to it. In the words of the recently insane Shia Lebeouf: JUST DO IT.

Almost all anxiety and depression can be solved by, to put it really simply, picking up a hobby. I'm not trying to minimize a complex struggle, but part of becoming a red-pillled man is learning that a lot time, energy, and mental space you give to women and the sought after feeling of validation they can bring, should instead be brought back to focus on yourself. You do that through pursuing your own interests. Letting your concern, passion, and mental space just sort of float around, waiting on other people (ehem, chicks) to give you a sense of fulfillment, is a sure-fire recipe for feelings of dissatisfaction. So what you have to do is find something new. Join a rock-climbing club. Learn to cook Thai food. enter a marathon and train your balls off for it. Set a goal to read 50 books this year. Then, whatever it is, just fucking start it. Day to day you will find yourself more and more consumed by it, and you'll wake up one day and the pain will be supplanted by your hobby.

Never make a woman your hobby. I see this mistake happen SO MANY TIMES with bluepill guys, who then spiral into depression when that fickle and capricious stimuli gets eliminated.

Step two) Volunteer

Volunteering has saved my life a number of times.

Times when I found myself alone in a new city, with a job I didn't like, with few friends and an overwhelming sense of alienation, a lack of purpose. Crawling into a bottle, into video games, into porn – all of it making the hole in myself deeper and deeper.

Then, on a whim I went and just signed up for something random. Once I volunteered to write articles for a non-profit magazine. Boom, within a month I've formed bonds and relationships with the other people who work on the

publication (some of whom were sexy women). They all respect me because I'm volunteering my time and energy to do something useful rather than being some random bar fly. I'm getting out there every Saturday for the magazine meetings. I'm sharpening my writing and getting to use my hobby for something interesting. I'm getting to interview dozens of people for the magazine, along with a translator provided by the magazine (this was in a foreign country btw). Now I'm involved. Now I have purpose. Now I have friends who respect me. People recognize me in the street and ask me questions. People are complimenting me on my articles. I'm an important person in the magazine. Three months pass. **Now I'm the editor.** Now I'm getting to give talks in the community about the magazine. People are listening to what I have to say. Now girls are coming up and wanting MY TIME instead of vice versa.

All because I responded to a little card on a bulletin board somewhere.

If you can find a hobby or interest that coincides with the opportunity to volunteer, to join a club, to participate in your passion with other people around you, you are being proactive about improving your life, and on your way to some greater sense of fulfillment.

Step three) Lift and Run

I don't think I really need to explain this much, as it is one of the cornerstones of this whole subreddit. But I would be amiss to leave it out. Lift heavy things. Run races. Control your diet, your alcohol intake, your drug intake.

You will be happier, healthier, sexier, stronger, have more energy, etc. etc. etc. . Enough said.

Often the very first step to lifting a depression is getting into the gym. There is a whole subreddit about it: trp won't let me link it, but it is /r exercise your way out of depression.

Step Four) Travel to a Strange Place Alone

I've written an [entire article just about this one step](#): It is long, so if you want to delve deeper you can read it here.

Go alone through strange country, rifle through strange records and hear the lapping of alien tongues. Let it do its odd things to you. Let it bring out what is already there in you — anger, alienation, fear — and magnify your problems, your unsuitability, the things that make you dubious to and of the rest of mankind. Let your shortcomings be marked and put on display, exhibit your faults to yourself for the first time. Enjoy the most brutal of therapies. Do it deserted and friendless. Be a stranger. Stagnate on that tropical island watching the men unload fruit, it will teach you that you are stir crazy, a restless man whose problems aren't real, that your issues all arise like phantoms from a mind that makes it impossible to sit quietly in a hammock all day. Walk through an East Asian village, let it teach you that you have always felt like an awkward outsider who everyone really is staring at, like a person on the edge of some great warm campfire of humanity that you have never been invited into somehow. In Eastern Europe you will learn that the rest of the world doesn't give a fuck about American, feel good, PC culture and that not everyone is equal by default. There is no one waiting at the end of it all to give you a pat on the back and a participation trophy. But dive in anyway. Baptize yourself in the reality of it all: your whole life has been a product, a fantasy, a construct, and you are a result flavored by all those things. The language you speak and the clothes you wear, even the way you walk gives you away as someone not of this place, a stranger. And yet, buried beneath the many layers of sediment there is something at your core that is inexcusably human, connected, a person that really is sitting inside that ring of light, that warm campfire with its smiles and drinks and songs, that is absolutely steeped in the universal beauty and value of mankind.

Go out and learn about the communal loneliness of the world, if you haven't yet. It will do you good.

Step Five) Online Date with Zero Expectations

This one might be a bit controversial on this subreddit, but I fucking swear by it.

We live in a time where there is pretty much no excuse for a single guy not to be meeting new women all the time, if that is what he wants (and let's face it, that is what we are biologically programmed to want). A cold approach

when you are depressed can be daunting. Thankfully, we live in a golden age for connecting with others.

However, I don't recommend you go into it expecting anything. When you online date exclusively to try to hook up or even find a relationship, it will often frustrate the shit out of you, particularly if your game isn't sharp. When you online date with the attitude of, "this sounds fun", you tend to have a much better time with it. As an aside, this same advice holds true with pretty much all interaction with women it turns out.

If Tinder isn't your thing, Meetup.com is a great way to just meet a bunch of different people who share a common interest. They even have groups that just go out to new bars every week and drink together. Whatever it is, use the internet to make new connections, meet new people, and do it with a sense of exploration.

I'm nothing special to look at and live in a medium sized city, but I remember one week having coffee with like 10 different chicks off of OK cupid. Wasn't even trying to hook up. Was just fresh back from being abroad, newly single, and wanted to see how the landscape had changed since I'd been away. Probably spent twenty bucks. One of them invited me to a concert where she knew the band and I got to go backstage. Another one introduced me to a pretty awesome art museum in my home town I'd never even visited and educated me all about the local artists who'd painted them. Yeah, they didn't make long term dating partners or even long term friends really, but it was just nice to know that people are out there looking for each other, if that makes sense. It beat the shit out of sitting at home alone on the computer Saturday night, that's for damn sure. Particularly if you are suffering from oneitis, this is a great method to show yourself the pretty much endless possibilities of life as a single guy, to sharpen your skills, and sometimes yes, even to meet that girl who is down for it.

Step Six) Set and Crush Goals, Even if They Are Small

Dopamine controls your mood, levels of interest, motivation, and a whole lot more.

In order to cultivate dopamine, some scientific evidence supports the use of short, easily achievable goals. Of course, you can't just set the goals, you have to actually do them.

Start every day with a physical, handwritten list of ten things you want to accomplish. Or even five, or three, or (if you are really struggling) just one. When you finish it, cross it out with a highlighter. That way it is crossed off but you can still read it and you can still see all that you've accomplished at the end of the day. Even this simple physical act is thought to release pleasing chemicals in your reward center, to train your brain to go after goals. Not only does this process tickle the "fulfillment" part of your mind, but it also helps you to actually get shit done. Sounds sappy as shit, but it's true: achieving your goals today is the best way to have a better life tomorrow.

Step Seven) Remember You're Going to Die

It's kind of a cliché at this point, but you aren't going to live forever. We often forget this in the whirlwind of day to day living. Our trials and tribulations often feel more ponderous than they perhaps should be, given the infinite scope of the universe and the very small scope of the time we are allotted.

It may strike you as morbid or odd, but sometimes when I've felt depressed, or without purpose, or even just apathetic and blue, I'll go to a graveyard.

No, I don't sit around and write goth poems and cut myself. (I'm anticipating the jokes, so bring them on)

I walk through the cemetery, look at the words etched into the stones, and think about the people lying underfoot. Beloved wife. Cherished son. 1890-1966. James Winter. WWII Private first class. Etc. Etc. Etc. All of them stretching off into the distance. All of them with lives as important and meaningful to themselves as mine is to me. That's all in this one 3-acre churchyard, in one small city, in one state, in one county, on one continent, on one planet. The dead are legion.

The mind reels, and I remember: where I am they once were, and where they are I will certainly someday be.

This helps puts things into perspective. Time to quit moping and go fucking enjoy existing before I blink out

forever.

Step Eight) Camp/Get Nature

If step number seven was a little darker than you're up for, step number eight might feel a little more sunshiny. It appears on this list for so many reasons. The simplest of which is that vitamin D, provided by the sun's rays, is an essential element for your health and happiness, and one which we 1st worlders, with our Reddit and our Starbucks lines, get painful little of.

But beyond that, nature, and camping in particular, is helpful in other ways. It teaches you self-reliance. It teaches you appreciation for small things – a thin fish fillet over a camp fire, a warm bed after an all-day hike, the view of the mountains at sunset, a sip of whisky from a canteen - whatever. All those things you usually take for granted are suddenly vivid and meaningful when you put down the fucking smart phone for fifteen minutes and lace up your boots.

Your brain gets so overstimulated in city life, and you are just generally coddled by all the comforts of modernity. Sorry to disappoint some of you alpha city bros, but a real man knows how to build a fire, catch a fish, chop wood, run a trot line, field dress a rabbit. It is part of embracing the inner animal, that simple creature that is inside you hiding behind the penny loafers and the polite small talk.

Buried under that thin veneer of civilization that swaddles you there is a beast waiting. Let him out on occasion and you'll feel happier.

Bonus points because it will help you survive the coming zombie apocalypse/nuclear winter.

Step Nine) Change Your Direction in Life

Sometimes those feelings you are experiencing – that emptiness, boredom, anger and apathy – should actually be listened to. You can't always fix things with exercise and vitamin D, in other words.

Sometimes these feelings are trying to tell you something, and that is **that you are living your life the wrong way**.

Maybe you really shouldn't be an office worker. Maybe you really shouldn't be dating this girl. Maybe you really shouldn't live in this place, have these friends, and spend your time in this way.

Maybe it is time for a huge fucking change, going out on a limb, making a dramatic alteration to the way you are living. Move to another country. Become a fisherman. Quit your job. Leave your wife. Whatever it is, those feelings might never go away if they are based in some concrete aspect of your life that is leaving you feeling unfulfilled.

Perhaps the reason you feel empty is because...well...you are empty. Perhaps it is time for a reversal in the order of things.

Unfortunately, I can't tell you what that reversal might be, or what great sea change is needed, but I would be amiss if I spent this whole post telling you ways to overcome your negative feelings when those negative feelings were actually signaling to you to pull a U-turn.

Step Ten) Don't Feel Better?

Get off reddit and go see a fucking doctor. There is no shame in it. The problem could be deep and chemical in nature. Good luck.

I hope that helped guys. Feel free to comment if there is anything you'd like me to write about next.

In the meantime you can check out my Book on redpill dating, and my Blog on male self-improvement.

I also generally give a free PDF of my book away to redpillers who PM me and swear on their mother's eyes to

write a review on Amazon.

**Thanks TRP. And to all you guys feeling blue out there –
time to get busy.**

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UPVOTES

TRP lessons from business: from ramen noodles to Forbes 30 under 30

CasaDeFranco · 26 February 2018 · Archived copy · Reddit

- My startup journey coincided with my application of TRP principles.

Dostoevsky once wrote, "To live without hope is to cease to live."

It is only through a life struggle that you will achieve greatness. The good life will kill you long before you are dead.

I went from an overweight supply chain exec in my mid 20's, living with an older woman, no real friends (post military social life died) or understanding of my life goal; to making \$7.6MM last calendar year, being listed on Forbes 30 under 30, fittest I've been since I left the military, a good close circle of friends who inspire me and finally a passion for my vocation. (Proof at bottom).

I won't expound on dating, relationships or lifting, these I'm trying to constantly improve but I will illustrate the principles that helped me find my direction, my raison d'etre and accordingly increase my SMV.

What's the most important skill for an entrepreneur?

A mentor dropped this question in my lap, he paused patiently waiting as I considered my response.

People.

Understanding people.

The biggest asset you have before you in your ability to understand people; including yourself.

1. Understand your customer

Understand a pain point you have or customers have. Would people pay for a solution?

Be it cloud data solutions, instantaneous translation; or quick internet data search.

Find a solution, build it and engage with customers who will pay for it.

2. How to recruit talent and manage people

People execute on your vision. Your ability to recognize talent, to convince them to take substantial salary cuts, to train young professionals, and most importantly to challenge, reward and retain them is critical.

Recruit students or recent graduates looking for a new challenge, or experience in a new vertical in your industry, the best candidates demonstrate they have worked in side projects or leadership in social activities. Demonstrate that your product or technology is potentially 10x better than any other product on the market. Sales is like dating, if you can convince a woman to get fucked you can most likely sell an opportunity to someone who's hungry.

Once you have these engineers on board, give them a probationary period, let them demonstrate you made the right choice. If you don't, terminate their employment. If they prove you're right; issue them equity (make this equity with a 12 month cliff and 3 year vesting - make them earn that equity and build it's value), pay them your wage, and build a company culture of working hard and encouraging competition.

Create objectives with quantifiable milestones.

If he is a mechanical engineer, design this component by the project plan timeline, if he is a sales executive, close this contract or execute the MSA by date x, etc. Hire two of a role if budget permits, appeal to their competitive drive and transparently illustrate which of the two is performing better. Men want a challenge, they want to grow, they want someone who recognizes their hard work and rewards it.

If you close x or perform beyond my slightly high expectation, we'll have a glass of whiskey to celebrate, I'll note

your high performance at that weekly meeting and I'll give him a bonus in equity from the company ESSOP at their annual review.

Give credit where credit is due.

But conversely, critique bad performance, state I know you're working hard but I'd suggest you do this, prove you can live up to my expectation. Be short, concise in your admonishments.

Execution is everything.

If they continue to perform poorly, assess expectations, if they are reasonable then I'll line up a brief discussion, if there is no improvement you must terminate their employment. Hire fast, fire fast; dead weight will kill your company.

As a leader you will also have to continually improve and work on your leadership qualities which moves into the second point.

3. Learn from other people's mistakes

The greatest tool TRP ever taught me was that knowledge is best attained from wise counsel not by making mistakes. Either from reading the words of men long gone like Aurelius or by surrounding yourself with men who have more experience than you, this is the quicker and less painful method of learning.

If you read a book from an author who has been instrumental in your thinking, or who inspires you. Contact them; you will be surprised at how many will respond.

I identified 5 executives who were either still in industry or had recently retired, and invited them for a coffee to discuss their experiences and insights they could share. Rinse and repeat until you have a network of 10 executives. This will only cost you time and often instead of costing you money, this network will be critical for the most important element in your business, money.

4. Network with people

People don't invest in ideas or products, they invest in people. When they observe you, a young leader taking a limited wage, and a team of good engineers working under salary, that's the team many will choose to invest in.

If you're not rich, surround yourself with rich people - this sounds easier said than done. Dress nicely, get some nice quality cards printed and network at events like conferences, use LinkedIn to network, don't be afraid to leverage your personal network. Use monthly meetings to illustrate that you are hard working, always ask for assistance where possible and demonstrate that you are coachable, and finally have your actions illustrate that your team can execute.

Ask advisors for introductions to investors and network with investors.

5. Manipulate people - utilise propaganda

The key to understanding people is recognising people seldom think independently.

FOMO or fear of missing out is a big driver in investment and typically if your advisory board members invest their friends shall also.

This also applies to customers. An easy way to also get increased exposure if leveraging the media, we planted several stories in the media regarding our company which helped drive B2B customers to engage with us. I can expound on this further as this is an art form itself and also a reflection that journalism standards have decreased considerably.

This helped us achieve our first 7 figure contracts.

Close your Pre A round, like managing your team set dates and keep people on point. Likewise drive customers

through a CRM and keep them pushing through the cycle. Always be closing.

Also as with women, always have a plan B and plan C as investors can be fickle.

6. Understand yourself

Finally the most important person is you, as a senior executive in your company you're instrumental in determining the vector of your business and secondly in executing the boards directions.

Always get enough sleep

Eat well

Work out

Hold yourself to a high standard. Qualis rex, talis grex. Work hard with your team.

Use your team and delegate where possible. You want to make yourself obsolete and hire those who can do time consuming tasks better than you so you can concentrate on the broader vision.

Get a recommended financial planner, don't spend your money beyond when you were poor - particularly with women. Establish a trust in BVI and use it to hold your equity and purchase large assets like houses etc. Do not get married without a solid agreement executed before and mitigate the damage of a defacto breakup or divorce by shifting your assets to external vehicles - speak to a professional for localised advice.

Approach women with the exact same approach one takes to business, transactional. Business will teach you skill sets useful for women, act with indifference, use long silences used in negotiations, have a limited time schedule, listen more and talk less, dress for success and know your value.

7. Endgame

When you are at your top, be careful of the fall.

Have fun but not too much fun - keep on working and don't touch cocaine or other hard drugs. Say good bye to free time until you cash out.

Do not rest on your laurels, take a short break and repeat the above and leverage your experience and network to accelerate time between startup and IPO / Cashout.

Surround yourself with good people and focus on the next challenge. God speed

Casa De Franco

If anyone is starting a business feel free to post a comment with questions here and pm me.

Proof

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UPVOTES

Those who cannot sacrifice anything, cannot change anything.

WarriorMonkMode · 10 September 2019 · Archived copy · Reddit

The most bitter and painful experience of the redpill is the acknowledgement that your bluepilled dreams of the past can never come to pass. No matter how noble or selfless those dreams may be.

For many the realization comes from the shattering of the illusion towards our oneitis. I had that.

But there was another dream. I dreamed to be free.

Like the monkey's paw, you must be careful what you wish for, because you just might get it.

For most of my life, I chased pussy. Every girl I've ever been with I have fallen in love with.

There was a single guiding light in my life. My father. But what set him apart was one thing that made all the difference.

He was redpilled.

As you can imagine, I was always asking him questions and he always had an answer. He never moralized or sugarcoated his answers.

"Its just your turn, son."

"That's just the guys she counted, she's slept with more men than that."

"I know you love her now, but like a sickness you'll get over her."

I stumbled across these forums years ago. I rushed to my dad and eagerly explained everything I found. He listened patiently.

I finally realized that the most meaningful connection you could have with another human being is from one man to another.

From one brother to another.

From one warrior to another.

From one father to his son and vice versa.

After years of abuse and neglect i had inflicted upon my dad in my bluepilled delusions, i was ready to transform into the warrior monk I felt destined to become.

I was ready to go out into the world. Armed with the redpill knowledge bestowed by both my father and these forums.

There was one problem: my dad had run out of time. He was dying. And I didn't realize until it was too late.

I lost weight. I did keto. I did intermittent fasting. I devoured the knowledge here and absorbed everything i could from YouTube and audible. I took up weight lifting and MMA. i desperately searched out the holy grail that would save this man's life.

"After all the time ive wasted. For the first time im finally ready to spend it with someone who would appreciate my love unconditionally!"

"This cant be happening! Finally my eyes are open and im ready to go on adventures and now he's dying!"

I quit my job, sold everything I had, left all my past relationships behind, moved into a trailer and became his caregiver for the last 2 years.

In the beginning things were tough and there were times where i wanted to surrender. But i grit my teeth and

clenched my fist. I knuckled down and told myself through the tears streaming down my face " i am not a boy. I am warrior and this is nothing i cannot handle."

I watched my dad wither away over the last two years. In the end he breathed through a tube and ate through another tube. He endured surgery after surgery in an attempt to fix the numerous health problems he suffered from. He wanted to give in many times. I would hold his hand and give him a brave speech about tenacity and relentless endurance.

I spoke of the dreams of moving up north. Of him walking on his own two feet again. Walking with his redpilled son by his side. I could see the fire spark in his eyes, tears streaming down his face.

But in the end, I had committed the most cardinal sin a man on these forums can commit: i used redpill teachings in an attempt to achieve a bluepilled dream.

Last night. My dad held me close and yelled in my face in anger "son! Let me go!"

"Im ruining your life!"

"You dont need me anymore."

"All my life ive thought that people were nice but i could take em or leave em at a moment's notice."

"But you changed that, son. You showed me that you can find true love in this world."

"You are my rock, son."

"No matter what you said, no matter what you did, i never stopped loving you."

"I searched my whole life for a true best friend and could never find one. That's when i took matters into my own hands and made you, son."

"Youve exceeded all of my expectations. I truly dont know how youve come this far."

"I am so proud of the man youve become and the new friends youve made. But i cannot go with you to where you need to go. I'm too sick, son. Im never getting better."

"You have your whole life ahead of you, son. And im just holding you back!"

"Just let me go!"

I yelled back "its my life to waste! For once in my life im with someone that matters! I promised you that I'd never give up on you! **its my life to waste damnit! This was my choice!**"

"Ill be waiting for you on the other side, son. You knew this day had to come. Dont you remember what you said? Those who cannot sacrifice anything cannot change anything. Its time to pay your price. I'll always love you my son."

And then he closed his eyes and never woke up again. He became limp. I carried him to his bed. I gave him a chunk of pain medication to ensure that he wasn't having pain.

As his breathing became shallow, i stoically held him in my arms and whispered in his ears how beautiful the north was. How i couldn't believe he was walking again. How all those years of PT made all the difference. That he was right. That i had found a nice girl and we were having a kid. All lies.

As he pulled his last breath, i kissed his forehead and told him to not be scared. I told him he was free. I told him I'd be fine.

Once his heart stopped, i dropped to my knees and cried like an angry, dying animal.

This was the price i had to pay to be free.

A man only becomes free when he has no attachments and has nothing to lose.

The price i had to pay was with my dad's life. The life of the only human ive ever truly loved.

In the end, we only have one life. His biggest fear was me leading a mediocre, angry and bitter life, a slave to a woman through divorce rape.

He sacrificed his dream of dying in the Philippines, surrounded by new kids and beautiful women in his sunset years to die in a shitty trailer park, and a nowhere town with only his son by his side.

He died so that i could live.

I will always be aware of the enormous sacrifice paid by our ancestors for me to be here today. Never take another single day for granted. Live your life to the fullest. Because before you know it, it can be too late.

I finally achieved the dream of every redpilled man: freedom with the tools and wisdom to enjoy it.

All it cost me was everything and everyone ive ever loved: including my father who was my best friend and like a brother to me. He died so that i could live.

Was it worth it?

All i can do now is prove that his death wasn't in vain. The only way we can honor our comrades that die in battle is by living our lives to the fullest. We honor their lives by making our lives count. Thats the only way.

Time to go north.

Thanks for reading.

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UPVOTES

How To Fuck Your Girl Rough

TheeRyanGrey · 23 June 2016 · Archived copy · Reddit

I have been having sex with women since I was 14. I have been understanding and being cognizant of what I was doing since I was 22. In My now 14 years of fucking there is one thing and one thing only I am certain of, one thing no one could turn against me or tell me I'm wrong about:

Women love rough sex.

Some love it a little bit and some love it a whole lot, but they all fucking love it: From that sweet girl next door who loves being bitten and scratched down her back to the nasty little freak who loves whips and chains and clamps, rough sex is always on the menu.

This makes sense does it not? Women are naturally submissive and men are naturally dominant, and yet for the past few decades they've drilled it into little boy's head to ask for permission, to not be rough and physical, all the while 50 Shades of Grey turns shitty Mormon authors into overnight gazillionaires. All the while Twilight and the "I leave bruises on your body after I'm done fucking you" vampires turn shitty authors into gazillionaires.

Here's the truth: The line between violence, sex, rape, love, and dominance are often separated by a very thin, very confusing line for those not intimate with them.

Want to know the most common fantasy I've had with women under 30? Rape fantasies. They want me to sneak into their room while they sleep and have my way with them. I've had women ask me to put a knife to their throat while I do it.

(And before the pussy parade comes in here and says "oh you're fucking trashy nasty sluts---ironically being misogynistic themselves---the girls who want rape fantasies the most are the ones Feminists hold up as icons: the lawyers, and doctors, and Cal Tech Engineers, the military girls...especially the military girls)

Our society has turned women into men and for many of them, the only way for them to feel feminine, to garner even a jolt of their feminine energy, is through unbridled, no holds barred rough fucking. This is the brave new world we live in and men need to be prepared.

---Know YOUR limits. This is the most important and we can't go any further until this is established. Know YOUR limits because women often don't have any. I've sunk into the depraved world of the female psyche and it fucked me over for quite some time.

Know your limits, establish your limits with your partner, and then stick to them. Women will often try to push you past these limits and you can never get in. If she wants to be punched in the fucking face let some other man deal with her damaged ass.

---pull her hair at the root. This is basic shit but a lot of guys fuck this up. Don't just haphazardly pull on her hair, you'll rip it out and that's not what feels good. If you're fucking her from behind reach over, get your hand firmly beneath her thicket and grab at the base, then pull back.

---If you want to know a woman's pain level dig your nails into her lower back and escalate upwards, increasing the pressure each time until she clutches onto you in with insatiable tension. p.s: this is also a very good way to escalate into sex for men with no moves.

---Choking is to be done with ONE HAND and is to be done at the top of the throat. When done at the bottom it creates a sensation of panic that overrides the sensation of dominance and fear that turn a woman on. You can--and I wholly advise---using two hands when she is about to climax, but release right after she orgasms.

I've had women ask me to choke them with my belt while I'm fucking them from behind. Do. Not. Fucking. Do. This. Shit. Yes, it's hot as fuck, but the mark and bruises it can leave behind just aren't worth it.

---Lift your girl and throw her against things. If you can't lift your girl and carry and throw her on the bed or against a wall you need to date smaller women or hit the gym more. Both probably. There is no better feeling than turning a simple makeout into passionate fucking by picking your girl up and slamming her back against whatever wall is nearest in a fit of raw passion.

Women love a man who wants her so badly he just can't control himself. This plays a large part into why women love rape fantasies.

---Rape Fantasies are at YOUR discretion, not hers. You're the one going to jail if she regrets it or gets mad at you, so it's YOUR job to decide whether you can trust her and if you're ok with it. If you're ok with it then COMMIT TO THE BIT. Don't fucking half ass it. Go in there guns ablazing. Also, understand you're fucking a very unstable woman so you probably shouldn't commit to her long term.

---Lastly, learn how to combine all of this into one sexual experience. Most men think rough sex is just smashing your dick into her as hard as possible, losing all rhythm and leaving her out of the process.

If you're fucking a woman on her back grab her hands, pull them beneath her legs, and slide her into you as you thrust into her. You create a see saw effect and you include her and her momentum into it. If her legs are over your shoulder slap her tits, smack her face, bend over and bite her nipples, constantly be inflicting little bits of pain all over her body.

If she's bent over then smack her ass, reach over and pull her hair, slide a finger in her ass, reach under and squeeze her tits, do SOMETHING. Rough sex is about constant action and interaction. It's about wanting someone so badly that your savage animalistic side is unleashed and the caveman takes over.

Women are not some easily broken porcelain doll, they can take quite a bit and love showing it off.

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UPVOTES

"If you made more money, we would have more sex"

skulk2fade · 7 January 2016 · Archived copy · Reddit

We are buying real estate, getting married and have our honeymoon to Europe booked, so finances are stretched pretty thin. Things have been a bit tense with this financial strain.

We got to talking and she was saying she needs me to make more money, i make \$60k. I am 28 and I will finish my degree in 9 months. I plan on starting my MBA when I finish. I work in IT, but don't really have any IT qualifications until this Degree is finished, just a few certs. She went to private school and got her degree in law and is practicing as a solicitor, our pays basically the same though, hers \$63,000.

So when we were talking tonight, I said to her she put's me down to much and I think it is hurting me psychologically, I have lost so much confidence. I don't even feel confident about getting a higher paying job. I said we need more sex and I need a woman who I feel wants me, and she said to me "if you made more money, we would have more sex". I am blown away.

This is the red pill theories in action. Women don't love men like men love women. I love my fiance, but she obviously doesn't love me like i love her.

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UPVOTES

Stop giving power to ordinary people!

eslong · 21 November 2017 · Archived copy · Reddit

This is something I believe needs to be addressed.

Whenever I see a post refering to:

- A chad
- A natural RP'd friend
- A BPD ex
- A machiavellian boss
- I was a beta cuck who has now swallowed the pill

I just cringe at the idea. Stop giving normal people power.

There is no natural rp man. It is just a human who is not socially awkward.

There is no chad. Chad is relevant to his surroundings.

Your ex was not BPD diagnosed, you are giving her a title when she was just an emotional woman that played you.

You did not go from being a 'beta cuck' to an enhanced man. You go to gym, dressed better and now can hold a conversation but still need to regularly check in on trp to keep your skills sharp. You have swallowed nothing. You are simply an observer here.

Your boss was not a machiavellian psychopath with schemes and plots to turn you into his bitch. He was a normal man who saw an opportunity to play you to his advantage.

Now....

Maybe the above things are true; (except the natural rp/chad thing its all relative), but you musnt frame things or word things in this manner. The people out in the real world are still just people. They can still die from a eating a single peanut duen to an undianosed allergy. They can still get emotional. They can still bleed. They can all be beaten.

Being a true Red pilld man should not mean that you can go toe to toe with a cunning 5/10 bdp ex. It does not mean you can be the best bitch im your employers harem. It most certainly does not put you in the same playing field as chad due to how many girls you can smash.

You are here to win in what you put your mind to. But you cant win if in your mind you have viewed your self as a loser or second rate.

As you were.

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UPVOTES

Ran into a girl from high school I used to orbit

Zorrostrian · 19 April 2020 · Archived copy · Reddit

I guess rant/venting might be the wrong flair for this, since it's not really negative, but I flaired it as such because it's basically the same thing. There's no real point to this, I just wanted to talk about how much of a good mood it put me in.

There was this girl I used to orbit in high school, we'll call her "M". She was HB9/10 at the time, every guy who knew her wanted to fuck her. I was probably the worst of her orbiters, I put her on a pedestal, followed her everywhere, dreamed of marrying her, etc. Of course, in return she just rejected me and took advantage of me, no surprise there. I stopped talking to her a long time ago once I finally realized how much I hated giving her everything and getting nothing in return.

I ran into her at the grocery store today and had a pretty long conversation with her, just catching up. I always knew the wall was a real thing, but I've never actually seen it for myself until today. M is now 200-300 lbs overweight, has 4 kids, and has been married/divorced twice. I don't know why I feel guilty for feeling this way, but I was fucking elated. It was a real "look how the tables have turned bitch" moment for me. I've been in a great mood all day. Of course, now she shows IOE's, even though I'm having none of it.

In high school I was obese and ugly, but since discovering TRP a few years ago, I've dropped all the weight, built some muscle, and have never looked/felt better in my life.

I guess if there was a point to this post, it's that rejection isn't always a bad thing? I mean, I seriously dodged a bullet.

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UPVOTES

Kayfabe

Whisper · 21 October 2017 · Archived copy · Reddit

I'm not done talking about Harvey Weinstein. (The man is just such a goldmine of perfect examples.)

We've talked about what he did wrong. (Mistook situational leverage for SMV.)

And we've talked why what drove him to do it. (Used pussy to stroke his ego, instead of just his johnson.)

But now we come to the question of **why everyone in Hollywood sheltered him, then suddenly turned on him,** when they **knew all along what he was doing.**

To understand the answer, we have to understand a couple of facts, and *think about them all at the same time, in relation to each other.*

- The vast majority of those women were *not* raped. That wasn't rape. They chose to suck his cock, even if they went home and took six showers and then knelt on the bathroom floor alternately puking and crying.
- The ones who he grabbed who *didn't* give in still shut up about it.
- All the women who are now accusing him of rape and harassment, are all doing so at the same time. A few did, then the others followed in a cascade.
- Pretty much everyone in Hollywood knew what was going on.
- Hollywood is in the illusion business. To make money, they need people to believe, or suspend disbelief in, certain illusions.
- Beginning on 31 Aug 2014, and over the next few weeks, in an event that would be jokingly labelled "the Fappening", an unknown person or persons leaked naked selfies of a bunch of celebrity actresses.
- The response to this was widespread outrage, ostensibly over their privacy.
- Celebrity actresses frequently get naked on camera on purpose, and this boosts boxoffice draw.
- In professional wrestling, the term "kayfabe" refers to the portrayal of staged events within the industry as "real" or "true", specifically the portrayal of competition, rivalries, and relationships between participants as being genuine and not of a staged or predetermined nature of any kind. Kayfabe has also evolved to become a code word of sorts for maintaining this "reality" within the direct or indirect presence of the general public.

Now we know everything we need to know.

Kayfabe is how Hollywood makes its money. Kayfabe is why no one said anything about Harv for decades, and kayfabe is why they are calling him a rapist now. Kayfabe is why Hollywood was angry about the "Fappening", and kayfabe is why Hollywood actresses get naked on camera at a specific point in their careers, never too early. Kayfabe is why Hollywood stars talk endlessly about how wonderful and amazing and talented the people they just worked with are, and kayfabe is why they got together at big televised ceremonies and give each other trophies for making dull original movies that you went and saw because you were bored and forgot the plot of within the next two days.

So what is Hollywood's kayfabe, exactly?

Hollywood's kayfabe is the collectively-sustained illusion that Hollywood stars are prettier, more exciting, more interesting, larger-than-life people who are special. If you believe this, you will pay more money to see and hear them, and to see and hear about them.

What is the reality that the kayfabe hides?

Hollywood stars are just a bunch of theatre nerds who have been selected for above-average looks and whoever gave ol' Harv the best handjob.

The only special people in Hollywood are the very expert professional makeup and lighting and sound and production folks who are very, very good at taking **your average 7.5 - 9** and making her look **ethereally beautiful on camera**.

The woman in the second two pictures doesn't exist. She is the highlight reel from a makeover shoot by the best illusionists in the world. She is every bit as fake as if she had been constructed entirely from computer graphics. In the future, she might be. Kayfabe.

Hollywood wants you to believe in her.

The "Fappening" was an outrage not because involuntary porn, but because it revealed that celebrity-actresses don't really look any better than the hot secretary at the local car dealership. And that the girls themselves aren't special, either... just another bunch of dumb sexting instagram hoes. Kayfabe.

Harvey was protected before for precisely the same reason he is being thrown under a bus now... to sustain the illusion that these girls were selected for their extraordinary beauty and talent, as opposed to at random (or by casting couch) from a vast pool of relatively ordinary beauty and talent. Kayfabe.

Hollywood talks about how wonderful each other are, and give each other awards for doing their jobs, to make you believe that they are wonderful, and that their jobs are important and meaningful. Kayfabe.

So is kayfabe limited to Hollywood?

Of course not... other groups have their own kayfabe which helps them succeed.

Ever hear a physician criticize another physician in public? You won't. Some idiot could **amputate the wrong leg** and others of his guild will rush to defend him.

Why? Because closing ranks prevents public contradictions to the perception that physicians are the most highly trained and competent of professionals and deserve to be the only ones called doctor (as if PhDs didn't exist), as opposed to a mixed bag of ordinary dudes doing jobs that require recognizing the same things over and over again, and doing the same things over and over again.

The navy's SEAL teams have *amazing* kayfabe. They have practically everyone believing they are invincible-warrior-ninja-philosopher-batman, as opposed to high-selected light infantry who have had a lot more money spent on training them.

Why?

Well, how else do you get to cash in when you EAS? How else do you charge premium rates for "management consulting", as if killing muj had anything in common with manufacturing pipe fittings. How else do take one single idea that's obvious to anyone that isn't an idiot, pad it like a procrastinating undergrad into an **entire book**, and make the bestseller list?

So what happens with groups that don't have a kayfabe? That don't control their image?

Have a look at software engineers.

Unlike physicians, or actors, they have no group loyalty, and will ruthlessly criticize the slightest shortcoming in their fellow professionals' work, right in front of the public, calling them idiots and incompetents and whatever else comes to mind. Go read some Linus Torvalds posts to see what I mean.

Now, the vast majority of experienced ones are actually very good, having been ruthlessly subjected to this gladiatorial pit for the entirety of their careers. However, the public regards them as a bunch of high-paid manchildren who just seem to keep generating bugs (and never noticing when they swipe a credit card, send an

email message, punch up satnav, or turn the lights on, and shit just works).

Because they have selected ruthless quality control over kayfabe, their public reputé is lower than their real world competence. For groups with good kayfabe, the reverse is true.

Lessons

- It is often good to exercise kayfabe, but never beneficial to be fooled by it. Be very careful what you take from anything deliberately presented for your consumption.
- If a group is held in high reputé, instead of automatically admiring them, ask yourself if kayfabe might be active. See if you can discern what it is.
- People are more often thrown under a bus for breaking kayfabe than for doing something wrong. Learn to spot that guy, and how not to be him.

Further thought

- Consider how the concept of kayfabe applies both to Donald Trump, and to the politicians who organize resistance against him.
- Consider how the concept of kayfabe applies to the collective behaviour of women. And of men.

869

UPVOTES

How my dad held frame and saved himself from divorce rape

Zoltiel · 19 June 2018 · Archived copy · Reddit

I was driving around with my mom the other day, and she started talking to me about how her and my dad almost got a divorce years ago. I was young back then, and didn't know much, but then she told me something very interesting.. She went to the lawyers, and they told her she would pretty much get everything, since they've been married 20+ years. So she went to my dad with this information, and he pretty much told her that he would just quit his six figure job and she wouldn't get jack. After this news, she folded and called off the divorce. Knowing my dad, I could just see him laying on the couch with his legs propped up watching TV, and just telling her that in his IDGAF attitude, and going back to watching TV. And it just cracked me up. What he pretty much did was shattered her frame into a million tiny pieces. Here she was, with papers from professionals that would pretty much destroy his life, and it didn't phase him at all. Men, the point of me posting this is to remind us that you have more power as a man than you think concerning relationships. I'm sure if my dad got on his knees crying begging my mom not to go through with this, that my parents would be divorced right now. My dad performed an act that can only be described as TRP, and I can only wonder if divorces are just massive shit tests from wives.. tl;dr Alpha dad holds frame with threat of divorce rape, and mom folds

869

UPVOTES

Women are not mysterious. They appear mysterious because we have the wrong fundamental truths about them. Because the first woman in our life was the all-kind mother.

pras · 1 June 2021 · Archived copy · Reddit

You think sharing your weakness demonstrates trust and love. You believe you can bond over your pain. You believe wrongly. All she sees is the repulsiveness of your weakness. She does not respect your weakness, your pain, or how difficult it was for you to share your pain with her. Women do not care. They can admire your persistence in the face of such, but not your need to express it.

Effeminate men and masculine women are undesirable. We are programmed to help women and respect men, not the reverse. Women get social power from being pitied, men get respect (and thus social power) from being powerful. The reverse is not true.

Women lead double lives. She will project a strong outward good girl facade whilst engaging in acts of depravity in secret. We know whoring reduces a woman's value. They know this too. But rather than simply not whore, they would prefer to deceive. The more sexual partners she's had, the more mentally damaged she is. Women who have slept with lots of men dehumanise and objectify men through sex. Such women are poor relationship prospects.

If you really want to know a woman's notch count (number of partners), feign non-judgement. Indicate you have slept with hundreds of women. From comfort, follows truth.

Justification can only exist in respectful exchanges. When you are disliked, justifications are deemed excuses, your guilt, pre-determined.

When people don't like you, their questions are attacks. Sometimes these attacks are disguised as concerns, other times they are blatant. Whenever you're asked a question, gauge the legitimacy of the question. Insincere questions must be met with insincere answers, if any answer at all.

Real victims suffer in silence, posers pretending to be victims do so to gain money and status. Be wary of "loud victims" they are almost always playacting.

Use your 20's to become the man you want to be, to acquire power of all and any kinds, in your 30's enjoy the power you've accrued and enjoy being the man you've built, supplementing and maintaining what you have built so that you can enjoy it way into your 40's.

If you hate yourself or do not value yourself, it's because you've not given yourself a reason to value yourself. We don't just disrespect others who are low value, we disrespect ourselves for it too.

868

UPVOTES

My Omega to AF TRP year.

vorverk · 17 April 2015 · Archived copy · Reddit

TL;DR: title.

After more than a year of TRP I thought it's time to give something back, so I thought you guys want to hear a success story. I know I needed those in my worst times and they helped me move forward.

Background:

I'm probably much older than most of you guys. Born 1980. Raised by quiet, non-confrontational dad and manipulative, choleric mother. I love them both, but the dynamic they have is a recipe for a disaster. My mother has no respect for my dad and he was no leadership role model for me. So there I am in 2013, 33 years old, still living with my parents, no girlfriend since college, sinking my sadness in alcohol or staying in bed, thinking I can sleep away my life and problems. I had some luck back in high school and college with girls. Some random lucky AF moments, but beta programming was just too strong to figure it out fully. Slowly the communication with girls just faded away. I was not even in a friendzone. I did not exist in any girl's life. At 24 (2005) I found a job that I stayed in because of the job. Not career, just to get a shitty salary so I can buy stuff. Like a big car, so I can drive my friends around while they laugh at me and have their fun. Or buy them drinks, so I feel social for an evening. Nearly 10 years pass like that. I lost all muscle and gained huge amounts of fat. I became ugly.

End of 2013 > The girl:

At the end of 2013 I stumbled upon a HB9 (she's super hot and equally crazy) that I knew through a friend. I probably met her back when I had some AF personality... We had a quick chat and agreed to go hiking one day. Classic story: instant oneitis and I put my best Beta Bucks guard on. Oh what a coincidence. It's exactly what she needed (30 y.o. being fucked by alphas for a decade, she's now in need of emotional connection).

I'm a great conversationalist and give all my free time to listen to her problems while fixing her stuff and changing car tires and taking her to trips and what not. Available over chat at any time (during work and sleep!!!). All this while I'm allowed to give her a massage from time to time if she feels like it.

In my mind, this is ideal love and I should be happy to be in her company and if I can get us an apartment soon, we will live happy life after that. Sex is not important while we build our future. Although everything seemed perfect, something just didn't feel right. As I said, I did have some AF qualities back in my life (girls cheated their boyfriends with me) Back in my head I knew she was just too relaxed and I was putting too much effort in the relationship. I did know PUA, so I made up some imaginary girls in my life and tried to be cocky and funny from time to time.

beginning of 2014 > Found TRP:

Reddit was a big time waster before I found the girl. So now that I'm in a relationship, I browse through /relationships /2xchromosomes /deadbedrooms etc. I stumble upon TRP somewhere and take a look at it. Denial phase lasted a week or two, broken by a pretty nice event, which I still can't believe happened: She was shit testing me the whole time, how she's going to find some other guy. To be honest, she could go find another guy anytime she wanted, so it was not really a test, just her way of making sure I'm in the right place > BB zone. So she does it again, and I just reply: "Go ahead, go find another guy". She thinks I'm kidding, but I hold frame. I say to her that either we're having sex, or she can go get another orbiter. She couldn't believe it and kept testing with tears, anger, disbelief etc. But I hold my frame and tell her that she can come over and we'll have sex or she can go elsewhere. I could not believe my eyes. The second I put my penis in her vagina, the denial was over and a big smirk on my face: "Holy fucking shit, this shit is for real?!". Months of being her slave got me to 2nd base once, now here I am, fucking her by being an asshole. Vanilla sex, she never came, but it was a fuck.

Anger phase

Anger phase is not a joke. I could easily believe most people just stay in anger phase their whole life, because it's not something you can come out of easily. I was now 34, no money saved, shitty job, with acute oneitis on an alpha widow cheating girlfriend, living with my parents, fat and ugly. I realized I'm a loser. An omega with no future. Suicide was on my mind. In the words of Morpheus: "I feel I owe you an apology. We have a rule...we never free a mind once it reaches a certain age. It's dangerous, and the mind has trouble letting go." I was too deep in shit for my mind to swallow all the stuff. I will never be an alpha. I could hardly be a beta. No girl would want to commit to such a loser. Current girl was already cheating with alphas. She was probably just waiting for a better BB branch to swing on. We broke up soon after. I caught her cheating and after asking in ASKTRP, I cut all contact. She kinda felt relieved, while I was in worst agony of my life. My anger turned into depression. I couldn't keep up with the work at my job. I got fired. I wanted to die.

THANK TRP

This is where you guys come in. The success stories that I read here kept me from going deeper in depression or alcohol. At first I couldn't do much more than lift, but it's what helped me turn the downward curve back up. Full monk mode for a couple of months. I read TRP (recommended books, bodybuilding, diet etc), listen to podcasts and RSD Tyler, cut all alcohol, lift and watch diet. Months go by. I started seeing results in my appearance. I keep lifting and reading TRP and slowly tried to socialize. Lucky I still did have some true friends. I worked on my resume and references and started applying for jobs. No results at first. After a while I do get invited to couple of interviews. Then I hit the jackpot - one of the best employers around needs a guy that fits my description. I am ready for this. Slowly getting out of monk mode. Look my best, dress my best, couple of employees lined up (sort of abundance mentality at job interviews is a big plus), which gave me great negotiation leverage. I get the job and negotiated double salary I had in previous job. Lucky coincidence, but without that girl I would still be in that shitty job, without TRP I could not get this job and would be fat and ugly drunk.

SEX LIFE

Now I know there is no official TRP stand on hookers, but they sure helped me after the end of the monk mode. After I got the job and got out of monk mode, my sex life was still empty. Remember, I was full omega, no females in my life. After couple of awkward sessions with hookers I learned how to handle women, how to touch them, how it feels to have sex (even though it's "fake"), but most of all, I internalized how cheap the pussy is. I learned that jumping through hoops and being someone's slave to get that piece of meat for 20 minutes of pleasure is just not worth it. Sex is not THAT great. It's fun and all, but not worth the trouble. Oh, and AWALT goes for hookers as well. I could feel whores acting different while I improved my body and confidence. Business is business, they got their money, but the visits turned from awkward hand-jobs to fun meetings, laughs, conversations, and good sex that we both enjoyed. I got my confidence that I can have good sex. Sounds like a sad story for someone, but it really helped me understand female and their sexuality. At the end, I could see their hamster spin with questions about what's my zodiac sign - I must be a leo or taurus. And how good my body looks. It helped give me confidence that I needed.

NOW

After more months of bodybuilding, upgrading wardrobe, posture, reading books, securing my place in the company (48 laws of power FTW!), where I can actually build career, I'm in best shape of my life, have a fantastic job in the best company on this part of country with double salary then in previous job, I'm renewing my apartment and have 2 plates (Hookers are history. They helped me build my confidence, but are too expensive for a casual fuck). I'm building a social circle of 15-20 guy friends that are all successful. I make social events happen, so us guys can hang out together. They love it, they listen to my stories and we laugh at each other's stories (not at me). Their girlfriends/wives are jealous of me, since the guys love spending time with me. None of them are full RP, but they are not average blue pillers.

I ran in to my ex and I saw it in her eyes she couldn't believe what I have become. I'm pretty sure I gave her some tingles. She told me we need to talk. I said sure, we will some day. Then left. I would fuck her though. She's hot as

fuck. But fuck this cunt, I've got a life now.

I can make tingles now. I can see that in girls now. What a powerful feeling when you know you're giving tingles to a girl, just by standing near her. She swallows every word you say and you can see through that bambi eyes that she could swallow much more.

FUTURE >

I'm happiest I've ever been in my life, but I know that is not the end. Staying on the top is constant work. It get's easier and byproducts are amazing, but you can never let go. It's tempting to think about a day I can just let go, relax and get lazy. But I never want to be that low again, so I know I have to keep pushing forward. Bodybuilding through the whole winter, I can't wait what the summer will bring after I cut down to a one digit body fat. WRAP UP> If I could give one advice to me one year ago - when I was at my lowest - is: keep going. You will get there eventually. The way up is hard and bouncy. It looks unreachable. It's like going against the current. Once you're at the bottom you don't see any way out. The point is that you just have to keep moving and changes will happen. Slowly. You think you're making progress and then fall back. And you will meet enemies. People resent you and shame you for not being you anymore. Getting out of depression or anger phase is the hardest thing I have ever done in my life. But I did it. And so can you.

The best part of everything is not the girls or the money or the friends or the apartment or the new car or fit body. The best part of it is that once you have all that, you can finally enjoy LIFE. I don't care if it's hard day at work, a lonely rainy day or a bungee jumping day. I'm enjoying all of it. I don't drink to get drunk, but have a beer with my friend. I make plans for future. I feel competent in driving my own life and happiness. Girls? I'm not planning on going MTGOW, but I don't need them for my happiness. It's funny, they want to stick around anyway.

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UPVOTES

Buckets Story

The_Titleist · 12 January 2016 · Archived copy · Reddit

Summary

The following is a true story of a man who swallowed the Pill. My best friend from college, Buckets.

Most of what happens to us in life is by chance

When I first met Buckets as a freshman in college, he was your classic video game introvert. He seldom talked to anybody, walked with his head down to class and back, never left his room unless he had to. As you can imagine, he never talked to girls. Stark contrast from me, a former athlete, gym rat, douche bag frat boy with dreams of Ranger School.

He and I became friends by chance because we lived in the same dorm. During a dorm floor NBA2k tournament we met for the first time in the finals of said competition. He didn't say much to me, but I could sense the competitive fire in his eyes. I don't remember who won (just kidding, I got destroyed) but a bond of kindred spirits had been formed.

Considering I lived across the hall from Buckets, we suddenly found ourselves knocking on each other's door to play video games, head out to eat and talk about life. Our exterior lives were starkly different, but that fire I sensed was equal to my own. I could tell that he was destined for more, he just wanted a push.

That push came one Friday night when we were playing NBA and a good friend of mine texted me about an impromptu party at one of our annex houses. I turned to him and told him we were going out. It was at this point I got hit with his sobering truth.

"I'm a virgin"

Of course, I thought at that time I could get anybody laid (I had just been awarded Wingman of the Year by my fraternity) so I let him know to stick with me and we would fix that. We went out that first night and I learned three distinct things:

1. I had no idea how the game worked for me, let alone for my friend.
2. My advice of "Be Confident" and "Talk about whatever you want with girls" was not particularly helpful.
3. Things that I said versus what Buckets said, regardless of if they were the same words or not, received different reactions.

That last one really hit me hard. *Those old standbys have always worked for me. WHAT. THE. FUCK.* Buckets decided to leave early. I didn't blame him, I had failed him, but a new goal had started in my mind. It didn't exist at the time, but we had just begun our TRP journey together.

"I want to start lifting..."

Buckets knocked on my door the following Monday. I went to the gym at 5 every day in college, and he said to me straight up. "I want to start lifting, can you help me?" *Something I know well.* I started lifting at 16 because when you're 6' tall and weigh 145 lbs you're easy to tackle and pathetically easy to block. By the time I met Buckets in college I was 195 at a lean 12% body fat.

One of the pieces of advice always parroted around this sub is to go lift. At that time I had only lifted for two reasons: To get better at sports and to prepare for Ranger School. It had never even crossed my mind that girls responded to my size. In fact I still didn't fully internalize that until I found TRP nearly a year ago. But looking

back, this was the spring board of Buckets transformation.

I knew that in this endeavor, I wouldn't let Buckets down. I asked him what his goal was and he said "deadlift 400 lbs". I didn't need to ask anything else. He had set a goal, a lofty one for a man of 5'7", but **a clear and defined goal**. In my mind, motivations change and grow but your goal is your goal, and if you had a clear vision of what that is, nothing can stop you. No matter what happened, we went to the gym 5 days a week every week for the rest of college.

Without realizing it we had come up with our first Maxim: **You Are Your Goals**

Mine was to get to, and pass Ranger School. His was to deadlift 400 lbs. We allowed nothing to get in our way

Confidence is a side effect of comfort

About three months after Buckets started lifting he took a job as a cashier in the campus coffee shop. I was getting him to approach girls in the wild, with limited success because he still lacked the inner confidence to say hi with conviction and without fear. I was pepping him up all I could but he needed something more. I credit this job with his journey to extroversion more than anything else.

I could see it happen all on its own. In the first month after he took this job he had begun saying hi and making small talk with the customers at the coffee shop which was an excellent cross section of the student body. So it wasn't just hot girls, it was football players, it was foreign exchange students, it was alumni and parents. His confidence to make small talk grew simply because he learned that not only is it ok to talk to strangers, they are more than usually open to talking in general. He also learned that if they don't want to talk, that's ok because there is an endless stream of people behind them who will.

After the three months I began to notice that my friend Buckets had become quite the little chatterbox. I didn't mind, this was the Buckets that I met at the beginning of the year, now everybody was meeting him for the first time. *I knew Buckets before he was cool.*

After four months, he was a regular social butterfly, and the girls were starting to notice. I'd take him to parties and he would not only hold his own but often times make friends and genuinely enjoy himself, a huge contrast to that fateful Friday night at my fraternity's annex.

This is the key point. He earned his confidence, and he did it all by himself. When he became self-aware of his progress (He didn't always believe that he was improving, even when I told him he was) we added to our list of maxims: **Everything is Earned**

But something was still missing. His body had become visibly larger, he had new and stylish clothes to cover his newfound size, he spoke with confidence and girls were responding positively to him, but he still wasn't nailing sorostitutes.

The whole school year had passed and Buckets was still a virgin. I guess I had forgotten about it, but he wasn't defeated. Besides, we were moving into an off campus house the next year that would double as one of my fraternities annexes. "Keep doing you, bud. I'll see you in the fall"

Monk Mode and time for reflection

I looked back on the year that summer. I had hooked up with 24 girls and Buckets had 0. ***What am I doing right? Why can't I teach it?*** In retrospect "being arrogant as fuck" isn't advice, and while it's technically true, leaves a lot open to interpretation. ***Fuck, this is hard.*** I chose a different approach. I started to think in terms of how things felt. How did **I feel** at certain points in conversations and **how did I think they felt** at those same points. I came away with a few sticking points.

When a girl started to say or do things that I liked, I would give them **pleasure**. If they said or did things didn't like, I would apply some **pain**. I did that with everybody actually. Add in a dose of abundance (didn't call it that at the time but its what it was) and I had started to figure it out.

Now don't misunderstand me here, I didn't slap girls like it was the 50s. When I applied pain I would limit attention, give them a subtle check or remember that everybody loves me and move on entirely. When I was rewarding girls for doing things I liked I would take them on dates, do stuff together, and invite them over to hang out with my friends.

Buckets hadn't figured that out yet. He was still trying very hard to impress girls, and with my unfortunate advice to that point, he had done nothing to take them off the pedestal. Luckily, I had a game plan, and school was back in session.

The Alpha is born

I wasn't the only one who had done some serious reflection. When we moved in Buckets, who hadn't stopped lifting over the summer and was looking damn big, had come to a similar conclusion that I did. He told me that he was tired of being walked over and was going to stand up for himself more. I held my tongue on what I had come up with over the summer because I was intrigued. *Let's see what the kid can do.*

That night we had our housewarming party and the kid stuck to his word. He was confident in himself, talked about what he wanted and punished girls who disrespected him. He still didn't get laid but I could tell that the girls were starting to react to him differently. *The way a girl would for an Alpha Male.*

He had successfully whet their appetites; he just needed a little refinement. So that week we talked at length about our two guiding principles and third maxim: **Everything Stems From Pleasure and Pain**

Armed with knowledge and a new found respect for himself, we went out the next week and it finally happened for him. A little over a year after I met Buckets he lost his virginity. He didn't allow that to stop him either. His goal to deadlift 400 lbs never wavered. He never blew off the gym to spend time with a random whore. He never allowed any sorostitute to lock him down. He was the center of his own circle of friends as genuine as I've ever seen.

Like a proud parent I watched Buckets grow up before my eyes. Those last two years at college were the best of my life.

Conclusions

- **MAXIM #1: You Are Your Goals**
- **MAXIM #2: Everything is Earned**
- **MAXIM #3: Everything Stems From Pleasure and Pain**

Buckets is my best friend from college and I am proud to tell his story, but for a different reason than you might think. **Because he did it on his own.** All I did was give him the push he needed. My effect on his progress was in fact minimal at best. But, what I want readers to realize is that even though he did it on his own, there were a lot of down times, a lot of frustration and yes, even physical tears. He may have figured the game out but I was there to pick him up when he fell and refocus him when he was veering off the tracks. In the end, I felt the pride of what I could only imagine a father feels when watching his son grow up. I can only imagine how Buckets felt.

This might be a long winded way to say TRP theory works but it does. Let Buckets be one of your success stories.

P.S. - For everyone wondering if Buckets ever pulled 400 from the floor, he did. It took him just over 2 years to do it.

Did you like my post? Read my blog: AlphaAsWhat.com

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UPVOTES

"I like you because you make me feel good"

BlueEstee · 2 February 2019 · Archived copy · Reddit

After having sex with a plate of mine, the oxytocin and dopamine rush made her tell me that she really likes me. "Really really really" likes me.

"Oh yeah?", I asked acting surprised, "Why is that?".

"I like you because...", she made a pause to think about the reasons. Finally she listed them:

- I like you because you made me a good breakfast.
- I like you because I sleep really well when you're next to me.
- I like you because you make me feel safe.
- I like you because you fuck me really well.

*Fun fact: On multiple occasions I saw spicy text notifications on her phone from a guy named Raphael. **A WALT**, but that's not the point of this post.*

Before TRP I would be head over heels, because a girl appreciated my efforts! See, there are so many reasons why I earned her appreciation! So obviously the more I please her, the more she's gonna like me!

However after learning about TRP, here's what I actually heard:

"I like you because you make me feel good".

She didn't mention my character traits, my passions, my actions directed to anything except herself. She likes me, because I make her feel good. Soon, I will become familiar and thus giving her less intense emotions. My turn will end.

The more I will try to please her to gain her affection, the less she's gonna like me. That's how it works. Thank you TRP for helping me recognize that.

Stay safe, brothers.

868

UPVOTES

Make friends by being the initiator

Simptopimp-co-uk · 18 February 2021 · Archived copy · Reddit

Wouldn't you love it if some friendly, confident guy invited you to do something fun like a gymnastic rings workout in the park?

We all would.

Why not become that guy? You get more of the social benefits if you become the initiator.

Here's how I did it...

First spend a little bit of time levelling up your social skills

Social SKILLS can be levelled up just like how we used to level up skills in a video game. What's your social skill level? Probably pretty low right now, don't worry we're going to powerlevel it.

Start by reading *How to Win Friends and Influence People* by Dale Carnegie. There's a reason why so many people recommend this book.

The principles will seem like common sense, stuff that you already know like smiling, using someone's name and taking an interest in the other person however some of us rarely use these principles in our day to day lives.

Read the book and you'll be upping the intention you're putting into your social skills, fantastic.

Have fun stuff planned that you're going to do with or without anyone else

This is the next step where I've found most people refuse to take action. You have to be the one doing the fun stuff with or without anyone else.

This means this strategy of making friends requires more effort from you than just hoping daddy invites you to some social event. You are the one providing value to others. That's harder but again, the rewards are so much sweeter.

B-b-b-b-but there's nothing fun we can do in the COVID lockdown! All we can do is stay inside and play video games all day

There's lots of fun stuff you can organise whilst still following lockdown rules and staying safe. Start going on a weekly run or cycle or do outdoor workouts (I highly recommend looking up gymnastic rings). I really like this idea because any guy who's down to hit a workout automatically has a lot in common with me. They're usually into self improvement, care about nutrition and learning.

This fun stuff you have planned has to specifically be something you are keen to do by yourself and if anyone else joins you, cool.

This way you have a sort of outcome independence for the next step...

Practice approaching, speaking to strangers and inviting people to your fun event

This is what I call the Old Man Vibe.

Old men don't give a fuck. They'll walk past you and say how your shirt is similar to the one they had whilst they served in the military 50 years ago. They speak to strangers as if it's completely normal... because it is normal.

Social media has made us feel like it's weird to speak to people in person. But the moment you reduce your social

media use and actually step outside your house, you realise everyone's sharing pleasantries as if its normal.

So adopt this old man vibe. Start doing that fun activity by yourself outside of your house. Naturally you'll come across far more people. Get used to speaking to strangers and then anyone who seems nice, invite them to join you in the fun activity.

Watch their face light up. Seriously.

Every single time I've spoke to someone random and invited them to join me in a gymnastic rings workout it's like I've just made their entire week. To date not 1 person has said no and I have made a best friend that I now train consistently with. We often have new guys join us for a session and they always thank us for inviting them.

Most of us feel lonely but refuse to do anything about it because taking action is uncomfortable. But the discomfort of delayed gratification always pays off for your future self. Give your future self that treat by investing into your social skills and getting consistent in some out-the-house activity.

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UPVOTES

Jealously Guard Your Attention

skyfarr · 27 March 2018 · Archived copy · Reddit

Everyone Is After Your Time

Facebook made \$40 Billion USD selling your attention to advertisers in 2017. That's one company. Making billions. By selling your time.

How much is our attention worth? *Trillions of dollars*. The top 100 companies in the world that make money from consumer advertising are worth trillions of dollars. And all of them rely on one thing. You wasting your time.

What about women?

They want your time too. They are insecure. They are attention seeking because you wasting your attention on them makes them feel valuable.

Your loser friends who hate their dead end jobs and invite you to play video games?

They want your time too. Your spending time with them is a salve to the open-wound that is their shitty existence.

There is nothing more valuable in the world than your time. Even the markets agree on this one. Everyone and everything around you is trying to steal your time from you. They are using you. They are using you to feel better about themselves. They are using you to make money (for them). They are using you because you're a bitch and are okay with being used.

Stop being a bitch. Start prioritizing yourself. Everything is about you. Anyone who tells you otherwise is delusional. How are you spending your time? This isn't a rhetorical question. Figure this shit out.

I made a list of all of my distractions. *And annihilated them.*

- There are browser extensions you can install to block websites you waste time on.
- Turn off your phone whenever you don't need to be using it. Or at very least delete all the stupid apps you waste time on.
- Cut toxic people out of your life. You don't need friends who are losers.
- The default answer to anything anyone asks of you should be no. Life is too short to be spending all of your time on other people.

Figure out how you are spending your time, and start redirecting it towards building a better life for yourself.

Stop letting other people siphon your time away from you.

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UPVOTES

Want a powerful voice? Here is how.

oooKenshiooo · 25 February 2019 · Archived copy · Reddit

Head: I am a vocal coach. I help you improve your voice.

Body:

Human beings are social animals. As we evolved as a species, violence as has experienced diminishing returns as a means to climb the social hierarchy. Communication has taken it's place as our primary means of both applying and defending against force.

Even in todays time, the most meaningful conversations are held via verbal communication. Hence, developing a practical, powerful way of speaking is incredibly beneficial to anyone trying to achieve anything in life.

I have worked as a vocal coach for over 10 years now. I have taught hundreds of students and I have identified a variety of very common mistakes and the most applicable techniques to have them counterblanced.

Part I - Your voice is probably just fine. The science.

It is a hard-to-kill cliché that **women prefer deep voices in men**. While studies have shown that women do indeed prefer deeper voices more high pitched ones, that conclusion is pretty monodimensional and the studies conclusions are **not necessarily applicable to real life**.

Why?

Because pitch is only one dimension of the human voice. There are several more: Pronunciation of vowels, volume, melody of speech, timbre, overtones, airflow.

How they relate to eachother is more important than any factor on its own. A deep pitch is worthless if you have a lisp and talk like a proverbial faggot. **You are much better off optimizing all your vocal dimensions into the top 20% range** than focusing on talking in the lowest pitch possible.

Also, while pitch does indeed vary about more than an octave, **most (western) voice pitches (95%) are clustered around within 4 half-tone-steps** - between G2 and A#2, which is the range of the baritone.

99% of people do not even hear pitch objectively. They can only do it with a note of reference. Which means they will hear when your voice raises in pitch relative to your normal speaking pitch - but they won't be able to tell, how deep your voice actually is.

Chances are, you will do amazing once you learn a few basics.

Part II - Naturals vs. professionals - Let's look at a few examples.

Since people are really bad at recognizing pitch, it comes to no surprise that a lot of the actors mentioned on Imdb's list "**Actors with a deep powerful voice**" **do not actually have deep voices**. Quite a lot of them have voices of low average pitch, but good projection - that means good enunciation, rich overtones and a relaxed vocal apparatus.

James Earl Jones While he is often the first actor to come to mind when people think "deep voice", the iconic voice of darth vader isn't actually THAT deep. However, it is DARK AS FUCK. In "Empire" and "Return" Vader mostly talks on a G2 or F#2 respectively. Which is about the lower average of men. And you can often hear him struggle to still reach a rich pronunciation. This would make him a low baritone. However, in recent years, his voice lowered a little and is now at F2. In other movies, JEJ preferred to speak at a higher pitch, because it gave him more wiggle room to emphasize his rich, dark timbre.

Remember: A voice can have a dark timbre, but still be high in pitch. And vice versa. A lot of man have deep voices with light timbres - be it because of nature of nurture.

Sir Christopher Lee Heir of Charlemagne, servant of Sauron and former secret agent Christopher Lee is a man with a deep voice. But it is still only slightly below average, with a speaking pitch of F#2 of F2. He maxes out the darker colors of his timbre by almost singing some of his lines in LOTR. Unless you are an old british guy and an actual knight, I do not suggest you do that. (His wizard rival Ian McKellen has a deeper voice, btw.)

Sir Sean Connery Another knight of her majesty and prototype of badassery usually speaks around G2 - but he is very relaxed when he does, which adds natural dark overtones to his timbre.

Relaxation improves richness.

Kevin Michael Richardson While mostly known for his voice-over work and some minor roles, Richardson has an ACTUAL deep voice, and you can tell by how effortlessly he reaches the low registers. He is a bass. He speaks on a D2, which is way deeper than most men. There is no way to fake this.

Benedict Cumberbatch While often known for his deep voice, Benedict Cumberbatch is a master of vocal projection and speaks on a G2, which is low average. He achieves this with a relaxed jaw, spot-on enunciation and a lot of confidence.

As you can see, some men with pitches only slightly below average managed to growl their way into being perceived as having some of the lowest and most powerful voices.

You can at least work yourself towards always having the best voice in the room.

Part III - An error corrected is progress achieved. Common mistakes and how to solve them.

Before you make any attempts at actively improving your voice, you should stop making the most common errors. It will put you ahead in the game more than anything else.

Poor posture: While lifting can fix your posture pretty well, it can also leave you stiff as a board, constricting your airflow. **Do some basic yoga to get more flexibility - especially the upward dog pose.**

Tight jaw, wrong jaw position:

Most people have tense jaw muscles and their jaw is too far in the back, giving them a slight overbite. Instead, while in a relaxed position, the tips of your front teeth should touch slightly - with the tip of your tongue resting gently on the gums behind your upper front teeth.

Assume this jaw posture whenever possible. It also improves your jawline.

Bad breathing: Chances are, you are not breathing deep enough. However, the human voice is much like a pipe, and it needs sufficient airflow to project sound at its full capacity.

In order to inhale properly, you belly button should rise, not your chest nor your shoulders. When you exhale to speak, you should do so actively and with intent.

Now, here is the kicker: The muscle that brought your belly button forward during inhaling, your diaphragm, should STILL be slightly active when exhaling.

Imagine your belly button still protruding forward while you speak.

Bad cadence:A lot of men with great vocal genetics shoot themselves in the feet by talking in a subservient, womanish manner.

Everything they say sounds like a question, even if it is a statement.

Just stop it, work on your frame.

Wrong pitch:A lot of people speak way to high within their vocal range. Their natural pitch may be a G2, but they speak at a C3, which is not only way to high, but sounds a lot weaker than a man with a high voice who naturally speaks at C3.

Most men do this so they can be heard better, since our ears are more sensitive to higher pitches. However, this comes at the cost of not being taken serious. It is better to learn proper projection.

Part IV - How to optimize your voice? Train your body.

Everything you say should sound natural.

So you should spend as little time as possible thinking about HOW to talk.

Therefore you should invest some time in training your body to sound good without any effort.

Much like a trained dancer does not constantly think about his posture. It is just his way of being.

Breathing exercises:Do yoga, learn deep breathing, use the Wym Hof method, do meditation

Supporting musculature:

- Lean your back against a wall, tuck your chin. Push off the wall so only the back of your head touches the structure. Keep your chin tucked. This should stretch your neck.
- Do some easy yoga routines and lift weights to fix your posture
- learn how to do a proper squat
- do pull-ups

Jaw and tongue:Have the tips of your front teeth gently touch. Press your tongue firmly against the roof of your mouth. Breathe through your nose and into your belly. Do this whenever possible. It will train your tongue and relax your jaw. It may even uncramp your neck, give you a better jawline and keep you from snoring.

Seriously, this exercise is solid gold.

Fascial muscles: Put a cork in your mouth, assume the relaxed jaw posture and practise reading some text out loud. Make it as clear as possible. Take out the cork and read the text out loud again. Go back and forth a few times. You actually do this on the way to a date or a meeting, or when preparing a presentation. It will work wonders.

Projection: Your brain always calculates what you need to do, to have your voice heard across a certain distance.

It will automatically change the pitch, tone and volume of your voice accordingly. However, there is another system in your psyche - the social inhibitor - which will reel all of that precious projection of power back in.

That is why you need frame and/or IDGAF attitude to properly project your voice.

To train projection, put the cork back in your mouth. Pick a few objects in the room. They should be between 2 and 10 feet away. Now say a few common words to them - but say them with intent.

Say "hi" to your doorknob, for example.

Address each object individually and look at it with intent. Work your way from the farthest object to the closest. Then repeat the drill without the cork. You should do this drill with a variety of phrases you use often, like "hi", "goodbye", "thank you", "excuse me", "fuck you", "AWALT" or whatever.

Cadence: In order to achieve control over your cadence, you need to overwrite your behavioral patterns. You can play a game: **Do not ask questions for a whole day.** You are only allowed to make statements without an uptick in pitch at the end. The only exception: You can make a statement and add "...yes?" to the end of it.

Part V - How to train

If you want to achieve great results, I suggest you actively train 5-10 minutes every other day. Remember to apply the principles whenever you can. Do a minute of the cork-exercise whenever you intend to make a phone call or send a voice message. You will be amazed at how good you sound within a few weeks and it will do wonders for your confidence.

It is okay if your jaw muscles hurt a bit. But be aware that excessive jaw training may destabilize the joint during the recovery period. Be extra careful if you have any prior conditions.

Part IV - Questions and troubleshooting

I decided to collect questions from the thread and have them answered in the OP

Nasality

Question : How do you get rid of nasality?

Nasality usually has two components. 1. Inability to control the soft pallet. 2. Poor volume and compensation thereof by raising the speaking pitch. The fix: Build frame, do all the body fixes. Then pronounce all the vowels, try

to project them through your mouth. Close your nose, repeat the vowels. They should sound the same with closed and open nose. If you can not do that, add an explosive consonant (d, b, p, g, k) to every vowel. Explosive consonants force you to close your soft pallet, thereby directing the sound through your mouth. Try to keep your pallet closed for most of you talking, barring those sounds that need to be nasal (m, n, ng)

Jaw / Mewing

[Jaw exercise] Sounds like Mewing. Google Dr. Mike Mew. He's a dentist who recommends this

That is exactly what this is based off. I modified his approach a little for improved voice projection.

Volume vs. Timbre

Do you have any advice on improving projection/volume without raising the pitch so much?

Think of your voice like a house. Your speaking voice is your ground floor. Each floor consists of five notes. In your case your ground floor would be D2-A2. Talking on any note within you groundfloor is fine, as long as your inflections do not go above A2. Talking on G2 would result in your pitch entering the "second floor" whenever using an upward inflection, which then makes you sound weak. My advice would be to work on eliminating most upward inflections and doing the exercises mentioned above. Your voice will drop naturally.

My voice volume/strength is very low. Is there a way to increase it without actually yelling from top of my lungs. Like some exercises that can be done to improve it?

Do the exercises mentioned above. You do not need to increase volume by much, because **volume is raw energy**. You need to create richness and timbre. **Timbre is refined energy**.

I have a decently deep enough voice, but nobody ever hears me- I do not have one of those pay attention commanding voices. It doesn't make the room rumble or reverberate even when I go deep, if that makes sense.

Do the exercises mentioned above. You are not creating enough overtones.

Pitch vs timbre

What is pitch and timbre, and how do they differ from "deepness" of voice?

By User [u/wow_much_profit](#):

All natural sounds are made up of multiple frequencies.

Pitch is the dominant frequency with the highest amplitude when you naturally speaking.

Timbre is the accompanying harmonic frequencies beside the main one. That is what create the richness of your voice.

Nature vs. nurture

Curious if your study has yielded any data regarding whether men raised by women (limited masculine involvement in youth) results in a young man developing a feminized voice?

I have some theories about that. I can usually hear in people whether they were a mommy's or daddy's boy/girl and whether parents got divorced before the teenage years of the person. It's a nice parlor trick.

There are only two ways in which young men develop manly speech patterns. Either there is a positive male role model in their lives, or they were forced into a masculine role by their surroundings and had to cope. If there is a weak father, no father or a tyrannical father, it will lead to feminized speaking patterns.

On that note: Deep, hoarse voices in women are a surefire indicator for daddy issues. Clear, bell-like voices are an indicator for positively feminine women.

Edit: Thank you guys, I did not expect this one to become my most successful post on TRP, yet. I will keep adding your questions to part VI and hunt down spelling errors.

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UPVOTES

A quick story about my uncle and why being successful doesn't mean anything if you don't hold frame

Ray_pinasses1210 · 6 July 2018 · Archived copy · Reddit

Quick story that demonstrates how a man who made a 7 figure salary, and was VP of a telecom company lost his wife, kids and eventually his life. Take heed gentlemen

My uncle had it all. The 1.5 million dollar house. The trophy wife, the 2 sons. The Mercedes, the BMW. The high powered executive job.

From the looks of it, he was the Man most men dream of being. The man who seemingly had it all. The one thing my uncle didn't have, was the redpill, and that was his downfall. You see, he didn't hold his frame. Sure he was a Vice President. Sure he made 7 figures, and drove luxury cars. But there was a drawback to this success.

To get where he was at, he worked long hrs. 12, 13, 14 hr days. Weekends too. He probably worked about 80-90 hrs a week, and bc of that, he was rarely home, and when he was he wasn't exactly present.

See my uncles way of dealing with things was to throw money at it. Unhappy wife? But her a new car to shut her up. Kids acting up? Buy them a PlayStation so they keep quiet. As long as he didn't have to engage and "fix it" he felt things were ok.

Of course this arrangement worked out.....for awhile. Then my aunts hypergamy finally took over. My uncles money could only keep it bottled down for so long.

She figured she had the perfect betabux situation, now she could go have some fun.

My aunt shacked up with a couple more "alpha" men, getting gifts, presents and eventually 2 kids from these other men

The whole time, my uncle knew nothing, and kept placating her with jewelry, a new car, a new house, or a fun vacation anytime she started getting bitchy

This went on for 20 of their 30yr marriage.

Finally my uncle decides he wants to retire, and is getting his affairs in order. He tells my aunt that he's ready to retire and they can do all the stuff they've been talking about now for yrs. My aunt by this time is older emotionally checked out, plus she's hit the wall and basically confesses to having a 20yr affair. She also confessed that my two cousins weren't my uncles biological sons, and since they were both grown adults, he basically paid for private school, college, new cars etc for two kids that weren't his.

My aunt divorced raped him, took half of what he had, as he had no prenup, and told his sons they weren't his.

She played on the resentment the boys had about never seeing their father when growing up. The resentment he was too busy to go to sporting events. The resentment of being raised by video games and television.

After this huge revelation my uncle become a depressed shell of a man, moved into a small condo and eventually committed suicide.

All that was bc he simply neglected his family/priorities and didn't hold any frame when it came to them

So take this as a lesson, that always strive to be successful but hold frame, at all times. Bc being successful in one area of your life, and neglecting the others could end up costing you

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UPVOTES

11 steps how to talk less

YungBoi16 · 17 February 2017 · Archived copy · Reddit

The red pill always talk about speaking less. I never found helpful advice on how to speak less. So here are 11 steps on how to speak less and how to be more liked.

- 1.) Don't argue, people who talk a lot tend to argue a lot. Stop fucking arguing. Its so unattractive. If someone wants to argue you, just Agree and amplify, or ignore them.
- 2.) Bait people to come to you. Some people won't talk to you unless you bait them (start the convo and let them continue).
- 3.) It will take people time to change but be patient. People will start talking to you more when you shut your mouth, but they are use to you talking, so give them sometime.
- 4.) Think before you speak and state your opinion clearly. Learn how to filter out useless topics and words. You'd be surprised how much stupid shit comes out of your mouth when you talk to much.
- 5.) Only speak about postive things, nobody gives a flying fuck about you, your feelings, your drama, ect. At first it was a hard pill to swallow now I accept it. People react so well about postive topics. Even the ones who like to gossip with you or says its okay to vent about your problems with me, will think less of you when you talk about negative shit. Do you want to be remebered as the guy who is negative or postive? I am pretty sure everyone wants to be the person everyone wants to hangout with to have a good time. Be postive!
- 6.) If you feel angry, sad, ect. Vent online on a throwaway account, you'll feel better. You can get good advice for free. Trust me, if people think you're happy all the time, you'll become 10x more attractive. Also once you say something in person you can never take it back, but online you can always delete it.
- 7.) With a girl, talk less, speak more with touch and body language.
- 8.) If you say something funny, don't repeat the joke 100 times. Say it once and let the others repeat it.
- 9.) Don't repeat the same convo 20x a day. If you like talking about cars, mention it once a day or at most 2x a day. The more you mention, the more boring it becomes.
- 10.) Don't talk about R.A.P.E (Religion, Abortion, Politics, Exes). People who talk a lot probably mention the above shit a lot. Don't fucking talk about this shit. Also don't give your controversial opinions like, fuck gays or fuck libearls. Law 38 (think as you like but behave like others).
- 11.) Lastly, don't gossip and shit talk people. You think you're making that guy/girl look bad. All you're doing is making that person look good. Show you're the prize and don't give those other people relavance. Also trust me people will talk shit about you all time, if someone comes to you and say (bro john called you stupid) Just laugh and say okay.

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UPVOTES

How to hold a conversation and be able to talk forever with anyone. Develop your million dollar mouthpiece with this one mindset shift.

pugnaciousvagabond · 29 July 2017 · Archived copy · Reddit

The Million Dollar Mouthpiece

The ability to hold an engaging conversation with a complete stranger might be one of the most important life skills you can develop. It is a skill that not many possess, but many wish they had. Few people understand the subtleties involved with it. I used to struggle with conversations in the past.

I remember the painful awkward silences that would ensue due to my lack of conversational skills. The many missed opportunities... So how can one develop the million dollars mouthpiece? Well, the answer might surprise you.

A good conversationalist understands the importance of listening. Many people falsely assume that in order to have a good conversation, they must constantly talk. People get too stuck in their heads trying to think of the next thing to say. They get stifled looking for the right words.

Change the focus to being mindful during the conversation. Give the other person your full attention when they are speaking. Doing this allows you to pick up the 'threads' of the conversation. What are the threads? Well, when someone talks they usually mention a range of things that you can use in order to navigate the direction of the conversation. I will give you an example:

Case Study: The bus stop

Guy: Wow, is this bus always this late?

Girl: Yeah, I got to the library late last week because of it.

The first part of the dialogue only has one thread which you can expand. The girl mentioned that she was late for the library. The library is your new topic to pursue, once opening a thread you must ask an open ended question (a question that demands more than just a 'yes' or 'no' answer).

Guy: Uhh the library? What are you a student, or writer, or something? **Girl:** Yes I am a student; I'm studying psychology at the University of Amsterdam. The girl's response opened up three threads. The potential topics that you can discuss are:

- Things associated with the student life
- Things associated with psychology
- University of Amsterdam

At this stage, you can give your own experience on the subject matter or ask another open ended question. For example one of the below:

1. Student life is expensive these days, how do you cope?
2. What inspired you to study psychology?
3. What is the vibe like at your university?

Let's go with question 2.

Guy: What inspired you to study psychology?

Girl: I have always been interested in the mind, especially of serial killers. When I was younger I used to watch a lot of crime investigation documentaries. I have always wanted to know, what makes people tick I guess.

Bingo, the open ended question has now lead you to open up many new threads. From here you can talk about:

- The mind and how complicated it is
- Serial killers, what makes someone snap?
- Documentaries you have watched

Remember, you can always navigate the conversation to previous topics uncovered in earlier threads whenever you want. You can always say:

'Previously you mentioned – enter previous thread-' this is an option best left for when your current thread is losing some heat.

People love their own voices, give it to them

As you can see, following this framework it's very easy to keep a conversation going on forever. What you have to understand is that people are primarily concerned with themselves. People love the sounds of their own voices. If you can allow them to express themselves while being present to the moment, they will love you for it.

I have had conversations with all kinds of people, often with people who do not share any similarities with me. I, however, am able to connect with them because of a deep understanding of this basic framework. There have been times in the past when I have said maybe two sentences within a conversation and allowed the other person to speak. To my surprise, these people would always remind me about the "deep, and insightful", the conversation we had. Master this skill if you really want people to love you, and if you want to open up opportunities for yourself.

VIDEO EXPLANATION

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UPVOTES

Stop talking and go lift.

VisiblePlan · 22 November 2019 · Archived copy · Reddit

Stop asking questions and go lift.

My girl doesn't talk to me as much and hangs around with other men a lot. How can I keep my frame and get her to like me?

You are unattractive to her. Stop talking to her and go lift.

My boss pushes me around and walks all over me at work. How do I stand up for myself?

You look like a pushover and act like one. Go lift. And stop stumbling over your words, say what you want to say. People will respect you more.

Women don't give me any looks, how do I get their attention?

You become attractive. Go lift.

I haven't ever gotten laid and I used to post on incel forums. How do I break out of my negative mindset?

You didn't get laid because you have low SMV. Fix that. Go lift.

Here's this post about the dangers of feminis-

We know already. You can't do anything about it. Go lift.

I'm suici-

Go lift. Lifting increases endorphins and makes you happier. You are unhappy because you passively watch life pass you by and do nothing to enjoy it. Stop getting trapped in negative thinking and change your circumstances.

Insanity is doing the same thing over and over again and expecting different results - Einstein

You keep asking questions, you keep wondering why you aren't getting results. You've skimmed past the sidebar, you laughed at GayLubeOil posts, why haven't you gotten pussy on demand yet?

It's because you still act like a beta loser. And before you think 'oh he means everyone but me.' I absolutely mean you. Women aren't psychics, they can't divine some inner-alpha hidden underneath your pounds of fat or your visible flesh and bones. Women don't find you attractive. Some people can get laid otherwise, but the Redpill was started because it's easier to get jacked and have women wanna fuck you immediately than to memorize some shitty negs a retard wearing a Dr.Suess hat made up.

I'm getting tired of the answer to every question in asktrp being, 'you're a beta faggot who is unattractive.' I'm getting tired of every post an endorsed contributor makes being challenged by incels because 'haha he hates women, anger phase much?' you are not redpilled, and you're not even bluepilled. You're a clear pill, which is even worse because you know what steps you need to take and yet you ignore them.

Stop talking.

Go lift.

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UPVOTES

Understand your women

Archwinger · 3 March 2015 · Archived copy · Reddit

My wife is hitting the PMS portion of her cycle, which means it's comfort test time. For those of you Red Pill hellions who are married or in committed relationships (sorry...), you've probably learned this already, but you absolutely, positively, cannot treat a comfort test in the same manner as a shit test, even though the two look pretty much identical. While there are exceptions to every rule, if it happens while she's ovulating, it's most likely a shit test. If it happens during her non-fertile times, it's probably a comfort test. Like I said, this isn't an absolute, but it's a really great starting point.

I'll be honest. My wife is running out of material. She's been recycling old stuff for the past few months. This time around, we get the tried and true, "Why don't you love me any more?"

The obvious response she's looking for is, "I do love you," which she will promptly piss all over since she so intelligently preempted that response with her phrasing, get extremely angry, then begin lambasting me for all of the things I do and all of the things I don't do, hoping I'll apologize profusely and get back in line as the loser slave I was a year ago, because if you really loved a woman, you'd willingly be her sexless source of money and validation. This shit where you live your own life and do things you enjoy while still magically taking care of business around the house because you possess basic time management skills and good work ethic isn't what you're supposed to do. You're supposed to be a boot-licking slave.

But it's comfort test time, not shit test time, so I figure I'd better say something. I don't answer her immediately. I pour myself some scotch. She knows by now that if I were going to blow her off, I'd have done it already, so she waits quietly. I smile inside at this while remaining impassive on the outside.

"Look up 'begging the question' on Wikipedia."

"Huh?"

"You're baiting me. Ask a better question and I'll answer it. But first, look up begging the question, like I said."

"I know what begging the question is."

"Then..." "But all day you've been..." "HEY! I was talking. Let's try this again. Did you want to ask me something?" She looked like she was about to cry because I cut her off so sharply. I probably shouldn't have been quite so abrasive.

"...Do you love me?"

"I love you the way a man loves a woman. Your problem is that you want me to love you the way a woman loves a man."

"What?"

"Every day, you do all kinds of things for me. I probably only notice a third of them. Because they're not the kinds of things I would do for you, or even think about doing. But I'm thankful for them."

"Well, you don't show it!"

"Sure I do. But I show my love in my way. Do you ever consider the dozens, or even hundreds of things I do to take care of you and [daughter], that barely register with you? Your life's better for it. But because they're not the kinds of things you do for me, you hardly notice."

"Well..."

"Look, we play to our strengths, all right? If you want to marry a woman, you'll need to move to another state, and I know you like our house."

Bam. Comfort test done.

We piss all over women around here, but for what it's worth, women are pretty smart. They understand social interactions extremely well, but generally only through the lens of being a woman. Women suck at empathy. They really, really can't put themselves in another person's shoes or imagine any viewpoint except their own.

This makes women experts at girl things. They can look across the room at a couple and tell you whether that girl's really into that guy in three seconds, with 99 percent accuracy. Because women notice and understand what women do for men.

But women suck at being men. Everything men do for women is pretty much invisible to them, because it's not something women do for people they love, or even something women think about.

Men and women love each other differently, and one of the reasons relationships are such a dismal failure is that men bend over backwards doing shit for women, and the women don't recognize that any acts of love ever occurred. Meanwhile, the women do all kinds of shit for men, then get all pissed off that the men don't fall over thanking them.

Women [think that they] want a man who loves them the way a woman loves a man. They don't express it that way, but when they complain about how a man who loves them to death and does all kinds of shit for them doesn't do anything for them, that's what they're complaining about. They [think that they] want that man to do shit for them that they would do for a man they were in love with.

But that's not what women actually want. It's just what they think they want. The more a man cooks, cleans, does laundry, bathes the kids, gives backrubs and footrubs, and supports his wife's career, the less his wife wants his dick inside of her. Because straight women don't want to fuck women. They want men. They just don't understand men.

The TV sitcom trope of the century is about how confusing women are. How tough they are to understand. How they're a mystery, and men can't ever hope to really understand their women. But the media markets to women, not men. The truth is that it's women who suck at empathy. Women don't understand men. We confuse them. We do all kinds of shit out of love, and they piss all over us, like we're stupid, because they don't understand. They missed it.

Meanwhile, we have the capacity to get it. With the Red Pill, we have the capacity to understand women. We know what they really want and what they really need – as opposed to what they say or think they might want.

The Red Pill is your empathy. It's how you tell whether your woman needs comfort or boundaries. Whether she needs to be tossed on the bed and fucked like a cavewoman or held while she cries. The best way to beat women isn't to punish them for all that awkward shit we experienced when we were stupid losers. It's to understand them.

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UPVOTES

Scientific Research validates Hypergamic Instincts in Women. The Redpill verified by science.

ozenmacher · 21 June 2018 · Archived copy · Reddit

tl;dr:

- Women are ALWAYS looking, testing, securing potential mate switches. It is what pushed humanity forward, even if it brings societies down. Always be improving your SMV. Never get comfortable.
- Women will have affairs simply to "test the water". It isn't cheating to their hamster.
- Modern society has taken away (and even incentivized) cheating, cuckoldry, AF/BB, and the cock carousel. In today's modern social media world, do NOT expect loyalty. Mate switching is now as close and easy as one right swipe on her iPhone.
- Women have all sorts of built-in biological traits to trick themselves into believing another man is of higher value, thus giving them reason to cheat and lie. We know it as the Hamster.
- Never settle, men. Your life comes first, women secondary.

Main Body

<https://labs.la.utexas.edu/buss/files/2013/02/The-Mate-Switching-Hypothesis-FINAL-PUBLISHED-2017.pdf>

I do not know where to even start. There is so much Redpill "theory" in here to fill manuscripts and the sidebar. This short paper would be enough to shatter BluePill mindsets, but there is nothing extraordinary or shocking here to RedPill aware men. Kudos to the authors of this study who, IMHO, did a fantastic job of remaining neutral while not injecting elements of modern mainstream politics to stay "PC".

A breakdown is necessary...but I suggest you save 40 minutes of your own time and read this yourself. Digest this, because this is science exposing the reality of biology, and that your feelings don't matter, at all. Women are beautiful creatures, but they don't "love", they are engineered to maximize resources and evolutionary success.

"The costs of mate switching start with potential damage to reputational components of her mate value. Among the Kipsigis of Kenya, for example, divorced women command a lower 'bride-price' (Borgerhoff Mulder, 1995). In cultures that tie 'family honor' to the sexuality and mating of their female members, mate switching can levy costs on an entire kin network. If an infidelity preceded the breakup, she may be branded as a cheater—potentially decreasing her attractiveness as a mate (Marlowe, 2004)."

-In other words, women are hypergamous by nature, and societies, even primitive ones, have known this since the dawn of time. In Current western society, the feminine-primary establishment has been achieved (fully advertised hypergamy) in the form of cuckoldry and AF/BB along with fault-free divorce and alimony (aka divorce rape).

"Offspring risk losing economic and other forms of investments of their genetic father and his kin. Without the father around for protection, children become more vulnerable to exploitation (Hurtado & Hill, 1992). When the mother re-mates, they become stepchildren, which exposes them to elevated risks including physical abuse, sexual abuse, and homicide (Daly & Wilson, 1988). In short, the costs of mate switching can be steep and wide-ranging. These costs often deter mate switching."

-Yes, the costs used to be steep. However, with the rise of feminism and big daddy government, this is now

actually CELEBRATED among modern women, hence the rapid rise in divorce and single motherhood. Women celebrate that they no longer "need" men, perhaps true, but they sacrifice so much more in life stability and contentment, not to mention the rapid destruction of a once stable and thriving society.

"Assessment of mate value cannot be a static snapshot at a single point in time. Any dimension of mate value—such as emotional stability, dependability, extant encumbering commitments, status and resource trajectories—may be in flux at any time and require temporal tracking. The need for tracking does not end after a mate is selected. A mate showing stellar career promise may fail to live up to expectations."

-This is how biology works. It gives ZERO f*cks about our feelings. It is cold, but it is efficient from an evolutionary perspective. From a societal perspective it seems cruel, but it is the reality that we live in. Men here who have been divorce raped know this. Men who have been cruelly cheated on know this. It really is not "for better or for worse, till death do us part". You are being shit-tested and evaluated from day one to infinity. True love does not exist. What can YOU provide. As many at TRP have said, anything you did for her in the PAST means nothing now or in the future. Bought her a house, car, and paid her tuition? Doesn't matter.

"Evidence suggests that women indeed continue to track their partner's mate value across the relationship and use this information to invest or disinvest from relationships. For example, cross-cultural evidence indicates that inadequate economic support from the husband is a consistently cited reason for divorce (Betzig, 1989). Furthermore, the magnitude of women's mate retention effort positively correlates with her partner's income and status striving (Buss & Shackelford, 1997)."

-Can you climb dominance hierarchies? The final sentence can explain why top of the food chain alpha males can still get dumped fast if they fuck up. The horror stories of men getting divorced because they were injured or had a traumatic injury that reduced his alpha status in her eyes? Science backs that up. Life can be a bit*ch, but if he can't protect and provide, he is of zero value to her (from an evolutionary standpoint). It takes a truly amazing woman to stay under that pressure.

"They also point to changes within women in their preferences as a result of changes in their mate value, of which ovulation cyclical variation is one source. We hypothesize that continuous self-monitoring provides informational input into prospects for one's own mate switching. Several empirical predictions follow: Women whose mate value increases substantially will become (1) more emotionally dissatisfied with their current partner, (2) more likely to evade a partner's mate guarding efforts, (3) more likely to cultivate backup mates, (4) more likely to initiate new relationships with higher mate value men, and (5) less inclined to stay with their current partners."

- There is so much Redpill Theory in this one paragraph I could never truly elucidate the treasure trove of info here in a sufficient manner. But Redpill theories and field reports bear this out on a daily basis. Women can suddenly "change", become emotionally detached, suddenly ask for divorce out of the blue, or suddenly cheat without notice. Rational men think, "what changed!?" or "what did I do wrong!?". Well, nothing perhaps, it just may be she spent time, maybe even shortly, with a hotter, taller, richer man. Maybe her new co-worker fit that bill. Maybe the neighbor guy was more "attentive" to her while you busted out 60 hour work weeks to support her. Maybe she got curious and swiped right and saw a 25 year old Chad.

"Does the elevated attention signal interest in a committed relationship or uncommitted sexual desire? Accurately assessing relationship interest is crucial to ensuring a woman does not leave an investing mate for one who is unwilling to commit. The second is value and value trajectory. How does the desirability of the alternative compare to the current mate? Is the alternative sufficiently incrementally better than the current partner in mate value to offset the costs of a switch?"

- Sadly, with our modern divorce laws, open hypergamy, cuckoldry, social media, and tinder, almost all this is null and void since a woman has big-daddy government, white knights, and simps ready to prop her up since there is literally NO COST to mate-switching. One cock to the next, aka the CC, is now a common phenomena.

"Relationship satisfaction is hypothesized to be an internal regulatory variable that functions to calibrate relationship behaviors in response to the fitness costs and benefits of the relationship (Conroy-Beam, Goetz, & Buss, 2015). Individuals show decreased relationship satisfaction when they perceive they are higher in mate value than their romantic partner, but only if there exist highly desirable alternatives in the mating pool (Conroy-Beam et al., in press). Furthermore, the same studies found that lower relationship satisfaction predicts less effort allocated to mate retention."

-In Redpill terms, women date up, men tend to date down. And this is obvious, but women don't want to be around men who bring low value. No Sh*t. Simps think marriage = life long sex and monogamy and trust from their women...oh how wrong they are. Get a dad-bod and supplicate/submit to your women, she isn't even gonna try to keep you except for betabux...which leads to the next...

"Another output of mate switching psychology is emotional disengagement, a process of psychologically divesting from the current partner. One hypothesized emotion that facilitates disengagement is relationship dissatisfaction (Conroy-Beam et al., in press). Empirically, relationship dissatisfaction has been shown to be partly a function of alternatives in the mating pool who are higher in mate value than the current partner (Conroy-Beam et al., in press)."

- Every Redpill man has been through this. Once marriage counseling is the treatment, it is already over. And get that into your head, "relationship satisfaction is partly a function of alternatives in the mating pool". Think about that, how many options are there today? Unlimited! One argument, and that may be all she needs to emotionally divest and start looking elsewhere. She is emotionally done and probably already cheating...which leads nicely to the next...

"According to the mate switching hypothesis, affairs serve several key functions. First, affairs serve as a form of mate insurance, keeping a backup mate in tow should a switch become warranted at some point in the future (Greiling & Buss, 2000). Second, they allow opportunities for close-up assessment of an alternative mate, information that would be difficult or impossible to gauge from a distance. Affairs allow more accurate assays of the three key qualities of the potential mate—mate value, interest, and availability. They also afford more accurate tests of compatibility, be it sexual or emotional, or synchronization of long-term goals. In this sense, affairs can function as trial runs, simulations of a long-term relationship, without making a full commitment."

-Cheating is just another word, apparently, for "mate insurance". Either way, cheating for her is just a way to bolster her own survival, from an evolutionary means. She is already testing the waters to find the next and better branch to swing to. Once again, it is already over as she has divested from the relationship. But the beta simps will cry and supplicate to appease her. Or...in modern times, are even willing to be cucked in an open relationship...just to make her majesty happy. "Happy wife, happy life", right?

"Children pose an additional suite of problems post-breakup because extracting resources for them from an ex can be difficult. Many exes resist continued heavy investment, preferring instead to retain resources for securing new mates. The prevalence of laws in the modern environment that seek to enforce men's continued provisioning are stark testaments to men's evolved proclivities to curtail investment in exes and children with those exes (Shackelford & Weekes-Shackelford, 2004). Ancestral women would not have had recourse to legal remedies, which are evolutionarily novel, although kin from both families may exert pressure on the ejected man to continue parental provisioning."

-No commentary here needed. Basically, divorce, alimony, and child support laws go against our evolutionary past. Once again, our modern "fempowerment" society has actually incentivized women to cheat, cuckold, and ride the CC since there is a pot of gold (alimony and a life of ease) at the end of the rainbow.

"Information gleaned from affairs provide input into decisions about whether to stay with the current mate, switch to the affair partner, or seek an alternative affair partner. In addition to providing information about alternative mates, affairs provide feedback to a woman about her own current mate value. By assessing who returns her flirtations, who responds to her sexual overtures, and who is willing to invest in her, she has a better sense of the quality of mate she is able to attract."

- Remember "Girls night out"?? Yeah, she is really just testing the waters of her SMV, and at worst, cheating and hooking up with Chad and Tyrone. Don't blame her, but men should not be resting on their laurels. Did your LTR/wife suddenly lose 20 pounds and is now suddenly more social? Yeah, there is probably a reason...

"Thus, the mate switching hypothesis provides an alternative explanation for why women have affairs—namely to provide mate insurance, to cultivate backup mates, to assess the viability of a switch, to render the transition back into the mating market easier, or to trade up to a new partner who is less cost-inflicting, more benefit-bestowing, or higher in mate value than their current partner."

-What do we have here? The concept of beta orbiters, AF/BB, and hypergamy all in one tidy paragraph. This is BUILT into female biology. Now that we live in a gynocentric society, this is now openly paraded and celebrated by women and feminists as "empowerment."

Stay on top of your game, men, focus on yourself, and always pursue excellence in life. There is no rest for the weary.

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UPVOTES

I went to a high-class escort and thought I'd share some details with you.

yamato403 · 3 September 2016 · Archived copy · Reddit

TL;dr

Helped out a guy I've known for long time and he hooked me up (pun intended) with a high-class escort girl he knows. Spent five hours with her where we went to dinner, had an interesting conversation about RP-topics and then did the deed. Just thought I do a quick writeup about my encounter here while my memory is still fresh.

FYI: Only expense I had was the dinner, the girl was paid for by my friend. Her rates started at \$2.5k for 2 hours and \$8k for a day (excluding flights, restaurants, requests like threesome etc.)

Before the meetup

I was shown the girl's website where she basically listed her rates, had a bunch of picture sets (nude/clothed), her body stats and an about me section where she described what she is into inside and outside the bedroom.

It was basically an honest tinder profile without the cringey quotes, bad photoshops and pictures taken five years ago before the woman decided she identified as a land whale. It was refreshing to say the least; pic-wise and from her description the girl sounded like a straight 10, not gonna lie here folks.

A day before our meet-up I called her on the work phone to check some formalities. She was accommodating and eager to please. It was a friendly and no BS approach from her part. She asked me what I wanted her to wear, if i had any special requests (e.g wig, special nails or even a butt plug), if it was a formal or casual dinner or if we were going to an art exhibition or some other social gathering.

I told her under which name I booked the table and that I would meet here there at 7pm; to test if she was actually committed to the whole thing I requested her wearing natural makeup, french nails, a tight black dress and high heels;

At the restaurant

I chose one of my favorite restaurants in the city for the date. A place I've been frequenting for years now and where I know all the waiters and even the owner; where I can come in on a Saturday evening and still get a table. If I wanted to to close the deal with a woman I'd always take her there. Being greeted on a first name basis and having a chat with the owner or getting an amuse-bouche from the chef has never failed to impress any girl; it shows social status and makes you interesting.

The restaurant was a semi-upscale place but not pretentious. I'm talking proper shoes, pants and a shirt but nothing over the top. The girl described herself as 'cultured' and 'well-mannered' so it seemed only appropriate to put those qualities to the test; after all, I'd say 90% of the women I've been dating so far have struggled with proper table manners and how to use the right piece of cutlery for every course, despite being self described 'foodies that love eating culture'.

I arrived at the restaurant at 7pm sharp and she was already seated. To my surprise she was exactly as advertised. It was probably the first time in my life where the pictures actually didn't do her justice - funny because usually it's always the other way around, either with height, weight, skin and whatnot. Those girls you meet in bars, clubs, on tinder & OKcupid are always very underwhelming compared to their instagram pages.

When she saw me approaching, she smiled, got up and gave me a hug and a kiss (on the mouth). It was all very natural and to observers we probably looked like a regular couple. I guess that's what they call the 'girlfriend experience' where those escorts actually make an effort to be caring and attentive - opposed to the ever increasing starfish experience you get these days. She also had thought about my requests wore the black dress, shoes and french nails.

To tell you right away, it was probably the best dinner date I've had to this day. There was no BS 'flirty' talk and negging to keep the girl entertained with the hopes to get laid, nor her being on her phone (actually she didn't pull it out once) or talking about pointless shit like 'finding herself' or those 'horrible men' she always came across. You tend to underestimate it but the thought of guaranteed sex at the end of the day, no matter what, is just relieving. Not only do you make sure you don't waste time, effort and money but you can also enjoy your fucking meal without the usual and pointless chit chat that just makes my brain bleed. I guess you get what you pay for, eh?

We talked about a variety of interesting topics - red pill and random - and it was a very pleasant experience over all. She obviously knew how to keep a conversation going - on of the perks of being an escort I bet ;).

Interestingly enough, the girl also stated in the bio and interest section on her website that she's an admirer of a certain classical composer. Coincidentally, I went to a Conservatorium with a heavy focus on classical music for 7 years and put her knowledge to the test. Turned out you could actually have an in-depth conversation about said composer with her. So she didn't lie there either.

Some of the RP related things we talked about (her answers as I remember them are in italic)

...on other girls and the social dynamic of being an escort

-when men learn about my job they are usually curious and want to know more, when women do, they try to brand me as a whore and slut. They often feel threatened at my very presence, shun me and try to ruin my reputation among all of their friends. When I tell them that I don't fuck sleazy guys in nightclubs every weekend for free, but instead travel the world and can pick my clients who treat me well they usually just reply that 'its just college and everybody is partying'.

Yes folks, we knew it all along. Nobody sluts shames as much as women, When it comes to being cruel and having a crab bucket mentality they are the champions. Even a [study](#) about misogynistic tweets on Twitter showed that over 50% come from women.

...on her type of clients

-I usually get two types of clients: happy and unhappy ones. The unhappy clients have made it in life and are established and usually 40+. All of them are married and have kids, and all of them are miserable. They come to me to forget their horrible wives that they cannot divorce for monetary reasons. Wives that haven't put out in months or even years but at the same time lust after their son's football coaches and teachers. Those men are the worst because they are absolutely broken. They have money, great business success but are always held back by their awful marriages - life ruined basically.

Then I have the happy clients that are usually in their mid 20's to 30's that don't have girlfriends and aren't married - by choice. Majority of them are eligible and successful bachelors that most women would love to put a ring on. They aren't looking for cheap women in clubs nor for divorced single mothers that want another provider. They are usually fed up with the current dating market and the whole gender dynamic that we have now. They don't want to date unfeminine and entitled girls and spend a bunch of \$ on them if they aren't getting their money's worth. -

PSA: Don't marry and don't have kids if you wanna be on the safe side. As a single guy with the funds that's looking for fun -- > escorts > club sluts

...on MGTOW and if that behaviour upsets or hurts women

-It doesn't hurt nor upset women at all. The majority of men are simply not realizing that most women have endless men at their disposal, literally a phone call away. In high school/college the sorority sisters on my campus used to call them 'Plan D' [wordplay from the plan B pill]. Men they would call if their main guys had a football game going and were unavailable. If those girls were horny and wanted quick sex and a free meal they'd text them.-

Yes boys, there you have it. You cannot own a women it's just your turn. And don't have your hopes up too high - the next Plan-D-guy is just a phone call away.

...on the life after being an escort (marriage/relationships) and being regarded as 'damaged goods'

-If you try long enough, there will always be men that are willing to look past this and are more to eager to get married. I don't want kids nor marriage at the moment but if I tried, I could probably get married to a really wealthy client within the next 6 months. The majority of men these days are just happy that someone wants to marry them. I knew a girl that was of Mormon faith and went to the Emirates to work in an organisation of her church. She got involved with wealthy locals and before she knew was the star at local gang bang parties. When her boyfriend at home found out she just said something about the devil and the struggle of finding back to her spirituality. They are married now with 3 kids.-

Almost spilled my drink when she told me this.... damn!

...on what it takes to be a high class escort and how much jealousy their is with other girls in the business

-Contrary to popular belief, being a high-end escort is very different from your average coked up whore. At our price tag we can't afford to be flakes or to underperform. Our clients have high expectations and want the very best. Our body is our toolkit. Staying young, healthy and beautiful is most important. Vegetarian diet, workout daily, no drugs, no smoking, no tanning, get regular health and STD checkups, maintain/wax private parts, get nails and hair done etc. Most of my escort friends need to be cultured as well. I'd say everyone speaks at least two languages and has a general understanding about higher culture such as arts, food, music. If a client wants to take you out to a Michelin restaurant and to the Opera afterwards, you need to know how to act and carry yourself.

There's no animosity in my circle of escorts, in fact we often work together if a client wants to have a three- or foursome.-

Nothing really to add except that she really had a killer body, all natural and very, very clean and groomed. Perfect nails, brazilian waxed rear and front, laser hair removal on legs, fit body etc. Most of her friends I've seen on other websites do indeed look very classy and not cheap at all.

The Sex

Since this is not a porn sub, I'll spare you the details. Summed up it was a 11/10 experience. Tight body, very clean and perfectly groomed. Basically someone that put a lot of effort and work into making their body the most aesthetic it can be. She was enthusiastic and her performance was great, it's all about what YOU want. Basically you decide what to do and she'll follow orders. Want her to wear a plug or nipple clamps or certain kind of lingerie - no problem she'll do it. Want her to have a landing strip instead of a Brazilian - she got you covered. Solo performance? Yup, she'll be happy to put on a show for you.

So yeah it's just awesome what money can buy you here. Absolutely no comparison to the starfish girls, sleazy clubbers or other damaged goods you find on the regular market.

Summary

One of the most refreshing and best experiences I had with a girl ever. Straight up and no BS. Not worrying about cringey text game before to get her to reply, no weird phone calls afterwards to know what you're up to. Cultured and can hold a convo, won't embarrass you in front of strangers or friends. No worries about pregnancy or other blackmail shit from her part. A girl that you can take to a burger joint as well as to a 5* hotel or a ballet show. Knows to dress and act her part. A lady in the streets and a whore in the sheets.

If I got fuck you money right now, I'd do this every week, you'd never see me looking at regular girls again :). I'm working on that part but until then, just a little reminder that if you're successful there's an alternative to tinder, bargirls or single mothers.

Also fucking sad that nowadays, the escorts seem to be a better catch than their 'normal' counterparts. Just shows you the current state of the market really....

Anyways, hope you found it interesting and if you got any questions, ask away :)

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UPVOTES

I quit my job teaching yesterday. Without leadership or integrity, mediocrity rises to the top.

notadaddy · 6 April 2018 · Archived copy · Reddit

Context. Been a teacher for 6 years. Very well paying job, and making 20% on top of my base because I've been able to teach an extra class after school. I teach art, love what I do, practice what I do.

The catalyst. I found out that there was another teacher complaining about how it is not fair that I teach an extra class and other teachers don't. Not once has this teacher asked if she could teach an extra class (she won't because she's a mean cunt), and instead of minding her own business, she tried to throw a monkey wrench on my after school art class. A class that I didn't ask for, but was offered because I will teach any kid that comes my way how to draw, color, paint, etc. Enough kids were hanging around my classroom after school so the position was tailored made for me.

Either way, the dumb cunt made enough stink that the principal had to go scramble and find another teacher who she could offer an extra class to teach, surprise, only one other teacher took it. My problem is that here is a villain in the school trying to undermine all that is good simply because that bitch is angry at her life. She is old, rotten, ugly and her husband is always out of town working on some aerospace project.

But that isn't what got to me. I find out through someone else what had happened, and not once did the principal say, "hey bitch, leave notadaddy alone and mind your own business." The school system as is caves in to these horrible teachers, and not only that, but they cannot be fired.

Then it hit me: KIDS ARE BEING TAUGHT BY POSERS.

The P.E. Coaches? Fat ass slobs

Science Teachers: Bouncing between social science and other subject matters to see what they like to teach.

The adults in the school are not human. they are subhuman, modeling piss poor behavior for the young. I'm the oddball teacher for wanting to bring back the pull-up bars back but can't because "kids hurt themselves" and the adults with shitty builds and shitty work ethics knowingly pull these kids to the bottom.

For the last few months, something had been bothering me, and that was affecting me at home a bit. I am still on my journey, but I had made so much progress that I need to get rid of anything that will get in my way. The job was getting to me. Mediocrity was starting to rub off on me. I could totally have skated on my job for the rest of the year, because I know I could get away with it. Once I realized that this job wouldn't care if I was a good teacher or not, it was time to leave.

I went to the district office and asked to speak to HR. No one was available so I left a note with the words "I QUIT" and my name on the bottom. 5 minutes later I get a call from the superintendent, all nice and wondering what went wrong. This is the same superintendent the my principal is afraid of and always trying to please.

Which brings me to my final point: EDUCATION IS FUCKED BECAUSE THERE IS NO LEADERSHIP.

Principals today are in the business of pleaseing everybody, the gays, the non-English speaking kids, the free lunches that end up in the trash, the teachers that stonewall any idea that requires cooperation, etc, that at the end of the day, there is no academic culture in schools. Just kissing ass to the vocal minorities and destroying standards, expectations and making everyone believe we are perfect just the way we are...and don't get me starting how fat acceptance has doomed lil girls and boys futures by accepting their shittiness.

I did my best teaching, nothing more nothing less than what I could give. My competence however, was often mistaken for kissing ass simply because I was able to get what I wanted for my classroom by keeping my principal updated on what I am doing with the students.

Okay, I guess this turned into a rant? Here's a drawing I made on some letterhead owned by Albert Einstein. In this

letter, Albert Einstein formally warned the House Committee on Un-American Activities that he will not participate in their witch hunts and name names. Anything can be art, so I drew on it:

<https://m.imgur.com/a/1OUui>

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UPVOTES

How to Smell Amazing: A Man's Guide to Buying and Wearing Cologne

rocknrollchuck · 14 September 2018 · Archived copy · Reddit

I have recently discovered that I have a real love for wearing cologne. Cologne is something that many people enjoy wearing, although obviously there are some who don't care for it at all. But there are tons of choices out there today, and many of them are somewhat pricey. So I thought I would share what I've learned so far.

Unlike women, no one teaches men about fragrances. Mothers often take their daughters perfume shopping. It is rare for a father to do the same. The lack of knowledge and openness about fragrances pushes many men to choose between two bad options. First, play it safe and wear nothing. Second, wear something light and clean, so that you don't offend anyone.

Smell is the greatest memory trigger we, humans, have. Sniff the shirt you wore last night and memories of a great evening out floods your brain. Roll over to the other side of the bed and smell the pillow where your partner slept and you may catch yourself smiling. In short, fragrances capture memories. They do more than that, however. The cologne you wear communicates to those around you who you are.

I'm sure you've already heard tons of advice about cologne. The one I hear most often is that men should wear perfume that girls like. Sales associates often tell me to get this or that juice because it's a best seller or popular with the girls. There is, however, a tiny problem: it doesn't work. Here's why:

First, no guy has ever gotten a girl just because he smells good. A good scent might improve your chances, by say 10%, but that's about it.

Second, reeking of cologne that every other guy is wearing smells of desperation. Trying too hard repels any woman faster than you can spritz some more Armani Code on you.

The one piece of advice you need to forget right now is to buy perfume just because the someone else likes it. Here's the piece of advice you need to remember: **the only person you wear perfume for is you**. Your scent should say something about you. This is why you wear something you like, just for you.

"But Chuck, what if no one else like it on me"? When someone tells you they don't like your fragrance, they usually mean any of these three things:

1. They may not like a certain note in it. If someone doesn't like the smell of vanilla, they won't like any vanilla perfume, not just yours. It's not that it is a bad scent, it is just that they don't like that note. (I personally don't care for vanilla in a cologne)

2. They may not like it on you. This is usually the case when your fragrance doesn't match any or all of the three: your style, age, or the occasion. If you are a hardened biker dude, wearing a light floral scent would make you the butt of countless jokes. It's not that the scent is bad, it just doesn't fit your cultivated image.

3. You put on too much of it. This is probably the main reason why people tell you they don't like your juice. Putting on a fragrance is like putting spices in your food. You want to put just enough to give it a nice flavor but not too much to overpower the dish.

Cologne is the same way: you want to put just enough to enhance your image, not to overtake it. You want people to notice you, not your cologne.

Now let's talk about the terms used when discussing fragrances – knowing these can be very helpful for finding exactly what you want:

Notes

Simply put, a note is like an ingredient. Notes are divided into three categories or levels: top, middle (or heart) and base (or bottom) notes. The combination of all these notes together is known as the “accord.”

Top notes

Top notes are the first notes you smell when trying a fragrance, so they are the ones that shape your first impressions of a scent. These often fresh, fruity scents are usually light and burst on your skin as you spray, fading 10-15 minutes after applying. How many times have you tested a fragrance only to be turned off right away? Why? Because the top notes didn't make a lasting impression on you. It is hugely important that the top notes not only succeed at luring you in, but also smoothly transition into the heart of the fragrance.

Popular top notes include bergamot, orange, grapefruit, lemon, and basil.

Heart notes

The middle notes, or the heart notes, make an appearance once the top notes evaporate. The middle notes are considered the heart of the fragrance. These notes form the core of the fragrance. They last longer than the top notes and have a strong influence on the base notes to come. A perfume's heart is generally pleasant and well-rounded. It is often a smooth combination of floral or fruit tones; sometimes infused with spices like cinnamon, nutmeg or cardamom.

Popular heart notes include lavender, rosemary, black pepper, geranium, and juniper.

Base notes

The base (or bottom) notes are the final fragrance notes that appear once the top notes are completely evaporated. It is these notes that you remember most and that help create a memory in your mind, the lasting impression. The base notes mingle with the heart notes to create the full body of the fragrance.

These often rich notes linger on the skin for hours after the top notes have dissipated, but are typically associated with the **dry-down period** - that final stage of wear, when the top and middle notes give way to the base note. The amount of time it takes to reach the dry-down—and how the dry-down will smell—is unique to every individual, which is why the same perfume might smell different on you than it does on others.

Popular base notes include vanilla, sandalwood, cedarwood, jasmine, and patchouli.

Next, let's look at the different concentrations of fragrances available. Keep in mind that although I'm mostly writing about men's fragrances, these descriptions apply to fragrances for the ladies as well.

Eau Fraiche - Usually contains about 1-3% essential oil, making it the lowest of all available fragrances. The term Eau Fraiche translates to fresh water. It doesn't last as long on the skin but is still very popular, especially among those who cannot afford the often-prohibitive cost of true perfume.

Eau de Cologne (or just "Cologne") - 2-5% perfume oils. Top notes will be the most prominent, and the scents themselves will last only a few hours. These are usually the least expensive as well.

Important to note here that when we use the term “cologne,” this is often a generic term for men's fragrances and does not necessarily refer to Eau de Cologne.

Eau de Toilette – Toilette was the name given to the ensemble worn by the French aristocracy in the courts of the 18th century, which eventually came to mean the process of preparing oneself for polite company. Eau de Toilette was a key part of this, splashed on the body or clothes for a more pleasant aroma. These days it usually contains around 5-10% essential oils, and can be reapplied throughout the day.

Eau de Parfum - 10-15% essential oils and can last five or more hours at a time on one application. Middle notes flourish here, as the scent has a greater longevity. Typically the strongest concentration you are likely to find at a

conventional fragrance counter.

Perfume - the finest, most expensive and strongest formulation available, with 25-40% essential oil content . Perfume has a significant depth of scent, can last a full day on one application and allows the wearer to experience all three levels of fragrance. It should be applied sparingly and, in contrast to its high concentration, is intended to be a far more subtle aromatic experience.

Keep in mind that when we use the term "perfume," this is often a generic term for men's and women's fragrances and does not necessarily refer to pure Perfume.

A couple of other terms that are important are **Sillage and Longevity**.

Sillage (pronounced "see-yazh"), or **projection**, is a French term that describes the ability of a scent to be smelled at a distance; the bigger the distance, the stronger sillage is. It is the "trail" that the scent leaves, sometimes referred to as "the sense of a person being present in the room after he or she has left".

Longevity, on the other hand, refers to how long a fragrance lasts on your skin once applied. Important to note here that due to evaporation, alcohol content and a number of other factors, a fragrance will smell slightly different over time, and this is part of the longevity factor as well.

And the two don't necessarily correlate - sometimes we encounter fragrances with huge sillage but short longevity, and vice versa. **Performance** is an objective measure of sillage and longevity against the actual fragrance itself.

How Much is Too Much?

One of the biggest mistakes you can make when it comes to cologne is over-spraying. You know a guy, or worse you are the guy, who announces his presence with his cologne. He's the guy whose cologne gets there ten minutes before he does, and EVERYONE knows when he's arrived.

Even if your cologne smells great, you don't want **everyone** to smell it. It's tacky and shows ignorance about cologne, style and social manners in general. This can be tough because it is hard for you, as the wearer, to tell whether you've put on too much cologne.

Here's what you can do:

- Start with one spray and see for how long you can smell it on yourself. If you can barely detect it within 30 minutes, then you can allow yourself to put some more.
 - Ideally, on the following day put on two sprays. If you can smell it comfortably (i.e. it doesn't make you choke or feel uncomfortable) within 30 minutes, then this may be the right amount to put on.
 - Remember that you, as the wearer, can smell your cologne less than other people can. The reason is that you get used to it – your nose gets desensitized. This is why others can detect it at much smaller amounts.
 - If, within half an hour of putting it on, you can smell your perfume by moving around without it overwhelming you, you've put on the right amount.
-

HOW NOT TO APPLY COLOGNE

Applying cologne is simple but people have made it complicated. Let's start with some of the more popular bad pieces of advice on how to apply cologne:

1. Walk Through the Mist

In theory, applying fragrance this way works. You spray your perfume in the air and you walk through the mist. The fragrance mist will stick to your body, clothes and hair distributed evenly. The only problem with this advice of applying fragrance is that it doesn't work. You end up wasting it.

2. The Aftershave Approach

You pour a small amount in your palm and you slap it on your cheeks and neck. For unknown reasons, someone decided that the most manly way to apply perfume is by slapping it on your face. Unlike walking through the mist, slapping cologne on your face and neck works but it has some adverse unintended consequences.

Since perfume is usually a lot stronger than any aftershave, your palm ends up reeking of your cologne. That on its own is not a bad thing... until you have to shake someone's hand. Having your hands smell of another guy's cologne, no matter how good it is, makes you wonder what else he has transferred over. Did he wash his hands when he went to the washroom? How many times has he washed his hands since he applied this cologne that his palm still smells?

3. Rub and Dab

The rub and dab is another approach to applying fragrance. You spray some perfume on one of your wrists, rub your two wrists together and then you rub your wrists on your neck or behind your ears. Rubbing your perfume "bruises" the fragrant molecules and the scent doesn't develop as it should. You end up destroying the Top notes and blunting the Middle notes somewhat as well.

THE RIGHT WAY TO PUT ON COLOGNE

It's really quite simple: spray directly on your skin and you are done. It's that simple but there is a trick to it. The tricky part applying cologne is not how you put it on but where you put it on. The human body has certain areas that are naturally warmer, called hot spots. These are usually places where you can feel your pulse (neck, wrists, the inside of your elbow, etc.). Since warmth helps fragrance develop better, it makes sense to apply your cologne on those areas.

Through experience I found out that if there is only one spot you want to put on cologne, it is your chest. When you spray there, some of the perfume rubs off on your undershirt and the smell ends up lasting longer. The chest area is also warm, which helps your cologne bloom more if you were to spray it on your forearm.

HOW TO FIND “YOUR SCENT”

If you've never really given this much thought, then a good place to start is the [Fragrantica](#) website. You can search by name, Notes, etc. If you know some fragrances you already like, you can enter each of them in the search bar, go to the page, and there will be a section on that page suggesting similar fragrances.

There's also a page on Fragrantica called [What fragrance do women love on guys?](#) that has comments suggesting a ton of popular fragrances that women tend to like. There's even a pie chart that one of the commenters posted that breaks down fragrances by “main notes that women appear to like.” This is based on his own personal experiences, so YMMV.

Not that you would be buying a fragrance to impress anybody, and you may not like any of the suggested ones in this list, but it's a nice start.

There's also the [Fragrance Wheel](#), which is another breakdown by Notes to help you understand what kind of fragrance suits you best.

In addition, Fragrantica has their [Fragrantica Awards Voting](#) section, which shows the most popular selections based on votes by Fragrantica members. Some good ideas there.

Ultimately though, you'll have to go and try some out and see what works on **YOU**. Everybody's body chemistry is different, so that cologne that smells amazing on your friend may smell funky on you. So go to a Perfume Store, or a Fragrance Counter at your local department store like Macy's. If you know what kind of scent you're looking for, give them the info you have so they can help you find something that fits you. If you haven't done your research and just want to get your feet wet, ask them for some suggestions. They will spray different colognes on slips of paper for you to smell. Make sure you don't touch the paper with your nose, otherwise it will color the rest of the samples you smell. Also, any good perfume counter will have a small jar of coffee beans available – you smell these in between each sample, and it “clears and refreshes” your nose to separate the scents. Otherwise, they all start to blend together after a while.

IMPORTANT - Once you have settled on a fragrance you like, ask them to spray it on you. Give it ten or fifteen minutes, walk around, and really get an idea of what it smells like on you. Then ask for a sample and try it out for a couple days before committing to a purchase. Not a big deal if you're buying something relatively inexpensive, but when you're buying a bottle that's on the pricey end, you want to make sure you don't change your mind on how much you like it after you've worn it for a couple days (ask me how I know). Then go back and get a bottle if it passes the test for you.

I've been doing this for about 3 years now, and I've got about 10 different fragrances, ranging from inexpensive to fairly pricey, that I wear pretty much every day.

I almost never leave the house without applying some, because I like to smell good. **Unless I'm going to the gym – don't be that guy.**

Here's some of my personal favorites:

- **Terre d'Hermes eau de Parfum** – my signature scent (wearing it today). Citrus, woody, spicy.
- **David Beckham's Instinct eau de Toilette** – very inexpensive, amazing scent, smells like nothing else out there. Citrus, aromatic, woody, warm spicy.
- **Acqua di Gio by Armani eau de Toilette** – a light, summery scent. Citrus, aromatic, marine, fresh spicy.
- **Azzaro – Wanted By Night eau de Parfum** – Elegant, bold, classy. Just got this one, it's very strong. Woody, aromatic, fresh spicy, citrus, warm spicy.

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UPVOTES

Maintaining composure (frame) is one of the key attributes of being a man.

ozenmacher · 21 September 2019 · Archived copy · Reddit

I was hard bluepillled growing up. I have written many posts on overcoming my blue pill past. As a short Asian growing up in The USA, adopted by a white family, my first 25 years of life was hard mode. It still is, but now I embrace the challenge. Kids made fun of me. My friends made fun of me. My other white family members didn't identify with me, nor did I with them. Girls made fun of me. People didn't respect me; even my own mother would sit down and pray with me (grew up Christian) that I would grow to be a tall and strong man (at 5'5" I don't think god answered her prayers). Life is a bitch sometimes, but evolution doesn't select for weak members of a species to survive.

One of the keys to my later life success was learning how to maintain composure. It is a key aspect of being a *man*. See, when I was younger, I had only two default ways of reacting, lashing out in blue pill anger or hiding-from friends, the world, everyone. I would sit in my apartment and play games, resigned to my friendless and virgin existence.

Shit tests Shit tests are often referenced at TRP with respect to how women test men. The reality is everyone shit tests each other. It is part of the human existence, and it is why we have such amazing social skills and potential, and why humans have reached such amazing success on this planet. The true reality is you will be tested by your mom, your sister, your bros, your boss, your co workers as well as the women we wish to attract/LTR.

Composure I like this word and definition better than "frame". I also think it is easier for men just swallowing the red pill, or those with low self esteem, to comprehend. Definition: noun the state or feeling of being calm and in control of oneself.

It sounds simple, right? Except, it isn't. But It doesn't sound that important, right? Except it is, every human interaction you have for the rest of your life will be tied to this very trait, or ability. Your ability to maintain your composure.

Bluepill Conditioning In the decadent and feminized west, society teaches boys to emote like females. It teaches boys that masculinity is bad, that boys should be sensitive and passive. We are also taught that our chivalry to women will be rewarded. At some age, bluepill rage sets in. Anger and rage is the ultimate end of bluepill conditioning, and I truly believe the end game of bluepill rage is eventually suicide or, even worse, murder sprees then suicide. Just read the bios of almost every male mass shooter in the US or abroad.

Developing Power: Embrace the hard shit in life

Behind every man is a story of struggle and hardship. Life was not easy in our history; life should not be expected to be easy in the future. One could argue a key attribute to being a man is the ability to withstand struggle, challenges, and hardships and know, for certain, you will come out the other side better. In the old days we had rites of passage for young boys. Now, we have single moms teaching their sons to cross dress and gender fluidity...

Humor aside...life is and will continue to be hard. It won't be easy, but even if you didn't know it, it is step one towards developing your composure and becoming a leader (as well as sexual success and mastery with women).

You think this is too hard? Think you are stuck too deep in a hole? Angry and pissed at the world and women? That is outcome dependence: start by focusing on you and only you. Do hard shit. Be less comfortable. Enjoy the suck and the pain. Make actionable plans and just do them. It is why TRP preaches lifting. Building confidence in oneself and your ability to exact positive change is a first must step to success.

Composure and real life

Composure/frame, the ability to feel personal control and to have emotional stability, is key to all of life's successes and challenges. The opposite is what defines the bluepill man. It is why bluepill men become simps in female

controlled marriages, it is why men lash out in terrible ways, it is why men become betas, male feminists, and white knights. It is a lack of control, or perceived control in their life. It is a place of weakness, and it breeds validation and attention seeking, the opposite of a man who directs his own reality. It isn't only women who despise weak men, other men will offer you no respect, your boss and clientele will not respect you, and your family will pity you.

Tips to develop composure Note, these are from my n=1 experience, but I believe a majority of men can all put these tips into action, and will develop and achieve success.

1. Probably the thing that helped me more than anything was pushing my own boundaries of comfort. I used to be lazy, and I had no confidence, thus I never took chances. Once you achieve that first success, that first goal, when you once thought it was impossible, you will see how much your mindset in life can change. Composure control is one of the byproducts of this change.
2. Watch other people. Humans are incredibly insightful creatures, and we have innate ability to learn from others. Sounds unbelievably dumb, but once you start to learn composure, one of the best tools is to watch and admire people who have it in spades, as well as learn from the less fortunate. Think of a sports leader like Michael Jordan. Or a war general like Patton. Find someone and read up about them.
3. Outcome independence. This one is key and goes by other names such as IDGAF, mindfulness, living in the present, as well as the Stoic and Buddhist philosophies, etc. IMHO they are different ways of saying the same thing. Pick your favorite, but they all aspire us to reach a point where we live predominantly in the present moment. The past is seen as learning opportunities and the reliving of pleasant memories, but that is it. The future is your goals, but the present is where the living is. This mindset reduces or completely alleviates worry and fear, and let's us enjoy the present moment instead. Being able to be outcome independent is a "half glass full" mentality. Impossible situations and hardships become challenges to overcome. Fear, uncertainty, helplessness, and emotional uncontrollability (that is what women and children do, not men) become fearlessness, strength, courage, and belief in oneself. The internet is your friend, I recommend doing searches on all these topics such as mindfulness, IDGAF, and outcome independence. Be the captain in the storm who is unswayable, that is how I envision a man of composure.
4. Be social. One of the ways your composure is tested more than any other is in social situations. If you are socially retarded like I was once, push your comfort level. Find social groups online, like meetup for instance, and start doing shit with real life people. Do taekwando or another martial art with other men. Do construction or carpentry with other dudes. Besides the obvious benefit of learning social skills and talents, people are going to test you all the time, and learning how not to lose your cool or to treat every situation with a present mind will help you develop composure. Being a loner is not how humans evolved.
5. Patience. This is something we all can practice very easily. In all life situations, the unconscious and emotional response is set to default. It helped us survive, think the fight or flight response, for instance. Being able and learning to control base instincts such as fear and anger is key to developing composure. Start simple. Start by learning to control your impulses. Do you buy expensive shit on the spot? Try and wait a day or two before you do. Do you always feel the need to spout out your opinion any time your emotions are triggered? Learn to control your words and reactions by rationally thinking about those emotions. You will find the emotions quickly go away and you are left with rational thoughts. Simple example: instead of being terrified of approaching a girl, remind yourself she is just that, a girl, a human, with all her own faults and fears. Your fear will lift and you will find that fear was unlikely warranted. Or, when your girl throws a hissy fit and acts like a child, do you plead with her or buy her flowers for compliance, or do you stay calm and brush her emotional tirade aside? Betas with low confidence and no composure do the former, men who stay composed do the latter. Guess who let's her man fuck her in any way he wants at the end of the day? Guess who sleeps on the bed and rants to his friend about trying to keep a "happy wife, happy life?"
6. Lift and posture. TRP has said enough of this, but yeah, lift. Learn to lift right, build confidence, develop better posture, put on some nice clothes. These subtle nuances will help develop composure through confidence, as well as help you become more charismatic and able to attract people.

7. Walk and move slow and deliberately. Sounds simple, and may even sound stupid. But in your daily life, make it important that you not find yourself in a hurry all the time (time management is a key to success in many aspects of life). Walk composed and be deliberate. Don't fidget and walk tall and composed. Maintain eye contact instead of looking away or down submissively when walking past people (obviously, be realistic, if a group of gang bangers walk by, don't get into a staring contest). If anything, never do the "wandering eyes" where you feel uncomfortable around others. If a cute girl, give her a subtle wink with a sly grin, too. Watch betas and men with low confidence. They lack composure, they walk with their head down, backs hunched, they walk fast and in a hurry all the time.
8. Eat healthy. Eat shit and you will put out shit. Slobs do that, not people who can control their addictions. Your body will look better, you will feel better and think better, and duh, people will respect you more. You can't keep composure if you can't even control your addictions and are overweight by 100 pounds.
9. Not gonna go much into this topic, but as you get more composed and you achieve more success, you will be tested even more and often. Expect it. When it comes to women there is endless material on more advanced topics of passing tests and maintaining composure with women such as agree/amplify, using humor, pressure flips, etc. not gonna talk about those here, just go online and learn more.

Maintaining composure/frame is one of the main attributes that sets you apart from the betas, the women, and children. If you are a man and you want women, start here. My life changed forever, to virginless and a loser to becoming a man of character and strength, someone who people respect. Remember, women want a rock. They want a man who can lead, a man who is not afraid to take risks and chances. Not an emotive, pussified, weak, defensive and un-composed male. Women want men who show traits of strength, fertility, and characteristics of evolutionary success/genetic variation. Black pills/MGTOW/incels think it is 100 percent looks and facial lines. Bullshit. Sexual success will soon follow once you learn to maintain composure from a place of confidence and strength.

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UPVOTES

[TIME TRAVEL] "PARTNER COUNT DOESN'T MATTER" VS. MEDICAL REALITY; be careful where you stick your dick, gentlemen.

CrimsonPerspective · 17 August 2016 · Archived copy · Reddit

Credit for this post goes to [/u/freshlywashedpillow](#). I thought it deserved a refresh with all the new faces. Gentlemen, be careful where you stick your dick. "I didn't know" doesn't work at the doctors office. These sluts are out of control. "I've only been with one guy" is likely bullshit. Heed your instincts.

Before I begin, a little disclaimer: I'm just a young dumb cis shitlord MD who will be staff before 28 so take whatever I say here with a grain of salt.

It seems that any discussion about the divorce risk, emotional problems, or other "soft" social markers surrounding the debate about women who CC-ride in their 20s seems to devolve into accusations of insecurity, immaturity, misogyny, Other Standardized Buzzword to Enforce PC Thinking(tm). Nauseating counter quotes include inanities such as "Past is past!", "She chose you now, what does it matter who she fucked before?", "Stop being so insecure!", "It only matters in so far as sexual health is concerned, otherwise I don't give a shit".

Ok, fair enough. I can understand, from a purely rational standpoint, why gold digging CC riders and their cheerleaders have such a vested interest in preventing an epidemic of slut-averse beta bucks from occurring, for obvious reasons. God forbid those betas get standards and disqualify them from the gold rush, because that would totally suck for them.

But if you're a patient telling me that partner count or sexual practices doesn't matter when you're in my office asking about your vaginal discharge or swollen, painful labia, you get labelled Big Fucking Idiot in my head, and I thank you, because I look forward to seeing you again for another future 5 minute visit in a couple months that will net me another 60 bucks. Tack on another 20 for a sick note.

Let's get specific. Just what are some of the lovely medical sequelae that present CC riders are at increased risk for? Gonorrhea is the second most common disease (never mind STI) in the US; the highest incidence is in the sexually active female population 15-19, the second highest is males 20-24, but here's the kicker - the female rate is underestimated because infection is often asymptomatic in women. Risk factors? Multiple sexual partners, previous infection, being unmarried. Again, just a Dumb Cis Shitlord, just spouting agenda, not facts, oh wait - this was from the CDC and the American Journal of Epidemiology. But so what? What if I'm asymptomatic! Except gonorrhea can lead to, and accounts for, up to 40% of pelvic inflammatory disease, which is an upper genital tract infection that can cause chronic pelvic pain, infertility, or in severe cases, life threatening abdominal sepsis. Hur dur, we has antibiotics now, we is good to keep on slutting! Ok, fair enough, 90% of cases can resolve with first or second line agents, but past behaviour predicts future behaviour, and I've already had more than one tearful counselling session with an unfortunate who is now infertile "I never thought this would happen to MEEEE!!". Repeat customer, beat it each time, until Mother Complications decided to show up and exert her dominance. But but but condoms! Routine barrier contraceptive use reduces gonorrhea transmission rate by up to 50%, not 100%. And yet an early 2000s CDC survey showed only 30% of early 20s women reported regular condom use. Oh well, there's always cats! HPV-related oropharyngeal cancer - AKA human papilloma virus, sub type 16 to be specific. Most common STI worldwide, infection spreads shortly after onset of sexual activity. In decades past the primary domain of smokers, but now thought to account for up to 50-80% of North American oropharynx cancers. Risk factors: early age of sexual activity onset, multiple partners. In graphic terms, if you had a choice between eating out a former slut wife vs. a low count/virgin and chose the former, you are literally at higher risk for throat and mouth cancer. Sure, you will probably beat the odds, unless you're one of the unlucky ones that ends up losing part of his tongue and a radiated wooden neck.

Double sucks if you get divorced too.

Herpes - an incurable, but non-fatal viral infection that causes intermittent painful open sores on genitalia. Same family as cold sore virus. Traditionally, your oral herpes are caused by HSV 1, genital herpes by HSV2. With the prevalence of oral sex, you are finding both subtypes on both areas. Still transmissible even if partner is not symptomatic with active sores. HSV 2 generally causes worse symptoms, so woe to you if you get it on your mouth from your dear "past doesn't matter" Special Snowflake. Bonus points if you somehow get it in your eye.

I haven't even begun to scratch the surface of why it's objectively, from a strictly medical and health standpoint, a worse decision to wife up or make a former slut your new monogamous partner. Cervical cancer risk, chlamydia, prolapse, rectovaginal fistulas (essentially, you go number 2 out the vagina), ectopic pregnancy risk, salpingitis, etc etc.

Student health clinics are a gong-show. I get students coming in treating "the clap" like a joke, like it's just a routine cold you're supposed to get like clockwork per year. I love prenatal visits where the husband comes in with the wife, I ask the mom about previous STIs or sexual history, she denies, and at future visits she spills the beans when alone. I actually had one obese diabetic who has poor insulin compliance because, I shit you not, it's a form of fat shaming. Well, if preventing blindness, rotting feet, and kidney failure is fat shaming, call me Dr. Fat-Hating Shitlord. Every week brings at least one Maury-like moment, and it's hilarious. Telling a hysterical patient in ER matter-of-factly and stone faced that she has genital herpes, while watching her faithful boyfriend's expression slowly change as I discuss the possible transmission routes makes the hours worth it. The best part is getting paid well to get a front row seat to this daily dose of human stupidity. So, buy into the flow of PC bullshit about not being a judgey douche if you want, but don't worry, I'll be there with some antibiotics and antidepressants when it all goes to shit. Just pray the bacteria doesn't become resistant before you've had your fun.

Fuck I love my job.

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UPVOTES

The wreckage of Feminism is here and its hilarious.

stacysmomlovesme · 3 March 2018 · Archived copy · Reddit

The other night I attended a party and a smokeshow Russian Milf (havent fucked yet) whose kids attend school with mine was lamenting how *MeToo* was making it impossible for any woman to get hired.

She didnt complain about equal pay. She didnt complain that men have a leg up in the interview process. She realized that nobody in their right mind wants to hire a woman unless HR demands it.

A day later I ran into an ex FriendWBenefits from a decade ago. She was a hard 7 then and now a 5 on a good day. Mid 30s, unmarried, career shrike with a 1000 cock dead eye stare. I didnt even have to ask as its obvious that *there are no good men left*

Gee..who chased them away? The catfood companies are benefiting so follow the money I guess

Less amusing are the mass shooters who have one trait in common and its not *Whiteness* like the media says.

Its that almost none of them lived with their biological father.

Its almost like Fathers and Men just might not be so disposable after all.

Im not calling anyone to arms. The only battle to be fought is in your mind and when you win, the world is your oyster.

The competition is bluehaired fatties and brainwashed low t men who cant think or act in their own interest and *that my friends is what TRP is about.*

Lifting your head, breaking the slavers chain to accomplish what you want with your efforts

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UPVOTES

"It Didn't Mean Anything!"

JP_Whoregan · 24 June 2015 · Archived copy · Reddit

I wanted to further dissect a snippet from /u/RedPope's Field Report, "Dirty Sheets". It is an excellent field report, and you should definitely read it if you haven't already. Mr. Pope displays an excellent example of amused mastery and frame control in the face of female sluttiness.

<https://archive.is/fOQ7T>

The part I wish to dissect a little bit is this, which will (should) be obvious to the veterans but may still be a bit hazy for the newly unplugged and the lurkers:

"I don't even like him!" she protested. **"It didn't mean anything.** I wanted you, but you weren't there!"

It used to mystify me, in the days of my blue pill slumber, how women could say this after cheating. I literally couldn't wrap my brain around it. I couldn't understand how women could just nonchalantly dismiss allowing another man to spray her uterus, whilst in the middle of a (supposedly) committed, long term relationship, and then upon being discovered for the tramp that she is, simply dismiss it as:

"IT DIDN'T MEAN ANYTHING.", or in the case of one of my past blue pill LTRs, **"IT WASN'T A BIG DEAL."**

But that's the rub, see? And it's a rub that you simply can't understand until you start looking at the realities of women through a red lens rather than through the aqua colored delusion that our "Women are Wonderful" society feeds us. That rub of reality is simply this:

All sex, be it sex with you, sex with Chad, sex with Brad, or sex with Thad, is literally **meaningless** and **no big deal** to women because, quite simply, sex is orders of magnitude **easier** to obtain for women than it is with men. It is common; far more common than a blue piller or newly redded man will either admit or acknowledge. Common like dirt or air. And as we all know, things that are "common" are taken for granted. You don't get ecstatic over eating rice, because rice is common and cheap. You don't savor the air in your lungs because it is common and quite literally free. And things that are common and easy to have are not appreciated.

This is what sex is like to the average American modern woman. After 12 years on the carousel, it's very cheap and common to her.

Even the most adonis-belt, six-pack adorned, monied, good looking HB9 of a stud male will not have anywhere near the access to immediate, at-will sex that even the most average HB6 of a woman in her early 30's will have. There's a saying we used to have here that I haven't seen in months, and that saying is **you are never going to out-slut a slut**. She will always have access to more cock than you will have to pussy.

"So JP," you ask, "that's all well and great, but what is your point with all of this bloviating?"

My point is that there are valid reasons **why** we say committing to post wall women, namely older than 30 to 32, is a terrible, terrible idea. It's not some random postulated theory that we Vanguard fucks cooked up over a pot smoking session to make fun of muffin-topped 30-somethings.

An unmarried woman at that age (early- to mid-thirties), who's been riding the cock carousel for 12 to 16 years, has **completely divorced the act of sex from the concepts of love, commitment, and passion**. Sex is no different than smoking weed, drinking her mimosa with her girlfriends at Sunday brunch, or riding with the top down in her Mazda Miata convertible. It's just another source for serotonin release, and nothing more.

See, that's ultimately what /u/RedPope's girl was saying to him when he confronted her about the dirty cum stain on her bed. The **explication** was that sex with her weed dealer "didn't mean anything." However, the **implication** of those words is that those five months of, what on the surface looked like "passionate" "loving" sex, was also,

ultimately, **meaningless** to her. If she wasn't gonna get dicked by Mr. Pope that day, a substitute would do. See, dick for women is what economists would call a **fungible good**. Google it if you don't know what that means.

A woman who reaches 33 and is still single is single for a reason, and 99/100 times that reason is cock carousel. A woman that old, who is even **mildly** attractive, has undoubtedly turned down multitudes of "good men" who tried to lock her down into an LTR.

Remember how we say watch what they do and ignore what the hamster says? Well, a 30-something may say that she's "not like that anymore" and that she's "ready to settle down". Well her history demonstrates otherwise.

Take heed, beware the post-wall hamster, and remember AWALT.

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UPVOTES

You do not want to be a sociopath.

RatioRegnum · 22 June 2017 · Archived copy · Reddit

The Dark Triad gets talked up here a lot, most recently by bogeyd6. With all respect to the points he is making, this is crazy. Striving for sociopathy to be better with women is like striving for autism so you can be better at math.

First of all, sociopathy is a condition, not a skillset. You don't learn it, you have it. Second of all, it is not a condition anyone in their right mind would choose to have.

Yes, sociopathic traits can be helpful in some circumstances, if you're high-functioning. But sociopaths are born of an abusive childhood. Take the most successful, charismatic, ruthless, world bestriding, babe-bedding, devil-may-care sociopath you can name, and look inside.

You will find a small child getting raged at by his mother because he behaved like a small child, a boy getting beaten by his father for not walking the dog, a teenager whose home is the least safe place he knows, a young man so full of anger he destroys things because that's the only power he can exercise.

Yeah.

All that cool, impulsive, risk-taking DGAF attitude comes from literally not giving a fuck - specifically, about yourself. It's easy to be edgy if you have to nearly die to feel alive.

All that compelling charisma and charm comes from living in a place where you can never show weakness, can never get a need met simply by asking for it, where everything is a game of manipulation and you spend years losing before you ever manage to win. And then you learn you can't actually win what must be offered freely to have any value.

All that intriguing darkness comes from a real and deep urge to self-destruction. Try going to sleep every night to dream of dying. Better still, try not going to sleep every night and just thinking about it. For a week. Rinse repeat at random intervals.

This stuff takes decades to heal, if you're lucky enough to heal at all. The scars never leave.

Certainly, study sociodynamics. Learn to be charismatic, learn to be charming, learn to be socially smooth, because these ARE skills. Let go your inhibitions, take risks, give yourself great experiences, give the people you're with great experiences too. Own your masculinity and rock her world in bed. Just remember, what is really rewarding in human sexuality is not the sex, not the orgasm, not the notch on your bedpost, but the intimate, human connection that is forged in sex but lived in life. Sociopaths struggle with this, at best. It's not something to be envied.

Note: Sociopaths and psychopaths are not the same thing. For the purposes of this post, they are close enough to be treated as one.

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UPVOTES

An attractive woman's abundance mentality

ColdIceZero · 10 October 2017 · Archived copy · Reddit

A lot of women have an abundance mentality. If a woman has been attractive her whole life, then she has only known a life where men give her constant attention and are always offering to shower her with gifts and affection. Everywhere she goes, 24/7. It never ends. There are always guys around giving her things.

Attractive women truly worry about finding another man like you worry about taking your next breath, i.e. they aren't worried. And I'm willing to bet that until you read that last sentence, you weren't even paying attention to the fact that you were breathing. Yeah, that's how unconscious it is for an attractive woman to know she's going to find another guy.

So with a never-ending stream of men available to her, why would she ever be motivated to take care of any one guy? It would be like you having a deal with every car manufacturer that you can pick and choose any new car you want, any time, for any reason. And competing dealerships will follow you around when you're already in a car, offering you their car as an alternative.

If this were your life, every day, for as long as you lived, then why would you ever stay with your shitty Honda Accord long term? As soon as your car got a flat tire or overheated or had a busted transmission, you wouldn't be interested in sinking resources into fixing a fucked up car; you'd leave that piece of shit on the side of the road and immediately accept a ride from the endless parade of cars available to you.

By contrast, most men have a scarcity mentality. Neither women nor cars are thrown at us. Most men (who haven't been blessed with amazing genetics and a trust fund) have to work hard and strive for the things they acquire.

And even when they try their best, they still fail. "It's a numbers game" they'll tell you. "Just keep trying, keep improving. You'll get better."

And it's true, you do get better if you work at it. But it doesn't come easy, and almost nothing is handed to you.

So when you finally get your own car (or woman), your instinct is to treat it with respect and care because this is the only car you've got and it took a lot for you to acquire it.

But for men, it's important to develop more of an abundance mentality when it comes to women and not invest too much emotionally into a relationship because each sex is playing a completely different game. She can't appreciate you the way you appreciate her because she didn't fight a perpetual war every day of her life just to earn the privilege to ride with you; you were just the next car to pull up when her last car had a flat tire.

...

Retarded incels will project their values onto women and then judge her behavior according to incel values. These immature men observe a woman's abundance mentality in action and will become angry because her behavior conflicts with what these faggots want. These underdeveloped men see it as being *her fault* that relationships fall apart. These simians often fail to look in the mirror and see how their own behavior contributed to the downfall of their past relationships.

So if you observe women's abundance mentality and your instinct is to become angry, that anger is your BP incel side whispering in your ear. Stop being a faggot who blames women for their natural abundance mentality and start focusing on becoming a better man yourself.

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UPVOTES

My "lesbian" plate

kaiverh · 11 March 2018 · Archived copy · Reddit

One of my newer plates is a married woman with two young daughters. Her husband is a typical Billy Beta. Good job at some office or another, high salary, but completely pussified and a victim of the politically correct, gender equality bullshit narrative. The pillow talk I have with this woman is exceptional, and practically a waterfall of RedPill truths. I am sharing one such conversation with you for your amusement and further increase in awareness of how far women will go.

So we were just done fucking and she is in my bed texting somebody when she lets out this deep sigh. I ask her what's up and she tells me she's texting her husband to see if he can pick up the kids from school. Apparently he can't though and this has her all annoyed. I ask her if she had other plans and she gives me this horny look, telling me that she wanted to go another round. I shrug, give her a sheepish grin and tell her there's always next time.

She gets up and starts to get dressed. I can't resist teasing her a bit and suggest for her to fuck her husband tonight in stead of me. She turns towards me and looks at me with surprise. Not because she's insulted or anything, but because she genuinely thinks I'm crazy. She tells me she hasn't fucked her husband in over a year. Finding this hard to believe, there is still such a thing as duty sex, I ask her how she manages to get away with that.

What she told me blew my mind.

About a year ago she told her husband that she needed time to go "find herself" Being the BP beta he was, of course he approved of and supported this. So while she was abroad fucking her brains out her husband was "holding the front" back at home. Eventually she got tired of it, missed her kids or whatever, and came back home. By then she realized she really didn't want to fuck her husband anymore so she told everybody she discovered that she was actually a lesbian but that she still loved her husband and wanted to be with him. Billy Beta accepted this, told her she was also his best friend and that he would continue to support her in every way. Apparently he was applauded for this by friends and family.

After hearing the story I tell her she sure didn't sound like a lesbian about fifteen minutes ago. She grins and tells me, "well! I'm not REALLY a lesbian!" Then presses her finger against her lips and winks at me. I watch as she finishes getting dressed and leaves. Afterwards I spend at least another half hour in bed, just running through what the fuck she just told me. Took me a bit to process it all.

Gentlemen. This is what husbands are becoming under the politically correct, feminist narrative. Literal ATM's. This is also what women are becoming and they are raising the next generation of girls. I'm not sure if I should be scared or excited.

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UPVOTES

Key points to hold your frame with girls and succeed.

unkg · 18 May 2018 · Archived copy · Reddit

Background

So as most people here I've been experimenting a lot with Redpill knowledge on Tinder, at clubs, bars and so on. After many bad results mixed with a few good ones, I've come to the realization of what works most of the time and what doesn't. Thought I would share this with all you confused betas trying to transform yourselves to the unbreakable alpha male. Keep in mind that this is not for those who've already internalized everything in the sidebar as they most likely already understand these things.

Be different by being indifferent

The most important part when dealing with girls is to show that they can't shake you. This means that no matter what they throw at you, you need to stand your ground. This also includes controlling yourself and acting stoic when a smoking hot model shows interest in you. You basically have to act as if nothing is a big deal to you. This 10 is throwing herself at me? Huh, cool I guess, I'll take what I get. Oh she changed her mind? Alright that 8 over there looks interested. Most betas simply lose their mind as if they've won the lottery whenever an *average looking girl* shows interest in them. This brings me to my point of being different by being indifferent; when you can control yourself and act stoic by not going all billy beta on their ass and showering them with compliments, they get intrigued. "Oh this guy is so different, why isn't he giving me unlimited attention and complimenting me???" *hamster hamster* This shifts the power dynamic to you instead of her and makes you the prize. It simply displays confidence, mystery and unbreakable frame. Makes the pussy real wet.

Never show weakness

This one hurts for every man; when they realize they can't be honest with someone they think loves them and tell them how depressed they feel about being fired from work. Your LTR, plate or whatever the fuck you got cooking is NOT your mother or your homie. Most of the time she will NOT support you through ANY weakness you show. As a matter of fact, she will leave you for showing weakness. No matter how caring, different and loving she appears, trust me on this: she will not enjoy your display of weakness. Even if she doesn't leave you and actually *pretends* to support you, her pussy will start drying up. This is my biggest weakness as a matter of fact and the hardest one to come to terms with, but it is what it is. It's really simple actually, girls are emotional creatures and need someone who can control his emotions to lead them. When you show weakness you shatter the image of your leading capabilities and frame. It's like watching a boxer you once thought was unbeatable and the best get beaten to a pulp. You don't see them the same afterwards even if you still support them. In other words, you can only lose when you show weakness. To solve this problem, vent out your problems to a trusted friend or even a fucking therapist if you have to, but not the girl.

How to get into the habit of doing this

We all know how things work most of the time but it's much harder to actually do them right. You know you have to study to get good grades but it's much harder to do it than simply knowing how to do it. This is how to do it: Always have options. Always keep things in perspective. Always be mindful. Let's say you match with a 10 on Tinder and the conversation is going great so you think to yourself: "Whatever I already set up a date with this hot chick, no need to message any other girl for now." WRONG. You need options in order to keep things in perspective. If you are only messaging or talking to one girl, you will start believing she is the only girl out there or that you can't be interested in someone else. However, if you are setting up a date with this 10 while setting up a date with the 7 just a day later, it's much easier to not get bothered when she flakes or ghosts. Always create options, because it's harder to lose your mind over losing something you can easily get somewhere else.

When it comes to being mindful, it helps with everything in life. To be mindful is to look at things objectively. Let's compare being objectively mindful versus being emotional in a scenario: -You get approached at a club by a

smoking hot busty blonde who's an easy 10. You dance a bit and make out, things are starting to get real hot. This might be an easy lay. All of a sudden, she leaves. You later see her making out with someone else and leaving with him early. What's an emotional take on it? "Holy fuck I missed my chance of fucking this amazing 10 and now another dude is going to enjoy fucking her. What did I do wrong? Why did she just leave all of a sudden when everything was going great?" This will throw you off your game. What about a mindful take on it? "Alright not bad I just danced and made out with a sexy 10, she seems to not want anything else to do with me right now though, I'll still take it. Let's look around and see if I can find a new girl to take home, im in the club after all." See that? Much cooler train of thought; calm, collected and in charge. Creating options, keeping things in perspective and being mindful. You sexy beast. When you make it a habit of forcing yourself to view things this way, no matter the situation, you become this person after a while naturally. This is because it's actually the right way to view things, emotion is not logical. There will always be a hotter sexier girl to fuck, it's no big deal. So next time you find yourself getting a bit too emotional, STOP for a couple of minutes and really start observing the situation and your feelings and keep them in perspective.

Summary

- Get girls' attention by being different from other guys and not letting them shake you up by their beauty or shit-tests.
- Don't share any weaknesses with girls, share them with close trusted friends if you have to.
- Stay mindful and keep things in perspective, nothing in this life is worth getting upset over. Nothing is as big of a deal as you think it is. Act like it.

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UPVOTES

Use silence to your advantage.

Isbjornsolo · 25 May 2018 · Archived copy · Reddit

I'm in the process of opening a brick and mortar store in my town & we've recently been informed that there is some government funding available for new machinery and capital expenditure (cap ex). There is around £15-25k of free money on the table with this grant, which corresponds to 30-50% of our cap ex. So it's a nice chunk of free money to invest.

Today we finalised all the documentation and it was submitted. Early in the afternoon I received a call from the team who conduct due diligence to make sure we're not lying about what we want to do etc.

Due to the bank holiday on Monday next week. They are having trouble getting all their work done (it's always the final weekend in May) and so might not be able to approve our application before we purchase the equipment needed. One of the clauses is that they can't fund something which has already been paid for.

As we have a fixed opening date in 2 weeks. We need approval in 10 days. So there is the potential to get nothing. It could be easy for me to lose frame here and push back the opening date or beg they do everything they can to help us.

I get a phone call from the person responsible from dealing with my application.

Hi, i'm X from the Local Government (LC) I'm due to review your app for the cap ex. I'm really struggling to see where we can fit you in for a site visit and then I need to complete a report for you. The earliest we could do really is the 2 weeks time. Then it will be a few days more for approval. "

Me : I was made aware that you would be meeting on the 4th for approval/review of my application.

X: Well due to the bank holiday, it's really thrown out our work schedule.

Me: Silence. (5-10 seconds)

X: Well I don't know when I could fit you in. The report I need to do takes 2 days, plus a half a day site visit. I'm already meeting other clients. It will really be a push to get it all done by Thursday.

Me: I was informed by my liaison officer that we are solid case with an almost a guaranteed chance of success.

X: Well yes, but you see I have meetings and other applications to look at.

Me: Silence. (5-10 seconds)

X: Ok, well I can come see you on Tuesday and then get the report done on Wednesday to be emailed out on for review Thursday. Before we meet as a panel on Monday (4th).

Me: Excellent, I look forward to showing you the business we do.

End call.

Conclusion; Use silence as a tool to get what you want. Most people hate silence and want to fill it as soon as there is a void. Let them fill it and do what you want them to do. If you can't keep your mouth shut for 5-10 seconds after someone has spoken, then your frame needs work.

TL:DR; Keep your mouth shut and let people defeat themselves. Use the minimum amount of words possible to express your point. Most people will submit if you just stay silent. Even a short period of silence can be effective.

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UPVOTES

A Stoic's Career and Life Advice

HesAGoodfella · 10 October 2016 · Archived copy · Reddit

I've garnered immeasurable value from browsing this subreddit over the years, and believe it's about time to start returning some back. I work for one of the world's largest financial institutions and, through the I've lessons internalized (with partial thanks to the great men who post on this subreddit), I've gained a reputation as the go to mentor for new hires looking to embark on the path of becoming their best selves. Here are a few of the main points I cover in a first meeting:

In the Workplace:

- **Positivity is a choice, and an incredibly useful tool.** Be willing to tackle any task placed before you, and allow enthusiasm to flow throughout the completion of each. Why do you think they ask so many personality questions in interviews? One of the most important things to keep in mind when working for someone is just how strongly their perception of you can be altered based on how enjoyable you are to work with. Remaining present in each and every situation while radiating positive emotion towards others will cause them to begin to crave your presence.
- **Never complain or gossip.** Do what has to be done without complaining and avoid gossiping as most will secretly or subconsciously look down on you for it. Make it appear as if you leap over obstacles with ease as it's one of the best ways to garner respect (Law #30 in the 48 Laws of Power – make your accomplishments seem effortless).
- **Talk to everyone.** Find commonalities and show genuine interest in each person you interact with while remembering FORD/RPM (On the table: Family, Occupation, Recreation, Dreams; Off the table: Religion, Politics, Money). "Learn to be interested so people want to talk to you, and interesting so people want to listen to you."
- **"It's not what you know, it's who you know."** Yes, it's cliché, but I've heard this spouted time and time again by higher-ups, and have seen it to be true. Seek out individuals that have high influence and try to make connections with them. Thrive whenever opportunities to prove your worth arise as fostering strong relationships with senior management is the best way to fast track your own rise to their level.
- **Learn to value your time, and don't give it away easily.** You're closer to death with each tick of the clock (mention leader of Dark Army's obsession with time in Mr. Robot), and anyone worth a damn will respect you for attempting to squeeze as much value as possible out of your forever fleeting time. The more you value the moments in your life and the improvement you derive from utilizing each to the greatest extent possible, the more people will want to be around you. Most hope to surround themselves with driven and successful individuals, and driven and successful individuals become labeled as such after years of taking advantage of the opportunities laid before them. A filtering process where you determine the worthiness of people and activities in your life becomes more and more necessary as you align your actions closer and closer with what it takes to attain self-actualization.

In Life (The Path to Self-Actualizing):

- **Find your own life philosophy, and be a soldier of it.** Developing and refining a life code over time will provide you with the ability to quickly judge your actions and mindset, as well as a strong frame of reference when figuring out how to most efficiently tackle obstacles laid before you. This is a never-ending process, but the self-awareness and growth that arises from it will emit benefits into both your day to day and long-term experiences.
- **Cultivate a mentality of abundance (antifragility; living life free of attachments).** There are two different lenses of which a person can view life: one of scarcity, and one of abundance. An individual seeing life through the lens of scarcity is driven by fear and insecurity; they spend a great deal of time worrying about how others perceive them and rely heavily on stability, meaning they have allowed themselves to become strongly attached to the relationships and objects in their lives. Those who've cultivated an abundance mentality realize the vast number of things worthy of their gratitude, and have little to no fear of losing any single one. Consider that we have more in our lives today (technology, medicine, and other luxuries) than anyone did in the 1800s, yet so many people fail to find contentment. This greatly stems from just how easy it is to fall prey to comparisons; if you have a \$500k house

and live on a street filled with mansions, you'd likely feel inadequate, while that wouldn't be the case in 99% of other communities. The less you require in life to be happy, the better your life will be. Those living in abundance realize just how little they truly need (it's all about perspective), and their mental fortitude opens the door to limitless opportunities as they don't fear taking risks. Learn to treat outcomes with passive indifference while caring only about the actions you take, and you will be better off for it. One of my favorite quotes that entwines stoic and zen philosophy is relevant here: "Not giving a f*** isn't about not giving a f***, it's about embracing your natural capability to weather any amount of suffering, loss, or change. In essence, it's about pleasantly floating while the whole world frantically swims, and, if you're good, it's about teaching others to float with you. After all, life is better with company."

- **Learn how to suppress your ego and fully open your mind to new perspectives.** The greatest obstacle to learning is not ignorance, but the illusion of knowledge. The quickest way to hinder your progress is by preventing yourself from internalizing the viewpoints held by respectable individuals because arrogance clouds your ability to objectively judge critiques given to you. Embrace constructive criticism as locating your flaws and working towards improving each competency you're lacking in allows you to excel, while continually congratulating yourself on your strengths does nothing to progress your standing. Take in new information with an open mind by attempting to remain objective while tying little importance to whether or not it conflicts with your viewpoints or perceived self-value.

- **Find a mentor worthy of emulation.** A mentor is one of the most useful tools you can ever have when it comes to streamlining the acquisition of qualities you hope to adopt into your life. Learn from their mistakes before you wind up falling prey to each, and apply the lessons they've learned from their experiences in whatever way possible. One of the salient points to bring up here is I often notice people instantly ignoring individuals they disagree with on certain issues and treating them with disdain, but most successful individuals will have at least one trait they've mastered that's worth paying attention to. And once you begin to master these traits yourself, mentor others so they can benefit from everything you've learned from your own accomplishments and greatest failures (which are necessary and should not be avoided), as it is teaching each trait that enables us to reach the final stage of mastery.

- **Embrace the struggle, and create a sense of urgency in your day to day life.** As I said before, learn to value your time and live your life with purpose by taking it upon yourself to improve your self-worth on a daily basis. Become obsessed with self-betterment, intensely intellectually curious, and read vigorously in your free time to broaden your perspectives, and better understanding the intricacies of both business and the world as a whole. You most likely don't remember what you did four years ago today, but the actions your younger self took got you where you are now. Seek difficult situations that challenge you as much as possible because forcing your body and mind to adapt is the fastest way to grow, and you will be able to forever reap the rewards of your hard work and time invested.

TL;DR: You expect to grow without having the discipline to read a five minute post? GTFO.

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UPVOTES

The value of standing up for your friends in the face of disrespect.

Mr_Zarika · 22 March 2018 · Archived copy · Reddit

Quick post for you all.

Summary: Allowing women to disrespect your friends is a proxy for disrespecting you. I have a great friend who stood up for me today when I was being attacked by a shitty girl in our group.

Body: I have a main guy that I go out with and we aim to culture strong social circles that we can use to get laid. He recently started bringing 2 girls out, he was interested in the hottest of the two.

We went out for drinks in a group with a third girl. The girl he's interested in is insulting and bantering with us. She has some self-depreciating joke, and I snap back at one point saying that some feature she has is not bad, in fact it's totally great.

"It's make you seem more attainable."

She loses it. Starts actually trying to insult me, telling me to go home and how I'm an actual asshole. I tease her a bit more asking if this is really good acting or not, but also get annoyed. I just start laughing at her, saying she can dish it out but not take it. She won't stop. The other girls are getting uncomfortable at her aggression. My friend gets up from the table, pays his bill and asks if I'd like to leave.

Sure.

We leave and he says that he's not about letting girls disrespect his friends. They're not hanging out with us again.

Lessons learned:

First, I'm seriously impressed with my friend. I'm reminded that it's important to maintain the age old "bros b4 hoes" mantra. But when you have guys in your life who you care about, let them know. We often go without actually verbalizing our love for our friends. Tell them that their brotherhood is valuable to you and you appreciate your friendship together.

There's a limit to over coming "shit tests". One or two sure, but if a girl is just a pain to be around, GET RID OF HER. Some women are just shitty women and need to be cast overboard. Women should be charming and you should want to be around them. Interaction shouldn't be a chore. Our time is worth more than that guys.

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UPVOTES

Good response to a feminist who drags out the old "77 cents on the dollar" argument...

[deleted] · 1 June 2015 · Archived copy · Reddit

We're all aware of the misinformation surrounding the "women earn 77 cents to the dollar" myth that has been perpetuated by feminists over the last 40 years. It's easy enough to dispute this - the myth has been fairly well debunked, and it takes about 10 minutes on the Internet to prove it.

But what is more fun, and makes a more lasting impression, is the reply I give to women who still try to pass off this old chestnut as though it were about discrimination. My reply to "Women still only earn 77 cents to the male dollar", is "Must be nice."

The typical response to my reply ranges from complete bafflement to utter outrage, but whatever reaction I get, there is a visible increase in her blood pressure that gives me an almost physical feeling of pleasure.

Usually it takes a moment or two, but my conversation partner eventually manages to ask what I mean by my reply. (With varying degrees of vitriol...)

The logic is very simple. The current wage gap is described largely by choices women make about their careers. They choose professions that earn less, and they choose to work fewer hours at those jobs. Lower paying professions typically require less education, are less demanding, and are less stressful than the professions that pay more. Of course, the professions they choose not to engage in still must be done. So who does the hard work? Men, of course. They do the work women don't want to do, and die (97% of work fatalities are men) while doing it. They don't have the choice women do to opt out. So I say again. Must. Be. Nice.

Edit: Thanks for the gold, kind stranger!

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UPVOTES

33 Years of Marriage Wasted

thesatellite23 · 8 September 2020 · Archived copy · Reddit

Not my marriage of course - I don't want to get married especially after hearing about this situation. It's between the parents of a girl I've been dating for almost a year.

They have been married for over three decades. Conservative, traditional, Catholic family. They have four kids together. The father is a hardworking, respectable man; he literally built their house.

Recently the mother admitted that she has been cheating with another guy for a few years. The father handled everything very well; remained stoic, decided not to hold a grudge, and let her take as much time as she needed to get her shit together.

She eventually moved out of the family's house and in with her boyfriend. Now they're going through divorce proceedings, and it's as bad as TRPers claim. She wants money for half of the family's property (worth about \$400k, so she would get ~ \$200k). Plus she wants a portion of the father's retirement, which would cost a massive fee because he is not retirement age yet. Apparently she suggested that if the father cannot afford to pay up, he could "work it off."

Fucked up on so many levels. If there was any doubt in my mind before, I am now fully convinced that marriage is a sham.

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UPVOTES

Guide to Social Circle Game

no_face · 5 November 2014 · Archived copy · Reddit

Many of you are fairly new and most of the standard advice will make no sense to you:

"Cure your oneitis, bro. Go sleep with 10 girls"

Seriously? You have oneitis exactly because you have no one to sleep with. The above piece of advice is useless to anyone who isn't already successful.

"Cure approach anxiety. Take four girls to the club. Bitches love pre-selection. You'll be drowning in pussy"

Again, useless advice. If you already are able to take four girls, you are not looking to cure your approach anxiety.

Many of you have no starting point and are wondering how the heck to start. Going to clubs is getting you shut down by overactive bitch shields. Girls simply use you for drinks in bars. Women hurry away from you when you try day-game. So what to do? Where to even start?

I posted an outline of how to swallow the pill in

[/r/TheRedPill/comments/2l52zg/a_7_step_guide_to_swallowing_the_pill/](/r/TheRedPill/comments/2l52zg/a_7_step_guide_to_swallowing_the_pill/).

Roughly, the steps are:

1. Lifting/physical fitness: Strictly speaking, you could probably do bodyweight exercises as well. There are so many resources on youtube and bodybuilding websites that I don't want to take up a lot of space on this, except to emphasize not to injure yourself and improve posture first.
2. Style: </r/malefashionadvice> is a great resource, study it well
3. Mission: This is something you need to figure out on your own. Look at examples from people you admire.
4. Frame: I'll create a separate post on this

which brings us to....

1. Game

My favorite game is social circle game. Even the biggest loser has a social circle and should be in a position to regularly interact with women.

The main components of social circle are:

- School/work
- Friends of family / family of friends / friends of friends
- Shared activities such as hiking club, gym, etc.
- Any place where you visit frequently and see the same people including your favorite coffee shop, bus stop, etc.

Step by step instructions for social circle game:

5.1. Go into monk mode: WTF does monk mode have to do with game? Its very simple. Monk mode is an excellent way to learn how to ignore women. Not how to pretend to ignore women, but how to actually ignore them without being perturbed. And why do you learn to ignore women? Because attention is the only currency women know and you need to learn how to stop giving it away for free.

Monk mode also removes you from the radar, allowing you unfettered time to improve yourself. When you come back from monk mode with a better body, more interesting life and better sense of style and a rock solid frame, **mah nigga**, you will be noticed.

Monk mode also tells you that you don't need a woman to be happy or content. You can live -- no, **thrive** without women. You are the one giving her a chance at a happier life. This builds confidence.

5.2. Confidence: Confidence is the precise knowledge of what you can do and what you cannot do. For example, you may be confident that you can squat 150lb and also be confident you cannot squat 300lb. The clear knowledge of what you can and cannot do enables precise decision making and prioritization and is of high survival value. When it comes to interaction with women, knowing what you can do to her and what you cannot is confidence. If you aren't sure if you can kiss her when you can, you are timid. If you put your arm around her when you shouldn't, you are creepy. Interacting with women is a skill you learn by practice and develop confidence until it becomes natural.

5.3. Improved SMV: You first need to accept that you are probably in the 4-6 range, which is average. 0 is dead, 1-3 are people with severe problems such as peeling, wart infested or otherwise troubled skin, grotesque appearance or deformed bodies, missing limbs, morbid obesity, etc. 7-9 are what we consider attractive. 10 is a theoretical maximum. Lifting makes your body more attractive. How many times have you seen a woman whose face was ugly but had a hot body and you thought "butterface, but I'd do her". Women think the same. Having a great body will make up for baldness, shortness (to some degree), ethnic background, etc. The key thing is that women will give you a chance, instead of automatic shutdowns. Having a unique sense of style makes you stand out and noticed and makes women curious. This combined with a good body will actually often make women open you. Once you begin interaction, a rock solid frame will build attraction. I give one point to each of these attributes, so that a 4 dude will grow into a 7 and a 6 will grow into a 9.

5.4. Reading signals: The first sign that you will notice as your SMV improves is that women will hold your gaze. If they hold your gaze for more than two seconds, its safe to approach. Nothing may happen, but you won't be shut down. The second signal you will notice is that women will smile or if they are with a girlfriend, they may turn away and giggle and look back at you. This is a better signal, you can approach with boldness.

5.5. Approach: Note that women in your social circle know about you and if you have had recent string of successes or improved SMV, the women are talking about you. So you have a window of opportunity where you can approach almost any women. My advice is to approach all of them. Start by saying hi and making smalltalk. Your goal is to get used to approaching and talking, not to have sex. Approach women you would not fuck if you want to start with. Eventually, have lunch or coffee with everyone. When word gets around that this guy is very social, women will not think much if you approach them or no one (including you) will care if an invitation is declined. Women in your social circle are most likely to agree to go to coffee with you, especially if you are known to take everyone to coffee. Repeated asking women out and taking them to coffee with no sexual intention will take the edge off the anxiety and you will grow more and more confident when talking to women. **Dividing your attention among multiple women is the best prevention and cure to oneitis**

5.6. Escalation: Occasionally, you and one of your coffee dates will have moment of connection. This is a good time to escalate. If you have never touched, hold her hand. If you have already hugged, go for the kiss. For the purposes of escalation, her social status (i.e. boyfriend, etc) does not matter. But ensure that no one she knows is around. Eventually, things will get physical enough that you two become intimate.

5.7. Chasing: Do not chase! Repeat, do not chase!! Your interaction with them should leave them wanting more and they should contact you almost every time. Ignoring a girl after showing her a wonderful time makes you irresistible. If she does not chase you, move on. If no one chases you, work on your interactions, be fun to be around. (This is a separate topic). Always be willing to let go.

5.8. Grow the circle: Always look to grow your social circle. Meet friends of friends and then their friends. Meet people through your mission. The larger your social circle, the more people you meet and less you care about the outcome with any individual girl. My suggestion is to also take guys out for coffee or beer. It will help you grow your circle.

General notes: Note that social circle game is slower than a club/bar or day game. In a club you have an hour or two to do what you can stretch over weeks in your social circle. Social circle game also enables opportunities for long time frame pre-selection, show of leadership, etc.

Do not approach any girl who is in a relationship with a male friend of yours. Its always more useful to have the man as an extender of your social circle. "Bro's before ho's"

If a girl recoils from your advances, pretend you never did it and continue from stage before you escalated. Often, she will ignore it too. Next her, she's not into you. Surprisingly, some of these girls may end up chasing you but you should never think of her any more.

EDIT: fixed link

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UPVOTES

I got cheated on. Don't be like me.

shabadiddle-oo · 5 September 2017 · Archived copy · Reddit

I'll try and keep this as short as I can, even though it'll be a fucking novel by the time I'm done.

I've been lurking/posting since 2012 with various accounts and have a pretty decent understanding of RP concepts. I've applied what I've learned here to my personal and professional relationships, with varying degrees of success. But all that stuff went out the window in December when my last relationship started.

When I met my ex, she pandered HARD to try and seem like a unicorn. We liked all the same things, had the same sense of humor, she'd find out what bands I was into and buy me their merch, every week she was buying me Pepe gear and Trump shirts and whatever else she could find, even though I never overtly admitted to being into those things. She knew I was into redpill manosphere stuff as well and was totally cool with it. And somehow I didn't see any of this as a red flag, despite the fact that her friends, family - her entire support network - all of them were John Oliver-watching mainstream liberals. I fell back into old beta goober habits thinking "she likes me for who I am, I don't have to put on some act". Mistake.

In February, her roommate bailed and left her stuck with the remainder of the lease. She called me one morning crying, saying she was gonna lose her apartment and didn't know what to do. She asked me to move in. And instead of stating the obvious, "We haven't been together long enough, can't you just put an ad on craigslist?", I jumped in to save the damsel in distress. I fucking moved in with her. Mistake.

Throughout the relationship, she told me about her ex, who she'd lived with for a year. She told me he was a manipulator, a sociopath, an "abuser", that he kicked her out on a whim and essentially put her out on the street. She made him out to be the biggest scumbag possible. Now, a lot of girls talk shit about their exes for sport, either out of immaturity, or deliberately to cover their tracks after a shady breakup. And they're easy to spot. But I ignored all the signs because I thought she was my unicorn and I believed her. Mistake.

So we moved in together. And immediately we started fighting. It became unavoidable. She sought out conflict. The more I tried to be a "good" boyfriend and treat her well, the more she would nitpick and find things to argue about. She would stage these huge emotional breakdowns every time she couldn't get her way during an argument, and then she'd move the goalpost and change the subject of the argument to "I'm crying and you're not even consoling me". Crazy, circular debates and gaslighting became more and more frequent to the point where it was the norm. A lot of nights we slept in separate rooms. Again, she had me wrapped around her finger and I thought she was the one, so I chalked it up to "well, we're going through a rough spot." I convinced myself that this was all normal somehow. Mistake.

I had an insane, shitty job (telecom firm where nepotism ruled and working hard immediately made you a scapegoat, think 16-30 hour shifts with an ass chewing at the end) and most days I was on the edge of my sanity with how stressed out I was. My ex knew this, she knew I had tons of money saved up, and for months had been telling me, "If you ever need to quit and find a better job, I support whatever will make you happy" So one day I did. Mistake.

I told her the next day, and she broke down crying. I didn't understand why. After all, she'd been encouraging me to quit. So why was she acting like it was the end of the world? She said it was because of her new cat. She adopted this crazy, poorly adjusted shelter cat who ran around the apartment all night yelping and knocking things over. I didn't like him. And she apparently thought that, because I quit my job and was about to be around him more, that I was gonna either start beating him or take him back to the pound. The logic sounded pretty convoluted to me, but I didn't know what to make of it, so I just ignored her and went to bed.

My unemployed period lasted 5 weeks total. Not a big deal at all, I didn't have to go into frugal mode and I didn't run out of money, or even come close. I paid my share of the bills and I spent my days going to job interviews, cleaning the apartment, running errands for her while she was at work, and when she got home I'd take her out and

spend time with her. And boom, just like that, we stopped fighting. Things were good for a little while. I briefly felt like I'd stumbled on the secret to not fighting constantly: just do tons of stuff for her constantly like a spineless doormat! MISTAKE.

A week before my new job was supposed to start, she got a new phone and left her old one at home.

A few nights before, we were hanging out watching Netflix when she got a call from a contact named "Michael - MUTED". When the phone rang, she turned white as a ghost and answered with a nervous, shaky "Heyycanicallyoubacklater??". So that struck me as really fucking weird, and I wondered who "Michael" was. She never told me about a Michael. She had no friends or coworkers named Michael.

So now here I was, home alone, staring at her phone sitting on the coffee table. I said fuck it and turned the thing on. It had no passcode. Just like that, I was in. I opened her texts. At the top was a conversation with Michael. I opened it. It was her ex (who isn't a Michael).

The conversation went back months. I read the entire thing. She'd been cheating on me for the entire time we'd been living together. All the nights she'd been claiming to work late, she was going over to his house. Every night that she came home and wanted to go straight to bed, she was tired from getting railed. She was full of another guy's nut. This guy who she told me was a sociopathic piece of shit.

It gets better: most of the things she told me about him, she was telling him about me. She told him I was an animal abuser (because I swatted her cat on the butt when he destroyed our stuff?) that she regretted ever being with me, that I emotionally neglected her, that I was an annoying jobless loser, etc. She complained to him that I woke her up in the morning by getting ready for job interviews. This girl had been telling me, "I love you baby, can't wait to see you, be home soon" and in the same breath telling him, "ugh fuckin Nick still hasn't found a job". The deception went pretty deep.

I read the entire conversation, screenshotted everything, emailed it to myself, removed all traces of my snooping, turned the phone off, and instead of wasting one minute moping or feeling sorry for myself, I started planning my escape.

Three weeks after my new job started, I got a Friday off randomly. That morning she went to work, and I immediately began packing up my things. Moved it all to my new place. She came home to a half empty apartment, and I was waiting for her.

She walked in, noticed the tv and entertainment system were gone, sat down on the floor with a dazed look on her face, and asked me what was going on. I told her I was moving out and breaking up with her. She really didn't want to see me go, and there was a lot of crying. I didn't even bring up the cheating, I just left.

It wasn't until three days later when I came home to get the last of my things, and found her ex's stuff in the apartment, that I actually brought it up. She apologized profusely, and sent me three page-long texts saying she made a huge mistake, that her ex had weaseled his way back into her life, yada yada. I told her "good luck with everything", turned my keys in, and left it at that.

This was a couple months back. I've basically retreated into full monk mode to try and psychologically recoup. They're now back together, they live together, and they work together. Pretty insane, but that's how the cookie crumbles I guess.

To briefly recap, moving forward from this experience, here are some hard lessons I learned:

1. AWALT
2. Don't fall for a plate
3. If a girl's pursuing you super hard, something is probably wrong with her
4. If a girl has everything in common with you, she's pandering - there are no unicorns.
5. Pay. Attention. To. Red. Flags.

6. Don't let a woman's love make you think it's ok to stop working on yourself. Don't fall into old habits.
7. Don't lose frame. Don't cave. Don't be a doormat.
8. Never move in with someone you just started dating
9. Quitting your job is poison to women. They will lose all attraction.
10. Trust your gut if you think she's cheating - all women are capable of cheating
11. If she badmouths her exes, she'll badmouth you
12. Women are pragmatic - they will lie and deceive as long as it produces a net benefit. Even when caught in a giant lie, they will continue to lie, if the lie is to their benefit. Loyalty is not a component of the female psyche.

Edit: grammar

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UPVOTES

Personality, Emotion & Higher Self

Bigjohnthug · 15 October 2017 · Archived copy · Reddit

Intro

A lot of this is related to my journey. That's the nature of only having lived my life. A lot of it I relate specifically to women because it's an easy example I know you'll relate to, although all has wider applications. I'm trying to lay out a road-map of lessons we haven't taught you yet. These are truths I suffered a lot to learn but I would have suffered much more for not learning them.

This is a very long post. I could have split this up and made it more palatable for the majority, however, I chose not to because every word which has survived the writing and editing has earned its place. It's a lot to digest and not all of it is easy reading. Mulling it over a few sittings is fine.

Why Working on Your Personality is Important

Primacy and the Halo effect dictate that for initial attraction, nothing beats looks. If you want fast lays and piles of ONS's you *only* need to be good looking and confident enough to say "sup?"

However, initial attraction is not everything. I went through a stage where I had a douchebag persona: I trolled everyone, I made fun of everything and I cared less about other people than busting a nut. I got laid but had trouble keeping girls around for more than a month or so. I was lonely a lot of the time. I did everything which was considered 'right' in the PUA circles. I was the perfect asshole. I knew all the lines, I knew all the moves. It was innovative game back then.

This started because I was an insecure teenager with no social skills or sexual experience and no clue about developing either. I had less social-experience than most kids my age because I'd spent so much of my life in and out of homes, in and out of families. PUA was a quick-fix to the years of normal socialization I'd never had. It was better than the trite "be yourself" because I had no idea who I was. I was derealized and in truth I couldn't even comprehend how other people behaved, what they believed.

By the time I was 18 I could get laid with a new girl at least 50% of the time I wanted to and had a steady stable of 2-5 women at any stage. From 15-18 I'd done a few thousand approaches, been rejected a few thousand times, made out with a few hundred women, had sex with about two dozen of them. I was well above-average in that regard for my age. However, I was extremely apathetic and only understood people in an input-output sense. I thought chasing sex would make me happy, but it didn't, even when I had an abundance. I was disenfranchised because I'd never learned to be in touch with my emotions. I was lonely because I'd never learned to experience another person. I didn't even enjoy sex that much- it was a salve- because I didn't understand that feelings were the sultriest spice.

I met a girl who was and still is beautiful inside and out, someone who continues to be important to me as a friend. We worked through a lot of stuff together. I don't believe in *love*TM as the product Hollywood wants to sell. This wasn't "my one", because no such exists. Rather, she was the person who helped me get back in touch with feelings I hadn't had since I was prepubescent. We dated for years and parted on good terms. As I said, we're still friends. After our relationship, I was a much more complete person. I'm not recommending to date someone as a sort of therapy, I'm telling you it helped me.

I got back into casual sex afterwards. It was a lot easier as I didn't have to play games. I just "showed up" and most of the time a girl would be interested. I could go out once a week and get a new girl most times. They were far better too. Not just hotter: they wouldn't be flaky, play games or behave like brats. The reason was simple: I had become the person I was faking all those years ago, which attracted the women I truly wanted all along.

The Power of Emotion

Emotions are a controversial topic within the Manosphere. Often, they are portrayed as feminine, the belief conveyed that 'real men' have no feelings. The error in this thinking is that it ignores the pragmatic value of emotions.

It's important to draw a distinguishing line between useful emotions and dysfunctional emotions. Useful emotions are heuristics; shortcuts in thinking which serve a rational purpose. They are the pinnacle of millions of years of evolution. They can be considered positive in the sense that they assist accomplishment. The emotion of depression can sometimes fit this description but would not be considered positive in other senses. Depression can be a motivator for change because it forces you to alter your behaviour to escape helplessness.

Dysfunctional emotions serve no purpose or outlive their purpose. They may have initially been valuable resources for improvement, but they're stretched past their use. Chronic depression is the ideal example of this phenom. These emotions occur more often when you're not in-tune to the meaning of your emotions in the first place. Attempting to suppress feelings instead of questioning the 'why' leads here ; which is the danger inherent to thinking of emotions as fundamentally opposed to logic. Instead it is healthier to think of them as tools to assist logical thinking in situations where there is much unknown information. Social settings for example.

I'll talk mainly on the useful emotions because I think most of the Manosphere understands dysfunctional emotions. The tool 'emotion' serves to create snap value judgements. It is a trainable skill used to discern what is rewarding vs punishing. Trainable meaning something initially felt to cause pain- working out, approaching women- will eventually cause pleasure which can then be used as a motivator to continue the task. It truly is a skill though. Since many of them are incorrect- IE they don't fit your life circumstances or goals- you must readjust to utilize them. You have many possibilities here. With women, approach anxiety is often seen as a negative. In this instance, you can reframe instead and begin seeing it as a sign of sexual tension, thus allowing you to escalate in more dynamic manner.

Cutting yourself off from your emotions is going through life partially blind. The ultimate goal is to be able to allow yourself your emotions while at the same time keeping enough distance to be able to judge their value and separate yourself if need be. This leads to more fulfilling relationships, but in the case things head south your life is not over since you never left your path. You will still feel sad, or angry, or disappointed- but that is healthy. There isn't even a trade-off: by allowing yourself to be open to your emotions you gain the full spectrum of pleasure, some of which isn't even conceivable logically. I can't explain to you *how* it feels to have a beautiful 18-year-old virgin tell you she loves you as you enter her for the first time, I can't accurately quantify how her hymen breaking feels like she is gifting herself to you, nor can I describe the beauty of what follows. I can wax poetic about the topic but I can't make you feel it, even if you've experienced it yourself. At the same time, the sadness you might feel years later when the relationship crumbles is *another gift*. That pain is motivation, a communication to you that now you must change for the better to bring more good into your life. It will make you stronger.

Emotions don't belong in all situations. Scientific inquiry should be as devoid of them as possible. Social situations are not scientific however. Sex is not logical. Emotion makes both infinitely easier to manage, because both sexes predominately choose to associate based on who makes them feel good. It's easier to do so by passing on your own energies than by learning a billion pickup tactics to try and cover all the situations you may encounter. It's also going to lead to more novelty, because the array of emotions inspired by an individual will always differ while the script may not.

Again: there is only reward in allowing yourself to feel emotions so long as you have the self-control and acumen to distinguish a feeling serving your higher purpose from one which diminishes you. Try to always allow yourself to *feel* emotions, however keep a critical eye on their cause and their effect. Once you understand the 'why' then you can work towards the how or what. If you ignore them in favour of continuing what you're already doing without reflection, you're playing a dicey game. Sometimes emotions *are* dysfunctional. They're fallible just as humans are fallible. This is something only reflection can teach however.

Personality vs Persona

What distinguishes personality from persona is that the former is reframing your own beliefs to create organic desire to behave in the appropriate manner, while the latter is an act you put on to achieve an outcome. For example, be a good listener is OK advice. However, if you believe that other people already know you are enough and instead they are the ones convincing you of their worth then you tend to do most of the listening anyway. You change from listening because it's the 'right' thing to do to listening to learn about them and decide where they fit in your reality. You screen people, not prove yourself to them. Same behaviour, different belief, better outcomes.

Using sex as an example, instead of *you* behaving in a certain way to earn the reward of sex, sex is a gift you share with someone because you're attracted to one another. I've found this to be healthier than another extreme- that sex is your gift to her- because this is also untrue and arrogant. Sex feels amazing for both of you, it's something you both want and as such neither of you is 'giving' it to the other.

The difference between a "niceguy" and a nice guy.

The dichotomy between nice and sexy doesn't exist. The reason "niceguys" struggle so badly is because they usually have nothing going for them, lack the confidence to express themselves and they *always* try to make intercourse transactional. They believe "If I act like this, if I support her, if I buy her this then she HAS to fuck me." That attitude is repulsive to women. The way you behave should never be in a manner which is designed to try and 'earn' sex, figuratively or no.

It's apparent then that if being a "niceguy" is a negative then so too is acting like an asshole to get women. Because you are *still* behaving in a certain way to try and get pussy. The currency differs, but the attitude doesn't. It shows insecurity; you don't think you're enough to fuck her without the act. To clarify, you *will* often be called an asshole without doing the shtick. There is a difference between "gaming" with the attitude that a woman needs to impress you while having fun and acting rude to get a reaction, controversial for the sake of controversial. One is a healthy frame to come from: screening women for compatibility. The other is a mask men who don't believe in their sex appeal put on to prove themselves worthy.

Being nice is never a detriment so long as you don't let yourself be walked over. The metaphor of a steel hand within a silken glove is perfect: You will never go out of your way *to offend someone* but you're not afraid to cause offense by sticking to your guns. You don't feel the need to prove anything, to convince someone of your reality, but you will *always* be in your reality and if they want in they better behave. This quality is magnetic. People will love and respect you, your opinion will be valued and women won't even consider playing the games they play with weaker men. When you appear without an act you stride as naked as Achilles into the fray, showing no fear in revealing yourself because you know your power lies within.

The difference between 'game' and getting laid.

Often men, at least those newer to this, believe it's 'game' that gets them laid. In truth, game is an attempt to display certain qualities which women value to maximise your chances of sleeping with them. In other words, you're trying to impress women. It only works if the woman believes *you* hold enough value to behave in that way, in which case 'game' is irrelevant. Most women are perceptive enough to see if you doubt yourself, which is usually why men turn to game in the first place. In other words: when you act in that way *for the woman* (IE, to achieve the outcome of sex) it shows you don't trust in your own appeal. You are showing that you believe sex is something she *gives* you as a reward for *giving her tingles* with your alpha-act.

However, when you show authenticity between your behaviours and your beliefs, no such divide exists. Instead, you show to her that you *know* you have a lot of sex appeal and you *know* she loves sex. Therefore, if she wants to have good sex and you want her, you'll get down.

It is an easy way to interact with women once you have the trust in yourself to do so. When you let go of expectations and communicate from your desire to theirs, a lot of the barriers between you will fall away. The concept of a "shit-test" is seen then not as *her testing you* but as her venting *her own* insecurities. Because, really, why would she be testing you? If you're sincere that screams true confidence so loud as to drown out her doubts about your character or intentions. When you are this person, true to you, then you can be true to her to. You can communicate what you want and expect that if she wants it, then she'll let you lead her there. 'Game' then becomes a conversation of exploration for both of you, followed by your invitation somewhere private. This is how the fast pulls occur. If so inclined, I routinely do this bit in <20 minutes and say something like "This place is boring, want to come see my drawings?"

On the same note, the very common issue of her friends not wanting her to leave with you evaporates. You chit-chat with them for a minute then say "So, I know you want to keep her safe, let's trade numbers before we leave so you can still contact her if her phone dies?"

On people

Not everyone will like you. Most people will, but a lot of people just suck anyway. The average person is below average- which is to say the average person is many degrees worse than the high-calibre people you will want in your life. The mode IQ is 88, but the mean is 100- meaning there is a small percentage of incredibly smart people and a large portion of people with lower intellect. The same holds true for pretty much any trait you might find attractive- only 35% of people are a healthy weight, only 33% of people with a gym membership will use it more than once, etc.

As such you shouldn't cater to the majority because the majority sucks. At the same time, majority makes society. Therefore, neither can you willfully offend in a righteous quest to prove their inferiority. Instead you treat them with respect as people but don't let them have bearing on your life. Again: you live in *your* reality, they live in theirs unless they meet the standard to be invited in.

Better than catering to the majority is training your personality the way you would train a muscle, to forge a personality which fosters relationships you desire. If you subscribe to The Red Pill, that probably means you want to be pro-social and masculine. The most important base trait is honesty: **men with higher testosterone tend to be more honest** while honesty is considered one of the strongest indicators of positive personality. Honesty is so potent because sincere expression displays confidence, it shows your reality is so magnificent that no components of it are hidden.

On Relationships

I'm referring to relationships, not necessarily dating.

Entering relationships with the perspective that they are a trade is unhealthy. I can agree on an intellectual level that most all relationships *do* have an element of trade. However, as with sex, the transactional view within the context of friendships is a recipe for disaster. This leads to a painfully restricted social life which limits interpersonal growth.

The attitude that you give your friend A so your friend must give you B breeds resentment. It also boxes you into that trade as friends, because if it doesn't happen then one of you will feel like the 'deal' has been broken. You can't just shoot-the-shit, or invent a project with a friend who is using you and vice versa. That's what it is on a fundamental level: instead of *being* valuable and attracting those who are valuable, you are negotiating what essentially amounts to a business deal. Your social life is not an enterprise. If you treat it as one it will take longer to get 'results', be a more stressful and ultimately chew up more time and effort than it's worth.

This is the exact same as if you treat a woman as a masturbation aid: You don't learn to enjoy her as a person, which limits the pleasure you can give each other. If she sticks around past round one then it means she sees it as a trade also, which means she'll be your pocket-pussy if you're her wallet, or the douchebag who keeps her entertained. Going through life closing yourself off to the possibility of interpersonal growth is as crippling as a missing limb, because human beings are a social animal.

On Dominance

I often see dominance portrayed poorly. Many men- myself included- have mistaken domineering and dominating. True dominance arises from discipline: when you have mastered yourself, others will accept your frame. That doesn't mean they'll acquiesce to your every demand. Nor should you be making demands- this is domineering. Instead of trying to *force* others to do what you want, show your absolute dominion over the self and the right people will choose to join you. If you want submissive but secure women, this is how you get them. My personal preference is this type, because the type who are submissive due to insecurity tend to be high maintenance and contribute less in other areas.

Relating the above: you don't have to be dominant if you don't want to be. The entire thing about personality is that it should be a true expression of *your* personal preference. I want women who are submissive because I am dominant, not because society told me men are manly. If I wanted to get pegged, I would do that, because I know hiding my true desires would leave me less satisfied than the strap-on. I want honest women so I'm honest to them, which weeds out those who don't stop playing games. I want women who are smart and cultured, so I let them speak. If they don't have hobbies outside of Instagram and Tinder then they're out.

On Being Hurt

I know one criticism, where people will see this as being not Redpilled, is that I espouse exposing yourself to emotional pain. There is no contradiction here. **Pain is the biggest motivator for growth in the universe.** We learn more from failures than successes, we are more risk-averse than we are reward-inclined. If you can be the type of person who risks pain, you are the type of person who will improve themselves. This is the reason risk-taking behaviour is alpha and why risk-avoidance is beta- see bad boys.

"He who is not courageous enough to take risks will accomplish nothing in life." – Ali

Summary

The highest level of game is the one which gives you the power to make your own choices, on your own terms and for yourself. I personally have come to loathe going out to bars or club's due to the loud environment and omnipresent drug use. As such I pick up mainly during the daytime. That fact alone led to a lot of these realizations, because there is less margin for error when women aren't out specifically to get fucked. They're more thoughtful when they're not a dozen shots deep.

The highest level of game also involves not having to 'game' in the sense that you're not putting on act. You can be satisfied that if you show up to the right types of places, you'll be able to meet interesting people who will be interested in you. You won't be forced to perform to catch some club skank, neither will you need to project family-values you win over the virgin girls. Instead you show people every level they could be compatible with you and inspect them for the same.

You may want to keep girls you value as "friends with benefits". You may want to date monogamously. You might just want to party and plow through the female population. All are should be motivated by true desire though. If you let your ego define your goals, you become what you do, not who you are. We're all guilty of this at some time or another. When I was trying to hit a triple-digit count I cared about it because I thought it would make me a man. 100 women? Who could ever deny my sexual prowess then! Becoming in touch with my emotions motivated me to try new things. Some of them worked, some of them didn't. I began to fix physical issues as a result, things I never would had I continued to ignore the boredom training was causing me. I began to fix social problems, because although I could sleep with many women I had few friends. I stopped reading solely non-fiction, chasing 'how-to.' I began reading stories, finding a place to foster my imagination, a form of meditation.

These may seem unrelated examples, but they share commonalities: all will improve you, all will give you pleasure *but no one else can decide if they're right for you.*

Chase your highest desires, refuse to be bogged-down in the rat-race of ego which will mire most. The only

person living your life is you. You are the most important person.

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UPVOTES

Go to Every Event You're Invited to

Bear-With-Bit · 4 April 2018 · Archived copy · Reddit

tl;dr If you're inexperienced, don't ever reject invitations.

I'm almost 40. As a shy Asian kid growing up in the US, it wasn't easy. I was so shy I always mumbled my name when meeting new people, a bad habit I fixed only in my mid-twenties.

Looking back now mid-twenties was when I began to improve. I knew I was socially (and sexually) inexperienced, so I had to do the work and make myself better.

So I started going to every event I was invited to. I don't know where I picked this up, it just seemed natural. Want to get better at talking to people? Then meet a lot of people. Want to get better at dating and sex? Then talk to a lot of girls. This is the very first step, but so many guys don't want to do the work. I still catch myself shying away from girls at parties even now.

What's the easiest AND the hardest thing to do in life? Going to a party alone, when you barely know one person there. I've been doing it for a long time. It's still hard sometimes, but trust me when I say this: The best times in life can happen when going stag to a party.

I'm writing on this topic because later this week I'm going to a club see a friend perform with his band. Friend? Is he my friend? I guess he is now. I only met him twice. First time it was a month ago at a small art exhibit. Second time he invited me to his business networking event.

I was at that small art exhibit because another friend was the artist. I met this artist friend at a house party a few years ago, but I barely knew the host. I met the party host from another house party the week before. And so on.

My point is I'm never far from an event. Hardly a week goes by without something on my social calendar.

You can socialize your way out of shyness, social anxiety, and inexperience. That's what I did. I did the work. Still am.

When I attend an event, especially if I'm not close to the host, I arrive when it begins. That way I know it won't be crowded and I can have a moment with the host to warmly thank them for having me. Easiest way to make a great, long-lasting impression. They may also introduce me to their friends at the party, which is immediate social proof.

When meeting new people at an event, always introduce yourself first. "Hi, I'm _____. What's your name?" Firm handshake, whether it's a dude or a chick. Lots of eye contact, smiling, nodding. Back straight, puff out your chest slightly. Speak a little louder than normal. Enunciate, speak slowly. Small talk may be boring, but it's an important skill. Or kill the small talk and go nuclear-deep: "So, what is your purpose in life?" That will probably make a dent. Say the person's name when addressing them. "So, Wendy, how did you get into [her job she just mentioned]?" That way you won't forget their name and people like hearing their own name.

All this may be super weird to you but no one really cares how you feel in this situation. As long as you present yourself with good intentions, social awkwardness is quickly forgiven, if not completely unnoticed, because people care mostly about their own image, at least in the beginning. You may think you're awkward as hell, but when you take action you will be seen as the bold one, General Kenobi! (Prequelmemes is leaking...)

What if you get no invitations? I try to check in with my friends and colleagues via text, email or dm every so often. A simple "hey, how's it going? what's good?" will suffice. If they like you and they got something coming up, they'll invite you.

What if you have no friends? Sure you do. Classmates, co-workers, neighbors, people at your gym. Hell, start bar-hopping on your own and make new friends. I still do this once or twice a month.

Just got out of a marriage or LTR? Get your ass out there, at least twice a week.

Everything you dislike in your life is merely an unsolved problem, including social inexperience. Do the work.

Edited for grammar and clarity.

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UPVOTES

In Canada you can be required to pay support to a woman you dated, even if you're not married, don't kids and don't live together

ProjectImmortality · 11 September 2020 · Archived copy · Reddit

I don't know if this was posted before, but this is the stuff of nightmares. A Canadian court ordered a guy to pay +\$50k/**month** for **10 years** to a woman he was dating. They were never married, had no kids together, and never shared a home. Link to the news article:

<https://globalnews.ca/news/7327501/couple-no-home-no-kids-spouses-ontario-court/>

Let's review some facts:

1. They dated for 14 years
2. No kids
3. No shared bank accounts
4. Not living together
5. The poor guy proposed **several times**, she finally accepted, but **refused to legally marry him**
6. The poor chump gave her "thousands of dollars every month, a credit card, paid off her mortgage and showered her with expensive gifts"
7. They travelled together (I'm going to guess on his dime)

When they broke up she asked the court to be recognised legally as his partner and for him to pay support. The first court's decision was for him to pay her +\$50k/**month** INDEFINITELY. Can you imagine? The guy appealed and the sentence was reduced from indefinitely to 10 years...

You can't make this stuff up. Be careful out there.

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UPVOTES

Oh, The Feminist Jimmies This Will Rustle

JP_Whoregan · 22 January 2016 · Archived copy · Reddit

<https://privilegegrant.com>

Venerated champion of young men, feminist provocateur, and, as all of the Old Guard are now proud to say, "Friend of The Red Pill", Milo Yiannopoulos, is taking the initiative to launch what he is calling the:

"Yiannopoulos Privilege Grant"

We are pleased to announce the creation of the Yiannopoulos Privilege Grant, a scholarship exclusively available to white men who wish to pursue their post-secondary education on equal footing with their female, queer and ethnic minority classmates.

I found this while listening to a Louder with Crowder podcast this morning, and I think it's a magnificent idea. For decades, there have been scholarships available to women, to blacks, to hispanics, to the disabled, to American Indians, and countless other victim groups that can acquire academic scholarships based on **no fucking merit** other than their protected class status and the fact they wrote a bullshit essay and mailed it in.

As Milo reminds us on the website, young white males, (the overwhelming majority of readers here at TRP, obviously), currently represent only 43% of all college graduates, and that figure is falling annually. I'd like to thank and congratulate Milo for taking such a courageous step, as he will no doubt face even more social ridicule, chastising, and probably legal challenges to this endeavor.

The secondary reason for posting this, obviously, is so that you young, dumb, and full of cum RP douche-bros are made aware of this, should you perhaps pursue the Privilege Grant if it comes to actual fruition. Hell, I may donate to it myself if it comes to maturity.

I mean, what better way to infuriate a **fat, blue-haired, pasty-wearing, campus feminist**, on your first day of university, than to approach them and tell them that you are receiving tuition grants from something called the **"White Male Privilege Grant?"** The entertainment to be had would be endless.

Go check it out and follow the Twitter; he's not accepting Grant requests yet, but will update as the project moves forward.

Happy Friday and have a good weekend, brothers.

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UPVOTES

Male Attractiveness to Women as Explained by Evolutionary Psychology

the_christian_grey · 12 July 2017 · Archived copy · Reddit

Over the last few weeks I've been watching a series of lectures by the psychologist Jordan Petersen, in which he explains the function of the male dominance hierarchy and its relationship to sexual selection. These evolutionary psychology concepts have clear implications for those of us who would like to improve our own success with women, but can be a bit opaque to the lay reader. I'm going to make it more accessible.

Genetic testing of modern humans has led scientists to estimate that historically about 80% of women and only about 40% of men have been able to reproduce successfully. If you're wondering how the sexes could be so mismatched, it means that every reproductively successful man impregnated two women on average.

A woman can only be impregnated by one man every nine months, at maximum. Whereas one man could theoretically impregnate a thousand women during that same timespan. Since the number of men and women is about equal, this makes female reproductive capacity far more scarce—and thus far more economically valuable—than male reproductive capacity. This means that women are the primary agents of sexual selection.

What that means, in English, is that women are in general a lot more picky about choosing men than men are about choosing women. It also means that as a man, the deck is stacked against you. This means that you are more likely than not to FAIL at having sex with women. That is, unless you can get into that top 40%. Average won't cut it.

The Dominance Hierarchy

So how do women choose which men are worthy of their scarce vaginas? The answer, curiously, is that men choose themselves. They do this by way of a dominance hierarchy. A dominance hierarchy is a natural, spontaneous ordering of males from most dominant to least dominant. You can envision a dominance hierarchy as similar to a corporate org chart. It is pyramid shaped, with the CEO at the top, the other executives under him, the middle management under them, etc., until you get to the grunt workers at the bottom.

All species of social animals have some form of dominance hierarchy. For some animals, this hierarchy is ordered according to a single factor, such as physical size. This is the case for the elephant seal, for example. A male elephant seal can determine his place on the hierarchy very easily. If he is the largest male, he is the alpha, and he is entitled to all the females. If he is not the largest, then he is a beta male, and is not entitled to mate with the females. If a beta tries to mate with a female, the female will loudly protest, and the beta male risks being physically harmed by the more powerful alpha male. Therefore the beta male elephant seal has an instinctual fear of trying to mate with females, since doing so would put his life in jeopardy.

The human dominance hierarchy is far more complicated than that of the elephant seal, but shares the same basic functioning. Every human male instinctively knows his place in the dominance hierarchy, and our subconscious minds guide our behavior and feelings accordingly in various situations. Approach anxiety, for example, is our instinctive reaction to the prospect of hitting on a girl to whom we are not entitled, given our place in the dominance hierarchy. It is the same as the aversion felt by the beta male

elephant seal that keeps him from mating with the females.

Also like the elephant seal, a woman's interest in mating with a man is determined by his place on the dominance hierarchy. A man who mates with a woman by force is similarly punished by higher ranking men. And in more primitive cultures, even hitting on a woman to whom a man is not entitled is grounds for physical punishment. In modern society, such men get by with the rather minor punishment of being called "creepy" by onlookers and other such displays of social disapproval.

But unlike the elephant seal, the human male dominance hierarchy is quite complex. And one man is likely to be a part of multiple dominance hierarchies at the same time. Some hierarchies are clearly delineated. A CEO is the alpha male in his company's dominance hierarchy. The Head of State of a country is the alpha male in his country's political structure.

Other hierarchies are less obvious. A rock star or a movie star may be high in a dominance hierarchy, despite perhaps not having anyone formally working for him. Dominance is determined by a number of factors beyond formal authority. Physical size, strength, wealth, fame, intelligence, attractiveness, creativity, personality, and a variety of other characteristics can factor into a man's place in a dominance hierarchy.

So how does anybody figure out who is where on such a complicated hierarchy? The answer is that we place ourselves by comparing ourselves to others. We each have a deeply ingrained perception of our own status, and we size up other males and compare ourselves to them. We do most of this on a subconscious level.

If you are a typical guy, and you find yourself face to face with a famous rock star, you are instinctively going to judge his place on the dominance hierarchy as higher than yours, and you will act in a way that is deferential to his higher status. Similarly, if you are face to face with a beggar on the street, you will naturally expect him, being of lower status, to defer to you. We defer to those whom we deem higher status than ourselves, because deferring is easier than getting into a fight we are likely to lose, or risking alienation by society as a whole.

Your subconscious mind will make this comparison with just about every other man with whom you interact. Most of the time the comparison will be less obvious to your conscious mind. But your subconscious is extremely observant. It will pick up the tiniest cues from another man's posture, vocal tone, movement, word choice, body language, etc. to make this determination.

Sometimes it is not immediately clear which man holds the higher position. Let's say you and another guy both judge yourselves to be higher status than the other. In this case it largely comes down to conviction. If you are more convinced of your higher status, he will pick up on that from your body language, and will reassess your status as higher than his own.

The subconscious minds of women are also very adept at determining men's place on the male dominance hierarchy. Women are attracted to men who have a high position in the hierarchy. You've probably heard a million times that the most attractive characteristic in a man is confidence. This is basically true, but I'm going to be more specific. The most attractive characteristic in a man is his own conception of his high position on the dominance hierarchy. This looks a lot like confidence.

And it shows. Men have been trying to fake confidence (i.e. a high position in the dominance hierarchy) in the presence of women for millennia. This is very difficult to do, because women are very adept at deciphering tiny signals and can instinctively spot fakers. There is a feedback loop between confident body language and actual confidence, however, so consciously learning alpha male body language can

still be useful (perhaps I'll go into this in more detail in a subsequent post).

The importance of our place in the dominance hierarchy leads us to the obvious question: where does our conception of our own position on the dominance hierarchy come from? This where it gets tricky. Our subconscious mind has built our self conception on the accumulation of our entire lifetime's worth of experiences, including during childhood. A kid who was bullied in school, abused by his parents, or rejected by other kids may well grow up to have a rather negative conception of himself. Even if he becomes rich and good looking, he may still carry this negative self-conception as a relic of his formative experiences.

If you've ever seen a tall, handsome, well-dressed guy timidly try to start a conversation with a girl and get coldly rejected (happens all the time), something like this is the issue. And it only compounds itself. Every time he gets rejected, it reinforces his assessment of himself as low on the dominance hierarchy. It's a very difficult cycle to break.

So is it possible to improve your subconscious conception of your own place in the dominance hierarchy? The answer, thankfully, is yes. Your subconscious generalizes from examples. You need to give it new examples that show that your position has changed and you've managed to move up to a higher position on the dominance hierarchy. As luck would have it, I'm going to tell you exactly how you can do this.

Step One: Realize that hitting on girls is not actually dangerous

Before you can start focusing on success with women, you have to get rid of your fear of trying. If you are naturally a beta male, as most men are, you are going to have some anxiety when hitting on girls. You need to accept your fear (which is totally normal), and face it.

Do exactly what you are afraid to do. Go talk to women. The more uncomfortable it makes you, the better. The less alcohol involved, the better. I have a great program to gradually ease you into it, which you can find [here](#).

You will almost certainly get rejected a lot at first. That's ok. Your purpose in this step is simply to show your subconscious mind that nothing truly bad happens when you hit on girls. If you live in a modern Western society, nobody is going to come chop your head off because you talked to a girl to whom you were not entitled. The more your subconscious sees that there is no real danger, the less anxiety you will have around attractive women.

Step Two: Convince yourself that you are attractive to women

Rest of the article here: <http://www.christiangreypua.com/dominance-hierarchy-male-attractiveness/>

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UPVOTES

HB9 called me out on checking her out in the gym. I maintained frame, flipped the pressure and banged her the same night.

TRPAndNofapGotMeLaid · 30 September 2017 · Archived copy · Reddit

Preface:

This is some shit that I would never, ever, EVER. Be able to do without learning the advice and strategies of TRP and the manosphere in general. This goes to show just how effective this shit is. I am grateful for all of your help.

Because the conversations were not in english, some things sound different/better in the native language. So I've tried adjusting it a bit so that it makes more sense in english, while trying not to change too much to make it seem unnatural. Also, english is my third language, so ~~beer-bear~~ bare with me

I was at the gym last night, was done with my main lifts so I went to the bathroom to drink some water and chill for a few mins. When I came back to do some accessory and prehab exercises I spot this HB9 (HB10 in my opinion) in the squat rack. I was literally in awe the first second that I saw her. She was doing front squats with 85 kg with **really good form**. So I looked at her a little bit too long (a mistake, I know). And she locked eyes with me through the mirror that was in front of her. I knew it would look 10x as worse if I looked away instantly in shame, so I just smiled and held eye contact for a second or two, and disengaged when she rolled her eyes.

My former BP self would cringe so hard thinking about this for the next 20-30 years. But I did not really care or think a lot about the encounter and just carried on finishing my workout. While I was doing cable ab crunches I could see her walking up next to me in the corner of my eye. When I finished my set, stood up and turned towards her I was greeted with the bitchiest bitch face I have ever seen on a woman. I greeted her back with a smirk and a "Hello".

"I just want to ask you to stop looking at me, it's making me uncomfortable and distracts me from my workout."

I smirked even more and replied with;

"How about you stop looking at me?"

I said this with a jokingly, but still assertive tone and body language. In a way so I didn't sound butthurt, but also didn't sound weak.

Her bitch face vanished from being so surprised, normally guys would probably just have put their heads down in shame and apologized to her multiple times, so she was not used to this.

"Excuse me?"

"You heard me. Stop looking at **me**. I just looked at you just because I was admiring your front squat technique and thinking about how to implement it into my own. But the look **you** gave **me** in the mirror, Jesus... It was **the** look."

Still smirking and giving off a vibe that I am joking, so that she understands I am just messing around and not taking her seriously, and not that I am some delusional socially inept neckbeard.

"**The** look?", she asks while laughing sarcastically, adjusting her vibe to mine.

"**The** look." I repeat, but slower and even more emphasis on "the". While actually give her **the look**"

She laughs genuinely this time and slaps me playfully on my shoulder.

"You're such an asshole. **Tihi**"

I smile, as I know she just submitted to my frame.

We then start chatting a bit about training, life and other crap. Then she asks me to see my front squat to compare —

to hers. I tell her no. (I am not changing my entire weekly training routine up for a girl). I tell her I am going to go for a run after my training is finished, then I **tell** her to come with me so we can talk more about different training techniques. Key word, tell. I dont ask, as that will come across as weak. And she will have to decide whether or not to come with me, which gives her time for anti-slutdefense. She happily complies, which is not a surprise as she has already submitted to my frame, which I knew means it is probably not that hard to get her to submit to my lead aswell.

We both finish our workouts and we go out for a jog. We jog alongside the water for a while, and catch the early parts of the sunset.

~~I then tilt my head to the side like a puppy to show some vulnerability. "Such a romantic moment this is. Do you believe in love at first sight? Because I think I just found **the one**"~~ /s.

We chat a bit, and every time she stops to catch her breath (which was alot, she had really bad conditioning, probably her big ass slowing her down) I tease her for having bad conditioning. Very dangerous waters to tread I know, teasing a girl for her physical fitness. But she was not even close to being fat, and I kept the joking vibe so it was still well received.

"You're an asshole **Tihi**" she says again.

So I tactically start jogging towards my home, and I know my father is at work and my mother and sister are at my cousins place. My house is like 10 mins away from my gym, and its really big and nice. Not bragging here, I have not payed a dime for it, its my fathers. And he has taught me that the only people who take personal pride in, and brag about, another mans wealth are women and children. So im just saying objectively, that it is the kind of house that turns heads, because it is important to understanding my thoughtprocess in that moment.

This means that just wanting to seeing how the house looks like from the inside is enough of a reason to come inside. So it is very easy to create plausible denyability.

When we are next to my house, I go check the mailbox to indirectly show her that this is my house

"Wow... Is this really **your** house?"

"No, Im just a serial mailrobber."

Cringy joke that still got the laughs. Things are looking good for me I thought.

So I tell her about the home gym we are building, then I **tell** her to come and see how it is. Again, I dont ask her, because then she has to think for herself and decide. Which gives more room for ASD.

She follows my lead. While inside, after giving her a tour of the place and the soon to be home gym, I give her **the** look. I escalate with some kino and then "one thing lead to another" and Im banging her in the shower. (No, I didnt piss on her.)

Interpretation:

This just shows the importance of maintaining frame, and it shows that what is said matters alot less than how it is said. If I didnt flip the pressure with the right vibe, and said the exact same things word for word but without the "messing around" or joking vibe, she would just think I am socially inept and in denial that she caught me looking. Instead, just from a IDGAF attitude whilst maintaining a strong frame and not taking her seriously, I managed to completely change her from bitchy, to sarcastic/trying to play my game, to being mine.

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UPVOTES

By far the most asked question on AskTRP: "Should I get back with my ex?". Why the answer should always be a resounding HELL NO.

RedditAdminsSuck_88 · 7 February 2017 · Archived copy · Reddit

Summary: Trying to get back with your ex - even if its not actually "getting back" with her - is a bad idea. Don't do it.

I've been posting on AskTRP for almost 3 years now. I've seen a lot of questions there, and by far the most asked question, asked dozens of times a day, is:

"Should I get back with my ex?"

Now the question isn't always worded that way. Sometimes its "My ex texted me, what should I do" or "My ex is being nice to me all of a sudden, why?". Like with women, you have to look at the underlying subtext to the question being asked. When a woman asks you if you have a girlfriend, what she is actually asking you is "Do other women find you attractive?". So when a guy is asking some question having anything to do with his ex, what he is actually asking is "Should I get back with my ex?".

Some of these men will try to justify/hamster away when asking a question of this nature. "I don't want to get back with her..." they say. "I just want to hang out with her or go out with her or fuck her or plate her or <anything that isn't LTRing her>". It doesn't matter what excuse you hamster up - the underlying question is still "Should I get back with my ex?".

Rollo Tomassi puts it perfectly with Iron Rule #7

It is always time and effort better spent developing new, fresh, prospective women than it will ever be in attempting to reconstruct a failed relationship. Never root through the trash once the garbage has been dragged to the curb. You get messy, your neighbors see you do it, and what you thought was worth digging for is never as valuable as you thought it was.

Even if its just to "talk to her" or "hang out with her" or "fuck her" or "plate her" and not actually *get back* with her - its still a bad idea. It's like eating your own vomit, eating out of your own garbage can, re-using a sheet of toilet paper. It's like trying to rebuild a car you crashed into the pond.

What's even worse than someone asking if they should get back with their ex, are the answers they get from guys who don't have a clue. They will reply with "Go for it! As long as you don't make her your girlfriend!" or "It won't hurt if you just fuck her or plate her!". Bullshit. That's shitty advice and detrimental and you are doing him no good. I always hit the downvote button with a swiftness when I see such a reply.

The thing is, when someone is asking "Should I get back with their ex", it is 100% motivated by **oneitis**. The man asking this question already has the answer in mind. He already WANTS to try and make an attempt to get back with her. He is just looking for others to tell him "Yeah man! Go for it!" so he can feel better about doing so and have an excuse if things go wrong - "But AskTRP told me to do it!! I just followed their advice!!". In other words, plausible deniability and confirmation bias rolled in one.

A man who doesn't have oneitis won't be thinking about getting back with his ex. It will never enter his mind. He would have ghosted her already and moved on with his life. So if you are even pondering such a question, even if its "just to talk to her" (yeah, sure) it means you still have oneitis. 3 billion women on this planet and you are still focusing on trying to rebuild a relationship with a woman you already failed with. What makes you think it would be better the second time around?

Since the oneitis is still present, its why its such a bad idea to even entertain the notion, even if its just to hang out with her or talk to her or fuck her. Oneitis is an addiction. The more you feed it, the stronger it will get and the more you will need to get your next fix. Oneitis is something you have to go cold turkey on and fuck *other* women besides the one you have oneitis for. By telling someone with oneitis who wants to get back with their ex "its OK if you just talk to her/fuck her/plate her!", its similar to telling a recovering alcoholic to just have a beer, just one won't hurt, or someone trying to quit smoking to have a cigarette, just one won't hurt, or a heroin addict to have a quick fix, just one won't hurt. The only way oneitis is defeated is by having willpower to go cold turkey.

So if you are wondering if you should get back with your ex - the answer is always no. Ghost her completely from your life. Delete her phone number and all forms of contact with her such as on social media. Remove her completely from your life like you would wipe a hard drive clean. "Bu bu bu bu bu I go to school with her/work with her/see her every day! I can't remove her from my life!". It doesn't matter. Unless you absolutely have no choice, re-route your paths so you don't "happen" to run into her(we know you purposely try to run into her on purpose). Ignore her completely if or when she is around, even if she talks to you.

Conclusion:

- Men who ask if they should get back with their ex are doing it because they still have oneitis and are looking for other guys to tell them to do it. You are harming them by telling them anything other than NO. I don't care if the answer is "As long as you don't make her your GF, go ahead and bang her!" Oneitis can only be defeated by going completely cold turkey and fucking *OTHER* women.
- The answer is always no - getting back with your ex is never a good idea, even if its not getting back with her as an LTR or girlfriend. Even plating or ONS'ing her is a bad idea. Completely ghosting your ex is the only option
- Posting Tomassi's Iron Rule 7 again: "It is always time and effort better spent developing new, fresh, prospective women than it will ever be in attempting to reconstruct a failed relationship. Never root through the trash once the garbage has been dragged to the curb. You get messy, your neighbors see you do it, and what you thought was worth digging for is never as valuable as you thought it was."

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UPVOTES

Macron wants make wolf whistling and asking for women's numbers illegal under new plans to end 'macho' culture in France

Casd12 · 21 September 2017 · Archived copy · Reddit

Yeah, you read that right. The feminisation and suppression of men continues.

Heres the link to the article:

<http://www.dailymail.co.uk/news/article-4902104/Macron-s-plan-end-macho-culture-France.html>

<https://imgur.com/a/fVOrI>

The Key points in the article:

- French President has vowed to end harassment in steets and on public transport
- A working party has been sent up by his under-secretary for gender equality
- Marlene Schiappa is looking at what fines to introduce and how to impose them
- Plans to end 'macho' culture could see wolf-whistling become a criminal offence

Emmanuel Macron wants to ban men from following women and asking for their phone number under new plans to end the 'macho' culture in France.

The 39-year-old French President vowed to crackdown on harassment on public transport and in the street when he was on the election trail earlier this year.

A Brief Summary

"A working party set up by, Marlene Schiappa, the under-secretary for gender equality, is now looking to produce legislation making it illegal to harass people in a public place - and this could mean outlawing wolf-whistles."

To Conclude

This proposal gives women the power to claim harassment if she is at all feeling uncomfortable, and if convicted, you'll have a criminal record. The fact that this type of harassment is very hard to prove makes this law a very deadly weapon which can ruin mens' lives. Also because noone likes being harassed, this proposal's true intent is hidden under a mask portraying the intent of stopping harassment while in reality, its to promote censorship and the supression of men.

EDIT: grammar, imgur link add on and final sentence

Here are some additional links

<https://www.thesun.co.uk/news/4506566/france-wolf-whistling-chatting-up-telephone-number-sexism/>

<https://www.independent.co.uk/news/world/europe/france-ban-wolf-whistling-sexual-harassment-marlene-schiappa-a7956836.html>

<https://uk.news.yahoo.com/sexual-harassment-france-could-ban-105102522.html>

These are links from medias in France.

<http://www.journaldesfemmes.com/societe/actu/1909489-harcelement-de-rue-marlene-schiappa-groupe-travail/>

<http://www.la-croix.com/France/Securite/Marlene-Schiappa-sattaque-harcelement-rue-2017-09-20-1200878240>

<http://www.capital.fr/economie-politique/penaliser-le-harcelement-de-rue-est-ce-faisable-1244846>

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UPVOTES

14,000 words worth of TRP wisdom - a compilation of every TRP quote I've compiled in the past 14 months.

OneInAZillion · 5 November 2016 · Archived copy · Reddit

Starting mid-September of last year, I began copying and pasting quotes from TRP that I found interesting, insightful, educational, and noteworthy. These are both from posts and comments - most, if not all of which are direct quotes from contributors. I don't think I put anything in here that was written by me, so this is really a compilation of the rest of you over the past 14 months.

14,000 words later I have a nice sized text document full of TRP wisdom that I'd like to share with all of you.

It's written bullet point style - except without the bullet points because I used a shitty "New Text Document". Apologies for that.

Here is just a little sample:

- Men have an odd ability to ignore reason when it comes to beautiful young women.
- Attraction is all about figuring out what people respond to.
- Waiting to kiss her (like a few dates or so) only works for her if she knows you're an alpha and she knows you're not retarded.
- She wants to feel like she needs you. If you can't dominate her in bed, and therefore she doesn't need you to protect her, she doesn't feel like she needs you.
- Women's biology is designed to be the receiver of action.
- Women are born, men are made.
- The days of ladies and gentlemen are over.
- No reality can match the fantasy she builds in her head
- The trick isn't some super secret game recipe, it's to not be a social retard so you notice when people are interested in you.
- Women, especially pretty women, are treated like delicate little flowers their entire lives so when some dude finally comes along and treats her like a human, it's endearing and often feels honest, like they need that kind of honesty in their lives because everyone else comparatively feels full of shit.
- Women (and men) who date less attractive people may have a fear of rejection and they think that if they date down that they are less likely to be rejected.
- There's a certain satisfaction you get watching a woman's ego deflate when she realizes she's not special to you.

I have no idea how many total quotes there are, but it numbers well into the hundreds.

Now to preface, let me note a few things:

- I'm sorry it's in a shitty standard text document.
- It's written in reverse chronological order - so the stuff you see at the top is the most recent I've added.

Download here: <http://pastebin.com/FUvbXCE7>

PDF version: <https://www.pdf-archive.com/2016/11/05/trp/trp.pdf>

.txt Format: <http://depositfiles.com/files/6dqyorl43>

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UPVOTES

Have Proof Before And After Sex

Sedation · 24 June 2018 · Archived copy · Reddit

Always use a voice recorder before and after sex. U should get into the habit of doing it, you never know what might happen a couple weeks or a month after.

I was hit with a false allegation, I told the detective I will not speak unless I have an attorney, I was never charged, but they wanted to speak to me. I'm in the US.

I met this girl, liked her, chilled, etc. Cool covos n shit. I knew she was a slut, I did not care, she tried to hide it. I'm not the type of person to bring people down, unless i must.

We were both in highschool and walked home together, we chilled at a park and we fucked in the women's bathroom. I walked in there to piss, she pulled me into the stall. Got down to business.

She liked it, eventually we grew apart and we was on to the next. Couple months later a detective calls and tells me I have a rape allegation.

I had no evidence and after I met with the detective and told, I would not speak unless I have a lawyer, i thought I was fucked.

Found evidence on her Instagram and I was ready

Never got a call back from the detective. I never thought I'd be hit with an allegation, I was one of those "What are the odds"

Beware of religious women, strap up, and have proof.

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UPVOTES

Girl had "intense, toxic relationships" before with alphas and doesn't feel the same passion or attraction to her new beta. You just can't make this stuff up.

S3LF-IMPROV3M3NT · 1 August 2019 · Archived copy · Reddit

This story made my blood boil extra because in my beta days I was like this. Never again... God I feel so fucking stupid lol just reading it from the other side, my instinct was right even in my BP days and I could sense this stuff was happening, but couldn't actualize it into words or conscious thoughts. I'm posting this more for myself than you guys so I can come back to this on my profile later and reflect.

Link: <https://archive.is/Jmqlz>

So, I've never had a 'healthy' relationship. My first (and longest) relationship was a codependent mess which had insane highs and crashing lows.

Basic Push/Pull.

I deeply loved him, obsessed over him, even though in hindsight he treated me terribly, and of course it ended disastrously, taking me years to get over. I've tried dating other guys since then but either they weren't interested and just used me for sex, or I'd realise I was just using them for validation, and nothing ever lasted. I eventually gave up on dating and up until recently, I'd been happily single for about a year.

Notice how she says "I was just using them for validation". Every man would love to be used for validation if they can in return use you for sex. It's the whole premise of the friendzone and nice guys finishing last. The thing is... she only wants validation from alphas, not the beta billy in this story who I'll get to in a moment. This bitch's hamster is strong, she claims to be using the alphas when you notice that she never mentions exchanging sex to "use" the beta in this story for validation... because the beta's opinion doesn't matter.

The thing is, he's smart and funny and super nice and actually likes me. He genuinely listens to me, he cares about my interests and remembers things I've told him, and he doesn't play arbitrary relationship games (all of which I'm not used to in the slightest).

Oh wow... super nice? She must be so aroused from being treated so well. I mean, we see all these BP notions in mainstream society about how chores are the sexiest thing a man can do for foreplay and all that other shit right? Surely, this introspective and self-aware and bold empowered woman is head over heels for the guy who treated her the best... right?

However, I don't feel like I like him as much as I should. I certainly do like him and I love hanging out with him, and the romantic, intimate stuff is pretty good. But compared to past relationships, as disastrous as they were, this one feels almost ... **boring in comparison.**

Oof... it almost stings more when you hear females saying it. You study RP for years, almost memorize the sidebar, yet somewhere deep in side you sorta hope RP isn't true, that you're proven wrong. But once the RP lens is on your eyes, you can't ever close them.

I don't crave to be with him, I don't get wild fireworks when he kisses me, I don't feel my heart flutter when I get a text from him. I do feel a strong sense of affection that's almost a weird mix of **close friendship and 'this guy is a dork** and I really like kissing him'. And for the first time ever, I almost prefer just hanging out in his kitchen and making dinner together to being intimate (**which is totally opposite to past relationships that were mostly built around sex**).

Okay. Let me ask you guys this (newcomers). Would you rather be the guy who she gets wild fireworks for when you kiss her, who's heart flutters from just a text from you, and who prefers having sex with you than to do a chore like making dinner together? And has sex with you most of the time? Or do you wanna be the guy who she thinks of literally as a dork and a "close friend"? You need to shed BP fantasies because they're not gonna make the bitch fall head over heels for you. TRP does that, or at least it can if you utilize it properly.

So I've been wondering how much of that lack of intensity is due to him not being right for me, or if it's because he *is* right for me. **Maybe I don't get fireworks when we kiss because he freely kisses me all the time without making me work for it. Maybe my heart doesn't flutter when he texts because I know he'll always text back without making me wait for hours on end. Maybe I don't constantly think about him and crave his presence because I know he'll be there when I need him. Maybe the intensity isn't there because I don't have to fight for his attention, or walk on eggshells, or agonise about him not being there for me.** I know I feel a sense of warmth, of contentment, when I think about him, and when we're together there's not really anywhere else I'd rather be. Maybe that's enough?

That's exactly right. She doesn't get fireworks from kisses because Chad's kisses are in USD, whereas the beta's kisses are in Pesos. Showering her with affection isn't gonna make her feel the most passionate she possibly could about you. You need to understand that you need to man up and escape BP conditioning, and relearn gender dynamics and social structure from an unbiased and scientific perspective. Do you want her to constantly think about you and crave your presence? Then you heard from her own mouth what you need to do... women drop gems when complaining, they just don't realize it. I was watching Youtube vids a long time ago on fuckboys, and women who complained admitted that they felt a thrill about them and they chased them ruthlessly. You have to make her crave your attention. Oh, and this bitch is completely lying about there not being anywhere else she'd rather be... she literally admitted before that she doesn't feel the same attraction and intensity with the beta that she did with the Chads... if Chad called her up she'd easily drop the beta to spend more time with who she's really attracted to.

TLDR: A lot of newcomers will fall into the same trap I did. They'll be hesitant to apply their extensive knowledge of TRP because they crave true romance. You need to drill into your head that the BP will NOT get you to that romantic place, it'll just stifle your progress and make her lose interest and find the relationship boring. TRP is way more effective for making her attracted to you, the girl in this post admitted it over and over. I know some of you guys want love, like me, but before you get love you have to conquer the pussy sexually and get lust first. And train her to crave your kisses, affection, attention, etc. THEN you'll know what's it's like to have a girl head over heels crazy about you... and in occasional bouts of passion at that point, you can feel the most intense romantic connection you ever will. TBP doesn't get you love... TRP is way more effective for making her cherish, crave, and almost worship you.

Edit: Also forgot to mention this gem, credit to Beegoop.

I deeply loved him, obsessed over him, even though in hindsight he treated me terribly, and of course it ended disastrously, taking me years to get over.

You could read that 2 ways... one is on-the-surface, and the other is "guys, if you wanna make me deeply love you and obsess over you, here's what you do". Read between the lines.

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UPVOTES

"Women rate the strongest men as the most attractive, study finds"

fromdario · 13 December 2017 · Archived copy · Reddit

Original Article from Washington Post

Highlights From The Article:

- "Women, when asked in a study to judge photos of men's bodies, rated the strongest men as the most attractive. Height and leanness were appealing attributes, too, but strength played an outsize role in the ratings of a man's torso, per a report published Tuesday in the Proceedings of the Royal Society B."
- "There was no nuance to these results, he said. Zero of the 160 women surveyed showed a statistical preference for weaker men."
- "The researchers also discovered a linear relationship between a man's rated strength and his attractiveness. "What really explains the lion's share in attractiveness is how strong a man looks," Lukaszewski said."
- "The study authors described a strong body as a signal, one our ancient ancestors would have understood: This is a healthy individual with a hearty immune system, the ripped body suggests, someone who can devote calories to building muscle rather than fighting off germs. Strength was also an "indicator of one's ability to provide material and social benefits," Lukaszewski said. In this interpretation, a strong man has value as a potential protector of women and children and is desired by other men as an ally."

Body:

I know, as if we needed another post promoting the reasons to lift. The results are astoundingly clear. Women prefer stronger men, duh. Something we all know.

What's funny is the article brings in another person not involved with the study to critique it. Obviously, there are other factors involved in attractiveness but its hard to ignore how obvious strength is in the equation.

It is still surprising the number of BP guys who refute this, talk about game, etc as a substitute for hitting the gym. Really if you at all care about attracting women, you can't ignore this.

Conclusion: CONTINUE LIFTING.

EDIT: from [u/corsega](#) - Here is the fulltext: <http://sci-hub.tw/10.1098/rspb.2017.1819>

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UPVOTES

Never Let a Woman See You Bleed.

TRP_Scepter · 21 August 2020 · Archived copy · Reddit

tldr; She doesn't want to see you weak. She doesn't want to hear you bitch. Be a closed book about your weaknesses and vulnerabilities. Learn to shut the flying fuck up.

Introduction:

I'm seeing an awful lot of mainstream advice telling men to "open up" to women and be "vulnerable" and unafraid to appear "weak" around her.

Do not listen to this advice, I repeat, **do not listen to this advice.** You will fuck yourself over so fast it's not even funny.

Body:

You remember Briffault's Law?

*Briffault's Law: The female, not the male, determines all the conditions of the animal family. **Where the female can derive no benefit from association with the male, no such association takes place.***

Think about the following for a second: What's the benefit of associating with a weak man? What's the benefit of associating with a man that's "vulnerable" and "pours his heart out" to her?

Newsflash: She doesn't care about you, your problems, or your existential angst, she only cares about *what you can do for her*. If you do something that lowers your possible use in her eyes or something out of the ordinary which changes her perception of your utility for the worse, you fucked up.

B-b-but Scepter! Something tragic happened to me! I need to vent, I need to unwind!

If you need to ugly cry, go to your room, lock the door, and let that shit out. If you merely need to vent or rant, hit up a dude you trust or take out your journal and write away.

Women are incapable of seeing a man at his worst because it's biologically disadvantageous to see a weak man and *approve* of it. Imagine being a female ape seeing a weak male ape with a defeated posture. You really think that female ape is gonna fuck that beta ape? Hell no, she's gonna fuck the big strong gorilla a few paces away beating his chest because he looks *useful*.

No woman on planet earth has ever said the following:

"God, that man over there crying his eyes out because his father died is so fucking hot. I'm gonna suck his dick and swallow his children."

Or

"Babe, I love it when you bitch and complain about work. It turns me on. Fuck me in the ass."

When you actually apply this concept and refuse to show a weak emotion and stop bitching you will get tested like there's no tomorrow. For example, I was on a date and the woman said seemingly out of nowhere...

"I feel like I'm your enemy, do you even like me? You never tell me anything..."

I pulled her close to me and kissed her on the forehead. She eased up and latched on to me like a lost child. The silence and stoicism intimidated her so much that she ate up the affection like a fat bitch eating cake.

She did it again later.

"Why do you have your walls up? Why are you acting strange? What's going on?"

I smiled and hugged her tightly. She hugged me back as tightly as possible, so tight it was hard to breathe. Crisis averted twice without saying a word.

The worst thing you could do when tested like this is backtrack and begin opening up to a woman and showing your “vulnerable side.” In doing so you expose your weak frame AND let her know your weaknesses.

Takeaways:

- If you're going through something tragic, go take care of your shit away from your women. Don't let them see you weak. They will remember it and it will change their perception of you for the worst.
- When tested for being too “cold” or “distant” be sure to give them physical affection. Anything else will be questioned and doubted.
- Do not show your “vulnerable side” even if she asks you to.

Never let her see you bleed.

Follow me on Twitter.

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UPVOTES

Have some fucking standards and self respect

red_reality · 25 November 2017 · Archived copy · Reddit

Here is a massively important takeaway from Mark Manson's "Models." If you haven't read it, fucking read it. Imo it is a fundamental building block of trp principles.

My criteria for investing any time into a woman:

It is either a fuck yes or a no.

Either she is fucking stoked on me, in which case i'll push to hang out make time for her, or it's a no.

So many dudes chase after girls who aren't Fuck yes-level interested in them, which is a total waste of their time and degrades their integrity and self respect. If she isn't all that into you, it isn't going to be that great of an encounter anyway. There isn't going to be a magical moment where your inner don juan turns this girl from uninterested to gushing all over you.

The best times I've had with women are when they're legitimately stoked to meet or spend time with me. These are the chicks who are seriously attracted to you, invest themselves in you and fuck with something to prove. The times where I've forgone my self respect and chased a girl, basically indirectly begging her to hang out, are the times where they've starfished in bed. Personally, i'd rather jerk off than fuck a girl who doesn't really want to fuck me.

Instead of thinking I wonder if she likes me? Think, I wonder if I like her and I wonder if i'd like to spend time with her? You are the prize, don't forget.

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UPVOTES

Few basic readings Body Language

machialon · 30 November 2017 · Archived copy · Reddit

If she says hi to you before you say hi to her when you meet her, and you do not know her a lot, she likes you.

If you do not know her at all and she approaches you to chat, even to ask a question like what time is it, or whether you are XYZ, she is opening you.

If she enquires about your girlfriend, or mention anything resembling talking about a possible girlfriend, she likes you.

If you change something on you (haircut, beard, cloth, accessory) and she mentions that she liked it better as it was before, she likes you. It's a subtle compliment.

If you catches her stare and her gaze linger, or she maintains it with a faint smile, a sneer, or any gut feeling you have that she likes what she sees, do the math. Also, if you catch her looking at you and she immediately look elsewhere, she was checking you out. A female doesn't gawk at guys like in movies, in plain sight within meters, unless he is stunningly good looking or high value. It's too obvious, she looks easy, and she surrenders her power to choose. They'll wait that you look elsewhere instead, or when they are too far to be noticed.

If she acts submissive towards you and complies to your requests, she likes you. The more demanding or the more daring things she complies to, the more she is into you.

If she is finding time to spend with you on her own accord, she likes you.

If she constantly leans towards you and laughs even your lamest jokes, she likes you.

If she attempts to find a way to see you alone, she likes you.

If you find her invading your personal space often, or she hovers around you and she seems to be always there when you go somewhere, she likes you. Proximity is a dead-on indicator.

If she keeps touching you, she likes you.

Informative post.

Here's a couple more.

If a girl disregards any negative opinion from her 'girlfriends' - she likes you.

If a girl goes along with anything you do "Yes let's do that!" (I.e suggesting to do something) she likes you. Bonus points if its in-front of a social circle.

If a girl does little things for you here and there, out of the blue, unprompted - she likes you.

Any sign of nervousness, higher pitch tone and a locked up face, and breathe rate, she likes you.

I stress the importance of alone time and touch. These two are the prime give aways. Regarding touch, the duration context and feel are the most important.

If she follows you anywhere you go when she is alone with you, without even resisting, she likes you.

If she can't stop playing or placing her hair, exposing her neck, scratching her hand, or acting fidgety and nervous towards you, she likes you.

If there is a lot of lighting and her pupils are still heavily dilated, she likes you. Nothing she can do about it, it's reflexive.

If she always look in your eyes with a calm, easy-going face, or lowers her eyes often when you make eye contact, or looks away then looks at you again, whether you are looking at her or not, she likes you.

If suddenly she acts pissy at you for no particular reason at all or for imaginary reasons, or she hates you for no reason at all, she likes you but can't handle it. Girls that don't like a guy don't waste time being emotional on them, they are apathetic instead, they ignore him and avoid him.

If she is friendly with you in public, but you learn she badmouths you heavily to her friends in private, behind your back, it's possible that the girls likes you and wants to dissuade her friends to go after you. That's the kind of toilet room power play that queenbees play in their cliques. Girls are highly competitive and they'll never hesitate pick up fights or say made-up shit about a guy to weed out her competitors, even within their circle of friends. Same if she treats you like shit in front of her friends, but act totally differently when she is alone. In these case, if you like her, approach her when she is alone.

If she invites you in her home, in her own bedroom or she follows you inside your bedroom, with the two of you alone, it's strongly implied that she accepts the possibility of making out or having sex, if you take the lead and don't rush things.

As a proofing method, I asked my girlfriend for each item above whether it was true or not, and she agreed with all.

If you think she likes you, well be a man and take the lead. That's very important, you are in control and you're cool. Just tell her you want to grab a coffee to talk, sit besides her, and have fun with her, invade her personal space AND touch her playfully. The more she complies and answers positively, the more you may escalate the tension, and go with the feedback. If she backs off, don't panic, if she isn't leaving it's just that she was not ready to go there yet and she needs to be more comfortable. Get to know her story, her passions, her values. Project in the future, talk about things that light her up. If you find her looking at your lips or biting her lips, she wants you to kiss her.

Bear in mind, that a window of opportunity can close very fast, and most guys are bad at catching social cues. If you take too much time, she might think you are not interested or a total wuss, move on, and see you as a friend instead. That is why it's better to go for the type of relationship you want at the beginning of you knowing one another, rather than befriend her beforehand.

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UPVOTES

My 3 step guide to an awesome first approach.

Billee_Boyee · 17 June 2017 · Archived copy · Reddit

I see a lot of posts asking how to chat up hot women, and I thought I would write up a quick 'how to' guide with step by step instructions on how to get good at chatting up hotties.

TL;DR: Your approach sucks because you apply game. Don't game your approach and your approach game will improve.

The life of a hotty is a nonstop barrage of drooling incels hoping that by stammering 'You are pretty' they can somehow get her to touch their virgin dicks.

Meanwhile the life of the average incel goes days, weeks, and years without ever talking to a hotty, so when the chance finally avails itself, stammering is the best they can do.

Nobody ever stammers when they talk to an incel. The incel has nothing they want. They incel is uninteresting.

But the hotty has something everyone wants. Just her presence is a blessing for sore eyes. But what is interesting is her looks. Nobody cares if she won a Nobel Prize. 'You are pretty' is all she gets all day, every day. Just once she'd like to be noticed for something else, or even flat ignored. Can't even go to the grocery store without getting some slackjaw drooling at her from the produce aisle.

How do you distinguish yourself from the crowd?

You need to find out what is interesting about her. Doesn't matter if you think it is interesting, SHE does.

Easier said than done, Billee Boyee!

True that. Now I will teach you how to do it.

Step 1. Learn to find ugly people interesting. Fact is, ugly people are more interesting. They haven't spent their life getting everything served to them on a silver platter.

To do this, you need to chat up ugly people. That old guy who you see on the bench every Tuesday. Feeding the ducks? Turns out he is a decorated pilot from the Korean War who marched with Dr King at Selma, saw the Beatles AND Led Zeppelin in concert, and raised 5 kids working as a beat cop for 40 years. He's more interesting than any of your contemporaries. He's sitting on a park bench right now, with nobody to talk to. Your conversation starts like this..." Pardon me, sir, my phone battery has died, do you have the time?" No matter what time he says it is you say, relieved, "Whew! Sweet. I've still got ten minutes..."

Next time you are at the mall to try to game hotties, try finding an ugly woman. Doesn't matter who, she can even be pushing a baby stroller with her husband. Your conversation starts with 'Pardon me, guys, I'm looking for a birthday present for my girlfriend, and she would just LOVE your (name accessory here). Did you get that here at the mall?"

This plays several games at once. By mentioning the girlfriend you become 'safe' - not hitting on her. By complimenting her accessory you are (by proxy) complimenting her good taste. The boots are nice, but it was HER CHOICE of boots that you are complimenting.

Turns out ugly lady is on a trip to the mall taking a break from caring for her sick grandmother, who requires constant care. When Grandmas doesn't need her any longer she's going back to being a hotshot, fighting wildfires in Arizona and California. Cuz ugly chick is cooler than you or I will ever be. And she's way cooler than the hotty across the way snapchatting selfies of herself in front of Victoria's Secret posters.

You don't want to sleep with Old Dude or Ugly Chick. It never crosses anyone's mind. You are just a friendly guy on an unrelated mission with a few minutes to chat. Everyone is enriched by your interaction.

Now you chat up everyone you end up near. Supermarket checkout guy? Chat him up while he rings you up. You

may not learn much in 30 seconds, but it's time to set up and knock down a joke or two. Do it right and you can pull in the person behind you in line into the conversation too.

Self conscious? Who fucking cares. Sometimes people need to know what time it is and it's okay to politely ask strangers. The checkout person is a captive audience. ringing up groceries for hours asking 'Did you find everything you need' over and over is soul crushing. Answering with 'You guys don't carry IQ, but besides that, yes.' will make their day.

Now the Big Secret.

Chatting up ugly people, and chatting up hotties is THE SAME THING.

Once you have practiced a few harmless openers and gotten the hang of friendly banter it's time to move up to step 2.

Step 2. Try your harmless banter on hotties- then walk away.

The challenge in hitting up hotties is they can smell game from a mile off. It's instinct and it's uncanny. And they get tons of practice as guys game them day in and day out.

You are going to try the 'gift for my girlfriend' gambit on a gaggle of hotties. Same exact approach. "Pardon me guys, I'm looking for a birthday gift for my girlfriend she would LOVE that (accessory), did you get it here at the mall?"

You are gaming the FUCK out of them, but your intention is to walk away. "I have a girlfriend"- preselection. "I buy her gifts" - you have resources. "Your (accessory) is cool"- you value her unique opinion and taste. She is special for something other than her looks "Thanks ladies, have a great day!" - abundance, IDGAF mentality.

There are endless gaggles of wenches at the mall, you can practice all day, every day. If your intention is 'applying game to get in their pants', you will have less than stellar results. If your intention is 'learning to chat people up, then walking away', you will do fine.

Step 3: Find out something interesting about a hotty at the mall. Now you have the tools, you need to step up to the real deal. Chatting up hotties, gaming them, and never letting them know they are being gamed, because your intention is still to walk away. It takes that whiff of desperation out of the conversation. Women's 'no' instincts are assuaged because you are not stepping on the gas.

You may have trouble discovering anything interesting about hotties, as snapchatting selfies with their guacomole brunch is often as deep as they get, but try. Then walk away.

Now you have it. All the tools.

Now you can go to the mall with the intention of getting numbers. Your naturally inquisitive and gregarious nature (Sure it's all an act.... Or is it?) means you can chat with anyone, from the homeless guy to the pornstar.

Once they have told you about their love of deep sea mountaineering or mudshark wrestling, getting their contact info is easy. It's still a numbers game, you will still have to chat up lots of people to find the one who wants to fuck you. You still need to be the best you that you can be- lift, dress well, groom, read, etc, but your approach game will be solid if you can ungame your approach.

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UPVOTES

The official "an incel murdered somebody" thread for onlookers, bystanders & media suit types (ignore this and publish a story saying we are just like them for that sweet adrev)

sadomasochrist · 28 April 2018 · Archived copy · Reddit

I've seen posted around reddit recently that we're starting to get grouped in with the incels. While it should be clear that we are not associated with them, let's make this *very clear*, autistically clear.

I'm not here to write for controversy, but instead for people to understand the issue. If anyone actually cared about the people's lives who were lost, they'd read this, and take action from it. But I don't expect anyone to care, or take action, and I would go so far to say that even people who are involved in the media that read this will disregard the information here and push for views to get that sweet sweet adrev until the next misguided, desperate sexless guy at the end of his rope shows up in a crowded area to kill a bunch of innocent people.

I knew blood was on Reddit's hands the minute they closed down that sub.

I don't typically write content with the intention to judge, but today, I'm judging.

Park Deitz, a Forensic Psychologist, along with many other mental health professionals have advocated against many of the practices that mainstream media companies use to sensationalize this behavior. Yet these organizations operate agnostically as if they are unable to control the outcome, even with feigned malicious inaptitude as if they don't understand or realize they provide a platform for society's rejects to get up and make their statement.

These men make a statement when they take the lives of innocent people, and if any of these media companies cared about preventing such a thing in the future, or even curbing it, they wouldn't fuel the message of an "incel revolution" but they've given credence to people who self identify with this idea that at one point everyone thought was a joke, that started on 4chan as the "beta uprising."

"If you're lonely and unsuccessful with women, when you're ready to give up, kill a bunch of people, and we'll be here to make you the anti-hero."

So this most certainly isn't the last time we'll hear of this, and just like school shootings, I won't at all be surprised when this becomes a recurring issue. I knew the moment that sub closed down that someone would pay for that with their life.

TRP as a "system" analyzes and trades notes *within a woman's short term mate selection paradigm*.

Incels are *involuntary celibate*. That is, they *do not have sex*.

Traditional, monogamous, long term relationships, *are frowned upon here*. They are considered a *fool's errand*. (Since women can not negotiate attraction, and men harbor the duty of performance, making any such arrangement willful ignorance at best)

Casual sex, obviously, being much more difficult for men near a median level of attractiveness to obtain, puts this group pretty far and away past the types of men within the incel grouping.

So you should understand now that the primary audience for this group, are men that are interested in having sex with women, without having traditional long term relationships.

The system here advocates for "spinning plates" which is our ingroup speak for *having sex in an uncommitted relationship with more than one woman at a time*. This is equivalent to what people in the left call "hookup culture." *We advocate competing within this culture*.

Incels, on the other hand, understand they are incapable of competing within this culture, and even unable to obtain

a girlfriend, which is considerably less difficult to compete for than a casual sex partner.

Why do we appear to share somewhat similar views?

Incels seek information to understand their position in the world. They've tried all the advice that's been given to them by family, friends and other groups on the internet. Yet they remain lonely and unsuccessful. So they are forced to study female behavior at a level that is considered atypical. They begin to over time understand that they are physically uncompetitive specimens, low status awkward outcasts or maybe self aware enough to realize they have significant personality disorders scaring women away.

TRP subjects men who are not *Über males* to a large shock as they begin to understand women are just as if not more superficial as men. The primary difference being that women are born into a blind entitlement, who will never know what is like to try and have sex and fail, some for years or even decades at a time.

It is as much of a shock for men who have had limited success with women through serial monogamy to learn they've functioned as useful idiots as it is for men who have no success with women to learn how much work they need to get anywhere *at all*.

The difference between these two outliers (men who can compete within the STR paradigm, and men who can not compete **at all*, either STR or LTRs) is the median. The "rest" of men function more or less as useful idiots to women, whether they understand it or not. This is clearly demonstrated in sexual selection literature.

A small fraction of men are within relationships where he *is her best choice*. In these cases, these men are not often useful idiots, but instead *jackpots*. Mr. Dreamy. These are men with top physical traits, highly sociable, usually successful financially who *choose to compete within a woman's preference*. Rather than using his superior physical genetics to obtain many short term mates, he chooses one woman. They are the men whose words pull the least weight in this argument, but argue the most loudly without any self awareness whatsoever.

If you believe we share similar views, it's because you don't understand the content here or you're not self aware enough. Likely because you've functioned as a useful idiot or align more with female preferential sexual strategy. You've been selected against (likely) as a controllable mate, you see no downside to this arrangement (believe that serial monogamy is preferred to polygamy), and therefore you either can't understand your genetic advantages over these other men (incels) or you can't understand the mechanisms men use to compete with women within their short term paradigm (TRP) to maximize their sexual success.

If you understood the content here and didn't harbor a view that played so well into female sexual strategy, you'd understand we're actually polar opposite of each other.

Why do men need TRP at all? What about the men who have success without these groups?

They don't *need* it. Men come here because they are *unhappy or looking to increase their sexual success*. They could choose to remain in the pattern they're in, but they've chosen for one reason or another to come here and break out. What they're doing from a top down, systems analysis, game theory perspective, is breaking out of a woman's LTR preference, which is conflated as *the way women date* and instead understanding women from a *raw arousal* standpoint.

Plenty of already attractive men, who were born with superior genetics coast on that until they land in here after their first, or maybe even second divorce. This is when they are forced to understand concepts like *Facta Non Verba*, or, watch what she does. This conflicts with the largely held view that women operate at a rational level in a relationship. **To be clear, such a thing can never be possible. If it were, women could circumvent evolution itself.**

TRP's position is that a woman's arousal takes precedence over her responsibilities as a mother or her loyalty as a partner. Such a thing can be easily demonstrated by looking at egalitarian countries, *who have higher divorce rates*,

and much lower numbers of children growing up within the house of their biological father. Also of consideration is a disproportionate number of women who file divorce. Finally, when raising children in the nuclear family is no longer a societal priority, physical dimorphism increases.

This is because while men are polygamous, women are hypergamous. This demonstrates absent societal structuring to prevent women acting in ways they prefer, they will choose to nomadically change mates to the detriment of themselves (female happiness paradox) and their children. If such a thing wasn't true, then the absence of male valued systems of control wouldn't have an effect on the rate in which women change partners or stay in the nuclear family. Yet they do, because as we say, *tingles uber alles*.

What many of these men take for granted is that they often are

- Tall
- Conventionally attractive
- Functioning as useful idiots for women

Speaking frankly, but likely above your reading level for the content here, *most* women *select against* for long term relationships. The type of men within the incel community would *never* be considered short term mates, since such enormous numbers of much more attractive mates are on supply.

This means that many of these men figure out that *even if* they were to procure a relationship, they understand they'd be chosen because they

- Are easily controlled
- Provide resources
- Are a temporary mate until a more attractive one can be obtained.
- Would likely be cheated on

More or less, they begin to understand how useless they are within the system. This concept here is called "male disposability." And that *even if* they were to become more attractive through significant effort and sacrifice, that they could still lose a significant portion of their life in the event the relationship fails, leaving them on the hook for child support or losing assets. Men who lack the physicality or intelligence to even compete to this level of "high beta" begin to resent women for having such a low level of necessary competence or value in the world outside of their youth and or attractiveness.

Upper middle class women would argue that many women struggle with the same issue. Yet they aren't *alone*, they're merely too choosy to be saddled with an "unattractive" partner, even if, they are unattractive. If you were to pair these women with men of equal attractiveness, they'd consider these men beneath them. As is often demonstrated, women select on the pareto distribution. 20% of men are attractive, and 80% are invisible. Most incel men are in the bottom 20%. The idea that "everyone has their equal" isn't true for men because this also, would conflict with the purpose of evolution, which serves to increase genetic quality and diversity.

One need not look further than the advertisements of prostitutes to see that men are willing to stoop pretty low, for a chance at intimacy, even if more shallow and less long term. Frankly speaking, *voluntary celibacy* is not the same as being *involuntarily celibate*.

And frankly speaking, from what I outlined above, these men lack the physicality to stumble into the sexual marketplace by accident and have success. And so we are united in a forced understanding of women, yet for different reasons. The readers at TRP do so, to become *more successful with women* and men who identify as incel do so to understand their failures in life or because we provide the only explanation as to how they may even create a suboptimal solution for themselves.

The divergence between our groups is the men here accept these facts and change how they compete. Many incels do not. Instead they use our content as a way to justify their misery, when most are physically able to compete, just

lacking the strategy and mindset.

I have created a post in my post history that helps these men, and have received many messages of thanks. To this I will make the strongest point of this group.

Incels are the creation of male duty and honor

The saddest realization I had when I made the post for incels to understand sexual theory, was a realization that many of these men struggled competing on the level that women compete on in the sexual marketplace. Women who have high sexual value simply need to put themselves onto an online platform and they are assured to get messages pouring in. Even average women are bombarded. And there *are not* as many sexual messages as they'd like to claim, it's just part of the flood. Regardless, the average number of messages a median woman gets, is *infinitely* higher.

That's not hyperbole, it's literal. The average number of messages a median male gets on an online dating platform is *zero*.

These men were stuck in decision paralysis because no one was telling them that they could date these women and leave them. This may be a hard thing for a normal person to digest. But these men were so stuck in male duty and honor, that they couldn't push themselves to compete within the sexual market in a way they considered dishonest.

That they could be the low value "controllable" man that a woman searches for, who isn't her best option, and turn her down for marriage.

There is an odd paradoxical sadness in that male incels often times have internal standards that are too high.

This can be boiled down to this conceptual shorthand.

Take the average involuntary celibate man, match him with a woman who is of equal levels of attractiveness, and they are both hypothetically obligated by totalitarian enforcement to be loyal to each other till they die, most of these men would take this agreement, almost no women would.

We explain to men why such an arrangement isn't feasible. (Hypergamy, SMV differential, etc) Men in TRP use this information to formulate their sexual strategy to one that is designed for long term stability. Incels use this information to help understand their state.

The truth of the matter is that *some men*, normally short men or men who are foreign, have *valid concerns*. Their best case option is to pray that the woman that they marry doesn't cheat on them militantly and divorce them. They know in their heart of hearts it's unlikely they'll ever be a woman's number one. And even at TRP, many men try to point to a man like Kevin Hart, yet if you took away all the money and status he has, Kevin Hart could likely be just as discouraged. Men below the median height of women have *an extremely difficult time* finding partners.

Naive men say they're just "be themselves" or "approach more" away, some of these guys having confided to having done hundreds or thousands of approaches to me.

These men deserve to understand the truth, that women select based on height as one of their primary selection mechanisms. A fact, so indisputable that it serves as a canary in a coal mine as to how misinformed most men and women are in regards to sexual selection. Such a choice is so obviously innate to the species and yet most men and women would insist that such a preference "isn't universal." Which is only true in the most obscenely absolutist, truth deaf way. True in the sense that *not all men dislike having their balls stomped on with high heels*.

Tell that to men who are 5'2" tall, who have tried speaking to a thousand women. Who are competing for a small subset of women who are that height or smaller, who are selecting men who are 6'0". Too bad, so sad, be more yourself, stop hating women, you aren't entitled to them.

Die alone, loser.

And yet these same men are confined to their rooms, scouring the internet for some solution to their misery that doesn't involve treating women in the way that "those dirty misogynists at TRP" do.

They are looking at a group that has solutions to maximize potential, so that they may position themselves as having *something*. Lamenting that they'll have to grow the fortitude to treat women in ways that they've been treated. Discarded at a moments notice, for trivial errors in the dance of attraction, because they lack the raw arousal characteristics they learn are potent in sexual selection.

To the casual observer, a lack of regard to sensitivity that we have is unable to be separated out from the hatred many of these self identified men have that seeks as a way to soothe their intense inner sadness from a world that has rejected them, giving them little options to grow from.

The violent incel program

1. Take away a support groups for some of the lonliest, purposeless human beings on the planet.
2. Deride them for their failures.
3. Offer them no actionable solutions.
4. Be surprised when lonely, purposeless human beings, who are being derided for their failures, with no actionable solutions lash out after taking away their support groups.

Truth is the matter is a lot of these guys could have remained within their "in group" as outcast loners. But taking down one of their last spots to hide away and bemoan their own lives sent a message I thought was dangerous.

There is no spot a man is allowed to have in the world where he can be accepted for being sexually unsuccessful, not even in an obscure part of the internet.

Think about that level of isolation. It's dark to even consider and to accept this black truth.

If you're wondering why incels come here, it's because you've provided no actionable advice for these men and taken away their last refuges. Until the only thing that makes any sense in their world is to pick up a gun or jump in a vehicle and kill innocent people as one last jab back at a world that if it operated with the claimed empathy and equality it purports, would have focused on helping these guys out a long time ago. And any claims that we should be the ones helping them are about as absurd as someone who has never played blackjack coming to a blackjack pro convention. The only reason that player is here is because there are literally no other places *for* him to go.

And FYI, that isn't just a "mental health" issue. If you criminalize being unattractive, then these men will "choose" to be criminals. Frankly I consider the mental state of incel men to be that of a society inflicted complex. Where men who are not attractive enough are told a variety of means to achieve their goal which are ineffective, persisting in a state of society induced insanity.

Where the only solution to this insanity is a group of men who do know how to exploit sexual selection mechanisms, yet have no sympathy for such divergent men who run literally counter to their mission to maximize male sexual success.

More or less, society, get your shit together. You stopped overt, easy to spot physical bullying and transitioned all that negative energy to "misogynistic men who feel entitled to women's bodies." These men don't get their ass kicked in gym class anymore, and I would argue such a thing would be a positive to some of these guys. Instead, the world puts them in a box and tells them the key is in their heart.

It's not.

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UPVOTES

Women Will Only Be Attracted For A Brief Window: Strike While The Iron Is Hot

ForeverKarlMalone · 24 July 2020 · Archived copy · Reddit

If you've been working on yourself by going to the gym and working on your frame, chances are, women from your day to day life have already started approaching you to start conversations or dropping some indicators of attraction your way.

I see this over and over again to my friends and it is frustrating beyond belief when guys fail to capitalize on opportunities.

I used to make the same mistake. When I was first starting out, I remember at a Meetup group, there was a cute girl who approached me after the event and had a conversation with me. I simply talked and talked, without ever asking her out or even getting her number. But I couldn't get my mind off of the girl! I thought about her after the meetup, super excited for the next time I would see her! And of course, I didn't want to rush things, I wanted to "play it slow..."

Well, after talking to her 2 more times after Meetups (both times without asking her out or even getting contact info), she stopped coming my way. That's when I made a fatal mistake of chasing... That's right, I approached her and tried to "warm her up" again. Big mistake. Now, she was cold, indifferent, just professional workplace vibes, not flirty.

This probably happens to you all the time as a beginner as well - especially if you're in High School or College. Meet a cute girl in your class, have an interesting conversation with her. Can't wait to see her again the next class! But don't get too aggressive! Let's play it nice and slow, since I feel a real connection with this girl!

Next class rolls around, same thing! Have interesting conversation! Dream about her... Still no escalation on your part... And poof, the attraction that was there initially is gone. Vanished into thin air... She goes cold and you desperately try to reignite that spark but it's over.

Why do women lose attraction so rapidly if you move too slow?

- Playing it slow communicates to the girl that you're afraid to lose her... and nothing is more unattractive than a guy who doesn't even believe in himself and his own value
- Playing it slow communicates that you won't know what to do on dates or in bed. It shows inexperience as well as lack of leadership, and it shows her that most likely she will have to do all the work - which is not sexy at all.
- Women get hit on a lot by other guys. Chances are, at least one of those guys isn't afraid of the girl (unlike you) and they move FAST. Women have a lot of options (if they are young and hot). Most don't have the patience to wait more than a week for you to make up your mind. Too many other guys hitting her up.

Here's what you do instead:

- **If a girl approaches you** in any setting that doesn't involve getting a work related assignment done, that's as much of an indicator of attraction as you can possibly hope for. I swear, some guys are so inexperienced that unless the girl starts making out with them right away, they still don't know if the girl is attracted or not... Don't be one of those guys. If the girl walks up to you and strikes up a conversation, you can safely assume she is attracted. Always, Always, Always ask her out after the conversation ends. Do not play it slow
- **If a girl simply moves away from her original location and stands near you**, this is often a sign of attraction. A lot of girls are too shy to directly approach men. But that doesn't mean they're not attracted. You'll often find these shy girls hovering near you. The telltale sign of attraction is if their feet are pointed towards you, since that's subconscious. If that's the case, approach! Even a simple, "Hi, my name is (blank), nice to meet you! What brings you here?" will work since she is already attracted

- **If a girl smiles at you when the two of you make eye contact**, you definitely need to approach. Another blatant invitation to approach that a lot of guys fail to take advantage of. If a girl smiles at you, it's practically her way of saying, "You're hot, come talk to me, I want to know more about you and see what you're really about!" Again, even the simplest of openers will work since she is already attracted.
- **There are other indicators of attraction that are less reliable such as a girl looking down when you meet her eyes, or a girl playing with her hair when you walk next to her.** In my opinion, you should always play aggressively and approach any woman that even gives the slightest hint of attraction. There's nothing to lose.

The next time you find yourself seeing these blatant signs of attraction and hesitating, realize that you don't have weeks to let the attraction "slowly build up". You have a very brief window. If you watch the NFL, defenses don't usually allow for crazy big plays to happen. There's only the tiniest of windows for the quarterback to make a play. If you play video games, a lot of hard bosses are invulnerable as they're attacking you and only offer a brief moment (usually indicated by a color change or something) where they are vulnerable to attack. **DO NOT MISS THESE WINDOWS WITH GIRLS!**

Fortune favors the bold.

Hesitation is the seed of defeat.

Strike while the iron is hot.

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UPVOTES

Do it all for yourself

Archwinger · 26 March 2015 · Archived copy · Reddit

The large majority of information on The Red Pill focuses on behaviors, activities, traits, and ways to develop those traits, that do one very significant thing: Make you more attractive. If you read enough material without really delving into the details, that seems to be the primary focus of The Red Pill. Being attractive. Becoming more attractive. Attracting others. Staying attractive – more attractive than others. Passively keeping others aware of your attractiveness. Attractive this. Attractive that. Attraction.

But if you look just beneath the surface, The Red Pill is about something more. The Red Pill is about being happy. It's really a collection of thoughts, essays, and theories about how to be happy as a man. Actually happy. Happy. Not just content, like a fat video game addict jerking off to porn and drinking beer. Not just not sad, like a henpecked married guy going through the motions. Happy. Successful, proud of your life, eager to wake up in the morning, confident about the future, happy.

Why all this focus on attraction, then? Because we don't live alone on a private island. We interact with other people. Other people can help us be happier, or they can stand in our way. And the one thing all humans share is their love of things that are attractive. People treat attractive people better than they treat average or unattractive people. People help attractive people. People want to see attractive people succeed. People want to be friends with attractive people, latch on to them, enjoy the ride that is their life. People like attractive people.

Thinking about The Red Pill as a path toward becoming more attractive is a bit of a disservice. Because it makes The Red Pill sound like a song and dance. A show. Like something we're doing to get noticed. And in many cases, especially for guys new to The Red Pill, that's exactly the case.

A man will read a pile of material, and it will click. He'll think to himself, "Holy shit! That's the reason my marriage/LTR/dating life sucks. I'm barely a man. I need to lift weights, stop taking shit from people, start doing constructive and interesting hobbies, get an awesome job, and start doing manly shit around the house." And he'll start doing some of this, which is awesome!

But our example man misses a critical point. Women still shun him and his friends think he's annoying. Because he struts around all day talking about how hard he's working out, how healthy he's eating, and makes sure everyone knows that he just built a deck himself and is currently rebuilding his transmission. After all, people are supposed to be attracted to masculine men who do this shit, right? But it doesn't "work." Everybody's annoyed at him and thinks he's an ass, and they still treat him like a loser.

A newcomer to The Red Pill is excited. He's learning so much, doing so much, feeling so much better. He wants to talk about it. It's interesting to him. Exciting. It's hard to just shut up and do shit.

I started out this way. Every time I did something manly around the house, I'd tell my wife about it, because I wanted her to notice how I was changing, improving, and taking care of shit. It annoyed her. She laughed, minimized my efforts, never really thought much of it. Because I still wasn't a man. I was a boy playing the role of a man. Every time I did something right, I'd run to my wife and tell her, eagerly seeking her approval and validation. She was still my mother, not my wife. But I had to, right? Because otherwise, she'd never even know about 99.9 percent of the things I did around the house! How the hell is she supposed to start respecting me when she doesn't even know that I've become respectable? She won't notice any of the awesome things I'm doing if I don't tell her! I'll just be doing manly shit, and she'll keep being the same disrespectful bitch because she doesn't know!

And there's the problem. A man who's doing that shit for others, hoping to impress them, is a slave. A monkey. A clown. An entertainer trying to dance and put on a show, hoping for the support and validation of his audience. Nobody has sex with clowns. Nobody hires and promotes clowns. Nobody wants to see a clown succeed.

The huge majority of your awesome life is going to be completely invisible to everyone. Nobody will notice 99 percent of what you do. You can have your ducks in a row, your shit in gear, and your life can be awesome, and

nobody will know about 99 percent of that except for you.

So if doing awesome shit isn't going to impress anybody, why do it? Stupid question. You do it because being awesome its own reward. Being awesome changes you. It changes your walk, your talk, and how you perceive the world. It changes what's important to you. Being awesome won't make everybody love you. 99.9 percent of the world won't even know you're awesome. But being awesome will make you confident enough to not care, because you know you have your shit together. You're happy with your life, eager to get up in the morning, and confident about the future.

That girl across the bar? She doesn't know you're awesome. But you do. You know you can walk over to her, talk to her, and spark her interest, and if she's a bitch, then you talk to that other girl four seats over instead. You know they're just women, and sex is just sex, and you have a great life with or without them. And when you talk to them, it won't be about how awesome you are. You won't tell them shit about your life. That would be unattractive anyway. You just use them for your entertainment, shoot your mouth off, and take charge of your own happiness. It's not your job to entertain them or make them happy. It's your job to entertain and please yourself. And their job to do the same for themselves.

You're never truly free until you abdicate all responsibility for anybody else's happiness, and stop doing anything for anybody else. Nobody else cares if you're happy. If you don't take responsibility for your own happiness, nobody will. All of this lifting and self-improvement, and becoming more powerful, successful, manly, and what-not – that's not something you do for girls. That's something you do for you.

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UPVOTES

Norwegian "male feminist" gets raped by a refugee immigrant - then feels bad when the rapist is deported.

needsomehelp3211 · 25 August 2016 · Archived copy · Reddit

Summary: Feminism is the political ideology equivalent of a vise tightening around your scrotum. Keep your balls intact, reject feminism. Otherwise you'll be like this guy.

[Full article here.](#)

Okay, any Scandinavian redpillers here? What the **FUCK** is going on with your country and culture these days? What is happening to your men? Case exhibit A: The guy below. Basically, he's a self-identifying male feminist who was raped by a Somali refugee. When he learned the refugee was to be deported... he felt bad and cried out racism.

Yes, this is a serious article. Honestly I'll just copy it below, it does more justice than any of my commentary could ever do:

A Norwegian man who was raped by a migrant has said he felt "guilt" after his attacker was deported.

Karsten Nordal Hauken, who describes himself as feminist and anti-racist, was sexually attacked five years ago.

He said that although the incident caused a spiral of depression and substance abuse, he felt bad about the fact the man had been deported to Somalia when he had already served his prison sentence.

Writing for Norwegian broadcaster NRK, Mr Hauken also said he wanted to break the taboo over male rape.

His comments accompanied a documentary on people with mental health issues, in which Mr Hauken appears.

Mr Hauken said that following the attack, he was treated well by police and medical personnel. After his attacker was caught and sentenced to over four years in prison, he was "a bit taken by surprise" by how he reacted to the news he would be deported.

"The tears, they came the moment I sat in the car," he said. "I felt a relief and joy that he was going away forever. I felt that the Norwegian government took on the responsibility to exercise the ultimate revenge, like an angry father confronts a child abuser.

"But I also got a strong sense of guilt and responsibility. I was the reason why he should not be left in Norway, but rather to face a very uncertain future in Somalia.

"He had already served his sentence in prison. Should he now be punished again? And this time much harder?"

Mr Hauken said the worst effect of the rape was that he had "lost so much time" to "depression and cannabis use."

"It is scary and taboo to talk about young men's emotional life," he wrote.

"I feel forgotten and ignored. But I dare not talk about it, I'm afraid of attacks from all sides.

"I am afraid that no girls want me and that other men laugh at me. Afraid that I'll be perceived as anti-feminist when I say that young men who are struggling should get more attention.

“Men and boys must learn that it's okay to talk about their feelings. Boys and men are ignored. For me it resulted in years of depression, abuse, loneliness and isolation.”

This man has *one* thing right, that no girls want him and other men laugh at him. But it's not necessarily cause he was raped (though honestly, that does demonstrate weakness and could have been avoided by being physically strong / lifting). The disgust he feels from women is because he has no backbone whatsoever. Dude, you literally got raped. By a refugee your government invited into your home. Your first reaction should be to want to tear that guy's eyeballs out, and then kick the asses of the legislators who made this situation possible.

But alas... feminism. This man has been so thoroughly brainwashed because he's been brought up in a lumpy, naive culture that stresses the virtues of "nice guys". A culture that applauds men for being childlike and soft, not hardened and strong like their ancestors used to be.

Today, it's the Norwegians and Swedes who are rapidly being pussified. Watch out, Western Europe and America... you're next.

TL;DR: Feminism destroys men's souls completely and turns them into stuffed teddy bears. While this is nice on paper, it's a recipe for disaster in the real world.

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UPVOTES

Closure is Bullshit

NobodyP1 · 6 October 2020 · Archived copy · Reddit

Closure is Bullshit

As a man, you don't need closure.

A girl either wants to fuck you or she doesn't. A long, emotional conversation will not change this fact.

Girls, however, need to put a man they are dumping into a desexualized box and wrap a pretty bow of closure around it.

By participating in the closure process you are helping her tie the bow around your desexualized fate.

If a girl breaks up with you: Do not talk about your feelings Do not talk about her feelings Do not argue with her reasons Just accept it and grieve on your own time. This is hard.

Why?

Because a woman will never give her ACTUAL reasons for breaking up with you. She will only give you society-approved bullshit that makes her look innocent.

She will never say "you didn't fuck me good enough" or "you're too nice and not exciting" or "no other girl I know wants to fuck you so something must be wrong with you".

She will say "I'm really busy with school and work and don't have time for a relationship now" or "you're great but I'm not ready for anything serious" or "I care about you as a friend". Sometimes the reasons she give will be SO false, such obvious flowery bullshit, that you will feel a deep burning need to set her straight, to correct her misunderstanding.

Don't.

You can't logic a woman. You can say "okay", walk away with a smirk and never contact her again.

Being robbed of emotionally dripping closure, she'll always feel a little incomplete. Why didn't he fight harder for me? Did I really not get to his emotions? Am I not as desirable to him as I thought? Is he more desirable than I thought?

Girls have egos. They WANT to know you're emotional about her breaking up with you. It validates her. So don't do it.

You want a girl dumping you to question her reasons, not verify them.

When a girl dumps you, you want to be able to look back on how you handled it with pride. When you give a girl closure, you give her your pride.

by laidnyc

This isn't my words. I saw someone link to on asktrp. <https://archive.is/ENAtL>

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UPVOTES

Girls just want to have fun

Archwinger · 26 February 2015 · Archived copy · Reddit

The Red Pill is a relatively new phenomenon, but the need for the Red Pill is as old (or older) than many of us. In 1983, I was a toddler. I'm older than a lot of you, younger than some. That year, Cyndi Lauper recorded the iconic song "Girls Just Want to Have Fun." The lyrics playfully talk about a girl coming home after being out all night (presumably getting fucked), guys calling for her at all hours, and her parents disapprove, but they don't understand, because girls just want to have fun. Some boys want to hide a beautiful girl away, but she wants to bask in the sun flaunting herself to the boys. When the working day is done, girls just want to have fun.

Fun fact – the original lyrics to this iconic hit from the 80s were written by a guy named Robert Hazard, and the song was originally about a player cad cruising about, crushing vag. He'd come home late at night, presumably after fucking girls, get scolded by his parents, and exclaim that the girls just want to have fun. That's all they want. Lauper found the original lyrics to this song to be misogynistic, so she rewrote them to the ones summarized in the first paragraph, intending them to be an anthem for young women. Oddly, they're even more misogynistic her way.

Housewives galore, my mother included, did aerobics classes in psychedelically colored leotards to this song, while reminiscing and gossiping about all the guys they fucked in the 60s and 70s during their hippie days in high school and college. And badmouthing their clean-cut, hardworking husbands who put on conservative dark suits and white dress shirts every day to go sit in an office and pray that the recession didn't cost them the jobs that were supporting their wives and kids and paying for their tenuous middle class lifestyle. Even as early as the 60s, hard-working, responsible men who provided for their families were boring. A laughingstock when women were alone together. A necessary evil.

This didn't stop women who'd fucked their way through college (after earlier women fought for their right to be there) from settling down and marrying a stable guy. Sure beats working. Work sucks, and girls just want to have fun.

Hazard knew what was up, or at least the character in his song did. The original message in those lyrics was meant for guys, not girls. Girls already knew they wanted to have fun. They'd been having fun for awhile. It was men in the 70s and 80s who needed to get a clue. The song didn't go, "Girls just want to fuck a guy with a middle class job." You couldn't say fuck on the radio.

The 70s and 80s were burdened with feminism. First-wave feminism was awesome. Women needed to be able to vote and own property and not be second-class citizens. Second-wave feminism was better than the shit we have today, but was considerably more retarded than first-wave feminism. Apparently, keeping house while the husband works wasn't the standard because it makes logical sense for the person who doesn't get pregnant to be the one relied upon for income. It was the standard due to systemic sexism. The world definitely had to do away with that. The line's a little blurry where second-wave feminism ends and third-wave feminism begins, but the third wave is essentially just planting a victory flag as far up the ass of society as possible, because they already won equality decades ago, so now it's time to normalize being a slut. Girls just want to have fun.

Mark my words, if we don't have a war or something else significant to shock the world in the interim, in another decade or two, one-sided poly marriages will be a somewhat common thing. Sexless men who are just happy to have a wife, marrying women who are free to go fuck whoever they want. Because trying to use marriage to own and control women is a patriarchal relic from the past. If men want to commit to women, that's fine, but they'd better check their privilege and not think that marrying someone means they own that vagina. It's her vagina, to fuck whoever she wants. Not her husband's. He should be thrilled when she comes home ready to bear kids for him to help raise. That's why he married her. For a family, right? Be a real man. Marry a woman and support her family for her.

The old regime died decades ago. Women get free birth control through their insurance. They have jobs and support themselves, scholarships designated just for them, sexist programs designed to put more of them into

various fields independent of qualifications, and other ways to make life a bit easier for them. If they don't have jobs or don't make enough with the jobs they have, they get free insurance and free money from the government. And if a woman slips up and gets pregnant, she can get an abortion at will, no questions asked. Or if she knows who the father is, she can have the kid if she wants it, and the government will take a portion of his paycheck and send it to her. That portion isn't based on her expenses. It's based on how much money he makes. So she can spend a little time keeping track of his promotions and raises and get that amount increased periodically. If he's ever a dime short, he goes to jail.

Women don't need hard-working, responsible guys who support them any more. They didn't need that in the 60s, they didn't need it in the 80s, they don't need it now. Girls just want to have fun.

Don't go crazy now. You still have to be hard-working and responsible. For you, not them. Your job is to support yourself awesomely and be a badass, because being a badass is fun. Hey, guys want to have fun, too. Sucking and having a shit life is not fun.

But for them, your job isn't to be hard-working and responsible. They want to have fun. They don't need you to support them or save them or love them or cherish them. The world's given them a safety net. You don't need to be their soft place to land. They have that already. They won it fair and square. Society failed the shit test and gave women the farm. And now women don't respect society any more. They piss all over society daily and still call it unfair and sexist, after all it's done for them. Now they're angling for two farms and a private island, and society will probably give it to them.

Your only purpose to women now is entertainment. Hard work? Responsibility? Support? Boring. Girls hate boring. Your job is to be fun. Girls want to have fun. If you're not fun and interesting, they'll fuck someone else. There are plenty of someone elses.

You young guys out there need to work harder than ever, for you. Get your awesome life in gear, for you, so when this bubble bursts, you're on top. But on your down time, ride this third wave of slutty feminism as far as it can take you. Look hot, smile, be fun, and abdicate all appearances of work, responsibility, or love. Entertain them. Perform like a monkey. Stick your dick in them. Laugh at them inside your head. Then go home and keep working on that awesome life you're building. It'll be our secret.

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UPVOTES

Standing your fucking Ground

JFMX1996 · 13 January 2017 · Archived copy · Reddit

Alright, **JFMX1996** here, you know the deal.

I finished up the semester and am looking for a job. My dad comes to me today and offers to take me to plow snow with him as a short gig. We had this huge driveway and patio to plow and the entire job just lasted about an hour and a half. We hit it pretty hard and took no breaks, quite a bit of snow.

We finish as it's getting pretty dark, my dad tells me to go knock and tell the lady the price. The total came out to \$60. I told her this with a really confident tone, many in these situations often go off telling a price for a job not very sure of themselves and will buckle the second a person questions the price.

She looks at me, and tells me "Just so you know, I once got two guys to do this for \$40..." I just smile at her and say "Wow."

An awkward silence ensued. People will usually use some weird past workers experience to try to make you lower your prices. The thing is, if that's really true, no wonder she had to call us and not those two fuckers because who the hell would ever do that entire shit for \$20 each. We're a legit landscaping business and do a proper job and work well. The reason some of those guys do that shit is because they must be working illegally or just aren't legit.

Anyway, so beside that ramble, I stare at her and until she goes and grabs her money. She comes back, hands me a \$50. I repeat that the price was \$60, she asks if I had a \$10 bill, that if I have a \$10 bill for change she'll give me the \$60, otherwise she can't.

Most people would've been alright here and settled for the \$50 and let themselves be tossed aside.

I look at her and ask "You really don't have \$10 in this big house?"

(She's this old rich lady living in a pretty damn big house).

Eventually, she shuffles away and immediately brings two \$5 bills completing the \$60. I give her my fathers card and seal the deal.

I tell my dad about the experience and he scoffs and laughs and says she'll have us back the next time it snows.

Always stand your ground not just in the personal world but in the business world. If you're weak, people will take advantage of it in both scenarios.

A year ago I would've been like "Oh, okay, let me talk to my dad and we can work something out..." being all timid and submissive. A year later now being 20 and having been internalizing the Red Pill teachings, that isn't the shit that will go on.

Thanks to what I've learned here I applied the learned assertiveness and it's worked quite well. I plan to incorporate this more frequently in my interactions all around in life and hope you guys can see not to submit so easily to the pressures of others.

Be alpha in your interactions.

Edit: Yes, we negotiated the price before, most would say it was a \$70 job but we did it for \$60. I went to the door to tell her the price as a reminder because she was going to pay on the spot. Then that whole post happened.

We got a call from a friend of hers today for a job as well.

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UPVOTES

OP in the OKCupid sub rejects woman after finding out she's pregnant. Commenters tell him to man up and that "you are far, far too emotionally immature to date a single mom."

needsomehelp3211 · 18 October 2015 · Archived copy · Reddit

Summary: Women and white knights converge upon OP like a pack of vultures after he talks about going on an uncomfortable date with a girl who is 4-months-pregnant. Top replies call him an asshole and an immature baby for not wanting to raise another guy's kid.

[Thread here.](#)

If I had to make a list of the subreddits most populated by male eunuchs, the OKCupid one would be up there. Right behind TwoX and AskWomen. All the men posting there are basically whoring themselves out emotionally in front of the female users, hoping to be good male feminists and that one day it may gain them access to a vagina.

Today was no different. An OP had earlier posted about chatting with a girl who was a few months pregnant. He was shamed and prodded into going on the date anyway, so he did and returned with an update. It's too long to post here so read it on your own, but basically the girl made it incredibly obvious she was looking for a beta provider. Constantly bringing up her child, asking how good he is with kids, etc. OP decided to end the date and later sent her a nice rejection message.

Cue the feminist outrage. The OKCupid readers could not believe their ears - how dare this shitlord not help a woman in need?

Like 80% of the things in this post make me think you should leave this poor woman alone for her and her child's sake. You are far, far too emotionally immature to date a single mom.

Remember folks, it's always the man (in this case, OP) who is the emotionally immature one. Not once does anyone say that about the girl, despite the fact she willingly was a cumbox for her abusive ex-fiance and still carries his alpha genes inside of her to this day.

What was the actual deal breaker for you: potentially having to raise a child, or all the things that come along with dating a pregnant woman? I agree it would be sort of weird to date her while pregnant, but maybe down the line once she has the child and things get a little less crazy it might have been worth it to keep that door open. If you met her when, say, she had a 1 year old child, would this have been a different scenario for you?

Just white knights being white knights. Trying to find a loophole, any loophole, to encourage OP to become this woman's open wallet. "Well what if she does the pregnancy on her own? Can you please come back to her after that and help the child? Please?"

I think you're getting ahead of yourself in a mind-numbing way by imagining yourself as a stepfather after a single lunch. She's fully aware that she's in an awkward spot, but you're making it much weirder. If there's a connection, set a date #2 and go for it. If you can't bear another couple of hours with a pregnant lady, move on. I think that she's trying to date, just like you are, not expecting you to slide in as dad replacement after Panera.

Of course she's looking for a stepfather figure, you dumbass. She's going to have a baby in a few months. You don't think she's hoping to rope in a beta provider by then so he can pay for the diapers and formula milk? Honestly I'm surprised at this level of denial. I figured even the bluest of bluepillers would understand that she's trying to assemble a new family.

Maybe you were in a bad mood but your post makes you seem like a massive dick and a giant douche. I think it is just your mood because you're scared shitless of a potential future. You want love, you eventually want a

family. And she's into you. But she's pregnant and you'd have to be an instant dad in 4 months. Is that why you are coming off so insensitive in your post?

Classic male shaming tactic. Call the OP immature and "scared of a potential future". I swear there isn't a day going by when some feminist doesn't whine about how men refuse to be men anymore, that guys are still stuck in their college phase, that they only care about video games and working out, etc.

You know the saddest thing about this thread? Most of the upvoted commenters are fellow men.

TL;DR: OP is hesitant about dating a single mom, commenters try to shame and browbeat him into doing it. Take this as a warning: society will try very hard to turn you into a financial and emotional sponge for women. Do not fall for it.

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UPVOTES

University Kangaroo Court Suspends 10 Innocent Football Players, Entire Team Boycotts

in_da_tr33z · 16 December 2016 · Archived copy · Reddit

Not sure if this is a red pill example or blue pill example. Article detailing events here:

<http://www.startribune.com/gophers-football-players-plan-to-threaten-boycott-of-bowl-game/406928136/>

This is an infuriating story straight from my Alma mater. To break down the highlights for you, a woman accused a group of football players of sexual assault in early September.

According to police reports and the student's testimony, the student, who is part of the gameday operations at TCF Bank Stadium, drank five to six shots of vodka on the night of Sept. 1 before heading out of her apartment with her roommates toward Dinkytown. She then went with two football players to the Radius, an off-campus apartment building. Though she said her memory was spotty, she recalled Djam in a common area asking her to go up to his apartment. She would later testify that she had no intention of having sex.

She said she felt panicked when Djam walked her into his bedroom, but later testified that he never pushed her, prevented her from leaving or said anything threatening to her.

After the first encounter, and even though she admits her memory was unreliable, she claims "she saw a line of men waiting to take turns."

She estimated there were at least a dozen men. "I was shoving people off of me," she testified. "They kept ignoring my pleas for help. Anything I said they laughed. They tried to cheer people on."

About an hour and a half later, she said, she was allowed to leave. She called her sister, who told her to go to the hospital immediately, where she was given a rape exam, while her mother made a report to Minneapolis police.

The first player accused, Carlton Djam, had VIDEOS of this girl in his bed the morning after.

During an 8-second clip, the woman "appears lucid, alert, somewhat playful and fully conscious; she does not appear to be objecting to anything at this time," Wentz (police investigator) wrote in his report. After viewing two additional videos, he wrote "the sexual contact appears entirely consensual."

At this point the entire case is swiss cheese. Officers had video evidence from the morning after that compel them to believe the encounter was consensual and there was no evidence of a 12 person gang rape collected by her rape exam. In light of this, the charges brought against the only four players who could be placed at the scene were dropped. So we got justice in the end right? Wrong. The woman went on to file restraining orders against the players which caused them to be suspended from four home games because the woman works at the stadium where they play.

Oh how I wish that was the end of the madness. This week, the school announced that after an investigation into the incident by the Office for Equal Opportunity and Affirmative Action, they would be suspending TEN 'involved' players for their roles in the events of that evening including those that were originally implicated in the case. Some of the newly suspended players weren't even present during the incident. Some of the players are core players on the team. Rightly outraged, team captains met with the President and University AD

"We got no answers to our questions about why these kids were suspended when they were just found [innocent] by the law," Wolitarsky said. "He basically told us that he didn't have answers, and that led us to believe that this is kind of unjust. He has the power to reverse this, and he won't."

■

They are now giving up a trip to San Diego in December (we're from MN mind you), for the seniors their final game, and for many more they risk losing their scholarships for this act of defiance. And they are getting absolutely TORCHED by the "fan" base on social media all because they stood up for their brothers. I for one have never been more proud of the team. It takes a lot of heart to walk away from an opportunity you worked your ASS OFF for. What's more, they're not doing it for themselves, they're doing it for their friends.

TL;DR - Don't fuck drunk chicks. They're gross and the wrong one can ruin your entire life.

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UPVOTES

What i've learned from cold approaching over 350 women

Auxfite · 25 December 2018 · Archived copy · Reddit

Past 5-6 months I've probably cold approached around 300-400 girls

Things I've learned:

1. Cougars go for young men because they missed out on hypergamy at a young age. Due to FOMO (Fear of missing out)
2. Cold approaching women at college parties, Clubs is as easy as ever. I cant remember a time i got rejected once. I simply go up to her ask her whatever vibe i feel from her. They will never be angry or mad at you or turn you off. In fact women are more than willing to give you their snapchat if you ask. Ive learned that rejection comes from them giving you their social media but never opening your stories ONCE. they simply just used you for validation.
3. Location is very important part in where you cold approach you have a way better success rate @ parties, clubs, and bars but places like the grocery store, shopping, a park will catch a women off guard and she will be creeped out. But when you display high value she then will be interested to hear what else you have to say and honestly its not worth the effort i hate giving girls free validation and attention. my success rate at parties was 9/10. outside of that environment 2-3/10. Las Vegas is probably the easiest place in the world to game and cold approach. **Law 4:** Always say less than necessary
4. The cure to stop being a beta (which 85-90% of men in the USA suffer from) is to take action and boost your testosterone by lifting heavy ass weights 4-5x a week. Women are attracted to masculine as men are attracted to feminine women. So do whatever it takes to boost your test (I don't advice steroids or TRT). Eat healthy fats (avocados, grass fed beef, eggs, almonds, etc) lift, lift, lift, avoid soy, stop watching porn, and stop fapping everyday. Its proven fact that your testosterone gets a small boost when you stop fapping for a week. Before TRP i was 60% alpha 40% beta and how i cured my betaness was going to the gym 5-6x a week. Instead of being the average guy to make excuses and complain I went out and did the work and what i sowed i reaped. **Law 25:** Re-create yourself
5. As i got more experience it became very very easy to spot out damaged goods, alpha widows, and BPD. These girls are the empty ones who post nudes or sexual pics on social media or are constantly seeking validation to fill the emptiness. These girls are usually the ones with tattoos, wear lots of make up (to hide the insecurities), wear tight clothes and try to reveal as much as possible, the bigger the hoop earning the bigger the hoe, they give you the thousand cock stare, they have piercings outside of their ears, they talk about their exes, they post on social media EVERYDAY. Damage pair bond is real and its affecting the younger generation more than ever and its because everything is become accepted and apps like tinder dont help, Hollywood music artist like Cardi B & Nicki Minaj promote the dominate female and how being a whore is how to get ahead. The divorce rate in the last 10 years is up 60% and its only going to grow higher.
6. Men SMV doesn't peak till 40. I'm in my mid 20s and i know that if i was in my early 20s i wouldn't be able to have this much success due to my facial features (women like masculinility) so my advice to the young men out here know you are super blessed to discover TRP at a young age. As you see i approach this many women and i dont feel anything special about it. Just like how rich people say money doesnt bring you happiness its the same with women. I didnt find a wife or someone who can raise my kids so i gained nothing out of this. So focus on becoming your best version of yourself, try out monk mode, hit the gym, read as much as you can, learn the stock market and cryptocurrency cycles. When you go out and have fun dont just game girls go out and befriend bros. read as much of the TRP as you can, find a spiritual life, and find balance. Dont rely on anything like drugs,alcohol,women to bring you happiness because its all temporary. **Law 29:** Plan all the way to the end
7. Young women are more damaged as ever. Pick your poison 1 Hot 2 Single 3 Sane. You can only pick 2

8. If you meet a girl and make plans with her and she flakes ghost her and dont even bother watching her stories or trying to get in contact with her and watch her hamster spin. If she sees youre high value she will hit you back up (FOMO). this works especially with high ego, low attention span millennial girls. (**Law 8:** Make other people come to you – use bait if necessary)
9. When your friends or others see your success with women they will start treating you like a god. But they are just using you for what you can provide and offer(clout chasers). Dont be confused and think they are your friends they are your enemy. (Crab in a bucket) Drop your loser friends (beta males) Low-T attitudes are contagious. Being friends with emasculated men that are pussy-whipped and passive is toxic. The same goes for your friends that do nothing but drink beer and watch sports highlights on the weekends. You are the average of the 5 people you spend the most time with, and high-T men have high-T friends **Law 2:** Never put too much trust in friends, learn to use enemies
10. Women are more attracted to you when they see you with other girls. It hamsters in their brain what does she see in him? I don't really know how to put this in words but it's true

Please don't forget to read Part 1 I commented it below.

My background and stats. African/Caribbean.. in my mid 20s, Live in the liberal SF Bay Area, 6'0..

To those asking how do i know i approach this much? My snapchat stories went from 40 views to 300s and majority of the people i added were females.

PLEASE PLEASE READ 48 LAWS OF POWER. Become the Machiavellian women desire. Jesus Christ is King!
Happy holidays to you and your family!

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UPVOTES

Not Having Women in Your Life May Make You Unhappy, but a Woman Will Never Bring You True Happiness.

Meat-on-the-table · 9 January 2017 · Archived copy · Reddit

Although what likely initially prompted you to come to a place such as this one--what with its reputation and all--was the fact that you were deeply unhappy with your romantic life, I want to caution you about treating your emotional wounds with the therapy of pussy. It's very, very easy to allow your new-found ability to attract and retain women to become a crutch upon which your happiness leans. This is easier than you might think; after all, the reason that you came here was because you were unhappy with your relationship with women, and now that you know how to fix that you'll be happy, right? **No**

One thing you will learn here is how little value and weight a woman's attention holds. Despite what the media and the rest of the Blue Pill will tell you, there is absolutely nothing special about a woman's love or affection. It's not some grand prize at the end of your road, nor a treasure awarded to you when you complete your quest. In fact, a woman's attention is such a fatuous thing that even socially retarded PUAs were able to figure out how to manipulate it to their own ends. If a gaggle of feather-boia-wearing stains like that can bend it to their own ends, how valuable can it really be?

The biggest flaws surrounding a woman's attention are, conversely, the aspects that keep men chasing it: it can burn red hot, and it is fleeting. When a woman is truly "in love", she will do things that would amaze you. I've witnessed girls debase themselves for me, and risk everything they had simply because they thought they loved me. However, because of hypergamy, and just the plain wear of time, a woman's attention is a fragile thing. You just never know what will set her emotional ride in the opposite direction. We try to provide contingencies--be alpha, DGAF, keep a constant level of dread--but the truth is these are plugs in a cracking dam wall. Eventually, the wall will break and she'll swing on to the next branch. You're not the first she's loved, and you won't be the last.

Given all that, the error in basing any form of emotional state in how a woman feels about you becomes starkly clear. It's just too damn unreliable to allow your happiness to be dictated by the terms of her presence in your life.

This is especially difficult for men who are just now starting to have success with women in their lives. It's a slippery slope, too. That gladness you get after your first lay can quickly spiral into a desperation for the high of sleeping with more and more girls. For most, this disappears(One common trait amongst players is their lack of attachment to anyone girl;the lays start to blur, as do the girls.) However, I've witnessed something incredibly common amongst guys who didn't have success with women until later on: there is a tendency to lapse back into the old BP ways. It's not hard to see how this might happen--If a man puts an incredible amount of effort into the accomplishment of a goal, it is only natural that he be attached to the outcome. Even with our stoicism and detachment from the outcome, there is still a certain amount of investment in the things we do, and what we hold dear. This applies doubly so to men who are still new in their RP journey.

So what do you do to free yourself from the trap of making women your center? Simple: find a center that's actually worth a damn. Dedicate yourself to your mission and your life's purpose. Center yourself around things that will actually last and give you fulfillment. Because if there is one thing I can guarantee you, it's that pussy and blowjobs are the emptiest fulfillment ever.

It is your imperative to find a mission that represents who you are as a man. Something that you can look back on and know was worth all the effort and sacrifice. Because that thing is not women. That thing is you. Your self-improvement and dedication to being a step higher everyday on the stairway to heaven.(The staircase doesn't end, by the way, which often prompts many to believe that there's no point in even beginning the climb. But there is. Better to know there is nothing at the top after having climbed as far as you can.)

So if you find that you're unhappy because there is a vacuum of women in your life--and many do--ask yourself if that empty space will ever be filled with wet holes. Or maybe, that emptiness is a calling to find something more substantial in your life.

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UPVOTES

Stick it out, be patient.

MotchGoffels · 23 November 2015 · Archived copy · Reddit

9 months ago my wife moved in with her new boyfriend, leaving my daughter and I 60 miles away, the day before my mid-term exams and in the middle of nursing school. Two weeks later she forcibly removed my daughter from my hands and drove off - I lawyered up and filed for divorce. Now, 6 months later, I am officially divorced, no child support, with joint custody over my daughter. There is no way this would have happened how it did if I hadn't found trp. There's no way I would have known how to handle her going psychotic on me, threatening me with fake calls to the police, threatening to take my daughter from me on a daily basis. I held frame, I never raised my voice, I protected my time with my daughter and ensured I'd never lose her. I held frame and never gave in. I could have lost my daughter to this woman. Thank you trp.

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UPVOTES

Melania Trump, Red Pill Woman

Chiliad2 · 25 February 2016 · Archived copy · Reddit

I always thought of her as pure arm candy, to the extent that I thought of her at all. But just **listen to what she has to say**, as the wife of probably the most red pill man on the planet. The gal can sniff a loaded question and shut it down like nobody's business:

"Well, Melania, everyone knows your husband hates immigrants. Isn't it hypocritical that he married you?"

"I never thought to stay here without papers. I had a visa, I traveled every few months back to the country to Slovenia to stamp the visa. I came back, I applied for the green card, I applied for the citizenship later on after many years of green card. So I went by system, I went by the law. And you should do that, you should not just say let me stay here and whatever happens, happens."

"Yeah, but you have to admit, it's pretty obvious that he hates Mexicans."

"He said illegal immigrants. He didn't talk about everybody. He talked about illegal immigrants. And after a few weeks, like two weeks giving him a hard time and bashing him in the media, they turned around. They said, 'You know what, he's right. He's right what he's talking about.' And he opened conversation that nobody did."

"But he clearly hates women, right? You saw what he did to poor innocent Megyn Kelly."

"They're treated equal. I see him in life, he treats women the same as men. He will tell you what is in his heart, what he thinks. He will not hold it back if you're a woman, you're human. If you're a woman or a man, it's no different, you're human."

Just imagine an American woman talking this way. I think I want her to be First Lady even more than I want him to be President.

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UPVOTES

The truth about circumcision

-Fidelio- · 1 August 2018 · Archived copy · Reddit

The truth about circumcision is simple. There are practically no benefits and there is a very long list of harms being done by circumcision.

Okay we're done here. Right? No? You have some questions and comments? You want to figure out whether I'm full of shit or not? Okay let's get into this.

Male Sexual Health

Eric Clopper was recently fired from Harvard for trying to **expose the truths about circumcision**. I've been interested and aware of some of the related facts and this seems like a good time to spread more awareness about what circumcision is and what it isn't.

I know that a lot of people from the united states are circumcised and I understand that this is a very sensitive and personal issue. But also, fuck your feelings. You deserve the truth and to do with that as you want. If you are circumcised and never looked into this, this may make you angry. Do not be alarmed, that only means you are still sane.

Which men get circumcised?

Men who get circumcised as babies typically come from these cultures:

- Jewish
- Muslim
- African
- American
- South Korean
- Philipines
- Australian
- Canada

If it doesn't meet one of the above, the chance of being circumcised as baby are less than 10%

See chart: <https://imgur.com/a/vCZ2BIH>

Is information about circumcision readily available?

Recently someone got fired from harvard for trying to bring to light the scientific data that is known about circumcision. This jewish man is being accused of being an anti-semite for it. Judge for yourself:

<https://www.youtube.com/watch?v=FCuy163srRc>

Didn't circumcision start for health and hygienic reasons?

Depends on which start you mean. South korea started circumcision 50 years ago, exactly when the United States practically took control over their country post 2nd world war.

The United States started circumcision 90 years ago, when Kellogg (yes from the breakfast) found that circumcision was the best way to reduce masturbation and that despite the harm that circumcision did, the reduction to masturbation was worth it.

Jewish circumcision goes back to ancient egypt about 4000 years. About this circumcision, revered jewish scholar

Maimonides wrote:

Similarly with regard to circumcision, one of the reasons for it is, in my opinion, **the wish to bring about a decrease in sexual intercourse and a weakening of the organ in question**, so that this activity be diminished and the organ be in as quiet a state as possible. It has been thought that circumcision perfects what is defective congenitally. This gave the possibility to everyone to raise an objection and to say: How can natural things be defective so that they need to be perfected from outside, all the more because we know how useful the foreskin is for that member? In fact this commandment has not been prescribed with a view to perfecting what is defective congenitally, but to perfecting what is defective morally. The bodily pain caused to that member is the real purpose of circumcision. None of the activities necessary for the preservation of the individual is harmed thereby, nor is procreation rendered impossible, but violent concupiscence and lust that goes beyond what is needed are diminished. The fact that circumcision weakens the faculty of sexual excitement and sometimes perhaps diminishes the pleasure is indubitable. For if at birth this member has been made to bleed and has had its covering taken away from it, it must indubitably be weakened. The Sages, may their memory be blessed, have explicitly stated: **It is hard for a woman with whom an uncircumcised man has had sexual intercourse to separate from him.** In my opinion this is the strongest of the reasons for circumcision.

or Philo Judaeus:

circumcision is a symbol of two things necessary to our well being 1) **the excision of sexual pleasure** and 2) **to check a man's pride**

Okay but it prevents diseases and is more hygienic right?

There is more than little reason to think that this is through fraudulent studies and exaggeration.

So what are the supposed health benefits?

Prevention of:

- urinary tract infections
- penile cancer
- STD's (including HIV)

It takes 100 circumcisions to prevent 1 urinary tract infection (which is easily treated with antibiotics anyways)

It takes between 922-322000 circumcisions to prevent 1 case of penile cancer. (Penile cancer only happens to elderly men and is so rare that they have no idea whether it's 922 or 322000. They have no idea!)

There are deep flaws in the studies about HIV reduction. Studies where rates of circumcised men with HIV were higher were prematurely terminated. They only taught the circumcised group how to use condoms. Many more flaws, see source below.

source: <https://youtu.be/FCuy163srRc?t=3934>

What does the foreskin do?

Sexual:

1. Provides MAJORITY of male sexual pleasure (densest nerve endings anywhere on the human body, denser than in the clitoris)
2. Acts as a rolling bearing in masturbation and intercourse

3. Prevents dyspareunia (painful sex)
4. Stimulates partner's genitals (~~6 out of 7 women report preferring uncircumcised men~~)
5. Supplies skin to cover shaft and prevents tightness during erections
6. Stores pheromones and releases them during arousal
7. Stores, releases and helps distribute natural lubricants
8. Provides seal against vaginal wall to contain partner's sex fluids
9. Makes the glans a visual sign of arousal

Protective:

1. Protects glans from being keratinized. Keeps them soft and moist.
2. Protects glans from injury
3. Protects nerves of glans
4. Protects against contamination, especially during infancy, and against meatal stenosis as adult
5. Provides lysosomes bacteriostatic action around the glans
6. Pigmented - protects unpigmented glans from sunburns
7. Vascular - protects less vascular glans from frostbite

Other:

1. Embryologically guides formation of end of penis and urethra
2. Contributes mass, size and girth

<https://youtu.be/FCuy163srRc?t=3179>

What's the harm of circumcising a penis?

Well besides removing the most sensitive part of a man's body (it has 10,000 - 20,000 nerve endings. The clitoris has 8000 nerve endings. As the huge disparity should tell you between 10,000 and 20,000 is that this is poorly known and hasn't been studied for 50 years) and losing all the functions described above, there is also deep psychological harm done by circumcisions.

- There is a 51% chance for kids to meet PTSD diagnosis if they've been circumcised. (Iraq war veterans have 20% incidence of PTSD)
- It changes the brain permanently and irreversibly. (higher anxiety, hyperactivity, attention problems, mood disorders)
- A study by Lander and colleagues (1997) about circumcision without anesthetics (which is not uncommon in practice) had to be stopped because babies began choking or even had seizures from the pain. The post operative pain of infants is severe and persistent.

Source:

<http://archive.is/dqOsX>

<https://www.psychologytoday.com/us/blog/moral-landscapes/201501/circumcision-s-psychological-damage>

Any physical harm?

Like with any surgery, there is a chance for complications. Death is relatively rare, about a 100 per year in the United states (babies circumcised is about a million per year, rough estimate by yours truly).

But there is no legal requirement to record harm done by complications as a result of circumcisions. This should raise immediate alarm bells. It even seems to be the case that some deaths that might well be as a result of circumcision are reported as SIDS (sudden infant death syndrome). An expert I've talked to estimated that to be about 100 of the 1500 yearly SIDS to be as a result of circumcision, but I have not yet had a chance to talk about the data with him and I have not been able to verify that claim.

We simply don't know. We don't record the complications of circumcision.

What happens with collected foreskins

They get sold for profit by the hospital for various uses, cosmetics among others.

What this should mean for redpill men

Don't circumcise your sons. Be aware, in the united states in rare occasions, circumcision happens without parent's consent.

Foreskin regeneration is being researched, but probably 16 years from being available (foregen is researching this by using stem cells from your own body).

If you're patient, there are many who can with patient stretch their surrounding skin into becoming a kind of pseudo-foreskin, getting about a third of the benefits from an original foreskin. This is a long process, but the people I've heard from that have done it are quite positive about it and report better sexual experience. This is just anecdotal data though, I should study this more. It might be something you want to look into and if anyone knows more, please share.

And if you're not circumcised and you're considering it... best not to do it if you value your and your partner's sexual pleasure.

Conclusion

Male sexual health is a very understudied subject as the summary above should tell you. Fuck the people that censor and perpetuate this crime against boys.

Cutting of the female genitals is highly stigmatized and illegal while cutting a male's genitals is done for profit, encouraged and is fully legal.

Edit: I crossed out "(6 out of 7 women report preferring uncircumcised men)" because it was correctly pointed out that this is from a study with a tainted sample. It was an addition I made to Eric Clopper's work and it was a mistake on my part. One of the studies that Clopper bases the fact that both men and women report more difficulty to orgasm when the male is circumcised is this one: <https://www.ncbi.nlm.nih.gov/pubmed/21672947>

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UPVOTES

"Big Dick Energy" - Female's own theory that confirms RP truths

TRPDigesting · 2 September 2018 · Archived copy · Reddit

Here's something interesting that I picked up today while spending some time with my sister and one of her friends.

My sister's friend was talking about a guy that's been texting her some pretty needy things, trying to get a second date. She wanted my opinion on how long it should take before he gets a clue.

She had basically told him that they could hang out when they were both back in town again, and then ignored him every time he texted "What's up." She also laughed over how he texted her on a Saturday and she didn't even reply to him until Monday.

Obviously, this guy was in some pretty dire need of validation and should have just carried along his merry way — he should have gotten a clue WAY early on, but you know how Billy Beta's can be (since many of us used to be one...rather, I speak from experience).

Anyway, in describing this, my sister joked that "Well he obviously doesn't have 'big dick energy.'"

They both laughed, and I interjected — "Wait, is that an actual thing that girls talk about?"

They went on to describe how "big dick energy" is a real thing that women screen for in men, and it could best be described as (to quote them)...

"The confidence that would come with having an enormous dick...like..they just wouldn't need to give a fuck what you think of them because their dick is so huge."

WHICH, as you well know, aligns **perfectly** with having **control of your frame**.

Whether or not you have a truly enormous dick is not relevant; and you don't need to even ACT like you do.

But what you DO need to do, is act in such a way that you have nothing to prove to **anybody**. You can choose to maintain that level of control in your interactions, and it's a RP truth that's (hopefully) been beaten into your frontal lobe by now.

It's not a new theory or anything, but I was fascinated that girls have cooked up a name for this kind of thing beyond just "confidence."

Because these two women had a hard time even putting it into words as to **why** they find this type of self-confidence/frame control attractive, but they know they clearly do.

Just because they don't know the mechanism of how it works doesn't mean that they aren't active participants in its effect.

Just because you don't know how an engine runs doesn't mean you can't drive your car.

So if you needed a reminder that the other side of the fence is actively assessing your energy and whether or not it gives off that "I have a big dick" vibe (regardless of your 3.5 - 8in variable dick length), then consider yourself reminded.

Oh, also apparently this term arose from the confusion of all the women on the Internet as to how some SNL comic (I think) Pete Davidson was able to bag Ariana Grande. *Which succinctly explains why I would have never heard of this.*

Keep control of your frame — live in your own world and take good care of it. Maybe it'll become a place that others would like to see themselves living in.

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UPVOTES

Karen Straughan (Girlwriteswhat) succinctly discusses that men don't hate women, and defends TRP. Good read!

redpillschool · 21 May 2015 · Archived copy · Reddit

First of all, /u/girlwriteswhat, I just want to publicly thank you for your comments, they're fantastically written and spot on as usual. You're always welcome in discussions here if you've got anything to add! Now, onto the meat and potatoes: [Archive Here](#)

Via PPD from GWW (I hope you don't mind me reproducing your text here)

I don't think there is a universe that could exist where men, in general, hate women.

So maybe the first thing would be to stop accusing men of hating women? And to call out the women in positions of power who accuse men of hating women? And to call out the women like Quinn Norton who claim that men are raised to hate women, or Chloe Angyal of Feministing who claim that our entire society hates women?

Honestly, the Nazis hated the Jews. The Hutus hated the Tutsis. The KKK hated blacks. And yet this male dominated society, where men hold the majority of the positions of power, somehow HATES women despite not a single lynching of a woman for wronging a man, despite NOMAAS and the White Ribbon Campaign and HeForShe and a male feminist president, despite Boko Haram's sparing of girls while burning boys in their dormitories, despite the unbelievable (and unbelievably unspoken-of) gender gap in executions and criminal sentencing in Islamic countries, despite males being the primary receptacles of violence by both males and females from infancy to old age GLOBALLY, despite not a single genocide in history that DIDN'T begin with the systematic extermination of almost exclusively men and boys.

And you think men hate women. If men hate women, then how do men feel about men? On any given day, any given male is more likely to assault a male, undermine a male, ignore a male in need, murder a male, celebrate the suffering of a male wrongdoer, hit his male child, make a decision to mutilate his male child, arrest a male, convict a male, and sentence a male to incarceration or death, than he is a female.

And yet women--yes, *women*--have allowed a narrative to become entrenched in all our systems and institutions that males favor other males at the expense of females. That somehow, there is a "team men" that has been oppressing, subjugating and subordinating women since the dawn of human history. That men have waged a "war on women" since we descended from the trees and first tottered on two legs on the African Savannah.

Men have bled for their women, fought to protect their women, died for their women, and admonished each other for millennia to love their virtuous women as Christ loves the Church, to treat their honorable women as queens and as jewels, to present to them the heads of the men who displease them, and to duel to the death to defend their honor. The literary canon, written primarily by men, has always lauded a masculinity that protects women--the villains identified by their willingness to harm women, and the heroes identified by their willingness to avenge those harms.

And you think men hate women?

Men have never hated women. Men will never hate women.

What you see as hate is fear and frustration. Fear of what you have the power to do to any given man on any given day, just by virtue of being female. Frustration that no matter how far men bend to your whims, it's never enough to prove to you that they don't hate you and have never hated you.

For god sake, have you ever gone on a conservative website and seen what the people there write about Islam and misogyny? These men couldn't care less that for every 1 woman executed for adultery in Saudi Arabia, 500 men are executed for less serious crimes. They couldn't care less that 80% of women in Saudi Arabia DON'T want the

driving ban lifted, because it would mean giving up the privilege of being waited on by male family members. Those conservatives say, "OMG, look at how those horrible Islamists treat their women! They objectify and sexually exploit them!" And what do you think the Islamists are saying about Americans? "OMG, look at how those horrible Americans treat their women! They objectify and sexually degrade them!"

And somehow, a minority of women (feminists) have convinced all of society that men hate women.

No wonder men are afraid of you. If you [women] can convince society that it hates women, in the face of all the evidence to the contrary, then you have a power that is unfathomable to the average man. A power that is unfathomable to the most powerful man. You have the power to convince society that men hate you because they don't love you 10 or 100 or 1000 times as much as they love other men, and you have the power to convince society to enact legislation an policy based on that completely stupefying false belief, and these powerful men who supposedly hate you and are in charge of everything will do it. They'll lie and they'll cheat and they'll throw less privileged men under the bus just to prove to you that they're not misogynists.

Putting your foot down and saying, "what you're doing is abuse" is not hate. Drawing a boundary and saying, "this far, no further" is not hate. Saying, "I choose not to have anything to do with women unless necessary" is not hate.

It's self-preservation, HSW.

I officially recognize The Red Pill's right to exist?

Frankly, I don't mind the red pill (either the philosophy, or the subreddit). I think it has value to offer men who are looking for individualistic solutions to the current social problems re gender. I like Jack Donovan. I like Roosh V. I like Barbarosaaaa and Stardusk. I like all kinds of men and their perspectives, even when I don't agree with everything they have to say. I like the idea of criticizing women (men too) and holding them accountable.

You'll notice in my comment, I said "yes, women". This debacle of a gender war is not just on the minority of women who are feminists--it's on most women who've not just tolerated it, but viewed the social and legal changes the way looters view a race riot. Sure, they might not care about the issues, but they'll happily take advantage of the measures feminists have managed to enact, or to ignore the way those measures unjustly harm men until the moment they feel personally victimized through the men they care about. The average woman will be 100% in favor of child support right up until her own kids have to go without figure skating lessons so her husband can make child support payments to his ex for kids he's never allowed to see. They'll collectively cheer the "advance" of women in education right up until their daughters can't find a man worth marrying. They'll laud efforts to make "rapists" more easily convicted until the unforeseen day their own son is falsely accused.

And she'll nod along when all men throughout history are unjustly maligned as oppressors and rapists because she's never, for whatever reason, realized that among the maligned is her beloved grandfather who taught her how to make daisy chains, encouraged her to climb that tree when she was little, started a college fund for her, and sat unsleeping next to her grandmother's deathbed for 72 hours with tears pouring down his face. For some reason, she just never made the connection that when feminists were talking about evil, patriarchal rape-machines, they were also talking about the men she loves and the men who sacrificed so she could have a better life than they did.

If the red pill is a response to anything, it's a response to the apathetic, pragmatic, mercenary nature of most women, who don't even notice the harm done to men until they're forced to personally suffer a portion of it.

And then this question in the OP, so typical. Okay, so women have been kicking you guys in the testicles for 50 years and you're finally starting to object to it in ways that affect me personally. So what should we women do?

Well, first thing would be to stop kicking men in the testicles, and try to convince other women to stop. Second thing would be to stop interpreting "OW! My testicles! Fucking hell, WTF?" as misogyny and aggression. Third would be to stop buying the trite rhetoric of a Cenk Uygur, and a Theodore Roosevelt, and a William Blackstone,

which derides men of past generations as behaving abominably toward their women, as fact, rather than as a way to distinguish themselves as superior to "those bad men over there, or back then". Fourth would be to put a little bit of effort into understanding the male experience rather than judging it.

Red pill seems to be the one area that demands these things of women in general.

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UPVOTES

An introverts guide to becoming social

TunedtoPerfection · 6 March 2018 · Archived copy · Reddit

TL;DR: Go out, shit shower style, stop being in your head and invited people in.

I've been introverted my whole life. It's not a social handicap, it's not a dislike of people or socializing in general, it's not anything you probably attribute it to. I can command a crowd, I can pick up women, I can talk to men and make new friends. Introversion just means I figure out life reflectively instead of through my actions. Extroverts take action, and based on results continue or modify that action then try again. This is how they get energy to socialize, through the constant testing of these actions and the instantaneous results they provide. Introverts analyze our experiences, build theories and then test those theories to be later analyzed and compared. Hashing out a new theory excites and drives us. The actual testing and gathering of data we would much rather outsource with strict guidelines.

The fact of the matter is, we are very rare. Most introverts have been bred out of existence, because introversion isn't the best trait to have when you need to adapt quickly. While an Extrovert can solidify a belief pretty much "on the fly", introverts usually have a few things to consider before making the same core change. Now I said it wasn't a social handicap, and it's not, in fact it can benefit us greatly socially. But, introverts will need to make some changes to succeed in becoming a social person.

Isolation

First things first. Introversion is not being shy, being awkward, being a "loner", or any of that. Now many introverts are those things but those things have to do with the isolation young introverts usually put ourselves in. Isolation is a big problem with young introverts because of how fast young kids "grow up" these days. It is very easy for a young introvert to be "left behind" socially and never be able to catch up with his peers. Make it a point to ensure your being social as it is easy to forget. Force yourself to go outside and interact with the world. Introverts need to make conscience effort to reach out and ensure we have opportunities to socialize. Go as far as planning events, don't start with huge commitments unless you have a core group that will commit. Start with a drink or better offer to pre-game before an event a few friends are already going to. You will have to force your own socialization as a man, no one will do it for you, no matter how ripped/good you look. Don't worry about being weird or awkward those will fall away in time as you get comfortable with interaction, but you have to act. This goes for social media too. Social media is a tricky one because it's so fake to begin with. That is a topic for another article but in general when your coming out of your bubble just take action. Your gonna fuck up, your gonna weird some people out by „overstepping“ some imaginary boundary social people knew but you didn't just do it and learn that boundary.

Today is the day you stop analyzing „what could have been“ and you forever analyze „what happened.“ If it did not happen to you, your not allow to analyze it. Anytime a what if situation pops in your head, think „I will have to try that and see what happens.“ Use discretion, obviously, but no more analyzing the 100 ways you could have asked out Courtney. You go do it, then analyze the situation later. By stopping the fantasy of „what if“ and you will open your own doors to the world.

The Basics

While I pretty much excelled in school, I was painfully far behind socially. The first girl I asked out had to tell me about deodorant in her rejection, I later found out I was stinking up my school for the better part of a year before that. Shower, Shit, Style. Sorry to tell you my introverted friend but we don't get to "fly by the seat of our pants" when it comes to social norms. You will need to develop a style, again other article for another day. But start seriously focusing on developing a style for yourself. Get in the habit of always reinventing yourself to the world as you experience more of it. Always err on the side of too much in regards to cleanliness and hygiene. Especially your own personal space, keep that shit clean and tidy. Spend a day or two to organize everything, then commit to keeping it organized. This part of your social and personal life just needs to be handled to an extreme. Do this so you have no reason to slip back into your head when your out socializing. There should be no reason to question

yourself in regards to this aspect of your life. You are now a man that is always on the verge of bringing a woman home. You are always about to meet that one contact that can catapult your career. You are always about to invited to that event that will open doors for you. Always expect these things to pop up and you will have to act on them. The last thing you need is a reason to slip back into your head. You wanna talk to that very feminine blonde over there that is flashing „bedroom eyes“ at you but you didn't have time to brush your teeth this morning. Sound familiar? Stop that shit. Handle your basics if for no other reason to keep yourself present.

Be Present

I was always in my head, usually going back and forth about some mundane issue I was making a moral dilemma of epic proportions out of mundane decisions. That is how I figure life out, but not everything needs the moral book thrown at it immediately. Just being present and in the moment with other people goes a long way. Introverts need to learn to put aside the debates going on in our heads when with others. People can sense when "your not really there" and most people find it extremely insulting especially coming from a stranger. This is why when introverts go out, we need to settle up everything our their mind first. Before leaving for the night, take 10-15 minutes and just come to an end point for the discussion going on in your head. You don't have to figure out if you should text Stacy again or if that looks to "needy", your going out to have a good time. Focus your introversion on that for now, on how to make this night the best night of your life. This is also made much easier by establishing a time to air out your head on a daily basis. Establishing a daily meditation routine to clear your internal stress will help make this focus much more effortless when your out and about.

Harness your Introversion

When your out, your out, so be out and be present. That doesn't mean you have to give up being an introvert. As I said before introverts are rather rare, and even more rare is an introvert that can actually socialize. When you allow someone a glimpse into the power of the introverted process they will stand in awe at the revelations they make while with you. I know it sounds simple to us, because we do it every waking moment, but not everyone stops to ask the question why all the time. Not everyone takes time to stop and think about their emotions or morals, and people certainly fail to internalize important choices. There is a danger with this as it can cause introverts who first try it to dive very quickly into very deep conversation. This can be off-putting to the majority of people, especially when you first meet. Keep in mind people want to have fun with they are out and about. Use your setting and atmosphere to judge how deep your conversation gets and always err on the side of staying more lighthearted. Introduce people to the reflective process by posing the questions you would ask yourself to them. Allow them to come up with their answers in an interesting way and you'll gather friends extremely quickly. Also slow down, I understand your mind is probably always racing at 1 million thoughts per second. But, pause, if not just to give the illusion of digesting the other person's words first. No need to spit out answer to everything sometimes a slight grin and a chuckle conveys you understand it a much more meaningful manner.

“Alice asked the Cheshire Cat, who was sitting in a tree, “What road do I take?” The cat asked, “Where do you want to go?” “I don't know,” Alice answered. “Then,” said the cat, “it really doesn't matter, does it?”

This is how I am roughly 95% when I out with a mixed group. When you start getting more experience with women you will quickly learn they operate almost purely on the emotions. They will want to „Go“ but won't have a clue where, they will be pissed at nothing and love everyone. It's just not something you can take seriously, or hope to „fix“. But when you can nail this inquisitive, slightly condescending yet playful tone and attitude women will eat it up. It's the same process we introverts „struggle“ with internally, just redirect and focused on someone else. You aren't solving the problem, they are, your just guiding them to the answer. When they respond with a silliness, you give them silliness back. Get a dismissive answer, ask a dismissive question in return. If they take it deep and your feeling it, offer up that connection. Conversations like this build powerful bonds and are remembered for a lifetime.

This is the value you can bring to people that no one else can, the value of understanding themselves. But you have to be able to socialize and get the words out to bring it. That means out of your head, focusing on you and into the

world, focused on them. You will spend your time alone, figuring out your own moral direction. When you decide to be out in the world, remember the value you bring to people and allow them access to it. This may seem like a small sacrifice to you, but in a world where we are never taught to internalize and are constantly bombarded by external answers, guiding someone inward is cherished.

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UPVOTES

Reddit CEO bans salary negotiations because women are poor negotiators.

Oxdada · 10 April 2015 · Archived copy · Reddit

If you had any doubt about the cynical opportunism of feminism, Ellen Pao (of recent false sexism lawsuit fame) has allegedly banned salary negotiations at the company she is CEO of (this one.)

Third wave feminism is a totalitarian mindset, but that a company has staked out a policy saying "take it or leave it, because feminism" is the most Orwellian example I have seen so far.

<http://sanfrancisco.cbslocal.com/2015/04/08/reddit-ceo-ellen-pao-bans-salary-negotiations-to-equalize-pay/>

By banning salary negotiation, it necessarily means that she has a policy of paying everyone less than market rates, because market rates are *negotiated*. It's her company, she can do what she wants with it. But wow, just wow.

This sub should seriously consider moving off reddit soon, as it is only a matter of time before the current CEO comes around to TRP for some kind of insane ideological symbolic act to make up for her humiliation.

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UPVOTES

Woman Says Harry Potter Ride 'Fat-Shamed' Her Because She Couldn't Fit

TheLegionnaire00 · 10 May 2018 · Archived copy · Reddit

Yes. You read that right. The full article can be found [here](#).

This is another example of how the red pill is True and how woman will never take responsibility for anything, not even their bodies, and how they think they are entitled to anything. So it looks like your average classic fat sjw couldn't fit in a ride and the staff decided to not let her in out of safety issues (she couldn't even put her safety belt on ffs).

And what was her course of actions after this? Did she hit the gym? Did she go on a diet? Did she stop eating Doritos? No. She decided to write an article and say how this is the equivalent of someone being kicked out because of her race. Which is total bs.

She claims this discrimination is so insidious that it made her actually wish she "were small enough to take the Hogwarts ride."

And apparently wishing to have a healthy size is bad.

Exclusion makes me, a logical and educated person, believe that I'm at fault for not fitting into this ride instead of recognizing that rides should accommodate all people's bodies.

It's never a woman's fault. The world should revolve around her vagina. (ps: laughed my ass off when I read "logical and educated person")

And another fucked up thing:

Jana concludes that "fat-shaming" should have no place in a fantastical land like the "Wizarding World of Harry Potter" because that is a place "beyond reality."

It's not beyond reality. It's a fucking theme park about a fucking book for kids that snowflakes love because of the idea that someone would come one day and tell them that they are special and take them out of their miserable life.

What we can learn from this? Don't act like a woman: 1. Women don't take responsibility for anything they do. You should always do it! 2. Women want to be treated like models even if they are land whales. You shouldn't! Go hit the gym and build the body you wish. Don't expect that hot 9 from class to suck your dick while you eat tons of Cheetos and drink gallons of soda, then say she is shallow because she won't suck the dick of a walrus. Your body is a reflection of your mind and soul! Learn that, hit the gym and stop eating junk food! 3. Women don't live in the real world and don't want to. You should always live in the real world. Fuck those movies about wizards you keep watching. Fuck those days where you binge watch a season of a TV series. Stop escaping reality! Go out. Live your life. Approach. Make money. GET REAL!

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UPVOTES

Do You Even Lift?

RogerNorvell · 29 May 2018 · Archived copy · Reddit

DYEL? I used to shake my head at the "meatheads" that had this as their mantra. DYEL, bro? I thought it was stupid and unnecessary. Some of you do, too.

It's not. Lifting is by far the best thing you can do for yourself.

Why is picking up heavy things and putting them back down so important?

Lifting gives you a body that is attractive to the vast majority of women out there. Would you rather be attractive or unattractive?

Would you rather date/fuck an attractive woman or an unattractive one? Two twin girls - one is average, the other looks toned and fit. Otherwise identical. Who do you pick?

So not only do you get more sex, the sex itself is better due to more stamina and harder erections.

I love the physical presence of usually being the biggest baddest motherfucker in the room. Instant alpha status without saying a word. You rather try to amog a 120lb longhair stoner or a 240 lb MMA dude with cauliflower ears?

Being in a gym with other huge beasts gives you a sense of humility and brotherhood.

Being around other males with the same outlook, drive, and desires leads to male spaces and friendships, a category sorely missed in the culture of today. (Everybody knows about "Curves", right? Woman only gym. Every wonder what would happen if you started a "male only" gym?)

Strive to be a better man than you were yesterday. Then tomorrow strive to be better. "The only easy day was yesterday". Having a concrete goal and striving toward it gives you the power to believe in yourself. Seeing those lift numbers go up, the belly fat disappear, the increase in girls that literally have to touch your arms/shoulders/abs (swolestation) all allow you to view progress.

Lifting is not just about getting jacked. Lifting is a discipline.

Getting up early, going to the gym when you really would rather lie in bed next to a naked sweaty girl takes discipline. Putting the donut down takes discipline. Gutting out those last reps to failure takes discipline.

If you're jacked, you can't help but show that you have complete control over at least one aspect of your life. This control and discipline bleeds into your personality. You actually become a more confident, self-assured person. That's the kind of guy women want.

Lifting using large muscle groups increases testosterone.

Losing fat increases testosterone.

Losing the FUPA (Fat Upper Pubic Area) will give you a bigger dick.

There are virtually no fat fuck 70 year olds waddling around. Why? They're dead of heart disease/diabeetus/liver failure from abusing their bodies for 40 years. Keeping your body in great shape pays dividends in the future. There are multiple older guys at my gym that are still vital and loving life, not cruising down the aisle in Walmart on a sad scooter leaving a trail of Dorito crumbs. I want to be that horny vital 70 year old that still has a twinkle in his eye. Lifting reduces bone density loss and improves balance,,, or you can topple over one day and break a hip. Also reduces the risk of other joint injuries.

New studies show weight training slows cognitive decline. Increases BNDF and hippocampus size.

Going to the gym is my pilgrimage. It's not home, it's not work. Nobody has any control on my time but me. The iron church.

Pushing yourself to add another 5lbs and having the drive and desire to do it for yourself, because you've made lifting for life a goal, gives you the fortitude that your validation is internal.. you're not pushing yourself for anything other than reaching your goal.

If you're stressing about something, I guarantee you won't even be thinking about it during a non-fuckaroundsitis workout.

It increases your sexual stamina. Want to pound a girl until she can't take anymore? Good luck if you're an out-of-shape neckbeard.

Want to throw a girl over your shoulder and carry her upstairs to the bedroom, her squirming as you slap her ass? You need to be strong.

I have no issues with body image. I love the way I look. I MADE this. I like pulling off my shirt at the beach with pride, not self-loathing and fear someone will point out my enormous moobs.

Angry? Use it as fuel. Burn it.

Can't sleep - exhaust yourself against the iron.

Feel the need to masturbate for the 3rd time today? Go lift something. A Shakedown does not count.

Lifting releases endorphins. I feel AMAZING after a good workout.

Some required reading.... [Fuckaroundsitis](#)

[The Iron](#)

You don't find willpower, you create it.

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UPVOTES

The Correct Way to Ask a Girl Out

darchetype · 15 August 2019 · Archived copy · Reddit

When asking a girl on a date--either via text, call, or in person--always pose it as a statement, not a question.

Example:

"I'm gonna go see a show at the jazz club Wednesday night at 7. You should¹ join me."

Simple, straightforward, unassuming. It lays out the time and place in one sentence. You aren't asking her if she's free or where she wants to go or what she wants to do. Posing it as a question just gives her an opportunity to decline. Remove that opportunity. **YOU** are going to do something awesome that night regardless if she's available or not, but it sure would be cool if she joined. Girls hate having to plan stuff, especially dates. It's too stressful and onerous for them. Take the initiative; be the man. She's less likely to decline or flake if you have things already planned out.

Keep your life interesting and she'll follow.

¹ Side note: Using the word "should" in this case is so simple yet so powerful. It makes her feel like she would be missing out on a golden opportunity to do something fun with you. It's almost like you are incepting the thought into her mind. You "should" use this word it as often as you can.

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UPVOTES

Tips for a First (or any) Date that will get You Laid [Long Post]

The_BitterTruth · 8 January 2017 · Archived copy · Reddit

For any guys who are regularly getting it in on the first date, this post is not for you. If you're having a hard time getting it in on the first date, or getting call backs for a second - this post is for you. This will be especially relevant for girls whom you've met recently or girls you meet in the near future. A lot of guys are misled into what a, "good" first date actually is, or how to go about arranging it. I'm here to share my game plan (which works great for me) which I have refined through advice on this sub and trial and error.

Before I even get too deep I want to put out a very important concept: **You can buy her time, but not her affection.** Some guys try to *persuade* girls into hanging out with them by offering them expensive/fancy dinners, concert tickets, etc... This is a bad direction to take. If she wants to go on a date with you she will make a noticeable effort to do so. You might be able to bribe her to come along with you, but honestly if you need to persuade her so hard to go on a date with you she's not interested. She's going to take your free shit and not even feel bad about it. With that being said I strongly recommend against expensive venues - or anything that might be perceived as trying to buy her time or your way into her pants. Regarding the bill, I almost always split the bill. This has never hurt me personally. I do occasionally buy the first drink, or pay for all of the meal. This doesn't hurt me either.

Step 1: Setting Up the Date. An important point to remember is: You guys are on the same team and want the same thing - to meet up and have fun. You're working together - not against each other. I'm going to assume you have someone in mind (if you don't check out my post on how to open and close). Like I mentioned earlier it's great if you haven't been talking much with her if you're arranging your first date. Anyways send something like this via text, or ask her in person (you'll usually get bonus points for asking in person as it takes more confidence, but it's not necessary or even practical all of the time), "Hi (her name), what's your schedule look like this week?" This works for me, if you're doing your own thing and it works for you then do that instead. Girls who want to meet me will tell me when they're free - or make some noticeable effort to try and arrange a date. Girls who don't want to meet me will tell me they're busy - twice or more. **Once she tells you when she's free just tell her where and when to meet you.** Don't ask her what she wants to do - this is your responsibility to make the plans. Besides you should have already screened her for interests when you opened her and have some general idea of something she won't hate. Her only responsibility is to show up. You don't need to tell her what you guys are doing, or what you have planned. It's actually more fun for her if she doesn't know, because it makes it more of a mystery and a surprise. Don't ruin the surprise for her by telling her what you're doing so early on. Just text (or tell) her something like, "Cool, how about (x place) at (x time)?" **Once you arrange the date cut contact.** Don't be texting her smily faces and shit or sending her good morning texts. It's like talking to the police. You're just giving her shit to use against you. You have nothing to gain by texting her after you have already arranged the date. Most girls have the decency to let you know if they're going to flake. Don't take it personally if she does.

Step 2: The venue. This is a very important aspect of the date that too many guys fuck up. A lot of guys go to dinner, a movie, or some other boring shit for their first date. Let's be real - there is hardly anything less imaginative and more boring than interrogating each other over dinner. Watching a movie (in a theater not your place) is also bad because you can't build any rapport by talking, all of her attention is focused on the movie and not you. Those are probably the worst places to take a first date.

You want to choose something that you DO not WATCH. Think ACTIVE. This should also be something that you enjoy, and even better if you're good at it - the date is for you, not for her. Get creative with it. Some dates I personally enjoy: Lazertag, Rock Climbing, Karaoke, Drinks, etc... Bonus: Quite often I will suggest we cook dinner at my place, this is great and solves a lot of problems regarding logistics. Don't get me wrong, you don't have to take every girl on something spectacular, but if you're not very charismatic or attractive you're not helping yourself buy sitting across from her questioning her at a dinner table. If you're not enjoying yourself, she's going to

notice and judge you as not fun. More than likely, if you're having fun she will too. As a last note, pretty much every beta orbiter is trying to take her out on a traditional "fancy" dinner. Remember what I said about buying her time - one of the easiest ways to get put into the beta bucks category.

- **It's important that you have more than one place planned.** I recommend two or three, but I have done as many as four in a date. Changing venues will make it seem like you guys have known each other for longer than you really have, and help her become more comfortable with you. It also makes the date more interesting and memorable.
- You want to have everything planned in a way so that it's *hassle free* to get back to your place (or someplace you can fuck). Things should (ideally) be within walking distance from each other. You don't want to spend too much time in a car, or on public transportation. These are not very conducive places to escalate (if you're driving). You can fuck in a car or in public but I don't recommend it if you can avoid it - you can rack up some pretty serious charges for fucking in public.

Step 3: Enjoy yourself. Too many dudes center the date around the girl. They worry too much and make too big of a deal about it. You shouldn't noticeably or consciously be trying to impress her, win her approval, or anything of the sort. Honestly she isn't that important and neither are you. **Just have fun bro.** You should be doing something that *you* enjoy, so this part shouldn't be that hard right? Just enjoy the moment. A huge point here is: **Don't be needy.** Don't worry whether or not she's enjoying her self. Don't ask her what she wants to do next, or if she's having fun. Don't make the date about her. Take her off the pedestal and realize you're the prize. Up until now, you've done everything. All she had to do was show up.

Step 4: Escalate. If this girl agreed to see you and do XYZ with you (and you didn't buy her time) She's obviously into you to some degree. She wants you to be the man and take the lead. Escalating is something that deserves a post all on it's own, but here is my take on it: Escalating is about openly showing your sexual and romantic interest in her, without shame, neediness, or embarrassment (although it's okay to be a little nervous). Touching, flirting, eye contact, kissing - these are all ways in which you can convey your sexual interest. How you do it is up to you, but you **MUST ESCALATE**. Really just do anything that gets your dick hard. It's as easy as that. If you don't show her that you're sexually interested. She's going to place you into her list of, "dudes that don't deserve my pussy". She's also going to be disappointed that you didn't have the balls to show your interest. Fucking on the first night may not be on the list for everyone (but if you are check out my post history, "How to fuck on the first date - A Guide") You need to show her that you're sexually interested on the first date - this is absolute. How far you choose to go is up to you. I think going for the kiss on the first date is the bare minimum, but I don't stop there if I can help it.

Part of escalating is taking her back to your place and fucking her. You don't need to be clever about this, just make up an excuse: "Hey you should come try my tap water"/"You should listen to me play guitar". Just be plausibly deniable - give her something to work with. If you took my advice on the venue it'll be easy to get back to your place from wherever you are. If you guys have been making out, then it's an easy transition. I don't invite girls back to my place unless we've kissed already during the date. This really isn't that big of a deal. You offer, and she replies with yes or no. If she's giving you a Maybe, you can try to lightly persuade her.

Her: Weelllllll I'm not suuuuuuuuree. You: Oh my tap waters great, you have to try it Her: Haha Okay!

I invite girls back to my place towards the end of the date, even if i'm not sure she's 100% into me. If she doesn't want to come over it's not a big deal. I'll just try again on the next date.

Important Concepts:

- **Pacing.** Every girl has her own pace which she is comfortable with moving at. Just think of it as how soon she is willing to fuck you. The higher your SMV and better your game the more you can cut this time down. Some

girls are cool fucking me within a couple of hours, some after a couple dates. It just depends how you play your cards and what kind of mood she's in. Don't get disappointed if she turns down your kiss, or advances. Just take a step back and try again later. One of my current plates didn't want to kiss me at all on our first and second dates, but we fucked on the third. Being able to gauge how into she is along with how turned on you're getting her is a skill that comes with time and experience. If you're interested on reading more about this check out my post on how to read body language. To sum up this otherwise out of place point, take things as far as you can. If you have a hard time reading ques check out my guide to non verbal communication in my post history.

- **Keep her focused on the present.** You don't want her thinking about her job, her ex, her family, or xyz. You want to keep her attention on you and the date that you're on. Comment about your immediate surroundings, get her caught up in the moment. Bring her focus to you. This is again something that takes experience to develop. The more you can get her focused on the present moment, the more you can bring her into your frame.
- **Isolate:** I don't recommend double dates for beginners. I think these take a little more game to pull off well. Don't agree to have her friend come along with. Just you and her. See my point above about keeping her focused on the present. If she's thinking about her friends, she's going to worry about being judged if she fucks/kisses/whatever you. Make it you two against the world.
- **Seating arrangements:** This is actually more significant than it might appear to be. A lot of guys sit across (Guy > < Girl) from each other when sitting down to eat or whatever. This is not intimate and puts distance between you and her. It makes it very difficult to touch her, whisper in her ear, kiss her, etc... Sitting like this is not intuitive to escalating. It is much more intimate to sit right next to her, parallel if you're having a hard time imagining this: (Guy ^ ^ Girl) where you can put your hands all over her, like I know you want to. Also makes going for the kiss easy. There isn't anything wrong with sitting perpendicular to her (Guy > ^ Girl) if it's not possible to sit parallel to each other. I will often violate social norms just to sit next to her. I don't really care if the norm in the restaurant or cafe is to sit across from each other, and I'm the only person sitting next to my date in this way (many restaurants are set up this way where I am for only two people). I will always sit parallel next to her if I can help it, and I've never gotten a complaint about it.
- **Don't Be Needy:** I talked about this briefly. If you're dependent on her to have a good time/enjoy yourself. The date will never flower - and neither will you. You should be outcome independent. You don't need her approval or attention. Being needy is an extremely quick way to kill any sort of attraction.
- **It's not your job to entertain her:** A lot of times in the past I felt like I was obligated to make sure she was having a good time. This didn't necessarily hurt me in regards to getting laid, but it placed an unreasonable burden on myself. Now I only make sure I'm having a good time, and she always plays along. This goes with the above point.
- **Conversation and "getting to know her":** Some of the most bullshit, ridiculous excuses I've heard is that, "I want to get to know her before XYZ." If you're saying something like this, you're probably making excuses. If you want to get to know her, take her on a date. You don't need to be sitting across from each other at a dinner table questioning each other to get to know each other. In fact if you really want to "get to know her" this is probably the worst way you can do it. You're going to see the most rehearsed, calculated, and dishonest representation of a girl (person) in that sort of atmosphere. You're going to have plenty of time to talk, even if you're doing something super active. You don't have to be talking 100% of the time. In fact it's better if you say less than you usually do (if only by a little bit). Try to get her to talk, girls love to talk about themselves. Ask her questions about her hobbies, family, hopes, dreams, etc... Try to keep it light hearted, it's okay to touch on dark subjects, but you don't want to get too deep into it and start consoling her. If you're a sperg, keep it light for now until you improve your social skills.
- **Give her a Ride on The Emotional Rollercoaster:** You want to evoke different emotions within her. You can do this in a number of ways. Excitement, suspense, surprise, laughter, Happiness, Horny-ness . If you look back

at each step I'm sure you can find some way on how it connects to the theme of the Emotional Rollercoaster: Don't text her after you made plans (suspense), Just tell her where and when to be, you make the plans (Excitement, surprise). Enjoy yourself (Happiness, pleasure). Escalate (Sexuality, getting her turned on). If you're a top notch Chad you can even work in some stories that cultivate certain emotions (sadness). I'll leave this up to you, but throw some lows to contrast with the highs if you're a good story teller. If not, you can get away without it.

- **You are the prize:** If you've followed this guide, then you've realized you've gone through a considerable amount of effort and all she did was show up. Don't put her on a pedestal. If you have this problem read my post, "What I learned from fucking my ONEitis" - it might help out a little bit.
- **Push-Pull:** There are some great posts already on this, which I can't explain better than they already have. Search for them. Just think two steps forward, one step back as a general guideline.
- **Calibrate after the fact:** Not every date/joke/advance is going to be a hit. You want to calibrate afterwards. Not during.

I hope this helps for a lot of guys who are clueless on how to have a good first date that leads to sex. Have fun and good luck!

Edit: Spelling, Grammar and Sentence structure. If you have any suggestions let me know and I will consider adding them in.

Edit 2: Thanks for the gold!

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UPVOTES

The documentary that made Scandinavians cut all funds to its gender studies institute

theVet · 22 January 2014 · Archived copy · Reddit

The Nordic Council of Ministers (a regional inter-governmental co-operation consisting of Norway, Sweden, Finland, Denmark, and Iceland) has decided to close down the NIKK Nordic Gender Institute. The NIKK had been the flagship of “Gender Theory”, providing the “scientific” basis for social and educational policies that, from the 1970s onward, had transformed the Nordic countries to become the most “gender sensitive” societies in the world.

The decision was made after the Norwegian State Television had broadcasted a television documentary called “Hjernevask” (the Norwegian word for “brainwash”) in which comedian Harald Eia exposed the hopelessly unscientific character of the NIKK.

Part 1 – “The Gender Equality Paradox”

Part 2 – “The Parental Effect”

Part 3 – “Gay/straight”

Part 4 – “Violence”

Part 5 – “Sex”

Part 6 – “Race” (password: hjernevask)

Part 7 – “Nature or Nurture”

Tl;dr: Comedian completely destroys every claim by the gender studies institute with proof from actual scientists, biologists, psychologists etc. to the point where the state shuts it down.

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UPVOTES

12 Irresistible Bad Boy Traits Women Crave

RedPillDad · 21 October 2014 · Archived copy · Reddit

Raising the quality of your life and developing the swagger of a Bad Boy persona can do wonders for game... As a married dude, I was surprised to find how effective this shit can still be.

With her dual sexual strategy, she's either looking for Alpha Lover or Provider Guy. What sets these categories distinctly apart are the way you make her feel. What do you portray and offer - thrills or security?

Alpha Lover offers the Desire Path by giving her a sense of danger, excitement and adventure. Provider Guy offers the Love Path by giving her comfort and protection.

You can trigger her Desire Path by displaying Bad Boy traits. That's what she looks for when shit testing... to see if you're a badass or a wuss. She also wants to see if you value your freedom, and consider your SMV higher than hers.

12 Irresistible Bad Boy Traits Women Crave:

- 1. Confidence** - cocky to the point of brazen (versus meek uncertainty and insecurity).
- 2. Directness and Decisiveness** - say what's on your mind and clarity about what you want (versus waffling and meekly tiptoeing around).
- 3. Dominance** - command respect with social, intellectual, emotional and physical power (versus putting her on a pedestal and acting subservient).
- 4. Indifference** - remain aloof, less reactive and not concerned about what others say and think (versus being an overly-attentive "try-hard").
- 5. Entitlement** - feel unconstrained to take/demand what you want (versus feeling unworthy).
- 6. Exciting** - take risks, seek adventure and lead a more interesting life (versus seeking comfort and security).
- 7. Freedom and Selfishness** - rebel's attitude, say and do what you want, uninhibited and self-focused (versus conforming and attending to others)
- 8. Leadership** - lead yourself/others to reach goals (versus passiveness and uninspired).
- 9. Masculine** - exude a rugged, controlled mannerism (versus a soft, caring feminine energy).
- 10. Menacing** - disagreeable, dangerous vibe (versus friendly and harmless)
- 11. Mysterious and Unpredictable** - contrasting qualities that stimulate curiosity (versus boring and predictable).
- 12. Teasing** - playfully disrespect her, intentionally ruffling her feathers (provoking her instead of trying to put her at ease).

Bad Boy behavior indicates power and higher status. Acting in an uninhibited, entitled, powerful and dominant manner persuades her to categorize you as a Lover rather than a Provider.

If you smile too much, lavish her with attention and act like a perfect gentlemen, you'll kill the seduction. Why? She craves drama and excitement, not comfort alone. And acting eager and polite is indicative of Beta status. She knows an HV Guy would act far more aloof and indifferent.

In her eyes, that cowboy wearing black is much sexier than the one in white. That bad boy lifestyle is a roller-coaster of excitement, while the steady positive force of the Good Guy is comforting, but dull.

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UPVOTES

Another quick reminder on how fucking dangerous even the cutest bitches can be.

buttgoogler · 26 July 2020 · Archived copy · Reddit

Couple years ago I met P, who's one of my closest friends now. P is a man's man. Grew up in a house with no father, worked his ass off since he was 15, now is one of the top Men's Physique competitors in our country and, generally speaking, is a great laid-back guy with a rock solid frame and 99 lvl of IDGAF attitude who's always there for his friends.

In january this year he met Sally after she DM'd him a couple of times. Sally is a petite blonde with a great ass, huge blue eyes and a goofy personality. She seemed alright when I first met her: she didn't drink, had no tattoos, piercings, was a gym rat and was pretty shy.

They hit it off pretty well but note that he never mentioned them being official and even despite him dodging the "what are we" bullet a couple of times, Sally sure as hell thought they're gonna marry one day. Mister P at the time had a couple of ONS/plates to spin and wasn't really paying too much attention to what's going on between them, so things went downhill one day.

It all started with weird things like her driving to his home to see if his car is there when he didn't answer her message at night or actually sending her girl friends to check places where him and I used to hang out a lot to see if there are women with us.

Folks, that bitch was all over him. She looked fine af yet he was a couple points above her SMV so she was going crazy about him. Sally even asked if she can eat his ass if she'd quit smoking for one month and went batshit crazy when he didn't let her do that eventually.

Shitstorm got stronger every day so mister P decided to end it all. He drove to her place and had a conversation about how things aren't working and it's time to part ways. This is when things got real serious. She started yelling, crying, threatening him that she'll kill herself, you get the drift. Bitch did a 180 in one second. Now she's posting stories on IG with his photos about how much of a twat he is.

So, remember that one innocent blue-eyed girl who was willing to quit years of smoking just to taste raw man's ass? Well, that crazy bitch burned down my man's car tonight. He's crushed, I'm speechless, she's arrested. Never let your guard down brothers.

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UPVOTES

So you're a boring fuck: How to become interesting in 3 Easy Steps [Part 2]

needless_pickup_line · 14 April 2015 · Archived copy · Reddit

Yesterday, [/u/femmefatalle](#) made an excellent point.

You can attract women even if you're the most boring shit out there (by male standards) just by having a teasing, self-amused and a cocky personality.

Part 2 focuses directly on how to become funny, confident, and self-amused, so if your primary goal is to fuck women then focus on this post and ignore **Part 1.**

This is not a guide on how to fuck women. This is guide on self-improvement. Although throughout this guide I relate the information to picking up women, the main focus is on self-improvement while sexual strategy is secondary. Yes, *improving yourself will make you more appealing to women*, but if that's your only goal then Part 1 is needlessly complicated and difficult. If you're not following this guide for your own sake, you will fail.

The **last post** discussed hobbies, interests, and experiences. Together they comprise the CORE of who you are. But with all products, you need to market it and sell it. And make no mistake, *when it comes to women you are definitely a product*. It's called the Sexual Market Place for a reason.

Undoubtedly you've heard "don't judge a book by its cover", but why would you slap an ugly cover on an amazing book? The truth is that people are constantly judging you superficially. It's not enough to simply have a fit body. You need to dress well and groom yourself. Likewise, it's not enough to simply have an interesting personality. You need humor, charisma, and eloquence.

1. BE FUNNY

"Being funny" might seem like the simplest thing in this post to accomplish, but developing your wit is more daunting than you might think. You can memorize common shit tests and their responses, but true game is an integral part of you. Likewise, even if you have canned jokes at the ready, *your wit needs to be organic in order to respond to the chaotic and dynamic nature of conversations*.

Being funny isn't easy. We would hardly compare comedians to doctors and lawyers, but truthfully it takes real intelligence and insight to be funny. You need to have excellent observational skills, analytical abilities, and quickness of thought. You need social acumen to recognize your context and audience and determine the best way to deliver your humor, along with the right vocabulary to convey your meaning both simply and unambiguously.

Furthermore, you need to be funny in a way that appeals to women. It's easy to be a clown, pandering to her for the sake of her amusement. Not only is this disrespectful of yourself, women will instinctually recognize your supplication and be disgusted. Women don't fuck clowns. Operate with the intention of amusing yourself; *never her*. The impact of your humor is always lessened when it's delivered for the sole benefit of those around you.

Luckily, humor, like game, can be developed through practice, observation, and education. To improve our game, we read what more experienced men have written on the subject. To improve our wit, we observe our comedic betters. This is primarily done through watching stand-up and television. It seems antithetical to the RP notions of constant improvement, but watching comedy is a great way to be entertained as you improve yourself. The key to doing so is **ACTIVE OBSERVATION**. You can't passively sit back and let the media wash over you. You need to engage the material with a critical mind to educate yourself. On a basic level you will be exposed to what is "funny", but more specifically you *observe the nuances of body language, delivery, and comedic timing*. This is the most important aspect. Delivery is everything. It is the difference between crushing a shit test and getting a drink thrown in your face. Even the smartest, most clever jokes will fall flat if the delivery is poor.

These are my own specific recommendations. I'm sure other members will have more thoughtful and effective suggestions. Look at popular comedians like Louis CK, John Mulaney, Kyle Kinane, and Hannibal Buress in addition to podcasts and specials from more familiar RP comics like Bill Burr, Joe Rogan, Bryan Callen, and Patrice O'Neal. Some smartly written TV shows include Community, 30 Rock, Brooklyn Nine-Nine, and Archer. Watch sharp movies like Kiss Kiss Bang Bang, In Bruges, Juno, the Cornetto trilogy, and anything by Mel Brooks. The point isn't to watch what's "reddest and most Alpha". You're watching to become a funnier person, although *always be cognizant of the underlying message any media is conveying.* Furthermore, **DON'T TRY TO PLAY A CHARACTER.** *I could not emphasize this more.* You want to develop your own sense of humor, not emulate someone else's performance in a stilted, affected, and ultimately shittier way.

When you're out with a group of people, pay attention to the flow of conversation. Who is making the jokes? What is the subject matter? How are people responding? **Here's a real life example:** in yesterday's post I mentioned trying heroin. I considered this to be a blatantly ridiculous suggestion for the purposes of creating humor, just like I wouldn't actually recommend talking to girls about taxidermy. But the response from the sub was overwhelmingly negative, and could have easily overtaken the entire post. In the future, if any of you are attempting to be lighthearted on TRP, you now know that references to hard drugs will not be well received. *The same logic applies to any other group.* Girls at the bar probably won't respond to obscure references. Sexual humor probably won't fly at work.

Observing other people's conversations will give you a more coherent understanding of the organic nature of real life comedy, versus prepared stand-up and edited television. The humor might be dry and clever or deadpan and sarcastic. It could be lame puns. It could be interpersonal in the form of good-natured ribbing and "giving each other shit". If that ribbing becomes aggressive and antagonistic, pay attention to how people attack each other. Be aware of how comedians respond to hecklers and take note, especially when others AMOG you. Being funny means that in the moment you are the center of attention, which lends itself to criticism and jealousy from others.

Eventually you will begin recognizing natural setups where you can interject with your own words. Unlike television, you don't have the luxury of 37 different takes, so it is crucial that you commit to whatever it is you say. No whispered mumbles; speak clearly with confidence and self-assurance. And if your joke falls flat, at least you go down in style.

Your sense of humor and your game/frame are indelibly linked. As you become funnier, your game becomes tighter and your frame becomes rock solid. Agreeing/ amplifying and amused mastery both directly rely on your sense of humor and ability to be funny. Your intelligence and wit are vital to a properly executed pressure flip. And when needed, your observational skills and insight will allow you to deliver exquisitely brutal nuclear shutdowns.

2. CHARISMA

In contrast to being humorous, becoming charismatic is much more straightforward. Improving yourself will improve your SMV, and a subsequent increase in charisma is a natural consequence. A big part of this is due to the **HALO EFFECT**. Good physical shape, hygiene, personal style will all make you more appealing, and that physical appeal will cause others to view **everything** about you in a better light. A fat slob and a fit stud could both deliver *the same exact line in the same scenario with the same delivery*, but one is creep and the other is charming. Humans are a visual species, and you must appeal to our superficiality to be successful.

Apart from physical appearance, the key component of charisma is confidence. The easiest way to demonstrate confidence is to *actually be confident*. This is why working out and having hobbies are so critical. You could disregard the last post entirely and still be successful with women, but it will be so much easier if you are authentic. Nonetheless, if there is one area where "fake it till you make it" works, it is confidence.

There are many physical aspects to confidence. When you speak, do so clearly and directly. Practice vocal exercises to deepen and strengthen your voice. Make direct eye contact when speaking to others. Develop good posture when walking: back straight, shoulders back, head high, leading with your dick. Controlled stride. When you enter the

room you want people to notice. When sitting, especially with girls, be relaxed and expansive. Spread out, get comfortable, and bring others into YOUR space. Don't alter yourself to accommodate theirs. Emulate the relaxed power and deadly elegance of a lion. This is just another of the many reasons why physical exercise is so important; that natural, animal grace can't be faked. Your body language reveals much about you: never allow it to be nervous or hesitant. Don't twitch or fidget. Dance studios have floor length mirrors for a reason. *The best way to practice your posture and body language is by looking in the mirror.*

Confidence, and therefore charisma, is all about nuance and balance. Be passionate without being emotional. Be assertive in conversations. Never needlessly antagonize others, but always stand your ground. Show intelligence without condescension, and be playful without being childish. **Tailor yourself to the situation.** While the party is in full swing, be boisterous and exciting. When tensions are high, exude quiet ferocity and command the room. In the intimate moments before dawn, be smooth, seductive, and dominant. **When dealing with eligible women, at all times maintain an undercurrent of sexual energy.**

Another important aspect is cultivating an aura of mystery. Don't be so quick to divulge information about yourself. Scarcity implies value. When you reveal aspects of yourself slowly and deliberately, those around you will be both intrigued and attentive. But as I mentioned earlier, **DON'T TRY TO PLAY A CHARACTER.** Don't try to be Don Draper, Frank Underwood, James Bond, or Walter White. All confident, charismatic men will share certain qualities, but you need to apply those qualities to your own unique persona rather than ape a fictional character.

MOST IMPORTANTLY: Don't take yourself too seriously. It's just as bad as constant self-deprecation. Don't forget to be **FUN**. No one likes a try-hard or buzzkill.

3. CONVERSATION

When it comes to good conversation, the simple approach works best. **Practice makes perfect.** You need to constantly approach and have conversations with other people. People in line, in class, on the street, on the subway, and in the store. Talk to anyone that seems open, not just attractive women. The majority of these people won't be interested and will give you a curt response, but others will be very amicable and you can practice your conversational skills. Keep it light to start. It's called small talk for a reason. If they seem bored, learn how to disengage smoothly. If they seem attentive, start branching out into other topics. *The whole process is similar to cold approaching, but without the pressure of sexual expectation.* Nothing will help you build outcome independence like approaching a dozen different strangers every day. You have conversations for your own benefit, and never feel obligated to remain in one if you're no longer enjoying yourself.

When I was a freshman in college, I was deathly shy. I could have deep conversations with my friends, but I was terrified to approach new people and I would struggle to form a basic connection. If I found myself alone at a party, I would retreat to the corner and stay out of sight. **I got over this by literally FORCING myself to talk to as many people as possible whenever I went out.** At first I could only do it after drinking, with my inhibitions lowered but my mind slowed. Eventually, I was able to approach sober. The more I did it, the easier it became and the better I got. By the time I graduated, I could walk into a house full of strangers and leave as everyone's new best friend. The more you talk to people, the more you can get them to open up and engage with you. Recognize the difference between awkward pauses and the natural ebb and flow of conversation. Learn how to minimize the awkward pauses while comfortably enjoying the organic silences. This is also great for diffusing tense situations.

The mark of a great conversation is that it *flows*. It's effortless. You find a genuine connection with another person and the words flow naturally. With practice, you no longer have to rely on meeting "the right person" that you "just vibe with". You can forge a connection with anyone who is relatively friendly and intelligent. Humor and charisma are vital because they make other people more comfortable around you. *It's so much easier to talk to people when they want to talk to you.* The last post mentioned experiences, but what good are they if you can't share them? Great storytellers are those who can share insightful observations in a humorous and appealing way. Use concise but descriptive language, and always keep things relatable to your audience.

The third and final post in this series will discuss IN DEPTH on how to make new friends, expand your social circle, and surround yourself with quality people who add value to your life.

EDIT: Added links

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UPVOTES

"She looks pissed, you better get home before she does" an example on female privilege

Newacc13 · 12 September 2019 · Archived copy · Reddit

Just discovered trp and this just happened. Not sure if it belongs here but thought id share it. Im hanging out with my girlfriend when i get a text message from an ex. My phone is linked on bluetooth to my car so my gf saw the number. Long story short she freaks out completely. Shes punching me, shes slamming the car window she is wilding out.

I decide to drive her home in hopes that she will get out but shes not going anywhere. I sit there for 5 minutes taking the wrath of her fury and decide to drive to the local police station and have them figure it out. Luckily its only 3 minutes away and i cant even describe what happened on the ride there im just glad i didnt crash.

I park the car and run inside before my gf can react. I get inside the lobby and explain my situation to the male officer working there. I tell him i didnt touch her, i drove her home she would not get out and all the crazy shit. I inform him that shes still in the car and i need advice on what to do. Right at that moment she comes walking in. she cusses me out, calls me a coward for going to the cops and says shes walking home. The officer looks at me and says "dude she is PISSED if you live together you better get home before she does". . . Thats it. He doesnt try to stop her, he doesnt question her, he doesnt even ask if i want to press charges for her assaulting me. She just gets to walk away looking like a crazy bitch. I guarantee if a woman had ran in roles reversed then the bpyfriend walks in, he would have been on the ground getting arrested.

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UPVOTES

You sound boring - Speak with emotion and confidence

LordOfTheReptiles · 1 August 2018 · Archived copy · Reddit

Intro:

I responded to an AskTRP post a few days ago where someone asked “what makes girls chase you?”. OP claimed to be boring, as a conversationalist, and also claimed to be a nice guy. I don’t doubt that he is a very boring, very nice guy. I wanted to flesh out my reply a bit more in its own post, as I’ve been reading TRP for awhile and have yet to contribute to the main sub. I want to preface this with some housekeeping as to who this is for and why I do it, so feel free to skip to the “How I open” if you want to get to the bulk of it.

I tend to have women get emotionally invested in me very quickly – in a good way. I should stress that this is absolutely not a guide on manipulating people and pulling strings to get people to do what you want. It is a way of interacting that gets people invested in you because you are someone they want to be around. You are opinionated, you feel strongly about things, you dislike certain things, you hate certain things, you do not accept all beliefs as valid, and you are someone that is able to articulate yourself in thoughtful ways that make other people want to hear more. This is one *style* among a variety of viable ways to speak and interact with people.

Lifting helps, obviously, but there are multiple layers to attraction and the emotional almost always outweighs the physical (assuming you are a man talking to a woman). Lifting will ease the initial interaction and open up women being receptive to you that may not have been in the past – I can speak first hand to this. Lifting is not going to make a boring guy more interesting, but combined with speaking emotionally it will create a man that women will chase.

A lot of guys on here complain about “women are so boring, I have nothing in common with any of them”. It is true, there are boring women out there. It is also entirely possible that YOU are boring.

Who this is not for:

- Men who want to primarily have sex through one-night stands
- Men who want to take the “idgaf because nothing affects me” approach
- Men who pursue platonic relationships with women

This is not a recipe for one-night stands, as that isn’t really my thing at this point in my life. For me, I prefer sex after a couple nights of hanging out. When we fuck, it is *always* better sex than fucking a girl the same night I met her. Nothing against guys who prefer one night stands, as I have friends who like that and are good at it. I just prefer emotionally fueled flings that usually end in heartbreak.

This is also not for “funny guys”. Humor is very important, but I wanted to specifically address the purpose of it in my style of game. I generally avoid being the goofy comedian type because you just end up becoming a jester that no one wants to fuck. You’re not there to entertain them with stupid knock knock or dad jokes - you want to make them laugh with emotion behind it. Dry sarcasm and dark humor goes a long way.

Anyway, housekeeping is done so on to the meat of it. This is going to follow a rough outline of what my night would be like at a bar with a medium amount of people. I tend to avoid clubs because they are more geared toward one night stands and banging club girls because you’re the biggest guy in the room. For those interested in that, you probably won’t get much out of this. I will use examples from a recent interaction I had with a girl.

How I open:

This can change, but I don’t really think about it too much. If I’m with a wingman, which I generally recommend, I’ll pull him over and say to the woman/group, “Have you met {friend}?”. They’ll say “no, who is he?” - he steps in and introduces himself, and we’re all talking. That’s it. Some others that work, because it really doesn’t matter:

- “Hey, I’m {name}. Should I be talking to you?” - Qualifying question.

- “I wanted to say hi before I leave.” - I’m not sticking around (relocate her later).
- “Who the fuck are you?” - May have mixed results.

Just say something. Do not overthink this. I’d avoid going with too much of a comical tone because of reasons I mentioned earlier. If you are confident it will make her laugh, go for it, but if she sees you as a funny guy that she doesn’t take seriously it can be hard to come back from that.

Generic Responses:

Alright, you said something and you’re talking. The first few minutes are general “where are you from, what do you do, blah blah i don't care” to get the wheels moving. Move through this quickly, as you don’t want the conversation to linger on questions that make it feel like an interview. Once formalities are out of the way, ask her something that you can actually weigh in on. Here would be an example.

Me - “Have you done anything fun in the city recently?”

Her - “OMG I just went to a country music concert. It was amazing. Do you like country music?”

Here is where most guys fuck up. They agree, immediately, *even if they don’t like country music*. Most men will say something along the lines of:

“Totally. Country music is great. We should go to a concert together sometime!”

Well done man, you just became her best platonic guy friend. There are multiple things wrong with a response like this (again, assuming you don’t actually like what she’s talking about - in this case I hate country music). First, you’re agreeing just to agree and you risk being called out on it if she asks who your favorite musicians are. You think she’ll like that you have something in common. Almost every single guy she’s told this story to has said something identical to this shit response. Here’s your second problem - she doesn’t know you. She doesn’t trust you. She doesn’t want to go to a concert with you because she just met you. Now you’re encroaching on being creepy because you haven’t built any comfort with her to suggest hanging out. Even if she agrees, she’s generally just being nice under the assumption that she’ll never see you again, or if she does it will be just as friends.

Giving negative pushback:

My response would be something like this:

“Concerts are a lot of fun, but honestly I think country music is terrible. It all sounds the same, the lyrics are lazy, and I don’t really care that some hillbilly likes to drive a truck and beat up his wife.” I used this response a few days ago. I pushed back on the things she liked that I didn’t like. I let her know that while it is cool she pursues stuff she likes, and we have something in common with enjoying concerts, I still dislike that type of music and can explain why.

If you are going to state that you dislike something that she likes, you want to give clear reasons why (country music all sounds the same) while sometimes sprinkling in a joke (singing about beating up his wife). You also do not want her to feel dumb for liking whatever it is you are talking about. Do not say something like, “haha you must have terrible taste in music” because you just end up sounding like an elitist douche. Explain *why* you don’t like it and move on to something you *do* like. It is important to reiterate this again - I am not advocating that you put people down for the things they like. You are simply letting her know that you think country music is terrible, *not that you think she is terrible for liking it*.

Exercise:

Try to think of 3 common things you hear girls talking about that you know you dislike. Examples could be shows on Bravo, stupid diets, whatever. Write down that you dislike them. Now, for each one, write 3-5 lines on why you dislike them. Make sure you are very clear in your reasons, and try to format it in a short, easy to reiterate paragraph that you can say out loud with confidence.

Example:

"I can't stand the real housewives shows. Andy as a host is a boring and generic gay man that middle aged women think they'd love to be friends with. The women on the show are just a bunch of harpies squawking at each other over petty stuff, but I get that for some people it is trashy TV that takes their mind off of work."

You understand why some people like the show, but you have no issue explaining why you don't. Once you get used to talking this way, women will experience a variety of emotions while speaking to you. You will run the gambit of positive and negative emotions. A lot of guys are under the assumption that you need to always find things in common, only speak positively, and agree with everything she is saying. At the end of the article I will go into further detail about why this is a mistake.

Expressing interests:

Let's take another example: you have a hobby you feel strongly about. I'm not talking about watching football, because almost every fucking guy she's talked to since the age of 14 watches football. This is where a lot of guys get lost.

I like art. I have a few pieces I've collected over the years, and I try to hit art museums every time I'm in a new city. There are a few ways I can present this to a woman I'm talking to when she asks what I like to do.

Examples:

- "I like art."
- "I go to art museums and shows. Not everyone gets art the way I do, it's really an acquired taste."
- "I'm really into art actually. I don't always understand what I'm looking at, but I don't care. Have you heard of the Barnes Museum in Philly? It's really interesting. This doctor, who retired pretty early because of a patent he came up with, started collecting art by sending his assistant over to Europe to buy what was popular at the time. The assistant ended up coming back with pieces from Van Gogh and Renoir, who have pretty similar styles. Anyway, the doctor becomes obsessed with collecting art and builds his entire house around his ridiculous art collection. Before he died, he put it in his will that the only way the art could be moved was if it was kept the way he organized it. So the city of Philly acquired the collection, and they rebuilt his entire house inside the new building downtown. They brought over everything, including the original wallpaper, door handles, along with all the paintings. So you're literally walking through this guy's house seeing how he laid everything out in specific ways. Pretty sure he was a lunatic and a genius at the same time."

Which one shows that you have more depth than a ferret? Which one demonstrates that you don't just have a hobby, but that you actually give a shit about it? Which one shows that you're an opinionated person who expresses himself clearly and thoughtfully because you put effort into the things you do? Again, almost every single guy will respond with either #1 or #2 - one makes them sound boring, and the other makes them sound like a douche trying to impress someone.

I use this example because it is something I am actually passionate about. I don't have to be talking to someone else who is also into art in order for this story to make an impact. Almost every single time I tell this story, the person I'm talking to says it sounds awesome and they really want to see it next time they're in Philly. They like that I actually know the history behind it, and can speak to it beyond "yeah the paintings are pretty dope I guess". If they are also into art, this builds comfort and interest very quickly because it is showing that I value something they do.

Again, I am by no means an art critique. I do not understand art technique, nor do I paint. I don't critique classic art and talk about the trope of the modern artist. I just like looking at it, I know why, and I can articulate that.

Exercise:

Write down three things you really like doing, watching, listening to, visiting, whatever. Skip sports and video games for now. Once you have your short list, try to flesh out why you like it, and include something you know

about it that other people don't. Extend "I like sculptures" into a 4-5 sentence paragraph about *why* you like it. This may sound trivial, but this is what separates you from guys who carry on boring conversations.

Once you learn to articulate yourself this way, it will build emotional connections with women almost subconsciously. She is feeling emotions while talking to you *because you speak with emotion*. Now, before everyone jumps down my throat with "lol beta bux" or some dumb shit, I want to stress that I am not advocating being overly emotional. This is not a call to get upset over little things, to become overly invested in what she thinks about you, or to be an emotional tampon for her. You are simply showing that you *feel* a certain way about different things, which is not the same as caring what other people think about those feelings. You know what you like and don't care how other people feel about it, but at the same time you are demonstrating your depth as a person. This is what will draw people to you and help you showcase a persona of someone who knows what they like and doesn't have a problem expressing it. That is the bullseye.

Moving past conversing:

At some point in the conversation she is going to think about kissing you, as will you. Personally, I bring attention to it. I throw it out in the open so we are both aware of it, while holding off to build tension. A simple line could be, "I know you want to kiss me right now, but I'm not going to". She may say, "no I don't" which you can laugh off. She may say "Yeah, I do". That's your greenlight, but more often than not I'll still hold off for a bit. I like the tension, and it builds up to a bigger deal, especially for her, when it finally happens. Sex will and should come up at some point, but I don't actually talk about it much the night I meet her. Instead, I'll make sexually infused comments about her that are *not directly stating that I want to sleep with her*. Some examples from my recent night out:

Her - "I do a lot of yoga."

Me - "I was looking at your ass earlier and figured you did."

Her - "My ex boyfriend thought that oral sex was gay" (yes, a girl said this to me)

Me - "I'd do gay stuff to you all day"

Her - "I like the show True Blood"

Me - "That show has the best sex scenes"

Again, don't overthink this too much. Talk about it casually, confidentiality, and without being an overbearing fuckboy. Saying "damn girl you so hot" is lazy, boring, and something she has heard a thousand times. "We should fuck" is probably going to make her uncomfortable and less attracted to you. "Do you want to have sex" - I shouldn't have to explain why this is bad.

In general, you don't actually have to talk about sex that much to create sexual tension. With many women, the fact that you aren't talking about it actually adds to the tension and mystery (assuming you are still keeping the conversation emotionally resonating). Typically, by the middle of the second date it is very obvious she is ready and wants to. I've had multiple women bring it up themselves by this point. I should point out that I don't recommend putting sex out there the way that I put kissing out there - they are not the same thing and should be handled differently.

When it comes to the sex itself, I highly recommend reading "The Sex God Method" if you have not already. If you have, you'll notice similarities to his book and my approach to talking to women. Mainly, you want women to experience both negative and positive emotions when interacting with you. I do not mean negative in a "bad" way, but more that she should not be able to win you over easily. This makes the things you have in common and agree on have more weight than they normally would. This mix of positive and negative emotions should carry over to the sex and the way you speak to her during it, and as mentioned before there's already a great book that covers this in depth.

Summary:

So why does this approach to speaking to women work? It is pretty simple, really. You are a guy who makes her feel things. Nice guys are convinced that women actually love assholes who treat them like shit. The reality is that they like guys who make them feel a range of emotions. That guy she keeps coming back to, who called her a bitch (don't do that), has also made her feel sexy and free at other times. She chases that feeling through the horrible experiences to try to get it back. You can circumvent being a douchebag by simply demonstrating that you are someone who disagrees with her at times and also respects who she is. You are someone who challenges her, helps her grow, and also shares some things in common already. You aren't easy, but you are worth getting to know. Once she knows that you don't agree with her just to try to sleep with her, she will quite literally chase the feeling of winning you over.

Earlier, I wrote that "A lot of guys are under the assumption that you need to always find things in common, only speak positively, and agree with everything she is saying." The reason this is wrong is that it is not an honest lifestyle, because there is virtually no one on the planet that is going to align with you and your values completely. Many men are under the assumption that if you're just a nice guy and support everything a woman does (think Jim from The Office), that you will eventually land your dream girl. The thing is, this approach can actually get you into a relationship. It will probably lead to her telling her friends about what a great guy you are, how perfect your relationship is, and that you'll get married and have kids. Maybe you get married, have kids, and live happily ever after. If that's what you want, then by all means go for it. I don't believe it is an emotionally gratifying life. I would much rather be the guy she had a passionate fling with for a few months and still thinks about from time to time when she's with her husband. I'll think about her as well. To each his own.

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UPVOTES

Hillary's Top Donor Just Bought The Onion — Started Publishing Propaganda Immediately

redpillbanana · 19 February 2016 · Archived copy · Reddit

Summary: Hillary supporter's media conglomerate buys The Onion and publishes fake humor articles to support her. The mainstream media is untrustworthy. **RIP The Onion.**

Article here:

<http://thefreethoughtproject.com/hillarys-top-donor-buys-onion-starts-publishing-propaganda-immediately/>

Most of you are familiar with The Onion. I've always loved how The Onion wrapped hard truths in humor, especially RP truths. Here are many examples:

- European Men Are So Much More Romantic Than American Men vs. American Women Studying In Europe Are Unbelievably Easy
- But If We Started Dating It Would Ruin Our Friendship Where I Ask You To Do Things And You Do Them
- Few More Items Knocked Off List Of Desirable Traits In Partner As Woman Turns Year Older
- Report: Rising Number Of Weak, Emasculated Men Working As Stay-At-Home Dads
- Area Woman's Type Tall, Athletic Men Who Have Already Hurt Her
- Girlfriend Changes Man Into Someone She's Not Interested In

They've also taken many searing jabs at Hillary in the past:

- Hillary Clinton To Nation: 'Do Not Fuck This Up For Me'
- I Am Fun
- Poll Finds Hillary Clinton Candidate Most Americans Want To Have 8-Ounce Glass Of Tap Water With
- Benghazi Committee Instructs Hillary Clinton To Limit Answers To 'I Failed The American People'
- Aides Gently Remind Hillary Clinton Not To Refer To Opponents As 'Obstacles To Greatness'
- Hillary Clinton Tries To Woo Voters By Rescinding Candidacy
- I'm Weighing Whether Or Not I Want To Go Through The Hell Of Appealing To You Idiotic, Uninformed Oafs

Unfortunately, the following has happened:

When it was revealed in January that satirical news outlet, The Onion, had been purchased by Univision Communications (which is co-owned by one of Hillary Clinton's biggest fans, top campaign donor, and pro-Israel fanatic, Haim Saban), it was if the world suddenly held its breath to see if the move would be the outlet's downfall.

Now, it appears we have our answer. On Tuesday, an apparent attempt at satirical understatement in actuality proved to be nothing less than a blatant propagandistic fluff piece touting Clinton's ostensibly stellar career.

It didn't work.

"Female Presidential Candidate Who Was United States Senator, Secretary Of State Told To Be More Inspiring," read The Onion's not-at-all-opaque headline. And the nauseating attempt at tongue-in-cheek praise didn't stop there.

According to the short 'article,' Hillary's media advisor, Jim Margolis, urged "the woman — who overcame entrenched societal biases to build a successful legal career, became the first female senator elected in the state of New York, oversaw the Department of State during a period of widespread international tumult, and, if elected, would be the first female president in American history — to be more uplifting to voters."

We've already seen **extreme media bias towards Clinton**. Now it seems that even satire sites are not immune from political bias.

How is this related to TRP? **I've submitted a warning in the past about how all men should be concerned about a Hillary Clinton presidency** and there have been plenty of other good submissions since (**example 1, example 2**). With the media behind her, there's a good chance that she'll clinch the presidency (unless she **self-implodes like last time**). If she's elected, get ready for some serious anti-male policies and more entitlements for women.

Lessons learned:

- The MSM is becoming increasingly centralized, biased, and untrustworthy.
- Even satire/humor sites are not immune from political bias.
- The once-great The Onion, which used to be full of hard truths wrapped in humor, has become a propaganda vehicle for Hillary 2016.
- For American men, it is time to start thinking about what it might be like to live in an increasingly feminist environment.

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UPVOTES

This is your **ONLY** life. You don't get any more.

NapoleonicApollo · 23 January 2017 · Archived copy · Reddit

You should remember at all times that this is your ONE and ONLY life. You don't get anymore shots left.

If you're born short, there won't be a time where you're born tall. If you're an ethnic minority there won't be a time where you're born white. If you're poor now, there won't be a time where you're born rich. If you're young now there won't be another time where you'll be young again. If you're born in a poor country, there won't be a time where you're born in a rich country. Stop letting your mind play tricks on you. This is all you got. If you're born with all these disadvantages this is your only fucking shot. No more.

If you spend your time caring only what others think of you; If you burn all your time orbiting women who don't give you the time of day; If you squander all your time lazing around, not lifting, oversleeping and not approaching, then you will die having done ONLY that. You will never get a fucking chance to rewind. This isn't a game where you get second lives. You will never be this young again.

If you spend your life focused on your disadvantages like being poor, short, a minority, being dumb, having a disability, being shy, having a fucked up childhood or any other obstacle then reality check: This is your only fucking chance to get whatever you want. If you don't take it, you will rest in the cold ground all the same.

This is why we were born mortal. Because we are mortal, we are free. Because we got one shot, we make this the best fucking shot we can give. Fuck the limitations. You fucking chase your goals.

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UPVOTES

A collection of amazing quotes I've gleaned from TRP posts and comments, in no particular order, and without exposition

chomponthebit · 27 December 2019 · Archived copy · Reddit

Unfortunately, I didn't save user names nor the provenance of the OPs they referred to. Most quotes are self-explanatory, but if you require clarification, I'm sure the old timers can help. I sift through them every few months, to add & delete.

Please contribute more amazing quotes! And thanks to everyone who participates in this forum!

A good girl is a bad girl who hasn't been caught yet

(Woman) This upsets me but I'm too stupid to formulate a valid response

(Woman) If I said it, it's true. If you disagree, you hate me and think I'm a bad person.

Women are the selectors of procreation. They essentially decide whether genes survive or not. They are ruthless by nature and care only for their own survival and the survival of their offspring. Men are simply the means to that end

Money is freedom. Prioritize it

Pareto Principle (Law of the Vital Few): 80% of the effects come from 20% of the causes

She could have fucked Brad Pitt and you will forever be not quite good enough in her eyes because of what has been and what is theoretically available to her

Sex is like air. It's only important when you aren't getting any

N Counts: don't ask, don't tell. It's never a happy statistic

The man at the top of the mountain didn't fall there

Briffault's Law: The female, not the male, determines all the conditions of the animal family. Where the female can derive no benefit from association with the male, no association takes place

Nobody likes anything that causes them to have less power. Except, perhaps, in the sheets

Assume attraction unless signal is otherwise

Being alone is not the same as loneliness

The difference between those who fuck up and those who don't is eliminating the "possibility of the event" entirely. If she's entertaining the thought, she's trash.

You only have to mateguard if you're with a woman who gives you a reason to mateguard. Vet them better.

Can't turn a hoe into a housewife

When people show you who they are, believe them. If you have to tell her not to be a whore, next her.

It's not your job to police a slut's desires or fix shitty character. Don't be naive - as if she doesn't know better. Just as you know when you're at the traffic stop that you broke the law, she knows she broke the law.

(She should) Try to act above suspicion.

The intention (of cheating) itself shows a flaw in character that must be avoided.

I would never dump a girl for cheating. I'll dump her for giving out her number in the first place

Men have to withhold attention the way women withhold sex

If she has a fucked sexual history you don't date her, you plate her.

Don't chase them, replace them

Your gut will tell you if she's a complete dirty whore or not

It's only pussy. Half the people on the planet have one. It's not special

Lick my balls like they're your candy-coated daddy issues

Women love to feel wanted, and hate to feel needed, by men

The point is never to find a good girl or a special girl and hold on to her. It is to enjoy your life. If she's aiding in that goal, she can stay. If she's impeding that, she must go.

You should treat women like children

If she wants to cheat, she will, and the only way you'll know is if she tells you

You should not waste your time with someone unless you're "fuck yes" about them and, more importantly, they are "Fuck Yes!" about you. It's not worth your time nor emotions to invest in someone who's not 100% into you.

Sex washes off. Love doesn't

Don't try to change other people's behaviour. Don't paint red flags green

Shen Jing Bing called and he wants his red flag back

Congratulations, now you get to overcome codependency

If I'm not saying "Hell, yeah!" to something, I say no

If you have to ask someone else if X, Y, & Z are normal behaviours, they aren't

It takes 0 effort to be a slut It take lots of effort to be a player

Would the woman of your dreams do X, Y, Z? If not, you have your answer

You throw the net, a fish slips through. Do you pine over the fish or throw the net again?

Schrödinger's Pussy: she is both cheating and not cheating

Trust, but verify. Listen to what they say, but watch what they do, for the gossip amongst their enemies is often true

If she wants a second chance she must move heaven and earth

Basically all religious restrictions on women boil down to ensuring paternity.

It's been my experience that women are more prone to "magical thinking" than man. If not astrology, it's "positive thinking" or "karma" or whatever else mystical woo makes them feel less responsible for a) having to know how things actually work, or b) for the good or bad that happens in their life.

Hypergamy is part of mother natures plan to improve the species.

The problem aint that bitches aint loyal, but that we expect them to be

There was nothing to save from the very beginning. Saving a relationship is like trying to capture a beautiful moment. The harder you grip, the faster you lose it.

Tease her relentlessly about the new "loverboy" and remind her she can test the waters anytime and you will understand. You will be fucking other women by sunset but you don't wanna hold her back

If you saw Jackie Brown, Samuel L. Jackson's character says "You can't trust Melanie, but you can always trust Melanie to be Melanie."

We all know women could cheat at any time, that's the constant. But women want to know their men can cheat, but won't. Men know their women can cheat, but want to know they won't.

Men love through adoration. Women love through admiration

You have to find a way to make yourself whole without a woman (or a man) because no one wants to commit to a broken person

Women want the final product, not the work in progress

They want a winner. They don't care which winner, they just wait at the finish line

If you don't respect you, who will?

If you want me on my best behaviour, then you better be on your best behaviour.

Men age like wine. Women age like milk

If there is ONE thing a man must NEVER do to a woman, it is this: DO NOT BORE HER. Make her happy, make her angry, make her laugh, ANYTHING but bore her. That enemy, boredom, is back and women are looking for you to strike it down. Embrace your youth and live again for the first time

The less we love her when we woo her, the more we draw a woman in

- Alexander Pushkin

Like playing red flag pinball. Ding ding fucking ding

You need quality marble to sculpt a masterpiece

She's talking about him because she's thinking about him which is just a few steps away from "and then I accidentally fell on his dick

(Women have) No concept of loyalty since "loyalty" depends on their current mood

Women make rules for Betas but break them for Alphas

This then is the basis of the Alpha Widow: A mental fixation on the man who made the most significant impact upon a woman as her Hypergamous ideal.

Five Minutes of Alpha Trumps Five Years of Beta.

Women simply won't police the worst aspects of their mating strategy and any interference, personal, political or social, that would prevent a woman from exercising her Hypergamous sexuality is viewed as misogynist, sexist repression.

When a woman has passed through her Epiphany Phase and become a never-married woman into her late 30s the mindset becomes one of self-justification. This is similar to the Kate Bolick effect whereby a woman has very little choice but to live with her past intimate decisions and convert necessities into virtues. She embraces a ready-made empowerment narrative wherein she convinces herself that her choices were the bold, unconventional ones she needed in order to grow

If you feel like playing Child Support Roulette, go ahead and cum inside her

My taste for romance was probably why none of my relationships had lasted very long; the romance always wore off in the end

Good sex can make up for a lot of flaws. Why do you think guys keep sticking their dick in crazy?

Promiscuity is the #1 least attractive trait for a woman to have. For men, it's far lower on a woman's list

I've had problems (ED) with some amazingly hot women. If there's no chemistry, there's no chemistry. Dick don't

lie

Maternity is assured and paternity is not. It's biology

Men have more at stake when it comes to fidelity

Women are a lagging indicator of success

Does anyone actually appreciate the consolation prize? I came here to win, bish

Women have absolutely no clue what they're attracted to. It's so funny to watch it play out

A girl bounces when she feels like she's found better options. She bounces back when she discovers it just ain't so

Don't take her seriously if:

1. She's been on the cc at all;
2. Isn't willing to give you more than she's given anyone before you

Travel is a bad sign. Wanderlust = riding the global cc

DEER - defend, explain, excuse, rationalize. NEVER DEER

Biology makes women's lives harder. Women make men's lives harder

When the costs of her company outweighs the benefits of her pussy, next

The first fuck matters the most. After that, it's nothing but diminishing returns

Who wants to be an extra wallet for used goods who gave their best selves to someone else?

The truth is going to hurt you. But it'll hurt less if you're used to hearing it all the time, and hurt more if you never hear it

Women are sex objects. Men are status objects

A girl bounces when she feels like she's found better options. She bounces back when she discovers it just ain't so

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UPVOTES

Distrust that Particular Flavour

Whisper · 15 August 2018 · Archived copy · Reddit

I'm here today to talk about the blue pills.

Note the plural.

It's easy enough now to understand what many people call "THE" blue pill, especially since others have done all the hard work for you. Just read the sidebar. What's harder to come by is an understanding of just how those others came to say those things, and how that might apply to other things.

Grasping the truth about women and sex is one thing. Grasping the truth about grasping the truth is quite another.

But does anyone out there think that women are the only thing in life you've been lied to about? There are many, many Blue Pills in life, and nobody's going to make a discussion group for each and every one. So without the ability to do what **others** did, the ability to *spot blue pills yourself* instead of merely understanding someone who points them out to you, you're going to remain vulnerable to a lot of **nonsense** of **all sorts**.

Now, it's easy enough to see a lie when you already know the truth. And it's easy enough to discern lies when you **can test a proposition for yourself**. But that doesn't cover all of reality. How can you avoid being bluepilled when you don't have the resources to test, or access to the data, and can only **hear what others tell you about it**?

When you can't find out the truth, you need to *learn to spot the lie by its own characteristics*. That won't tell you what the truth is, of course, but it will tell you when to be skeptical, and suspicious. Lies have distinguishing features.

Blue pills have an aftertaste. Learn to distrust that particular flavour.

A selection from Whisper's ~~bullshit~~ *blue pill* detection tools:

- **Lies are told by those who want them believed.** *Be suspicious if the person telling you a thing profits from you believing that thing, or learned it from someone who profits from you believing that thing.*
- **Truth can be observed many times from the universe, but lies spread from their authors.** *Be suspicious if every person who tells you an idea uses the same words. Odds are they all heard it from each other.*
- **Lies are told to get you to do something.** *Be suspicious if the man telling you something to believe also has something he wants you to do because of that.*
- **People are defensive about lies.** *Be suspicious if proponents of a narrative get mad that you don't believe them.*
- **Liars hate the burden of evidence, and want to shift it.** *Be suspicious of any speaker who demands justification for your skepticism.*
- **Liars don't like competition.** *Be suspicious of anyone who tries to silence other narratives, instead of ignoring or criticizing them.*
- **Profitable things justify investment.** *If someone is spending a lot of money to spread a story, be suspicious. They expect to profit from that investment.'*
- **People tend to believe what they want the truth to be, but the universe is perverse.** *Be suspicious if a story contains no bad news. Since when did the universe become friendly to our desires?*
- **Liars love language.** *Those who have no evidence can't show you anything... they have only words. Be suspicious of anyone who tries to change the words you use... they are trying to influence how you think. (Thanks, /u/Heathcliff--)*
- **Liars rely on reverence.** *If you're afraid to have your story questioned, you attach it to the coattails of that which*

it is socially unacceptable to question. This might be JESUS (as opposed to just the moral traditions of our culture) in some communities and SCIENCE! (as opposed to just plain old science) in others. Remember that liars want to stop the argument, not settle it.

- **Liars make compound assertions.** *Be suspicious of someone who doesn't want to let you pick and choose what to believe from his story. Anyone can start with an obviously true statement, but truth is not contagious. It doesn't infect the rest of this narrative.*

You can sample any story, from religion to late-night television commercials, from these characteristic tastes, and for others like them. But even more important is the process of tasting again to find them in *what you already believe*. The lies you never notice are the ones that hurt you the most. Learn to recognize the distinguishing smells of a lie in the things you know to be lies. Then look for them elsewhere.

Remember that skepticism is free.

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UPVOTES

Guy asks for advice because he thinks his pregnant girlfriend cheated on him and the baby isn't his. Gets told he's being a paranoid asshole. This is the update.

cassandrita · 16 August 2015 · Archived copy · Reddit

First Link: <https://archive.is/QWHIt>

Update Link: <https://archive.is/ZhZN1>

TL;DR from first link. Guy posts for advice because his gf was acting strange, (buying lingerie, hiding her phone) before she ended up pregnant. Oh also the guy used a condom every time so its pretty unlikely that the child is his.

He wants to know if he should snoop and find out if his girlfriend cheated on him or if he's being irrational.

The top responses:

OK, you know the last 3 weeks where she's been hiding her phone and internet. That could have easily been her searching pregnancy symptoms or looking for a doctor and chatting with her best friend about missing her period.

It is suspicious but not 100% damning as there could be a simple explanation.

Snoop if you must, then talk to her.

Remember she was also buying lingerie she never wore with her bf but the guy is still being too paranoid.

Another response:

This is the most obvious answer on here honestly. But of course it wouldn't occur to a dude. Not to mention you can't meet someone, have sex, conceive and get a positive pregnancy test in THREE WEEKS! The earliest ones take at least 2 weeks after conception to even show.... she would have to be SUPER CONCEIVER WOMAN! Bahahaha.

And another response:

WAIT. How the hell could she have met someone, slept with them, conceived, waited the absolute minimum of 2 weeks it takes to get any result on a pregnancy test, all in the three weeks time you have noticed her "acting strange"?

I know your a dude so you probably haven't thought about this - it's very possible she was just online hiding things because she is googling pregnancy facts, messaging her girl friends on social media about it, etc before breaking the news to you.

Kicking her out without talking to her about it and getting the facts is bat-shit crazy dude. Don't do that. You will regret it majorly if it turns out you had a faulty condom at some point and you just kicked out your pregnant was-to-be wife who is carrying your child. Now THAT is a relationship breaker.

Now to the update

She was cheating on me. She was doing it since mid June with some guy I don't even fucking know, fucked him 3 times in June and then he ended it because he had a girlfriend. Then in late July he broke up with his girlfriend so then my girlfriend and this guy started seeing each other again more frequently, which explains her suspicious behavior in the last 3 weeks.

As for the pregnancy she confessed to him two weeks ago she's pregnant with his kid and how she plans to pass it off as mine. I'm so pissed and feel like a fucking fool right now. Right now she doesn't know I know about this so I'm just keeping up appearances.

Lesson: Never trust the hivemind.

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UPVOTES

How To Develop God Tier Eye Contact | The real reason why you can't maintain strong eye contact with a woman.

pugnaciousvagabond · 10 August 2017 · Archived copy · Reddit

The Eye Contact Problem

I was on YouTube the other day when I stumbled across a video titled 'Video For Practicing Eye Contact'. Surprisingly these types of video generate millions of views... These videos usually have a beautiful girl looking at the camera, your challenge being to maintain eye contact? Wtf

TLDR: Video Post

Enough bullshit, it's time for people to really understand the truth about eye contact. Failure to hold eye contact is a deep-seated issue; it's not a technical one. The reason people can't maintain eye contact isn't due to the fact that they don't know how it's because of the beliefs they hold that lead them to feel uncomfortable. Social Conditioning: Don't show attraction!

Men have been emasculated by society. Many men feel ashamed of their own masculinity. They somehow feel that showing interest in a woman is wrong or taboo. They will go to great lengths to avoid eye contact with women. I partly blame these new age Feminazis for fucking up the biological male and female sexual chemistry (nothing against proper feminists).

The Deeper Issue

More often than not, a failure to hold eye contact with a woman derives from an issue within. They say that the eyes are the 'gates to the soul', so when someone looks deep into our eyes a part of us feel vulnerable. This vulnerability is amplified if there are some unresolved issues within **yourself**!

If you have a hint of self-loathing or low self-esteem, it will manifest itself in bad eye contact. If you are not living your life in accordance with higher ideals, if you are not aligned with your personal values and ethics, it will manifest itself in bad eye contact. Most potent of all, if you are ashamed of yourself, it will manifest itself in bad eye contact.

Geeks that masturbate to their favourite anime character in their mum's basements at 3 AM will almost certainly never have good eye contact with a woman. People that engage in fraudulent activities (unless sociopaths) never have good eye contact. The issue isn't technical, as you can see it's deeper than that. Confident Eye contact

Having you shit together entails:

- Having a clear mission in life
- Having set values
- Having personal ethics
- Embracing your masculine energy
- Having set boundaries

A confident man with his shit together will never have an issue with eye contact. He will be comfortable with himself and feel at ease during a conversation. Why would you feel scared or vulnerable when you're at peace with yourself? How could a woman threaten you with her sexual essence? It can't happen for the confident man.

Steps to Building Eye-Contact

Here are some real practical steps to help you build your eye contact.

1. Don't watch fucking 'practice eye contact videos on YouTube'
2. Find out what deeper issue is causing the eye contact problem and promise yourself to resolve it.
3. Start practising eye contact on **REAL** people, if you are nervous look at the spot between their eyebrows. You should, however, move onto their eyes.
4. Don't stare; use appropriate breaks during the conversation (usually every 5-10 seconds but depends on the person you are talking to).
5. Focus on one eye, you can't focus on both at the same time (try it).
6. When talking to a group, spread your eye contact evenly amongst each person. Don't block anyone out and focus too intensely on one person.
7. Don't open your eyes too wide like a fish, you can blink this isn't a staring competition.
8. If you are feeling awkward, that's good. You are getting out of your comfort zone; soon this shit will be a breeze.
9. Prosper

Game changer

Once you improve your eye contact you will notice more women being attracted to you. Eye-contact is one of the best non-verbal cues for confidence. When you can talk to a girl while looking her dead in the eyes you stand out. You stand out because most emasculated men are ashamed to do it. They can't do it. Now I want you to go out there and experiment with this. If it helped you, come back to this thread and share your success story.

829

UPVOTES

Pussy is a Commodity.

Whisper · 15 October 2017 · Archived copy · Reddit

So, now that our own Uncle Vasilya has troubled to explain to the class **how not to be a disgusting loser despite having loads of money and power** (go read), the next step is to understand how people get that way.

It certainly looks like a puzzler, when you think about. A premium class whore costs about \$500 an hour. Two at once cost \$1000. Double that, hell, multiply it tenfold, and anyone who's a major player in Hollywood can afford *as much of that action as he wants*.

So, even if you're ugly, even if you have no game, even if you look like Jabba the fucking Hutt, you still have two smoking hot pros at once, anytime you want, who will do whatever you want, right away, and fuck right the hell off afterwards.

That sounds like a pretty good deal even to those of you who can pull at will, doesn't it?

So why, oh why, do men with that much money still act like thirsty losers?

Why?

Mindset. Neediness. **Ego**.

Make no mistake, most or all of these girls (and probably boys as well) weren't raped in the strictest sense of the word. They held their noses and sucked Weinstein's greasy cock because they knew the money shot was made of Hollywood stardom, and pretty much anyone you see in film or television or hear on the radio is a degenerate whore, or they wouldn't be there in the first place.

But they didn't *want* to suck that cock. So why wouldn't this asshole at least pay someone whose job it was? Who would suck it harder and suck it better and suck it with a lot more enthusiasm out of sheer professionalism if nothing else?

Mindset. Neediness. **Ego**.

Harvey Weinstein creeped on starlets rather than paying whores, because *if he paid a whore, he would have had to admit to himself that his cock was being sucked for money instead of the thrill of it*.

That's right, little Ol' Harv didn't do all this to get sex with hot chicks... he did it to feel like a winner. Deep down, he knows he is an obese undisciplined slob, since he owns a mirror and isn't stupid. **Harvey Weinstein ultimately thought of pussy as a yardstick that measured his worth.** If he could get enough pussy, he must be a winner at life, right? Because that's what life is all about, right? Trying to climb back into the same sort of hole you crawled out of?

No.

Pussy isn't a yardstick. Pussy isn't a milestone. Pussy isn't an achievement.

Pussy is a commodity. Like potatoes. If you're hungry, you want a potato. If you're horny, you want pussy. You get as much as you want, of the *kind* you want, with the variety you want, then you fucking stop until the itch comes back.

The meaning of life will never be found inside a vagina. Self-respect will never be found inside a vagina. A sense of purpose and identity will never be found inside a vagina. Happiness will never be found inside a vagina. The only things you will find there are temporary pleasure, and temporary release from your sexual appetites.

Which means that if you don't want to end up like our little friend Harv, you can't get your self-image from how often vapid twentysomethings (whose major interests in life include cute shoes) spread their legs for you. Harvey's plan didn't work, because he just kept having to do it. No matter how many greedy, vapid little teenage sluts licked his sweaty balls then went home to take six showers and cry themselves to sleep, he had to keep doing it, because it

didn't help for long.

So what's your mission? What is it that gives meaning to your life? It can be pretty much anything you think is important.

But if you say "popping bottles and fucking models", then have a long hard think. Because pussy is a commodity, like potatoes. Not the measuring stick of greatness, or the source of happiness. Anyone can get women's approval, because women are a herd of sheep. It didn't help Harvey feel better, and it won't help you.

And he is not the only man brought low by overvaluing pussy.

Remember Tiger Woods groveling to some bitch when models were lining up to fuck him? Then getting on TV and apologizing for being the victim of domestic abuse? Remember Shane Mosley's ex wife taking his title belts in court? Bitch can't punch her way out of a paper bag, and she's got four championship belts. Paul McCartney had to write a check for fifty million dollar to some bitch with one leg. How many hot teenagers would have crawled across broken glass for a shot at fucking Paul McCartney for free?

Pussy is something you get sometimes because you like pussy. Pussy is not an achievement.

Go do something you can be proud of.

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UPVOTES

To The Young Virgin Red Pillers: Give It Time

UpperRedSide · 29 July 2019 · Archived copy · Reddit

Relax.

I see you lifting.

I see you watching what you put in your body.

I see you reading, and learning, meeting new people and taking on new hobbies.

I see you working your ass off and making smart money moves.

But you still haven't gotten laid. At this point you've internalized enough TRP literature to fill a library, and still nothing.

You're frustrated. Probably wondering what's gone wrong, or questioning whether this shit works.

Relax.

Give it a little time. Not even a lot of time. Just a little.

I was a kissless virgin for all nineteen years of my life. I moved out, started looking at the world through red lenses, and rapidly built my self into someone impressive. Two months on my own and I started whining about how I still couldn't get laid. Two more months of building my social life from nothing since I wasn't allowed out of the house when living with my parents, and I found myself in a situation where the logistics were right.

Even when you have the girl alone with you, there still will be a large step between talking or whatever you're doing to kissing and foreplay. I'm just warning you. The first time taking that step will scare the shit out of you, and even the second and third times will be scary as well.

But stop worrying about it. You're telegraphing desperation it's coming out of your pores and scaring people off.

Calm down. You're doing okay. Give it time.

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UPVOTES

Mystery Man

Heathcliff-- · 11 December 2016 · Archived copy · Reddit

Summary: Discussing the "mysterious" guy phenomenon, flaking, and how a woman's hamster is your best tool to getting into her.

Girls will find lots of different ways to dress up a flake. It will normally come packaged as "Sorry I can't do today I feel kinda sick and I got a test tomorrow", sometimes they've "had a death in the family", sometimes they "have lots of work to do" or "are tired from work" sometimes "their car is playing up" or "dog is ill".

Regardless, a girl who is lazy and unreliable will come up with multiple different fabrications in order to skip out on meeting you. She needs to keep up appearances and feed her cognitive dissonance that she's a good, trustworthy girl. Reliable people don't flake out on plans made with their friends or a guy, but sometimes life just gets in the way you know?

Except for these girls, life just keeps getting in the way of meeting you.

You need to start picking up on what is a flake or what isn't. Sometimes it's true, something really *did* come up that means she can't see you that night, but these are much rarer than you think. People, especially girls, don't have lives as exciting or varied as you imagine they do in your head. Accidents do happen, but not at the rate the average excuse-maker likes to think they do.

And if a girl has a date booked with a guy she likes, chances are that will be the highlight of her week and she's been thinking about it every day leading up to it, she's already picked out her outfit.

If a girl *really* wants to see you, she'll get over her dead grandma and leave that assignment undone in order to drive the 20 miles to your place. A girl who is head over heels for a guy will jump any obstacle to get the chance just to see his penis again.

I'd say 9/10 flake excuses are absolute bogus. Girls who come up with an excuse to not see you are telling you two things:

- 1) She is still a good girl and "reliable" and it's just *not her fault* she can't see you today. This is an effort to keep up appearances, have plausible deniability, and feed her female solipsism, she can't be a bad person for flaking, it's just out of her control! The problem is, she can't be upfront about what the real reason is which is:
- 2) You no longer give her the tingles enough that she can be bothered to see you. She's vetted you, assessed you and decided you aren't good enough.

Realise this now.

Girls *do not* flake on guys they are attracted to.

The thought of disappointing or letting down a Chad, or an Alpha guy they are really into, is *mortifying* for the average girl.

Their sole aim is to impress this guy enough that he chooses *her* to stick around with him. That he picks *her* over the countless other girls courting him at that moment.

Girls understand abundance mentality and understand that a top-tier guy has options. If she flakes on him, she will be replaced by the next thot who was ready and available.

Girls do not let down guys they are trying to impress. They are on their best behaviour. It's like flaking on an important job interview, no one does it, even if their grandma died that morning.

So where does that put us?

If she flakes on you, more than once, it means you've blown it.

It means she's decided that you're the kind of guy she can skip out on because

- a) She isn't attracted enough to try and impress you anymore
- b) She knows you don't have any other options so you'll stick around anyway
- c) She's come to a conclusion on who you are and where you stand in her own social hierarchy

Thus, she's stopped trying her best to stay in your good books. She knows that flaking is lame and that you'll probably be mad at her. She doesn't care. You aren't Chad anymore and the only guy she wants to impress is Chad.

We've all experienced the 180 flip from a girl who thought we were cool and alpha and did all they could to keep us happy, to when she realises you're none of those things and actually kind of lame and then bam suddenly it's like meeting a different woman.

There's a reason for this:

Girls project an aura of mystery around guys they know nothing about, *and they assume the best*.

The less a girl knows about you, the more attractive you are to her.

This is because her hamster likes to spin any unknowable facts about you into good qualities. The more she has to wonder about your life, the more she assumes you've got your shit together, have a large group of friends, are always busy, and are banging multiple other girls.

In fact we all kind of do this, by default we assume strangers are more competent or better than we are. Our own inferiority complex and insecurity makes us assume that every new person we meet is cooler or doing better in life than we are, if we see a stranger doing something "odd" (like turning up in the wrong dress code for example) we don't automatically assume they're stupid or making a mistake, we first wonder if maybe there's something *we're* missing and that *we're* the ones who are mistaken. We assume the best, rather than the worst.

Women do this too, at a much greater level. They pedestalise *every* hot guy into demi-gods. They get giggly and submissive and cutesy around these guys because they assume these guys are vastly *superior* to them.

Diminishing Returns

You'll notice this the first time you get into a new girls pants, it's nearly always the *best*, most animal fuck, because she sees you as absolutely above her in every way, and is trying *her hardest* to satisfy the superior man.

And as you fuck her more and more you'll realise that her investment and enthusiasm slowly diminishes,

why is this, what's changed?

She's got to know you better. And as she's done so, she's come to realise you are nothing like the idealised version of you that she's come up with in her head.

And the more she realises this, the less attracted she is to you. Eventually you'll figure out that she was attracted to the *ideal version* of you she'd hamstered into existence, and ideal that you could never accomplish.

And you'll start realising this with every girl you fuck, they expect you to be so much more than you actually are. They don't have a solid grasp of reality, they don't realise that the guys they are attracted to *are just normal dudes on the inside*. They see this big muscled alpha who passes all her shit tests but they never consider the fact that he farts and sometimes gets pimples and has depressed days and his friend group is actually quite small. And when they do, well the attraction fades.

Beauty in Perfection

To put it simply, they want you to be perfect, they want you to adhere to the image they have of you in their head, they want you to essentially be *the man of their dreams*. In a literal sense. Only the man of their dreams is enough, and when they realise you aren't him, you're nexted. You're flaked on. She flips from submissive and available to "just tolerating you".

Now we know she will never actually find "the man of her dreams" and will eventually settle on some beta shmuck once she hits the wall. This is the plight of the modern woman. Their standards are so inflated that no man can ever reach them, and this is because the standards for each woman are vastly different and vastly changing according to her own whims and "the grass is always greener" hypothesis. Have a strong bulky, masculine blue collar father for her children, lust after a millionaire, have a guy who makes lots of money, complain he doesn't spend enough time with her and cheat with Jamal from the gas station; deep, mysterious guitar playing band member, "hasn't grown up" and needs to "get a real job".

Women, even those who have met a decent mate who used to live up to her standards, will always lust after *more*. They always want *better*. They are qualifiers and consumers and they will never really know what a super good deal to settle for is, they will always want the next best thing, the next rung on the ladder. They will lust after *perfection* until the moment they realise they have diminished bargaining power, and then they will begrudgingly settle for *less* than what they could have achieved before.

Let's not also forget the media programming of women to lust after celebrities, billionaires and stoic alphas they see in the movies. Our society objectifies men into "Success Objects", and women are attracted to the success, but they don't really understand the true sweat and hardship needed to achieve that success, they don't like to see how the sausage is made, and they are turned off by *any* sign of weakness, any slip up.

Cracks in the Armour

Show any weakness, any imperfection to a girl, and you will get a mental black mark in her head.

Women treat frame-breaking, pussying out, being broke, anything "embarrassing" as mortal sins. They want the perfect man, and every slip up from the act you have to put on shatters that image of "perfect"

she's created in her head, and also pisses her off because she feels like she got swindled; she put so much effort into this guy she thought was the winning formula, only to see him lose his job or pussy out from a challenge. Women completely overvalue weak moments and focus on them much harder than any of the attractive things about you, Briffaults law comes into play.

You could be masculine, hench, charming, witty, foot the bill, sweep her off her feet, but if you trip on the doorframe as you leave the restaurant; ALL of that is shattered. The façade of perfection has been broken, and any past attraction she had to you is overshadowed by that big glaring mistake that she will use to take you down a peg.

Keep making mistakes and eventually you have a ghost or a flake. Once she realises you aren't the perfect man of her dreams, she will move on and start testing the net guy. Women have abundance mentality and they *do not* waste time with guys they have already deemed *imperfect*. They know that if they drop quick and move on, the next guy might meet the standard.

You will never be able to meet up to the standards of your plates or girlfriend even if you are pure Alpha Bucks, this is impossible because their standards are always changing, always too high and they dehumanise men into success objects to the point that they are not allowed to have any flaws.

It's impossible for us to have no flaws, but women, especially hot women, do not understand this. They want to find that one magical, perfect guy who has *no flaws* and they want that guy to swoop in, make her a princess and live happier ever after. At heart, women fantasise about these ideal situations and ideal guys, just like children; you will find few who are rational enough to understand the struggles, hardships and imperfections of the modern man (but there definitely are some).

If you want to get a general idea of what the ideal for a woman is, look no further than "Fifty Shades of Grey". Even if you're a college Chad on the football team with a string of honies following you, well, you ain't a multi-billionaire and she'll secretly judge you for that.

Combating the problem

Her goal in "getting to know you" is to find out who you really are. She is trying to build a general idea of what you are, what you do, who you know, what your frame is like, where you're placed on her rating scale, and what your imperfections are so that she has an excuse to drop you for "the next best thing*".

Her power comes from *what she knows*. She can only work with the information given. So there's one easy way to win her game; control the information she has. The less she knows about you, the more she has to guess, the more she has to idealise, the more she has to pedestalise.

If she knows little about you, she won't know your weakness. She will start filling up the gaps with her own imagination. She will start imagining you as *much cooler* than what you really are (she does this because her solipsism doesn't allow her to think that she is crushing on a loser, this mysterious guy she has the hots for *must* be awesome).

The more information about you that you give her, the more she has to disqualify you with. The less you give her, the more she idealises you into something better, as Rollo Tomassi says (paraphrased): "A woman's hamster is the best tool of attraction you can use".

Keep her guessing. Always. Make her always be wondering where you are, who you're with, what you're doing. You could be in your basement watching anime, she doesn't know that, she assumes you're off at some high-profile event with girls hotter than her. You could have the most dull, monotonous job ever,

but if you refuse to talk about it, she starts wondering if you're some CIA agent or secret business billionaire. Never tell her how much you make or what you really do (unless it's impressive), and even then hold back on the details. Don't let her into your friendship circle, don't let her meet your family, don't tell her about your life story and childhood and exes. Every scrap of information you give her exposes you as the imperfect human being you are to her, and for her, that's not enough. She will use all this as ammunition to eventually discount you.

"Oh his friends are kind of lame and he's a Trump supporter and still not really over his ex and he seems pretty disposable and low-ranking at work.... Etc etc etc". Do not have long conversations with her over text or even in person. You might think it makes you sound smart and you're impressing her, but really she's thinking "this guy talks too much and is too passionate about boring shit and he's telling me all this, why is he wasting time with me doesn't he have better things to do?"

The most attractive word a woman can hear coming out of your mouth is "busy".

Your life does not revolve around her, the less she can get her claws into your personal goings on, the more interested she is in you. If you are too busy for her all the time, she will go *crazy* trying to get into your pants. If you only ever communicate with her to set up meets, she will blow up your phone and social media constantly, if you're always kicking her out after fucking because you got shit to do, she will go wild trying her hardest to see you again and again and again.

The more she knows about you, the less attracted she is to you. It's simple. Women *love* mysterious men. They can't make their mind up on the guy yet, they haven't seen his flaws and weaknesses, they overhype the strengths, and the guy seems *perfect* to them. The only way you can be Mr Right for a woman is to be dark and mysterious.

How do we incorporate this into game:

📌 When Opening a Girl

Do not divulge too much information. Do not show off. Get her to ask questions of you, don't just spill the beans outright. Don't linger or hang around too long, always "be in a rush", always "have somewhere to be". Look busy, look important. Don't try and impress her, get her to try and impress you, remember, you are the prize. Close quickly and then leave. Don't text her straight away, wait a day or two. Always seem "busy" and like you have a faster paced life than hers.

📌 Plates

Plates are disposable, treat them as such. They aren't girlfriends and they are not there to be your emotional support, or your personal diary. Don't rant at them, don't talk to them about your politics or ideologies, and don't tell them about your friends and family and work. Mention hobbies or interesting bits of information but only on a surface level. Always be too busy for them, kick them out after you're done, ignore their texts sometimes. If they ask to meet up and you're free, pretend you're "too busy" anyway. Make the meetings on your terms. She needs to get this idea that you have shit going on outside of her and she's just a side part of your life. She will be attracted to this, this is what women want to see. My go to strategy with plates is stories. If they want to know something about me I'll tell her stories about stupid shit my friends and I got up to and it satisfies her projection hamster. "Yeah one time when we were in Rimini we ended up in this weird Italian club where everyone knew the Italian songs and dances and we felt like such outsiders" or "you think the beer

here is cheap, you should see Prague, cheap way to get drunk". If you can name drop people or places and then *never talk about them again* these girls think you're incredibly interesting and have done a lot of shit.

🔗 LTR

Dread game is your friend here, and as they say "comfort kills attraction". You never want your LTR to get too comfortable with you or "fully understand" you. Of course she will get a lot of information out of you because she's the closest woman to you, but you can still be dynamic. Always be cultivating new hobbies, new friends, new business idea. Never stagnate. Ignore her, sudden phone silence, busy days. Don't let the relationship get boring, always be starting new things, new dramas, keep that engine fuelled. As soon as you settle out and stagnate, that's when she starts to wonder. Keeping yourself busy, occupied and silent will keep her guessing. Guessing is the biggest aphrodisiac. She will think you're at parties with super models and Saudi bankers. She'll fuck you like she did when she was trying to impress you at the beginning of the relationship, because now she thinks she has competition and has to "win you back". You might have just been playing games on your computer, but if you ignore her "wuu2" texts, she thinks you're snorting coke off a models tits in a private jet.

To sum this all up in some easily digestible bullet points:

1. If a woman flakes on you more than once or twice, she is not attracted to you. Women do not disappoint guys they are trying to impress.
2. Women are all seeking the "perfect" guy with no weaknesses to sweep them off their feet.
3. Women test guys and qualify them with the information they have of them.
4. If you disappoint a woman too many times, she will next you.
5. It doesn't take much to disappoint a woman, they undervalue strengths and overvalue weakness.
6. Women who don't know much about you fill in the gaps of knowledge with idealised versions of you.
7. The less information you give to a woman, the "more mysterious you are", the more attracted she is.

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UPVOTES

Race, Globalism, Conspiracy Theories, and TRP

down_with_whomever · 4 June 2016 · Archived copy · Reddit

Introduction

My best history teacher when I was a wee lad once told me a maxim by which you can understand the world: he said “[u/down_with_whomever](#), follow the money.” If you want to understand why something is happening, follow the money. From where is it flowing, and into whose hands.

I’ve been a social studies teacher now for quite some time. And after a lifetime of studying history, economics, politics, and culture on a daily basis, I have entirely lost my faith in coincidences. Many things appear as coincidences on first glance that reveal themselves not to be coincidences once you add more data points. Especially not when you follow the money.

Remember when we were told that the purpose of the Iraq War was to stop terrorists, and then it was to build democracy (whoops we switched narratives). But anybody who followed how money was changing hands in the war had to wonder whether it was about democracy. If you followed the money, it stopped looking like a coincidence.

Remember when we were told that the 2007 world financial crisis was caused by banks being “too big to fail?” This was the narrative. Banks too big to fail! We didn’t talk about the collusion between the federal reserve, the ratings agencies, and the banking executives that remained un-fixed with no correction to the laws after. When you follow how money changed hands in this crisis, it stops looking like a coincidence.

Remember when the government, with no regulation on prices, started colluding with banks to offer endless amounts of credit to college students, and then the price of tuition started exploding year after year? After this (very predictable) process harnessed an entire generation into hopeless financial indentured servitude, THEN we got to ask. “Oh Gosh! Maybe we should fix this!” But, we didn’t. And now that billions and billions of dollars of debt that you cannot legally discharge with bankruptcy are already contracted, it stops looking like a coincidence.

Narratives and Conspiracies

We live in the information age. The people with the access to the power to control the flow of information are the most powerful people. A way of thinking or talking about something can be called a “narrative.” The people who control the flow of information can be said to construct a narrative. The narrative is how those who control the information want you to think about the world.

Everyone on each side of the political spectrum has figured out that the major news media organizations are not unbiased. But they are not randomly unbiased. They put certain thoughts in your head and by repetition this guides your thoughts. They can kill an idea from mainstream thought by simply denying it airtime. And they can inject a thought into the mainstream simply by repeating it enough times in enough places.

The problem with this line of thinking, however, is that it can easily lend itself to conspiracy theories. People who are too skeptical. However, conspiracy theories are themselves a narrative, constructed by someone for a particular aim. I’ve been working for a few years in a former USSR country and watching the Russian conversation about the world. The Russian propaganda machine is brilliant. It uses people’s suspicions and skepticism of the establishment and the establishment’s narrative, to create a NEW narrative for the sake of a different establishment. Every problem you can name in the world, a huge portion of Russian people can be very easily convinced that this is an American/CIA plot. This narrative herds the people into pro-Putin nationalism. A lot of “conspiracy theories” are like this. They are another narrative intended to push your thoughts towards someone ELSE’S goals.

But what I’m talking about is not about being conspiratorial, it’s about being critical.

“Who profits from this?”

But that doesn’t mean that we should not question the narrative. The narrative that has been brought to the attention

of many, many people in the world recently is the immigration crisis in Europe. It is not a conspiracy theory to ask, “Who profits from this?”

Most false narratives pushed by the establishment should invoke this question. Who profits from this?

The narrative, in this case, is as follows: The people coming to Europe are refugees in need of help. It is morally wrong to deny them because they are in need. People who question this are racists, who must be shamed, censored, or arrested. The dangers of the people coming are irrelevant because they are no more dangerous than the average European citizen. Any dangerous sounding things in Islam should be ignored because there is also some dangerous sounding stuff in the old testament of the Bible. The host countries are enriched by the addition of foreign peoples because this makes them more diverse, and diversity is a good thing as a rule.

Now, if you’re here reading TRP, you probably understand that these narrative is a gigantic lie. But you also must have heard it repeated hundreds and hundreds of times in the last year. On your facebook feed, on TV, in newspapers, from people talking about it. Isn’t it crazy that something so obviously false you’ve heard repeated infinite times? It might sound like a conspiracy theory to suggest that there is a massive amount of collusion taking place between certain governments, media organizations, facebook, police organizations, in the way they handle this. But if you watch, you can see it happening. The question that someone with a critical mind should be asking – who profits from this?

The Immigration Crisis Payout

It appears to me that the establishment benefits from division among the people. In the US, the news media are largely split between left-wing madness and right-wing madness. And the level of divisiveness between people has been increasing for years, with the help of the media. And there’s a lot of benefit to keeping people this divided. They will battle each other instead of uniting for a common goal.

A lot of Americans actually agree about what’s right for the country. We don’t actually hate each other and our ideas as much as we think we do. But they don’t know they agree because they’ve internalized the anger of this left/right conflict. And this conflict is really profitable. The ways in which our country is broken is very profitable to some people. A lot of money changes hands in the drug war and prison-industrial complex while the left and the right argue about legalizing marijuana slowly, state by state. A lot of money changes hands in the endless war machine while we argue about transgender bathrooms. Millions of people die from obesity and heart disease because we provide billions in subsidies to corn syrup and allow a few megacorporations to control almost our entire food supply, while we debate endlessly about regulating 'assault weapons' which are used in only a negligible percent of crimes. A lot of money changes hands with the most expensive healthcare system in the world, while the left and right argue whether or not healthcare is “socialism”. I don’t know how to fix the healthcare system – but I do know that as long as it remains as it is, a lot of money is flowing into certain hands. And they have a huge vested interest in seeing it not fixed.

Remember when the Tea Party movement looked like grass roots but it turned out to have been planted by the Koch brothers, who wanted to resist healthcare reform?

This is actually my theory as to why the powers that be in Europe want the immigration crisis to happen. The public conversation is always driven towards race, Islam, etc. But I don’t think it’s about this. Countries like Germany and Sweden have very large, very comprehensive welfare states. Public healthcare, public education, strong benefits. It is hard to take ownership of, and profit, from something which is a public good. What Europe is doing is intentionally creating a permanent underclass. They will always be disproportionately reliant on welfare, they will not contribute to society, they will create social tensions. This is going to create a resurgence of the far right. But I think this was the point. I think they are going to attempt to bankrupt the welfare system so that down the road (how many billions of Euros is Germany spending on this shit?), they can start privatizing. And they will use this division between the left and right to do it.

And as we know from what happened to the former Soviet state industries in Russia in the 90’s, privatization of

large state apparatuses can bring gigantic profits for the right oligarchs.

In the US, the image of the “welfare queen” (we all know who she is and what she looks like) is rolled out every single time that we discuss increasing the welfare state. This is such a powerful image because we have such an innate disgust at the idea that the state is forcing us to pay for lazy and useless people. Eventually this feeling is going to kick in Europe, and it is the perfect pretense for an ever-shrinking number of Svens to wonder how they can keep paying for an ever-growing number of Akhmeds. And once they wonder this, they will suddenly find out that the system bankrupted itself. Time to roll out the privatization. Cha-ching. **Imagine how much money you could make if you privatized a completely public healthcare system? And then started charging tuition for a formerly free higher education system? And then cut welfare, while keeping taxes as high as they were before?**

But I don't think that privatization is the only target.

It seems to me that the powers that be in Europe are in the process of intentionally ghetto-izing their population centers in the way that American cities have been for years. But this one will be even more extreme. Urban blacks in the US are plagued with social problems, but even I would take the crypts and bloods over ISIS. I've actually lived in the ghetto before. Even the angriest thugs from the hood don't want to see our society destroyed.

I cannot think of a better pre-text for expanding the police state than intentionally importing entire communities of ISIS sympathizers and then attempting to force their distribution equally among the entire continent. Which is exactly what's happening. I expect that the security problem this creates is going to create some of those “reforms” that the US saw post-9/11. Remember just how much the establishment in the US *needed* 9/11 to implement all kinds of changes? The boogey-man of “Islamic terror” became absolutely essential to the growth of the police state and the “patriot act”-ification of our laws. They had created this boogeyman and then it was too late, this was the brave new world in which we lived. The refugee crisis is the powers in Europe creating their own 9/11, their own little tool to manufacture a bigger police state and seize greater powers.

In this regard, the disruption of communities of Europe, the creation of this security problem, and the deepened divide between the left and the right are all profitable to someone.

Conversations about race, privilege, refugees, moral responsibility, these are all just a smokescreen to distract people with useless and idle conversation. Do you think that NATO is really incapable of securing a few kilometers of sea and land? Imagine if instead of Arabs, it was young Russian men loyal to Putin flooding into Germany, raping children and bombing airports. Instead of 5% of them being ISIS, we found that 5% were KGB. You would find the border closed with such speed and force that your head would spin. It isn't a coincidence. It's not that they can't or don't know how to secure the border, that is absurd. They don't want to secure the border.

As we watch the fruits of this crisis, I predict that you are going to see two changes: changes to the welfare state that bring huge profits to the groups that benefit from privatization, and a massive increase to the police state and gradual chipping away at freedom of speech.

Virtue Signaling

The thing to understand about the people who support the narrative I described is that their intention is not *really* to help the needy. How could it be? It's been proven a hundred different ways that most of the people coming in this crisis aren't the ones in need, and that money spent on them would benefit far more people if it were spent in other ways. If your goal was to be a moral utilitarian and help as many people as possible, building camps in Germany to house unemployed twenty-somethings from Africa is not effective at helping those dying in Syria, how could it be? No one is dumb enough to think it is.

But the “REFUGEES WELCOME” types have a different motivation, known as “virtue signaling.” Social Justice is the new religion, and diversity and multiculturalism are now Jesus and Mother Mary. Refugees welcome posters are the new rosary beads. They are showing what upstanding citizens they are by displaying their loyalty to their new

Jesus. It actually has nothing to do with a desire to help the refugees because if this was the desire, they would want to take measures to make sure that resources are used effectively and on people who are in real need. They don't want that.

But this "narrative" that the establishment has constructed, to which the left has sworn its allegiance, is extremely useful to the establishment. Because it's got people arguing about islamophobia, white privilege, and other fake bullshit instead of talking about the real question – which is *why the fuck do the governments of Europe want to fill the continent with hostile Islamic ghettos?*

Social Justice Warriors in the US

The "virtue signaling" process works the same way in the US and this is the reason you will find so many white people in the US who seem eager to believe in things that don't make sense and are completely inconsistent.

A very good example is Black Lives Matter and the white people who support it. The "narrative" includes the idea that black people are victims oppressed by racist white police and killed with immunity. The facts, however, are that even though blacks are responsible for most violent crime, they are killed by police at a LOWER rate than whites.

So, how can you accept this narrative knowing that it doesn't fit the facts?

Because accepting this narrative is virtue signaling. They believe they will be rewarded with higher social status by showing their allegiance to the Jesus and Mother Mary of the Social Justice religion. This is the purpose. And this is why it is not possible to argue with them. Because they are not attempting to evaluate facts – they are, functionally, proclaiming how much they love God just so that the rest of the congregation can hear them.

Remember the "you're a fucking white male" guy, from the Trump protest? The most telling part of this video was this:

AIDS Skrillex: Let's talk about all the black people killed by police [he is surrounded by black people]

Trump supporter: Okay, let's talk about all the WHITE people who are killed by police!

AIDS Skrillex: FUCK YOU

Most conversations with SJW's will follow this format to some extent because they aren't debating, they are displaying the strength of their faith in their religion. You can't argue with that. And that's why they are comfortable breaking the rules, violating free speech, silencing people, shaming them, and using violence. Because it's not a conversation for them. You can't question God, and when you think you have God on your side you can make up your own rules.

If you've paid attention, you've noticed that any attempt to regulate illegal immigration is viewed as racism. Now, any reasonable person can see this is insane – it is racist to enforce your own laws? How can that be? How does that make any sense? How can "didn't obey the law" be a race? How can any person really think that it is?

But the word "racist" is to the Social Justice religion as the word "heretical" was to Christianity in the old days. It doesn't have anything to do with race. It simply means that you are not allowed to talk about this. Which means that illegal immigration is something the establishment has found profitable. So they have used their information machinery to add to the SJW narrative that "criticizing illegal immigration is racism" and those who accept this narrative do so because they believe it signals virtue to do so. They believe they will be rewarded with social status and viewed as being "good."

They don't actually care about immigrants. If you did, you would WANT to enforce the law so that those most deserving could come. Have a conversation with a person who tried to immigrate to the US legally. It's a horrible, hellish, expensive procedure. People who are against regulating illegal immigration are, by the converse of this, in favor of fucking over all the honest, hard-working immigrants who try to follow the law. Would you want to fuck over the honest and law-abiding immigrants and reward the law-breaking ones, if your main desire was to help

immigrants? Of course not. Because, as in all cases with the SJW religion, their goal isn't to help people it's to "signal virtue."

One very useful thing to note about the logic of the SJW religion is that it is now illegal to "generalize." If you've ever attempted to have a conversation about a group of people and their behavior (and this group isn't white men), you will be met with the comment "You can't generalize." Or, "Not all ___ are ___ !" This really is a very clever strategy. It gives useful idiots the chance to feel morally superior and intelligent when what they're really saying is that "it's forbidden to observe the behavior of this group." These people are the self-appointed "morality police" of the Social Justice religion, telling you who you are, and are not allowed to observe. Pay attention to this - notice which groups of people you are not allowed to observe.

The Red and Blue Pills

The Blue Pill has created a tremendous amount of social disruption in the US. I have been trying very hard to figure out the answer to this question: who profits from this?

We've created a philosophical system in which men are viewed as morally lesser than women, and taught this to men so they don't argue or resist. Then we've created a legal system which reflects this, so now men figure that divorce rape is normal and natural. Then we've created a culture in which single parenthood is normal.

I genuinely wonder if it has anything to do with the fact that, statistically, in families, men earn more money than they spend, and women spend more money than they earn. Women are the bulk of domestic spending. Most commercialist bullshit is aimed towards women. In other words, a divorce-rape culture is good for capitalism. Bad for society but good for commercialism.

I wonder if the purpose of the establishment's Blue Pill Propaganda is simply to decrease the distance between a man's paycheck and the corporation to whom his ex-wife will give his money.

Conclusion

A lot of the time we argue about gender, politics, and culture, we are just caught in the trap of comparing narratives. There was a narrative constructed to get people to think and act in a certain way, and another one that sprung up in response to this. Most of these are a distraction, a smokescreen. Don't get caught up in them. Realize that in the information age, information is a weapon and the battlefield is your mind. Think for yourself.

Because it's not **really** about white / male privilege.

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UPVOTES

Blame Yourself, You are making it hard for yourself

btt069 · 9 August 2021 · Archived copy · Reddit

Is it too hard to get up and make your bed dude?

Is it too hard not to eat junk food?

Is it too hard to delete your Instagram where you just stalk models?

Is it too hard to stop fapping everyday to porn.

Well it is hard, cause you know why, you are not busy doing something else motherfucker!

Is it too hard to shower once a day and not be stinky? Scared of running out of Soap, you asshole!

Is it too hard to just open your scat eating mouth and just say a Good “Hi, how’s your day been so far?” to a stranger?

Is it too hard to just to send a “Let’s grab a drink this evening.” text to your Homie or your crush.

“b... bu.. but... Its different case for a homie and a crush, man.”

Shut up! You are just putting that pussy on pedestal. Just ask.

She is gonna have a million reasons to deny you, but if she likes you, things will move forward.

Is it too hard to just STFU and listen to advice that is actually useful. **Lift.**

Is it too hard to just walk, run or drive or even crawl to the gym?

You can literally reach the gym and ask a Muscular Lifter what to do, and he will humbly teach you. You are just scared to interact, you PUSSY!

Is it too hard to just sit on the floor for 15 mins a day doing no shit and closing your eyes. Yeah fools! Its called meditation and It literally starts like that for everyone.

The only thing that should be Hard is your Dick when you are giving her in the ass in doggystyle.

You are making it Hard for yourself, a small investment everyday becomes a habit after some weeks. It will register in your sub-conscious and you will start feeling better. Trust me, I lift and I don’t fap to porn. It will have compound effect on your body.

Look at the **plateau of latent potential**.

Look at it, it is what happens in reality.

There are two sides of a coin. **“Consumption and Creation”**

Stop feeling good about reading about Dopamine Detox on internet.

Detaching yourself from shit is one thing done. No consumption of Bullshit.

But you will still feel low because guess what, you are doing nothing all day, wasting all the energy from the carbohydrates you ate.

You need “Creation” meaning you need to do something, create something or use your creativity, doing things you have never done.

Yeah, its hard now, but you are not making it harder, you are making it easier for yourself to do this new thing. And now you want to do more harder things. You will be challenged. Yes, you will be. Trust me, I was.

Did it wear me out?

Did it depress me?

No man. I am high on adrenaline, there is nothing such as depression throughout the horizon. You set a goal, you try to get it. You fail, but you learn.

Learning enhances creativity, thus again supporting the “Creation” part of your routine.
We have come a full circle.

“b... bu... but... this avalanche of habits would kill me!!”

Oh! You think so! Then, what about the doughnuts, the cakes, the pizzas. You fat FUCK!

Yes, I said it. Being fat is a problem. Because, Its unhealthy, dude!!

Wake the fuck up. This is not a dream, You need to do it for yourself. This is not a motivational post. It's a post to tell yourself what is hard and what is not in your own life. Only time something should be hard is when you are lifting that “one pound more” or you are aroused (not from virtual source).

Don't make it hard for yourself.

Edit: English is not my first language but I am trying to improve.

Edit: Link for Plateau of Latent Potential.

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UPVOTES

Get comfortable with being uncomfortable

Ray_pinasses1210 · 11 June 2018 · Archived copy · Reddit

Lately I've been reading a lot of memoirs from ex navy seals, and I've noticed a very good redpill truth they all seem to keep saying, and that's "getting comfortable with being uncomfortable" Now what does it mean? On the surfaces it seems like contradictory info that sounds masochistic, but if you dig deeper it actually is quite a good bit of advice you can use to help you build frame

Now obv the seals use it in reference to mental and physical discomfort. But you can apply it your own life.

For example, if approaching women is nerve wracking, you should approach as often as possible, regardless of the outcome. If it blows up in your face, good! Live in that uncomfortable moment. Observe it. If you approach enough eventually you'll become desensitized to it. Once that happens, you'll flow more naturally.

Now you might never be comfortable approaching women, but that's not the point. The point is to get comfortable with the feelings of being uncomfortable.

If people overstep their boundaries with you, call them on it. Don't shy away from confrontation. I'm not saying go looking for it by any stretch, but don't shy away from it bc it's "uncomfortable" Embrace it.

Lift heavy weights. Sure it's uncomfortable, but it builds character, not just muscles. Do it enough and it won't get any less uncomfortable, but your ability to deal with it will go up.

Bottom line is this. If you want rock solid frame, try adapting the phrase "get comfortable being uncomfortable" and you'll find you're potential to be the best version of you will get easier

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UPVOTES

Science says: Women most attracted to arrogance, confrontative behavior, and musculature for short term relationships

thefisherman1961 · 16 January 2018 · Archived copy · Reddit

This is a repost of a post made by /u/lono12 a few years ago. Unfortunately the hyperlink in his OP is dead. So after painstakingly searching the Internet, I finally found a PDF of the study he referenced. I've reposted his original text with the hyperlink updated to an archive of the PDF:

Changes in Women's Mate Preferences Across the Ovulatory Cycle

Everybody's been talking about the ovulatory cycle, even mass media articles. So here it is redpill style.

The science is pretty clear. Women go for good genes when they're ovulating and beta resources the rest of the month. Same with short term versus long term relationships. What's interesting is the specific traits and behaviors they're attracted to, and how these traits interact.

This quote for example:

Relative to women low in conception risk, those high in conception risk particularly preferred as short-term mates men who appeared more confrontative, arrogant, muscular, socially respected, and physically attractive. When high in conception risk, women were also more attracted to men who were viewed as lower on faithfulness as short-term mates.

You heard that right. Women are more attracted to men who they think are unfaithful.

We also tested these effects while statistically controlling for two behavioral display > indicators examined by Gangestad et al. (2004), Social Presence and Direct Intrasexual Competitiveness. In most instances, interactions remained significant or neared significance, indicating that the effects reported here are not redundant with the effects reported previously. For confrontativeness, arrogance, **faithfulness**, and muscularity, $t_s = 3.13$ ($df = 7986$), 2.64 ($df = 8081$), **-2.27 ($df = 8057$)**, and 1.85 ($df = 7957$), respectively, all $p_s < .041$. For social respect, $t(7927) = 1.51$ ($p = .081$). For physical attractiveness, the effect dropped to nonsignificance, $t(7925) = 1.09$, ns. Women rely on behavioral information when evaluating the attractiveness of men. The results suggest that fertile women are particularly attracted to these components of physical attractiveness.

What this quote is saying is that even while controlling for two big traits that were found attractive in a previous study (Social Presence and Direct Intrasexual Competitiveness), the traits in this study were still significant and the one that was most significant was social respect ($p = 0.81$).

confrontativeness: 3.13 arrogance: 2.64 muscularity: 1.85 faithfulness: -2.27

Basically, women love shit starting cunts.

The most interesting part was this chart: <http://archive.is/INvTs>

Women's standards of attractiveness do not change across the cycle in general for all mate traits. Standards associated with particular traits perceived systemically change. This pattern is consistent with the good genes hypothesis. This hypothesis however makes an even more specific prediction. about which male traits should be most attractive to fertile > women. Fertile women should be especially drawn to men who possess traits typically values > in short term mates.

Figure 1 shows the results of these tests. As can be seen, the extent to which male traits > were preferred in

short-term mating contexts strongly predicted the extent to which this > was particularly true of fertile versus infertile women. indeed the correlation is close to > perfect .93.

And thus the arrogant confrontational douchebag wins the girl while the warm faithful beta stays home and faps into his sock

824

UPVOTES

Breaking down bitchy behavior

[deleted] · 12 April 2018 · Archived copy · Reddit

I recently got a new neighbor. I'm guessing she's in her mid twenties but mainly she is just fucking hot and I definitely wouldn't mind hitting it. As with most attractive women that age though she is kind of hard to get along with. I've seen her ripping off my other neighbor's head because his dog barked twice. Elderly man that usually keeps to himself with a little dog that really doesn't bother anyone but her majesty. She is just consistently unpleasant, not reciprocating polite greetings, clogging up the elevator for fucking hours the day she moved, etc.

So a couple of nights ago I had a girl around and we fucked. The walls are pretty thick but if shit gets freaky, yeah I imagine my neighbors can hear that shit going down. Probably didn't help that this girl is real sensitive and tends to be a screamer. God help me I love the screamers.

The next day I'm walking to the elevator and your royal highness is standing there too, waiting. She immediately gives me the evil eye and starts ripping into me.

What the fuck did I think I was doing making all that noise?! She didn't get any sleep all night!

I was basically world's most terrible person because I inconvenienced your royal highness.

BluePill me would have immediately apologized for any trouble and tried to placate her. But then again, BluePill me would have never fucked a girl, making her scream all throughout the night. So I decided to sexually escalate the situation in stead. Because fuck it, she can't possibly get any worse and it seemed funnnny to me. What's the worst that can happen? She slaps me in the face. I'm sure I've had worse than she can deal out. So I told her with the biggest smile I could muster, "well, you can always join us next time. As you heard it will be a lot of fun."

Her frame just shattered. On the spot, it was gone. She stood there dumbstruck, shocked by the fact that a lowly commoner openly proposed sex to your royal highness. I didn't break frame and became like the other pussies she has likely surrounded herself with. I didn't enter her frame by engaging in an argument with her. I simply stuck to my own experiences and worked from my own desires. She really is welcome to join me...and yes, I'd fuck the shit out of her.

The elevator came and I passed her to go down. She was still just kind of standing there, looking a little lost. So I held the door and asked, "are you coming or what?" She snapped out of it. Walked into the elevator and stood in the corner opposite of me. We're on the 8th floor so it takes a while. I caught her staring at me all the way down. I stared back every time until she broke eye contact. At this point there was nothing left to suggest she was an entitled little princess.

When we got down I turned to her and said, "I'll be seeing you around." Then walked out without granting her another second of my time.

Tl;dr: Entitlement and bitchy behavior are shit tests. You can pass them by realizing women have no real power over you. Have fun accordingly.

824

UPVOTES

My Guide To Going Out Alone And Getting Laid

Whycantwealltwerk · 19 November 2019 · Archived copy · Reddit

My top ten tips to getting laid while going out alone

From trying out dating sites and day game approach I've come to the conclusion that the night club scene is the most consistent way to get laid and add plates for. So I've compiled a step by step list on how I have through trial and error got a very high success rate going out alone.

Some background on me

I have been applying the things I've read in TRP for about 2 years now and I would say I've had great success in only the past 6 months. I go out once a week sometimes twice if I can and I always try to go out alone on at least one night. And for the past 2 months or so I've been able to fuck a new girl each week sometimes two.

Things to know before going out

If you haven't been working on your social skills, lifting and your personal purpose this will be much harder because you'll hit road blocks in my steps. No one gives a shit about you in the end so don't stress looking like a loner or weirdo. Don't go out to find someone to fuck, go out to have a good time, listen to music, people watch and make friends. You will subconsciously come off as creepy/needy especially to girls, who are highly perceptive, even if you aren't trying to. "Your subconscious thoughts always project into the real world"

Step by Step

1. To start off I'll say some basic things like : make sure you're dressed nice (don't overdue it black is subtle and always a go to) and you have a good cologne on. Moderate jewelry and a nice pair of shoes. Make sure you have condoms and your place is at tidy. If you're nervous pre-game at your house a little and Uber there if you can it'll help you lighten up.
2. Very important to get their late (10:30-11ish depending on the time your clubs open, close, and have peak population) and make sure it's a place that has a lot of people in it regularly if it's a club. If it's a bar only no cares at all if you're alone.
3. There will be other guys there who are alone or guys in a group who look like they're having fun. Start a conversation with one : give a guy a compliment in a not weird way or say whatever, tell a joke, or comment on the girls in the club, just make sure this is one of the first things you do. It'll help you get in the mood to talk to girls later. (Focus on yourself and having fun) Girls will notice this and want to get in on the fun.
4. Just some things I do to not look like some guy sitting and glaring at people like some lunatic. I always have a drink in my hand and I'm making sure I talk to people near me. Also make sure if there's music you're acknowledging it and if you like to dance go dance and if you don't a simple nod to the beat works. Girls are very observant and if you've caught their eye they WILL be watching you. In fact I don't even think I pick the girls anymore when I go out I feel like I'm picked and I capitalize if she's hot. Don't have a scowl! Look approachable and fun without coming off as you just did a line of coke in the back. (Every guy is a creep until proven otherwise unless you're a chad)
5. If you see a girls whose solo and you are genuinely ATTRACTED to her go up and say something you've observed. I steer away from "hi my name is..." because it's unoriginal and most girls will put you in a box of normal boring guy. If she's in a group or you see a group of girls, feel out their vibe and just go for it and talk to the one who looks the chill even if she isn't your target. Make them laugh and keep it positive and but make sure you're assertive and if you get hard resistance pull away quick and move on it's not worth it. (Game and masculine frame mixed with assertive confidence/humor)
6. Look for IOIs and approach from there, but don't go with the intent of seeing any. As I said girls will put _____

themselves in your vicinity, they will bump into you, ask you a stupid question and so on. Learn how to distinguish if a girl is actually into you or likes the attention. One way to do this is through keno, things like grabbing her hips and pulling her closer. Making strong eye contact is always a must. Also when talking keep it SHORT! And speak with a deep and loud voice but no in a ridiculous way. Make sure there's always some form of subtle or not so subtle physical contact. (IOIs and conversing)

7. If you've made it this far it's hard to fuck it up but very possible. After you've got to know her and she's actually into you I do one of two things : 1) tell her to come dance and grab her hand and move to the dance floor. 2) Say it's too loud and ask if she wants to go outside for a bit. Let's say you chose (option A) dance with her, if you "CaNT dAnCe" then just grab her hips and follow her motions while making short/small motions with your hips. If she seems like she wants to kiss do it but pull away shortly after. (Push and pull) Kissing too much will lose you many girls because it's needy behavior. Or she "doesn't want to dance or can't dance" and you go outside, talk for a couple minutes then go to a different more quiet bar. <—— do this step after dancing. (Isolation)

You're in there don't fuck it up

1. This is probably one of the most important steps and the one you can fuck up. She's going to start gauging your value now if you're one on one and talking. Hopefully you've been on your purpose. You can find out what she likes and sell her a dream or you can be honest and brag about yourself in a humble way that makes you seem like the shit. Don't give direct answers or spill your guts, mystery is your BEST FRIEND in these situations. Make sure she does 80% of the talking, you don't have to fill the silences you can look into her eyes silently, this will build sexual tension. (Shit test and display value)
2. Now see if you can close at your place but make sure there's some amount of plausible deniability("Hey there's this new horror movie on Netflix let's go watch it at my place"). Or suggest a spot to eat and try to see if she'd like to come home then. If she has friends she might make some excuse she has to stay with them. Get her number and text her that night saying you had a good time and nothing more. (Plausible deniability and logistics)
3. From this point the girl has always texted me either the next day or that week wanting to meet but if she doesn't invite her out for drinks or something that will end up with you watching Netflix and you fucking her. (Closing)

Some things that will improve your success rate:

This is rarely talked about in trp but girls do have bias so, figure out what kind of girls you truly like and what kind of girls like you. It'll be more organic and easier. The higher your SMV the less this will matter because you'll have a bigger pool of girls already initially attracted to you.

Don't get super wasted, in fact just enough to relax you is enough. Focus on building confidence in your game while being sober.

Don't ever talk to shit faced girls at all. It's a MeToo gamble that isn't worth it.

Don't compliment her looks, compliment anything else.

You WILL be rejected and you will find some bitches but don't let it phase you. Never get angry and always leave with a "have a nice night". You won't be successful every time so just have a good time and make friends and learn from all your mistakes and don't repeat them.

823

UPVOTES

Little piece of advice if a girl isn't interested

davevd · 30 November 2015 · Archived copy · Reddit

I've noticed a lot of guys (and girls), really start to make dumb decisions the moment they get 'friend zoned' or even simply shown a slight hint that other party isn't that interested. Where instead of backing off they feel the need to turn up the heat and try to pursue things further.

Don't do this.

If she doesn't want things to go further, don't waste a single second further on the relationship, unless you also want to just be friends.

Don't take it personally.

Don't get upset.

Don't even think about it. Be happy... move on.

Not only is this good for your personal health, but it also keeps your dignity in good tact.

And has the side effect of actually boosting your SMV (Sexual Market Value for you young players).

When you see the girl who friendzoned you, don't be angry, don't be awkward, don't be upset, don't be shy. Be happy and social.

Anyway, this rant should come as common sense to many here in TRP, but it's good to touch explicitly on the basics from time to time.

Have a great day!

823

UPVOTES

To those who are getting over an ex or oneitis that dumped them - Stop being a Bitch

SpiderBeast25 · 15 April 2018 · Archived copy · Reddit

To the guys who have been dumped, here is why you ought to shut down the lines of communication COMPLETELY and IMMEDIATELY by going no contact -

Understand first that she has almost certainly had the break up on her mind for some time before delivering the news to you - that is to say, she made the decision BEFORE announcing it to you, could have been days, weeks, months, I've even heard of cases where she pondered carrying it out for a year or more in advance. Point is, the girl already 'knew' deep down that it was over, the only lingering question from then onward was, of course, "when?" Ask yourself how many times she actually had a heart-to-heart with you and discussed breaking up. If none, then you go ghost for being so considerate to blind side you with the sudden newsflash that it's over out of nowhere. If you two did discuss splitting, if it seemed apparent that the relationship was headed straight for a gruesome ending, then you still go no contact to remove yourself from a situation that no longer benefits you, especially when your emotions are still raw and the wounds are fresh. In either case, she has had time to prepare for life without you, and you likely have not, unfortunately, so this will probably blast you like taking several rounds from a semi-automatic. You'll probably want to stop her from going through with the break up, but that's why it's crucial to comprehend that she has weighed out her options for a good deal of time now and is determined to follow through with her decision by the time that she tells you - it was NOT a snap decision. She's probably consulted friends, family, co-workers, people on forums, you name it, she's analyzed it to death...quite literally.

What you want to avoid is getting trapped in that purgatory where you recycle and replay the break up from every possible imaginable angle - "what just happened? why did she do this?", questions which typically all funnel straight into the pit of despair (translation: FALSE HOPE) in the form of the question - "can I win her back?" The answer to that is "perhaps", but I'll get to that in a moment. What you do once she tells you that she wants to go separate ways is you quietly accept her decision, agree with it, and move along like it's no big deal. Why do you do this? Well, for starters, this will get her to question her decision much, much more than if you fight it or accuse her of being (insert derogatory term). She's EXPECTING you to fall apart. Crying or begging is probably the worse way you can react, but all of those - fighting, crying, begging - ALL OF THEM will confirm to her that she made the right decision and that you NEED her in your life. Take a moment to think about how much power you are admitting to her having over you by behaving this way. Do you really think your ex wants to run straight back into the arms of a dude who cried like a little girl once she said it's over? And if it did work, she'd be getting back with you out of PITY and NOT out of STRENGTH. How much longer do you think the relationship would last for after that took place? Furthermore, how enjoyable do you think the relationship would be within that frame - you, the one who now has to be on his best behavior and not fvck it up, the one who has to PROVE HIMSELF or momma dukes is gonna kick you to the curb again, and her, the supreme judge, the one holding the whip, ready to shoot you down again at the drop of a hat as soon as you screw up once more. She's done it before, you can take it to the bank that she'll do it again.

As I wrote somewhere down below, you DO NOT want to remain friends with her after the break up. She may extend this olive branch to you, but understand that she is doing this for HER and NOT FOR YOU - she's doing it to relieve herself of the guilt of breaking up with you and/or keeping you on the backburner in case it doesn't work out with whoever else she gets involved with. Remember, she's been preparing for some time for this day - YOU HAVEN'T! What she probably wants is to let you down as lightly as possible, so she will offer to remain friends and that maybe, just maybe, one day you two can get back together, just not now... This is in all likelihood COMPLETE BULLSHIT. Don't let her keep you around for emotional support as she jumps back out into the market in pursuit of a new guy(s). She will keep feeding you false hope while you stupidly wait on the sidelines for her to make up her mind until she lands herself a new dude, then you're out for good - "Thank you former boyfriend turned emotional tampon, but I have a new guy now. Are you mad at me??? Gosh, I hope not! You're

going to make the best boyfriend for some girl some day!! I miss you soooooo much!! Hope you understand!" and just like that you're gone, no longer of any use to her as she'll now have someone to satisfy her both physically AND emotionally. You're dead weight dude. Beat it (no pun)

By going no contact you are sending out a few messages of your own. First, you are not a revolving door. A girl who you are romantically involved with is either with you or she is not. These are **YOUR TERMS - STICK BY THEM**. You do not put up with wishy-washy behavior (ex. "I need some space" "we should take a break") Sh1t or get off the pot girl. There's no in between. Life is too short and your time is too valuable to be with a girl that cannot make up her mind about you or simply does not care to be with you any longer. Second, you have more value and self-respect than to ask/beg a girl who has dumped you to take you back. When a girl dumps you, this ought to be treated as the highest form of disrespect because she is essentially saying "I know you through and through, I know the **REAL YOU**, not a glimpse of you from a cold approach or from a few dates, but the **TRUE YOU**, and I want that person, **YOU, GONE, OUT OF HERE, OUT OF MY LIFE.**" If you were fired unexpectedly, would you grovel back to your boss and beg for your job back? If you didn't have any other options and lacked any self-respect, yes, probably. If you knew you were desired elsewhere, you had options, or you simply weren't willing to continue contributing for someone who no longer desired your services, of course not. Talk all the smack that you want about LeBron James, but for the sake of argument, how do teams react when **HE** goes on the market as a free agent vs some third year Eastern European shooting guard whose played a total of 12 games his entire career? See my point? The former can create his own destiny, the latter has to take whatever he can get. Third, be on the look out for "bread crumbs" from her post break up. This can be a text or a phone call that will essentially lead to nowhere, although it will probably increase your sense of hope that maybe she's preparing to run back to you. Chances are, she's just checking in to see if she still has you in her back pocket or out of sheer guilt, and to that I ask you, how does it make you feel that your ex girlfriend actually feels bad for you because she is depriving you of what she has the audacity to believe are the cancer-curing properties of her v@gina? You don't chase, you **REPLACE**, as Biggie Smalls once wisely said. She had her chance, and she blew it.

With that all said, to reiterate, what you do is you shut her out **COMPLETELY**. She wanted out, she got it. Let her live with her decision. You might be thinking now "but wouldn't no contact make me look butt hurt?" The answer to that question is "who cares???" There is no more 'us', only **YOU**. Her opinion of you does not matter any longer, only what you think of yourself." You should only take her back if she returns begging for you back, admitting that she made a massive mistake, but remember, she dumped you, and if she did it once, she very well can (and probably will) do it again - this is why it's not advisable to get back with her. Plus, you will have to live with the resentment that your girl rejected you on the most fundamental level possible along with all the issues that led to the break up to begin with. Since she's had her time to emotionally unplug, you need yours, and no contact is the best way to do it. Now that you are broken up, realize that **YOU DO NOT OWE HER ANYTHING. NOTHING**. Not a single response to any of her texts, not picking up when she calls, **NOTHING**. Don't text her, don't email her, don't call her, remove her from all social media, **DO NOT STALK HER SOCIAL MEDIA**, and go ghost. Don't respond to anything she sends in your direction either. You need to heal, and she's only going to interfere with the process. Screw closure if you didn't get any. I say the best closure is to assume that you need to work on improving yourself in every way possible and **GET ON IT**. Work out relentlessly, excel at your job, rekindle any relationships with friends or family that may have fallen by the wayside while you were with her, immerse yourself in hobbies and interests, become the best possible version of **YOU**. The discipline required to do this is not easy, not by a longshot, but ride it out, ride out the pain, the anxiety, the fear, the sadness. Why? Because that is training in itself for when you get back out into the dating world. You will now have a crushing break up under your belt, but I assure you, it's for the best as you will have first hand knowledge that you **CAN** and you **WILL** get past the chaos, it won't kill you much as it may seem like it will, plus it will make rejecting anyone in the future who does not meet your standards much, much easier. The way to fulfilling the commonly peddled phrase that the next girl will be better is by following through with an extreme devotion to improving yourself. If you stick by it, you will actually see that your ex has, in fact, done you the biggest favor in the world by knocking you on your @ss and forcing you to rise stronger than ever. Remember, no contact is **NOT** some sneaky little strategy to get your ex back - it's to get **YOU**

BACK!!

822

UPVOTES

Thanks to that EMSK post, The Red Pill has experienced its second biggest membership spike ever and is now a trending subreddit.

gekkozorz · 1 July 2014 · Archived copy · Reddit

<http://redditmetrics.com/r/TheRedPill>

Man, this is going to rustle a LOT of jimmies.

This all started because some poor sap in [/r/allmenshouldknow](#) got his panties in a twist over the fact that us TRPers don't believe in Unicorns and True Love™.

We've added ~~761~~ **965 new members** today alone, and **1,119** between today and yesterday. We have only received a spike bigger than this on 1/4 of this year when we added 1,027 members in one day, and this day isn't over yet.

Update: we are now up to 1,206 new subscribers, making this the single greatest TRP subscriber spike of all time.

This is why we don't advertise ourselves at all. We don't have to. Even as furiously as Reddit has been jerking itself off today about how awful we all are, their collective groupthink can't stop some curious souls from wondering why the stuff we're saying makes so much god damned sense.

It is worth mentioning that however popular TRP gets, it will NEVER be accepted by the mainstream. Don't even bother trying - at the end of the day, women control most communication channels, and women will never let a way of thinking such as ours become socially acceptable.

But YOU have TRP, and that's all that matters. TRP is not a social movement aimed at changing society, TRP is about empowering the individual man to be the best person he can possibly be.

So don't let anyone's opinion of us change your mission.

821

UPVOTES

Stop focussing on getting laid, start focussing on everything else that will result in getting you laid.

ozaku7 · 22 August 2017 · Archived copy · Reddit

So I have not been for a long time on TRP and decided to lurk around before I would post around again. In essence, I found that lots of newbies would just come on here and not look for the Red Pill, but the Pixie Pill that gets them laid automatically like Axe/Vice deodorant campaigns make you believe.

Work on yourself, as only you are important. Dress well, get a haircut, work out, work on your social skills, professional skills, tone of voice, mentality, view on life and your own interests and passions. Remember you do this for yourself, and this will not only attract women, but people in general. People which are attractive to other people automatically attract women towards your nether regions.

If there would be a shortcut, anyone would be using it. Sadly, there is none. The process won't take a week, it will take months before you will definitely notice improvement, but because it altogether takes so long makes it actually so valuable to begin with.

One of my supervisors is an almost 50 year old with a very decent body, great nutrition, great social skills. Although his face with all respect is not the most handsome, his laugh and energy make anyone feel great around the guy, and he makes the panties of 20-30 year old women cream without even intending to, just by being himself. He cares about himself, he focusses on himself. He's an example most of my colleagues should follow.

821

UPVOTES

The SERIOUS Importance of Vitamin D (trust me, read details within)

jeddzus · 26 March 2018 · Archived copy · Reddit

About two years ago my mom convinced me to get my blood tested. All was well except for one glaring deficiency: Vitamin D. I was at like zero, shit was non-existent. So my mom bought me a bottle of supplements and tried to get me to take them every morning (this was back when I still lived with her and was stubborn about shit everything) and I didn't really take it all too consistently. I didn't really notice a difference, didn't really give a shit and I dropped it. Recently I just started thinking about how fucking exhausted I am ALL THE TIME. Like all the fucking time, for serious. I would nod off at my desk for hours (thank god I have my own office) and still not have more energy. I was all fucked up. Thought it was just this way for good. I decided to google the benefits of vitamin D. What I came across led to a facepalm to end all facepalms. The following are REAL scientific benefits of ensuring you have the correct fucking amount of vitamin D:

- HIGHER FUCKING TESTOSTERONE LEVELS & LOWER ESTROGEN LEVELS
- PROMOTES DAYTIME WAKEFULNESS & BETTER NIGHT TIME SLEEP QUALITY
- BOOSTS YOUR FUCKING IMMUNE SYSTEM
- PROMOTES MUSCLE STRENGTH & INTEGRITY
- HELPS WITH ERECTILE FUNCTION
- MAINTAINS BONE HEALTH
- PROTECTS AGAINST ALZHEIMER'S

So, in conclusion, a lot of us computer reddit dwellers tend to not get one important thing, especially when our beta blue asses are first swallowing TRP: WE DON'T GET ENOUGH FUCKING SUNLIGHT. Because of this, we can be groggy all fucking day, have LESS FREE TESTOSTERONE, not be getting the optimal muscle quality when hitting the gym. Yo, in the beginning especially, us beta fucks need all the help we can get. The testosterone factor alone should be enough to make sure you get enough. I've been taking a supplement for a few weeks now, and I shit you not, I have more energy and better mood and better sleep quality than I've had in years. 100% better fucking quality of life. Because my dumb fucking ass was too stubborn to try and rectify my dangerously low deficient shit problems because my mom was trying to help me and I was a big tough know better beta fuck. And it's the only adjustment I've made in my life recently. Don't take it from me, there are plenty of sources on the internet to back my shit up. And it's NOT JUST VITAMIN D!! Get a blood test, make sure you aren't deficient in shit anything. Taking vitamins and minerals just "because they're good for me RIGHT!?" is dumb as hell. Find out for sure. Fix your shit. Fix yourself. Grow and improve, YA DUMBASS. Sources:

- <https://www.psychologytoday.com/us/blog/sleep-newzzzz/201301/vitamin-d-deficiency-and-daytime-sleepiness>
- <https://prostate.net/articles/vitamin-d-requirements-for-men-over-40>

Edit: DON'T JUST START THROWING BACK VITAMIN D CARTE BLANCHE! I'm not a doctor. I'm saying get your bloodwork done and consult with your doctor before taking large amounts of vitamins, there is a legit problem called vitamin overdose - it's a real thing. You can mess up your kidneys, liver, heart, etc. if you're just taking a shitload without proper monitoring. Consult with your doctor first! Be healthy and smart!

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UPVOTES

You Owe Women You Just Met Absolutely Nothing Except a Proper Fucking

kdunning · 12 November 2016 · Archived copy · Reddit

Introduction by Bancroft (kdunning)

Most guys naturally know to always act non-weird, non-creepy, and non-needy when meeting a new male friend.

Here's the standard line non-spectrum guys take when meeting a new random male acquaintance:

- Shake their hand
- Talk about normal guy things to find middle ground
- Keep it casual and have a good time
- Hang out if it makes sense, if not, then don't try to force anything

And for contrast, below is the standard list of things non-spectrum guys **KNOW TO AVOID** when meeting a new random male acquaintance:

- Share random intimate personal details (your weird habits you do when no one is looking, your insecurities)
- Ask him random serious personal questions (his ex's, his own insecurities, his feelings toward you at the time)
- Flower him with compliments and praise like a suckup
- Ask to do favors and "nice" things to make him happy
- Try to integrate themselves in his life immediately like they've known each other for 10 years

This makes sense because after all, **you just met the fucking guy.**

You're not trying to do anything other than meet and greet him. You're surely not trying to be a best friend. **That's weird, needy, and creepy.**

And if you're reading this, I surely hope you're not trying to get in his pants. If so, you're a Confused Cuck in the Closet [CCC] and you're in the wrong subreddit. We talk about dick in vaginas here in the main sub, not dicks in hands (*that's askTRP*).

The problem, though, is when these same guys talk to women.

That's when they fuck everything up.

Most guys become a Big Blue Beta Bitch when dealing with women

Despite *most* guys already knowing to avoid acting like the cast of Big Bang Theory when they interact with men, as soon as they try to get their dick wet, they throw all Red logic out the door and crumble into a **Big Blue Beta Bitch [BBBB]**.

What does a Big Blue Beta Bitch [BBBB] do?

They treat the woman like a best guy friend. They act weird, needy, and creepy.

Here's what they do:

- They treat her nicer than she treats them
- They immediately emotionally invest in the future of this girl because they care about her wellbeing and dream about how they'd feel in a relationship with her
- They answer all her personal questions in full honesty so she can get to know him
- They openly share their entire backstory and explain who they are so she can trust him

- They physically accommodate her by driving her, taking her out, paying for her
- They listen and comfort her when she shares her “life problems”
- They open more lines of communication than she reciprocates or desires
- They plan a million hangout sessions instead of giving her space (to go fuck other guys)

Doing all of the above is the fastest way to turn your dick into a crusty mangina that no one—not even that SuperGayGuy from Glee—would want to fuck.

So don't be the BBBB.

I'll hate you.

So will all the women you want to fuck.

But Chad won't.

Bancroft knows the secret to destroying your BBBB

Now to all you strong able bodied (you guys lift, right?) Terpers of the TRP who want to keep their Big Blue Beta Bitch tendencies in check, **Bancroft is here to help you out**—and also teach you how to keep your Deep Emotional Feelings [DEF] for your new found hottie at bay.

And like all things Bancroft, I'll make it super simple for you all.

Because I've excelled at the masculine discipline of “guy logic”—something Betas love to forget when they meet a new eligible set of tits and ass—you'll have the benefit of learning all my strategies quicker than you can say **“OP is a misogynist and I think he fucking loves it”**.

So let's begin.

Premise 1: Everything an average Red guy does to fuck a woman

For everyone who doesn't take into account the work men put towards getting laid, Bancroft's journey across the lands have provided excellent first hand knowledge on this topic:

1. Lifted, eaten, and maintained a healthy physical and mental state to be able to fuck women
2. Read, studied, and analyzed Red literature and game tactics to be able to fuck women
3. Broke through his inner demons and anxieties and approached a woman
4. Applied game
5. Led conversation
6. Didn't do anything awkward
7. Got her number
8. Contacted her
9. Applied text game
10. Kept his BBBB tendencies in check and didn't bombard her with ooey gooey texts about his feelings or about “her day”
11. Asked her out because like all of us, he just wants to fuck her first and get to know her later
12. Had the balls to tell her to dress sexy because like us, it's a lot easier to fuck when she's already wearing slutty clothes
13. Leading up to the date, continued to lift, eat, and maintain a healthy physical and mental state so he can perform
14. Kept his BBBB tendencies in check and didn't bombard her with ooey gooey texts about his feelings or “how much fun she'll have on the date”

15. Took a shower, put on good clothes, and showed up
16. Applied game
17. Led conversation
18. Listened to all her bullshit about how hard her life is, her evil co-workers, and passed all her pathetic shit tests
19. Kept his BBBB tendencies in check and didn't bombard her with ooey gooey conversation about his feelings or "how much he likes her"
20. Had the balls to sexually escalate by focusing on the vagina, not the woman
21. Had the balls to change logistics to a bed and took her to said bed
22. Had the balls and maneuvers to break through any last minute resistance, received her full consent (of course!), and succeed in fucking her
23. Kept his BBBB tendencies in check and didn't bombard her with ooey gooey post-sex conversation about his feelings or how "special she is"
24. If he let her stay overnight, he promptly fucked her in the morning even harder than the first time
25. If not, he was man enough to kick her out so he can continue his evening without a feminine distraction and get some solid sleep without hair in his face

Yes my brothers, this is a long list.

That's my point.

You'll understand why I listed everything out in a minute.

And some of you may say I'm being pedantic here but really I'm not.

These are things WE ALL subconsciously do to successfully fuck women. True, the more experienced you are, the less you think about these items, but you're still performing them.

To be a man is to perform. That's a primary facet that separates us from the tight, wet holes we wanna fuck: **masculine performance.**

Now that you've seen how much work the average Red guy puts in to get his dick wet, I'll lay out what the average woman does to get fucked.

And boys, it's one hell of a list, so I hope you're ready.

Premise 2: Everything an average woman does to fuck a guy

Bancroft's journey across the lands also gave him the special privilege of discovering what the average woman must suffer and endure to land a potential suitor (read: good enough cock to fuck while not blacked out).

And guys, I'll be honest here, **it's pretty fucking stressful:**

1. Own a cell phone that operates
2. Take a shower, put on cute clothes, and show up
3. Open her legs (and keep her mouth shut unless you need to use it for your dick)

There you have it.

I'm not saying it's easier to be a woman than a man, that's not my point (hell, that's not even a fair debate). I'm just saying women **HAVE TO DO LESS** to get laid than men (again, old news).

And it's exactly because they put in **SO LITTLE EFFORT** compared to you that **they don't deserve any preferential treatment** like your good friends.

They deserve nothing more than a healthy dose of your dick (with consent of course!)—or if you don't like her,

the door.

Bancroft's Logical Inference: She's done absolutely nothing for you so far

Guys, it's natural for you to start getting all Blue and shit when you encounter a hottie. **Men are the true romantics.** I get it.

But logically look at all the work and effort you put in to get laid versus what the woman does.

You'll see it's quite lopsided for the average guy.

You did 25 things to get her to fuck you. She did 3 things, 4 tops if you count her not talking.

Really, she didn't do anything other than charge her cell phone, not get lost showing up, and open her legs at the precisely correct moment.

And that's exactly why you **SHOULD NEVER FEEL OBLIGATED TO TREAT HER LIKE A FRIEND.**

She has **done nothing** to earn a spot in your friends list. Your guy friends put in a lot more effort. While you don't get to fuck them (I hope not), the reason why you treat them as such is because they put in actual effort and work to be your friend.

And women you just met **NEVER** put that effort in.

So don't treat them like they did.

Destroy your BBBB by reminding yourself everything she hasn't done for you

And that's exactly what you need to remind yourself when you start having BBBB tendencies.

Just logically walk yourself through whether this woman deserves the care, emotional investment, and noble deference your romantic BBBB wants to provide for her.

That's right—**she doesn't.**

The only thing she's done so far is looked sexy and showed up.

So the only thing you should feel inclined to pay her back is what she showed up for: **A civil, proper, and good old classy fucking—with her full verbal and written consent (of course!)**

Bancroft's Disclaimer for Those with Low Reading Comprehension

All throughout this piece I'm advocating men to **critically think** about what they should **logically offer to a woman they just met.**

And I'll clarify, this is for **women they just met.**

Most of the time, it's **absolutely fucking nothing.**

This doesn't, however, mean I'm advocating literally just fucking the woman, leaving her gimp from your dick, and showing her the door. That's pretty funny (she'll always text first, trust me) but also not the best way to continue fucking the girl. And I'm sure it also hurts their "feelings" (Bancroft understands that just like Betas, women have feelings too).

I actually believe in sharing ALL your amazing personality traits to continue fucking women. Sometimes that means being nice, sometimes mean, sometimes mysterious, sometimes very deep and open about your life. And sometimes it means just literally being your awesome self.

Again, **I'm NOT saying to NEVER be an actual human being with a personality.** These are tools you need to eventually develop. We're not complete psychopaths at TRP, right? At least not all the time.

I'm just saying that until the woman has proven herself otherwise, **you should never over extend your hand and play face up.**

Again, you just met her. Just like how you **don't creep out a new male friend**, you don't need to treat her like something she most certainly is not: royalty.

If you do, then I hope it's because it'll help you fuck, not because you genuinely want to please her.

The last thing women need (and the human race) is a man that genuinely wants to please women more than himself.

She needs a cool aloof dick to ride—**not a Humble Blue Soul [HBS] to carry the excruciating painful weight of all two or three of her "life problems"**.

Corollary 1: You don't owe her any emotional investment yet (or ever)

You just met this bitch, do you even know who she is?

You just met this bitch, do you even know if she likes you or is just using your dick for a cheap ride?

Take all that dreamy Blue and Beta imaginative bullshit you fantasize about as you text her at night and **shove it right back into your hidden little box of romantic memories** (yes, I know every guy, even you, still has one).

You know so little of who she is (it's probably not much more when you actually find out) that **it doesn't make sense** for you to invest in her her feelings, want to take care for her, and dream about a Happily Ever After.

If you do, you're just a BBBB and you should go read purplepilldebate so you can play with other like minded sexually frustrated maginas.

Corollary 2: You don't owe her any explanation of your personal details and backstory yet (or ever)

You just met this bitch, you don't have to tell her anything about your personal life.

How much information has she given you? How much of it is even interesting? **Thought so.**

Women love mystery and never want full disclosure. So by keeping your mouth shut and your feelings to yourself, you're actually making her wetter.

When women know everything about you, she can categorize your personality with all the other fuck buddies she has in her phone. As soon as she has you figured out, her pussy dries up because **hypergammy now realizes she's rode that dick before.**

Women are always looking for ways to **feed their insatious Penis Novelty [PN].**

"I want to wake up every morning WITHOUT a cool, mysterious, alpha guy to think and dream about"

Said no woman ever.

Corollary 3: You don't owe her physical accommodation or intimate comfort yet (or ever)

Remember, she just showed up, gave you full consent (of course!), and opened her legs. If anything, she should be **THANKING** you for making her night.

Think about it: You approached her, you led conversation, you made first text contact, you planned the date, you gave her a bed, you asked for consent (of course!), and most importantly you gave her the D.

In hindsight, you were the perfect gentleman.

And this means since you've already done your job and put MORE than enough effort in already, that you don't owe her anything extra.

You don't owe her a ride home, breakfast in the morning, extra non-fucking spoon time so she can rest her head on your chest and touch your face, or if you're as cruel as Bancroft: a towel for the shower.

Now again, **I'm NOT saying you should never accommodate your women.** These NiceGuy tools are necessary to continue fucking women. You'll need to use them eventually.

But for women you just first met and fucked, **you definitely don't OWE them these.**

So reward if you want to.

But Bancroft probably wouldn't.

And neither should you.

Corollary 4: You don't owe her additional text conversation, a real date, or anything beyond setting up the second fuck

You just met this bitch, you don't need to text her to see how she's doing.

Believe me, Beta Billy the Blue and her two ex's are already texting her asking how her "girls night out" went. There's plenty of other Blue Pilled Horny Mother Fuckers [BPHMF] on speed dial to pay attention to every bit of her amazing and unique lackluster personality.

You just met this bitch, why would you want to take her on a fancy date?

Remember, she just showed up and opened her legs. Do you repay a generic personality-free dirty slut by taking her out on a Beta Wonderfilled Dinner [BWD]? **Fuck no.**

"When sluts be hungry, they need the D, not a god damn filet mignon" - Bancroft

Unless she already paid it forward by taking you out on that first date, **YOU DON'T OWE HER JACK SHIT.** Even then, I'd never reciprocate her efforts equally, otherwise known as the **Fifth Commandment of Poon from Original Roissy.**

And you already guessed it: The only thing you truly owe her is **letting her know when and where Magical Fuck Numero Dos is going down.**

(edited 11/13 to remove my original conclusion which made fun of the userbase. Thanks Mods for letting this post live with edit. Much appreciated second chance.)

Follow me on TRP.Red @ **Bancroft**

819

UPVOTES

Christiano ronaldo

Astonford · 14 March 2017 · Archived copy · Reddit

Ronaldo is right now one of the most influential, best and richest players in football/soccer right now. He has a net worth of 230\$ million dollars.

But along with using his wits on the field, he also uses them in his private life. Seeing as you're RP men, I doubt you spend much time on social media but if you have, you may have noticed accusations against Ronaldo when he recently said he's expecting twins via a surrogate mother in the United states. Cristiano has already used surrogacy with expected results.

People immediately lashed out at him. Accusing him of being gay (which is why he's dating a latina beauty right now) or that he will never be able to fill his "void" (whatever the fuck that means)

Instead of this, if it was a single influential female figure who said she was having kids this way, barely anyone would so much as open their mouth, if not to congratulate her for being a strong "wymen".

If you go on facebook right now, you'll notice how majority of the accusers are fat cucks, neckbeards and post-wall women.

In reality Cristiano is being smart. European soccer players are one of the major prey of predatory gold diggers. Many such naive players had been mercilessly divorce raped by these cunts. He must have seen or heard of such examples otherwise why even consider surrogacy.

Tl;dr Cristiano ronaldo said he was going to have twins via surrogacy. Majority of people immediately were triggered

819

UPVOTES

Attraction, Arousal, Agitation, Anxiety: ALL good things! Also, why you get punched in the arm and called an asshole

whatsthisgarg · 25 June 2017 · Archived copy · Reddit

What do you think of when you hear the phrase

Bring Your A Game

Jenna Haze's ass? Yep. Or, how about maybe some other A words...

It's just a coincidence that those words in the title begin with the letter A, but they have something more interesting in common: They have very similar physiological signs. Specifically, **the physiological signs of attraction and agitation are indistinguishable.**

Increased blood pressure, elevated heart rate, muscular tension, and the attendant effects of light-headedness, perhaps increased perspiration, and that pit-of-the-stomach feeling. These same physiological signs can appear in **completely different contexts**, and that is what differentiates them in the felt experience of the person. **The physical feeling gets labeled as an emotion: fear, anxiety, or attraction, depending on the situation.**

Given that these disparate states of mind are accompanied by the same physical states of being, you would expect attraction to do funny things to people, especially women. When a woman is attracted to a man, I mean truly attracted and turned on, she often doesn't know why. Consider again the physiological signs: basically she is **uncomfortable**; not an entirely pleasant feeling.

It's a different thing for men, though.

We all know about sexual dimorphism, but this is another important, less well-known, physical difference between men and women. As men, we are accustomed to this: this feeling is with us every day, to a certain extent. That's one reason we are ready for action at all times (if you are a man and you aren't, I'm not even talking about you).

Men are also, quite frankly, more in tune with their bodies than women are, generally speaking. That's why these physiological signs are not typically experienced as unpleasant for men. It's normal.

But for women, again, it's not normal, it's uncomfortable, it's unpleasant to have that physical sensation, not know what it is, and not know how to quell it.

It's this unpleasant feeling that spurs action. **She wants to rid herself of this agitation, one way or another.** Hopefully, it's by getting fucked hard, and not just punching you in the arm and calling you an asshole.

A. THIS EXPLAINS SOME KEY CONCEPTS.

I. Dread.

I hate the PUA lingo, but dread is real, and it's real effective. Why? Is it because she KNOWS you have options? LOL. **Women don't think, they feel.** (That's why dread isn't very effective by you TELLING her about your

options.) She SEES that you have options, and that goes right to her stomach.

Then she has that good anxiety, all those unpleasant physiological signs. **The physical feeling needs to be turned into an emotion** -- that's how the human body works. So you get her in a situation where you allow her brain to **label that feeling: arousal**. Otherwise, it's just jealousy, and that's a real drag to deal with.

II. Push/Pull.

Why does this work so wonderfully, and why does Push work better than Pull? Because it goes right to the center of her self-image. When you are pushing her away you are instilling that good anxiety again.

You should not think of this as a *technique or a tactic*. That's fake. **Push/Pull should be a lifestyle**. I am doing about 90% push and having most excellent results. Why? **Because I am making her uncomfortable and agitated, and she needs to get out of that state by getting fucked.**

What? I thought women needed to be comfortable before they were ready for sex! LOLLOL. No they do not. They need to be agitated.

III. Betafication of Long-Term Partners.

Women need a good provider for their offspring. *And so they shit-test their partner until the former alpha is a beta provider who has no other options?* If you think that's a good evolutionary explanation then you are guilty of backwards thinking.

When women are sexually attracted to a man, they experience those aforementioned physiological signs, which are uncomfortable. **They seek to alleviate their discomfort**. That's what biological creatures do. It's a basic drive.

In evolutionary terms, **the women who have done that, via the basic stress-reduction drive, are the ones who have succeeded at procuring the provider**. And then they are the ones who have passed on their genes.

So now in modern times, in long-term relationships, women can fulfill this ancient drive not by having sex every day, which is exhausting, **but more easily for the fundamentally lazy and selfish woman**, by encouraging the man himself to become less sexy and appealing.

IV. Women Stay with Their Abusers.

This is self-explanatory at this point; I just had to throw it in as a gratuitous dog turd for the BP crowd to step in.

Bad transition for the autists coming up from this point to the next section.

B. WHAT THIS MEANS TO YOU: PRACTICAL APPLICATIONS.

I. Don't Be Afraid to Have a Woman Be Mad at You.

I made a recent post about the importance of not being pussy-whipped ("Memorial Day Weekend Cuck-Out"). This was the central message of that post.

So many men are wrongly terrified of the consequences of having a woman be mad at them. So sad. And so ironic, because **there are no consequences, and if you do it right, there are only benefits**.

Having her be agitated because she's mad at you may mean that she fucks right off out of your life. Counts as a win in my book. Or if she wants to stick around, see next point.

II. More Sex with Less Effort in a LTR; plus, An Extreme Example.

(I would have a hard time advocating this, but I will because *Blue Pill Trigger Warning content* I want to truly EARN the charge of **Manipulation!** Don't let me down you Blue Pill Assholes, take a break from making fun of retarded people (e.g., incels and MGTOWs) and ridicule a real man.)

Stop being nice. Stop doing things for her. Don't hold back when you want to tell her she is doing stupid shit. Ignore her when she wants attention. You can go so far as actively be mean and cruel to her. As long as you have initial attraction. Let me repeat: this is for LTRs only, and after you really have her hooked.

This is the extreme example, also from my recent post; analysis follows:

I have actually said the words *Fuck off* to this woman; I was serious, and it was warranted. **Doghouse**, right? Wrong. She left me alone for a while (wonderful silence). Then not 8 hours later, without a word, she initiates, we fuck; all positions, including ones she has claimed were *uncomfortable* or *too strenuous* for her. After it's over, she says, in a very sweet voice, *You shouldn't say "Fuck off" to me*. Similar things have happened, many times.

What happened between the time I made that most incorrigible, offensive remark and when we had that great energetic sex? She was agitated and set off, and she was thinking about it. More precisely, **she was thinking about me.**

It doesn't matter that the thoughts and feelings were negative. Women aren't logical; as my old French-Canadian hockey coach used to say, *Tank gawd fer det*.

III. Planning Activities (other than sex) with a Woman.

Hard to believe, but dudes are still taking women to movies or dinner as a first date; I've seen this recently on this very sub. SMH. I don't even need to explain how stupid that is.

Get physical: mountain biking, rock climbing, hiking, surfing. Haunted house. Mosh pit. Vandalism, if that's your thing. Explosives. Breaking and entering, whatever. Not only is this shit FUN, but it actually **increases feelings of attraction.**

There are some very interesting psychological studies that support my original point. The researchers got people **agitated** and then approached by an attractive confederate (for those who don't know, that's someone in on the research but unknown to the person in the experiment). Those in the experimental group rated the confederate as **more attractive** than the control group of unagitated persons did.

(If you want to read more, you can look these up. Schachter & Singer gave subjects **a shot of epinephrine**, then exposed them to either a happy or an angry confederate: the subjects mirrored the emotion; they developed the *two-factor theory of emotions* to explain the subsequent emotional reactions. Berscheid & Walster's experiment had subjects **exercise vigorously** before being approached; they called the phenomenon *the misattribution of arousal*. Dutton & Aron had subjects **cross a scary suspension bridge over a 230-foot chasm**, and the control group crossed a sturdy cedar bridge over a small gurgling stream; in this case **fear resulted in higher attraction** toward the confederate.)

Take a woman who may be somewhat attracted to you on a scary adventure; she will become MORE attracted to you.

Because ... *science*.

(I have to acknowledge /u/vandaalen for initially suggesting I write this up; that was 7 months ago -- forgive me, I haven't been derelict in my duties, I was just fucking busy. It took /u/seattleron and a few others to get my ass in gear. Any person can make a difference. If someone makes a point you want to see more of, just ask them. THAT'S how you improve the sub, not by whining and complaining. Cheers.)

819

UPVOTES

If your girlfriend left, what would you miss? [A Patrice Series]

itiswr1tten · 28 August 2019 · Archived copy · Reddit

Intro - Who is Patrice O'Neal?

Patrice O'Neal was a big fat black comedian who knew women like no one else. Before TRP even existed, Patrice was spitting hardcore RP truth. I'm writing a series on his work, and will break it down for you. Each entry will be accompanied by audio/video. Most of this is relationship focused, but plate theory will enter now and again.

This guy needs to be known by anyone who spends more than a minute on this sub. Look forward to introducing anyone and everyone, and showing fans some of his more obscure stuff over time.

Here is the audio we are breaking down today (YT Link)

As soon as she knows you will righteously leave, she will righteously stay. They can't help it.

Patrice was dealing with a caller who said "I was the biggest muthafucka" to his girl in the early days, and she "gave him the best treatment", but "the minute I decided I wanna try and settle down and 'treat her right' she started acting like the biggest bitch."

What's going on here? Simple - *what we are programmed to think is correct treatment of women kills their attraction to us*. 5 minutes on the sidebar can tell you listening to what women say is a death sentence for your dick. 5 weeks of accidentally doing it can fuck up a 5 year relationship.

We do this because we are subconsciously pedestaling the pussy. Let go of "good and bad" and focus on what seems right to you. When you have frame control and she knows it, she will treat you right. If she doesn't, you leave!

I told my girl she's the 4th most important thing in my life

Patrice told his girl the following order applies:

1. Me
2. My Career
3. My Mother
4. My Girl

"It's not an attitude thing, it's a belief thing."

You have to truly believe in this order of operations. Number 3 may or may not apply to you.

After that truth bomb (surely prompted by some comfort test) Patrice's girl doubled down by explaining she put him ahead of everything - family, career, EVERYTHING. His response?

"Oh wow. Thanks."

Couple of things to take away here. **Never love anyone more than yourself.** In the moment aka "right now", she really thinks she loves you. It's why we tell guys to add the phrase "right now" to EVERYTHING she says to you. She really believes it....until she doesn't.

The woman must be more emotionally invested than you in the relationship. Period. Treat that as law.

If you don't talk to bitches, you lose the ability to talk to bitches.

The Commandments of Poon (which can be found via Google or sidebar) number 7 said "always keep 2 in the kitty". I'll quote a piece of it:

A woman knows once she has slept with a man she has abdicated a measure of her power; when she has fallen in love with him she has surrendered nearly all of it. But love is ephemeral and with time she may rediscover her power and threaten to leave you. It is her final trump card.

Never be a kept man. That does not mean never be in an LTR, it means never surrender your balls. To get the best from a woman, she needs to KNOW you can get more girls.

Dread is all about her understanding your value. For her to understand, it needs to be prevalent. You are gaming girls because it comes naturally to you. It's not a trick, it's not a show, and it's certainly not contrived. **Start treating every attractive girl like a prospect and see where it takes you.**

The power that you have is the power I let you have.

All bad behavior you experience in your relationships is your responsibility. And your fault.

Your girl acting up? You permitted her to do it. If you acted up for even a few weeks, she'd branch swing.

Understand you need to hold her to the same standards SHE WOULD FOR YOU. Women are naturally better at having standards in an LTR. Copy that behavior.

Conclusion/tl;dr

- If your girlfriend left, you can always replace what she was giving you
- Treating your girl like an equal who will appreciate your "niceness" is the path to losing your girl
- Always put yourself first
- The ideal relationship is where she is desperately in love with you, and you just like her
- Women's power in the relationship is all about what you allow her to have. Don't give her anything she doesn't deserve.

818

UPVOTES

Skinny fat guy beats his college athlete girlfriend in wrestling. Girlfriend is shocked. Feminism has convinced women that biology isn't real

Throwawayolkpig · 14 March 2020 · Archived copy · Reddit

Thread from the relationship advice place. Won't link it but it was pretty popular with 3k upvotes.

Tbh I'll give the relationship place credit. They were very well aware of the strength difference between men and women. Even the female commenters self reported getting overpowered by smaller men. But a reoccurring theme with the OP's gf and even female commenters is just how SURPRISED they were when they first realised the strength gap.

Let's take a look shall we...

I (21M) met her (20F) 6 months ago. We go to the same college.

Seems to have LTR'd her either just before or during the CC. LTR during college is a bad sign, but oh well.

Now we would usually wrestle for fun but I'd always let her win. I think she took pride in winning but whenever I told her I wasn't going serious, she would say "yeah right". But if it made her happy it wasn't an issue.

Didn't assert his dominance, and let her win for "her happiness". Very BP signs.

Also notice how she says "yeah right"? Her deluded brain actually believes she is winning.

Now I'm not a big guy. I'm about 5'10 and 175lbs. I'm skinny fat basically.

TLDR - I look like shit.

I occasionally lift weights so I'm pretty strong.

Translation - I've been to the gym 2 or 3 times.

She's 5'11 and 165-170lbs. She plays Volleyball for our college at a competitive level, so she's an athlete.

Okay, so his GF is a competitive collegiate athlete and basically the same size as OP.

Well the other day she initiated another wrestle and I let her win, until she said "ok let's see what you got". I wasn't sure what she meant so I asked her and she asked me to go serious.

OP's girlfriend begins to wake up from delusion. She knows he isn't really trying. But has deluded herself to believe she can still stand a chance.

So we wrestled and I pinned her rather quickly. She tried to break free but couldn't.

Reality manifests itself. Reality is that despite being of similar size and way less athletic, he's still **far** stronger than her.

I could tell she was a bit shaken so she asked to go again, and we went again but I got her in a headlock.

OP's gf is "shaken", aka her reality is being shattered. She is realizing the lies that BP society and feminism have taught her.

I didn't squeeze too hard, but just enough to hold her and she tapped. We went a third time and i pinned her.

OP says he "didn't squeeze too hard", meaning that he's STILL holding back and easily winning. Even with restrained strength, he makes her tap in a regular headlock (not even a real chokehold).

At that point she seemed confused and things got a bit awkward.

"Confused" means that she's realised what she's been told is a complete lie.

She then told me she never knew I was serious when I said I wasn't really trying.

Aka her hamster brain was spinning so much that she genuinely thought she was winning.

Since then, her mood has been lower. She's usually bubbly but this time I noticed she was low and a bit mokey.

OP's girlfriend is adjusting to her new reality, as she has realized the extent of male strength. Hell she probably doesn't even know that he was STILL holding back when he beat her.

OP mentions in another comment that he is "quite strong" because he bench presses 80kg. Make what you will of that, but benching your own BW isn't that impressive by lifting standards. He probably is stronger than the average dude (who apparently can only bench 60kg), but whatever.

TLDR -, a skinny fat male with minimal lifting experience and lack of athletic background, completely DESTROYED a female collegiate volleyball player of the same size, while holding back.

Now this shouldn't be a surprise to anyone with half a brain, but feminism and BP society, have convinced women that they can kick ass. Probably a lot of them influenced by the dumb hollywood movies. And I wouldn't doubt that BP folk encouraged this nonsense belief.

818

UPVOTES

i just had an epiphany after a blowjob

antalvarez_ · 9 July 2020 · Archived copy · Reddit

I've been reading and learning about TRP for about a year now and for some reason after tonight everything just clicked..

I had this girl i met from tinder come over tonight she was on her period but all i wanted was a good dick sucking anyways after a long hard day at work.

I can't lie and say it hasn't been a while (I live in Florida covid is fucking everywhere and i didn't rack up any plates beforehand) so i was pretty excited to get my dick sucked after a long hiatus.

She was a solid 6 and a half and the only reason I'm giving her the half was because she had huge knockers.

We talked in my car for like an hour (felt like eternity) she just rambled about her whole life story she kept telling me how nervous she was because she found me extremely attractive and whatnot but I didn't feel the same about her i just thought she had amazing breasts and a cute face.

After motorboating her tits for 5 minutes straight and busting a fat load in her mouth i felt.. nothing. emptiness. Like i could have been doing better things. Don't get me wrong busting a nut is a great feeling but after a minute of sitting there with my pants down i had this epiphany that women & sex are great but there's so many more things in life that are just flat out better. Maybe i would have felt differently if she was a dime but all i could think about was every other feeling i found better than what i just felt.

Hitting my PR bench pressing was a better feeling.

Learning something new that benefited my life was a better feeling.

Getting my paycheck every week is a better feeling.

Idk guys but after that blowjob all i can think about and wanted to do was improve myself. The thought of that and the thought of the man that i can become is just way better than sex to me. As I stated before sex is great but it's really not everything. It's just a dessert to your meal. An icing on the cake. But it's not everything. If she was a dime i honestly still think i would have felt the same way.

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UPVOTES

People are missing what Jada did, except maybe Denzel saw it for what it was.

justtenofusinhere · 31 March 2022 · Archived copy · Reddit

The Will Smith-Chris Rock panzy fest from Sunday is everywhere and everyone and their brother or sister is chiming in with their two cents. But it's all about Will and maybe some side discussion about Chris. Occasionally, there is some discussion about Jada and her "entanglement."

This is blatant pussy pass coupled with "let's you and him fight over me" with the end goal of an alpha widowed woman intentionally destroying the beta partner she loathes because he's a beta.

I'm glad to see there is some discussion about how Jada's affair led to, or at least contributed to, Will's incredibly stupid actions. But that totally misses what happened. Jada set Will up because she despises him.

Sunday was Will's night. He was a black man who was going to win a best lead actor Oscar for headlining a black led movie about a successful black family. Sunday was decades in the making. It was the feather in the cap of Will's career--decades of work. It was to be something for the black community. It was not a nod to a black person who kowtowed to white culture--it was the arrival of black culture.

And Jada could not fucking stand it. It curdled her to her core that the weak ass man was was being elevated and celebrated--and most infuriatingly of all--he was being elevated and celebrated above her. She could not accept that. So she flexed. She could not let Will have his moment. On that stage--with all eyes looking she A) showed that he was her bitch, because that how she sees their relationship, and B) she felt a visceral desire to point out to the world the emperor had no clothes. The world might think Will was great--but she knew he was pathetic and had to make sure the world knew too.

The result is that although Will won the most coveted academy award--all anyone is talking about is the Will-Jada relationship, which means they are talking about Jada.

And NOONE is calling her out on it. Not one person has said Jada should have shut Will up (I've seen one commenter say Will should have left it Jada to defend herself) or otherwise intervene. No, as a woman she could not have any authority over that situation despite clearly being able to exert absolute control over the man with nothing more than a frown and an eye-roll. It is classic pussy pass.

It's also classic let's you and him fight over me. That's crack to women. And it is ensuring she's in the headlines instead of it being just Will in the headlines. Instead of doing the congratulatory rounds on all the shows where Will is deservedly being lauded for his career, instead he's in hiding and Jada is the center of all the discussions.

And it is all because she despises him because he's weak. Will loves her despite fully knowing her heart belongs solely to Tupac. Hell their daughter wrote a letter to the dead man saying how she's sure he's alive and he needs to come get her and her mother so they can all finally be happy together as a family. That alone makes him revolting to her. She fucked a relative child in his house, in his bed, then MADE him go on record for it. He cried--she didn't. She didn't apologize, why should she when he's there the whole time saying he's her ride or die bitch. Will intended it to be a show of his strength--the cap of his masculinity. Jada meant for it to elevate her dim star at the humiliating expense of her husband, she clearly got off parading him as a cuck, and showed that he was fully on her leash. It was one of the most pathetic spectacles I have ever witnessed. And, it set up Sunday night. If he would promise his undying loyalty to her in response to her publicly exposing him as a cuck, she knew she could do anything with him at any time. She has fully consumed him and through him--his family, his work and his legacy.

Denzel is supposed to have told Will afterwards that in your highest moment is when the Devil comes for you. And he was correct. In Will's highest moment, Jada attacked and laid him low. The devil in a green dress. I really wonder if that is what Denzel was trying to tell him.

Men, protect yourself. Remember, if she thinks you are weak, it doesn't matter what you do for her--she will

despise you, she will consume you, and will do what she an to destroy you. And above all, avoid the alpha widows.

817

UPVOTES

Indecisiveness in Women

legedu · 20 August 2015 · Archived copy · Reddit

Summary - Women are indecisive because they've already made the decision that matters to them.

Body - I used to get pissed off by women's lack of decisiveness (circa my 18-21 blue pill days).

Her: I'm hungry, what should we get for dinner?

Me: Well what kind of food do you feel like?

Her: I don't know...

Me: You're hungry for dinner but don't know what you want to eat? WTF?

When I graduated college, I simply came to terms with it--telling myself women can't help it--and just started making all the decision on dates or in relationships.

Red Pill 101 teaches us that this is a two-fold strategy: first, it's a fitness test for us as the pack leader. Do you want to make the decision and stand by it/defend it? Or would you rather sit there with a thumb up your ass and try to talk through it like women deciding what shoes go best with a dress. The second part of the strategy is to distance themselves from responsibility: if you pick a restaurant and it sucks, it can't possibly be her fault.

I was working under this framework for the better part of a decade, but then a Red Pill in disguise dropped some serious knowledge on me and made me re-evaluate.

A little background: I work in a sales role working with affluent and high net worth clients for one of the big financial firms. One of my clients is an extremely specialized physician making boat loads of money.

He's currently settling a fairly large estate, and there are a few sisters that he must distribute to. Think of it as a feline/hamster civil war.

While incredibly intelligent, he comes off a little sheepish but is handling this settlement like a fucking boss. We were having a casual conversation about life, money, and the fact that he was named to settle the trust by the deceased specifically because women are A) catty and will fuck each other over and B) cannot make a decision and stand by it.

I, of course, attribute this to their biology and lack of accountability. They can't help but not make decisions. I bring up the "Where should we eat?" example.

And, always the deep thinker, he pauses for a moment and then drops this gem on me:

"Well, legedu, it's true that they have a hard time deciding a lot of things, but the "What's for dinner?" example shows something else. In her mind, she's ALREADY MADE her decision: she chose you. That was a difficult decision for her, and now she feels she doesn't need to make any more. *That's your job.*"

Mind fucking blown.

Take Away - When a woman chooses you--whether it be for the night, for a month, or for life--that's it. She has made her decision, and her biology will tell her to stick to her decision unless you give her reason not to. You are the pack leader and the shot caller unless you give her reason to feel otherwise.

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UPVOTES

I Animated A Red Pill Top All Time Post - How To Get Laid Like A Warlord

LiveAFTSOV · 27 October 2017 · Archived copy · Reddit

This is an animated, extensive introduction on the what's, how's, and whys, when it comes to scoring model-tier girls though controlling frame.

As I go about my day driving, cooking, or showering, I love listening to pod-casts like Joe Rogan, or watching videos by channels like FightMediocrity and Illacertus.

That's when I discovered that there was no active channel doing the same thing for Red Pill Topics!

I've always been an animator and film maker, so I decided to give back to a community that has helped me grow as a person in one of the best ways I know how.

I'm open to hearing critique and feedback, and if there's interest in seeing anymore.

I might make more videos like animating "Dirty Sheets," "How To Be An Old Guy," and "Eunuchs of TRP." We'll see where it goes

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UPVOTES

Don't do this when talking to women (and how to fix it)

The_BitterTruth · 3 January 2019 · Archived copy · Reddit

There are plenty cardinal sins when interacting with sex-dispensers, such as being needy or seeking approval. However today's lecture will be addressing the main reason you're scaring pussy away and that's **taking a subservient attitude with her**.

Recently I saw two people waiting in line insist that the other person go ahead of them repeatedly for about a minute. The exchange was terribly awkward because behind the veil of their superficial kindness was a battle for who was at the bottom of the barrel. "You may go in front of me because I am unimportant" was the implied argument repeated over and over again.

The real issue here is that if you're requesting permission to land your cock between an HB8+s legs you must do so from a position of superiority. Girls are hypergamic, which means if you put yourself below them they won't want to swallow your cum anymore.

If you're wondering if you fall into this category simply ask yourself the question, "Would I do anything to fuck this girl?" If the answer is yes, then you have already lost.

Putting yourself ABOVE a woman means you understand your value as a man. Even if you aren't a 6'2 chad with a 7inch cock you should still present yourself as one.

Here are a few ways that you're probably fucking yourself up and how to fix them:

1. Over-explaining shit

Hey maybe we could go to the movies it would be a really nice time and I think you'd enjoy it a lot

While this sounds sincere it also makes you sound like a long pussy.

Let's watch Aquaman Saturday

Hey look at that we got to the fucking point. If she's going to reject you no amount of explaining is going to prevent it. Explaining and over-talking is a method to avoid rejection (and just bitch behavior in general).

1. Talking too much

Hi Amanda I wanted to let you know that you just look so amazing today and you should know so I just had to tell you how amazing you look!

Many times guys will say the same thing 2-3 times. This is just hurting their own chances of landing in poon-town as they lower the value of their speech. It's also obnoxious as fuck to listen to. Try listening to a recording of yourself if you talk like this and you will understand immediately.

You look great

Less really is more. It shows your comfort with silence and that you don't need her approval for what you say.

1. Insisting

Why don't we get a drink together? I know the perfect place you'll love it, They have live music, and the food is so good, and the drinks are cheap too!

While you were writing her a persuasive argumentative essay she made plans to fuck chad. Insisting is just a way to say you have no other option and can't take no for an answer. Don't use suggestions, be direct.

Let's grab a drink, first rounds on me

Sounds like she can depend on the second guy for a good time.

1. **Hinging off of her opinions when choosing a venue**

What do you think of dinner? What kind of food do you want? What are you in the mood for? Is Italian okay?

Again this is searching for approval, but most importantly it shows that you don't have the balls to make any decisions.

Let's grab dinner Friday, found a place with the perfect fillet

Doesn't search for approval, takes charge, makes a decision, keeps an air of mystery, it should be something you know she will enjoy and some place that you will have fun at. I've dated some girls with weird food tastes and they ALWAYS let me know somehow somehow or they don't complain about it. Ask them about their weird fucked up preferences **in advance** not when you're asking her out as it will give her an extra thing to think about and say no. I.e. "Is there anything you're allergic to/can't eat" is all you need to say.

1. **Hinging off of her opinions in general.**

What do you think of my

Just stop. **Don't ask her to formulate opinions of you.** Asking her will ruin the illusion of things "Just happening naturally" and will come off as attention seeking and forcing the interaction. Her opinions of you will be determined based off of your actions, and she will show you her opinion of you with her pussy if she likes you.

Understand that the root cause of these behaviors need to be addressed and this is just a patch job to help you smash some holes this year. Happy hunting.

Edit: Formatting took a shit on me

816

UPVOTES

THE BEST OF RATIONAL MALE – YEARS ONE/TWO/THREE (If you haven't read this yet, do it now.)

redpillschool · 25 November 2016 · Archived copy · Reddit

We've had quite a recent uptick in new subscribers so I wanted to bring some quality red pill material to the top for a while.

If you're new or you haven't read all of our sidebar information, I recommend that you do so. And if you haven't read Rollo's best-ofs, then you should make these next on your reading lists:

Best of Rational Male - YEAR ONE

Best of Rational Male - YEAR TWO

Best of Rational Male - YEAR THREE

I hope everybody has a safe holiday. We've got more announcements coming up soon, so check back.

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UPVOTES

There is a stereotype that men are funnier than women. New research (n=5,057) found that, on average, men appear to have higher humor production ability than women. Humor may play a role in mating, with an evolutionary basis. It is correlated with intelligence, which may explain why women value it.

Aggressive_Beta · 26 October 2019 · Archived copy · Reddit

<https://www.psychologytoday.com/au/blog/humor-sapiens/201910/are-men-really-funnier-women>

815
UPVOTES

Sean Connery, aka James Bond, swallowed TRP in 1965

[deleted] · 14 September 2015 · Archived copy · Reddit

[deleted]

815

UPVOTES

Get rich slow with the miracle of compound interest.

rollcyclones · 21 October 2017 · Archived copy · Reddit

TL;DR Invest and get rich. Imagine having a balance on your credit card that pays you interest.

So the redpill isn't just about banging hotties and lifting. It's about making your life awesome and as a byproduct those women will want to be in it. Flashing money to attract a woman is definitely a losing blue pill strategy but having a big pile in investments allows you to have freedom to accomplish more of your goals or survive tough times in the future.

So what is compound interest and why should you care? It's the thing that turns 10k into 6.5 million in 200 years. Google Benjamin Franklin compound interest experiment. Ok we don't have 200 years but what we do have is our whole lives to invest and that's a LOT of time. I'm 30 and in just about 5 years I've accumulated 100k and of that about 25k is interest and dividends. Even if I don't contribute another dime, in 6 or 7 years it will double, assuming we don't have a crash. But if we do, you just keep on investing because it will come back. Think of it as stocks went on sale. As you get older your earnings should go up and if you continue to grow your saving/investing muscle you will have massive amounts of wealth. Download a compound interest calculator and play with your numbers you'll be amazed.

So you're probably wondering where do I invest, sounds complicated. It's not at all. I would advise a Roth ira to start. 5500 is the max per year. It's not tax deductible but you have the flexibility to withdraw all of your contributions at any time without penalty if you need to use some of your built up reserves. You also have the option of using up to 10k in earnings for a downpayment on your first house when you get to that step penalty free. Obviously if you have a 401k or roth 401k that matches at work use that too. Not as liquid but adds more options if you want to take the penalty and pay the taxes. Once you max out the roth and 401k you might be able to do an HSA, next just in a regular individual account you would pay long term capital gains tax on any earnings there though.

Ok so if I get a Roth what do I invest in? Well that's simple the entire stock market. Index funds make it simple and they are extremely cheap fee wise (expense ratio). VTI, SPY, etc. You might think but I want to make more than the market why not an actively traded fund? Their fees and inconsistent returns loses in the long run. Buffet proved it. <https://www.cnn.com/2017/09/18/warren-buffett-won-2-million-from-a-bet-that-he-made-ten-years-ago.html>

It's not hard but it's not easy. You have to purposefully live below your means and not buy all the fancy new toys you think you want. Now looking at this pile of cash I can't even remember what all those little self sacrifices were. I'm just thinking of how I can save/earn more so it grows to be a million by the time I'm in my mid 40s. You can do it too, start young your future self will thank you. My brother told me about the roth when I was in highschool and it took me 10 years to start. I wish I would have started sooner instead of buying that motorcycle or the 4 spring break trips I didn't really need to go on. Let me ask you, when is the best time to plant a tree? 10 years ago but the 2nd best time is today. Get started open that roth and watch your money work for you.

Anyway, not your traditional redpill lesson but hope it helps inspire someone.

Edit: 19 year old invests 30k put \$100 in per month auto draft, forgot about it now 42 and its worth 1.3 million. <http://www.youtube.com/watch?v=yR1uLJ2qrqs&t=11m30s>

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UPVOTES

The Reddit Administration Recants

redpillschool · 2 October 2018 · Archived copy · Reddit

As many have noticed, Reddit Admin have taken down their required truth reading link to Michael Kimmel's Scam before entering /r/TheRedPill, mainly after I posted this **scathing takedown** where I explained that their resource on "positive masculinity" was, in fact, a male abuse victim **denier**.

That's right folks, you can't make it up. Reddit admin, who fancy themselves as the purveyors of what is good and what is not, accidentally told a men's forum that they were absolutely and unequivocally wrong, bad and offensive, and then tried to tell them that the true path to **positive masculinity IS DENYING MALE ABUSE VICTIMS**.

Holy fucking shit, Reddit Admin. What on earth are you thinking?

Here's what we know now:

The Reddit admin- the ones who **believe it is up to them to tell us what we can and cannot read** not based on rules, not based on legalities, but on a false sense of morality and self-righteousness, just recanted on their allegedly moral position of what positive masculinity is. Because it was absolutely, undoubtedly, and **utterly immoral**.

We are still drafting our appeal to the quarantine, but honestly we're starting to think the Reddit Admin are writing the appeal for us.

To the Reddit Admin: You have demonstrated that you are not an authority on morality. You have demonstrated that you do not have the proper judgment to tell users what they should and should not read. You have just subjected 300,000 of your users to an anti-male, abuse-denier. I think you should be ashamed, and I think you should apologize to the users here.

A positive, non-toxic male admits when he's wrong and apologizes when he accidentally denies to 300,000 men that they can be victims of abuse.

Who here thinks the admin have the proper judgment to be able to tell them what they should and should not read?

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UPVOTES

TwoX has their daily circlejerk about how medicine is misogynist. Motherfucking CARDIOLOGIST shows up to disprove them - gets downvoted and called a shitlord.

needsomehelp3211 · 15 August 2016 · Archived copy · Reddit

Summary: Feelz over realz. The feminist dogma relies on a coherent narrative, that women are always oppressed by the evil male patriarchy. In order to uphold this narrative they must demonize reality, including fields like science and medicine. Facts be damned. In this way, they keep the outrage train choo-chooing.

[Full thread here.](#)

My mouth dropped open after reading this. Like, I knew that feminists hate science and rationality, but they're usually clever enough not to demonstrate that so openly. Today however was a different matter.

TwoXChromosomes (the feminist mothership on reddit, for those who don't know... and unfortunately a default sub, God knows why) was having their usual circlejerking about how science is anti-women and full of cis white oppress-lords.

Remember the asteroid guy and the T-shirt? Feminist and science have never been comfortable with each other so this is nothing new. Today, though, TwoX focused its hatred on medicine.

I remember a professor I had once tell me that they know a lot less about female anatomy and physiology than male's.

Upvoted to 70, based on *I know a friend of a friend who once told me blah blah blah...* But of course it satisfies the feminist imperative, so it gets lauded as truth. Even though it's clearly bullshit - scientific studies routinely control for both genders when doing clinical trials, as anyone with a basic biology degree would tell you.

Therein lies the problem... feminists don't have biology degrees, they have gender studies degrees. Now, this wouldn't be so bad if they learned to shut their mouths when adults are talking. But watch what happens when an actual cardiologist (heart doctor) interrupted the circlejerk to tell them they're full of shit -

Your professor is a moron. On any given day in this country, hundreds of thousands of women are undergoing surgeries and imaging studies of various sorts. It's not the 1800s.

^ Sounds reasonable, right? But it hurts TwoX's feelings...

Just going to note that I really hope you don't take the holier than thou tone you've taken throughout this comment thread with your patients. They will never trust you if you cannot communicate effectively and respectfully. All your medical training means nothing if they dismiss you from the get go as a big headed jerk that just wants to sound smart, leading to them ignoring preventative advice and treatment plans.

Feelz

Over

Realz

These TwoXers don't care that this guy is probably among the smartest people in the country. They just care that he's a *big mean bully!* That's essentially what feminism (and honestly, womankind in general) boils down to at its core. If you hurt their emotions, they don't give a shit if you're a cardiologist who has 12 years of training at rigorously competitive medical institutions. They only care if you're politically correct... and if you're not, then you're no better than any other shitlord.

These people just continue to amaze me. The RedPill lesson here is: don't argue with feminists science **because they don't accept science**. They simply don't. To women, getting an English or Gender Relations degree makes them just as qualified.

TL;DR: Women care more about emotions than logic or reason. So if you're arguing with a woman, don't argue based on rationality because they are pretty much incapable of thinking on that wavelength. Emotional teenagers indeed.

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UPVOTES

Voting for a women based on her gender isn't "feminist."

chilinfo - 8 November 2016 · Archived copy · Reddit

My entire feed is filled with #Imwithher and "Can't wait to vote for the first female president," and "Making history." There is nothing about issues, just gender.

1. If feminists were about gender equality the gender of Clinton would not matter, because the genders are so similar that one cannot determine an actionable difference. They have asked us to view high level corporate jobs in this way.
2. If feminism was about gender equality, it would be called gender equality, not feminism. I have tried asking many women why they refer to their movement like this, because it excludes men and all I have heard in response is that I'm a misogynist, whatever that means now.
3. I see the fear of people afraid to speak out on this. Do not fear losing those who want you to fear questioning their ideologies.

813

UPVOTES

I snooped at her messaging, and I'm know a better man thanks to it.

JacquesNicoleSonne · 27 January 2017 · Archived copy · Reddit

What a clickbait!

I'll start with some background so the still not-so-sure-about-everything-we-say-here-is-true-believers can relate to this story.

I also add that **I'm generally pretty, pretty good at reading people**. Like i've been cheated on before and I Sherlocked it quite fast, and I have some good knowledge of human cognition/body language. And still, I never found out of anything I'm about to post now. You think that you'll know the day she decides to dump your sorry ass or cheat on you ? Yeah ? I would have bet my life on it aswell, but not anymore.

I was a blue piller for, well most of my life. i'm 26, so judge if you will. Had a 3years LTR end up because I wasn't able to deal with the relation bullshit no more (that foreshadowing tho), so after that I had a bit of a monk phase. From that point, I absorbed bits and bits of the red pill, implementing, experimenting in my daily life.

It was fun.

Then I met my current girlfriend with whom **I've been for a bit more than a year**. We've had our ups and our downs, but as most relationships I suppose, nothing too bad. We always communicate and stuff. I feel like I'm raising up, showing her when she's pulling some bullshit or hamstering, she seems to grasp most of it (seems is the key word here). The sex is good (thankfully !), she is fun to be around, well, I learned not to ask for too much in LTR and to enjoy the ride while it's my turn.

Yesterday, I logged on Firefox instead of Chrome and I was in her FB account . I generally trust her, as far as I can trust another human being, but the curiosity got the best of me.

I looked at most of her messaging history.

Talk about swallowing the pill the hard way. I'll quickly sumamrize what I learned about the girl I thought I knew more than anyone else :

1. Everytime we had a fight, minor or major (at some point she said she wanted to break up with me ???), she complained to at least 3-4 friends. Some people that I meet on a weekly basis. **It's like she genuinely can't think alone, she needs her friends' help to process the arguments we have**. I don't think she is stupid, doing Masters' studies and everything, but that sure says a lot about women in general.
2. I had trouble saying « I love you », thanks to you guys I guess. I dont know what love is anymore, so I had to wait a year to say it, not to lie to her or just « say it ». Anyway. It was kind of a sensible topic because she said it first and I pulled a Han Solo (hardcore involuntary dread, the best). The day I told her back she seemed happy and everything, well apparently « it changed nothing » and « **she didn't feel the butterflies**», according to a convo she had. Well, she is a good liar as well, I'll give her that.
3. **She has had sex with more guys than she admitted to me**, I found like 10 different stories, at least (How shocking). Well I know she had fun in her youth (she is 24 now, yeah how sad is this). I KNOW this isn't a competition, but I feel like I lost by the numbers. Anyway.
4. She didn't find me fit, or even pretty, compared to her ex boyfriends. Ok this one hurt to read, but I used to be obese, and has some stretchmarks on my belly. She said that she feels bad for saying it (oh, sweetie !) but she

found it kinda disgusting when we fucked the first time. **Oh, and I apparently have a small dick.**

5. She keeps talking with an ex (just talking ?) who cheated on her. Let that sink in. **She, a strong independant woman is still talking to an ex who cheated on her**, because they work in the same industry, so they might need contacts from each other. I know this is true, but she never told me that she were still talking to him. Oh, and she dreamed about having sex with exes as well (not gonna blame her for that, I had dreams about past references too) That ex was also the biggest she ever had. Fair enough then.
6. **Her conversation is filled with so much bullshit** including be not limited to tv show, drama, clothes, what she ate/is eating/will eat.... Like erratic convo, straight from a child's mouth, going from one topic to the next with no link. This one shocked me, it was straight from reading an old MSN convo (Remember Messenger ?) I might have had at 14... It just make her look stupid to be honest
7. Last but not least, this sentence : « **Before I met JacquesNicoleSonne, I never thought I would find someone as good as my ex regarding sex and cuddles. Now that I've found him, I know I can find another** »

Welp, that's true love right here kids. At least this place taught me to take it with **amused mastery**, I can imagine my younger self crying over a message like this. Well, who's crying now ?

But hey, everything's not so bad. Her friends actually give her good advice and call her on her bullshit, i'm as good as her ex regarding sex (and cuddles), she finds that I dress well and she « loves me so much » and she finds me smart. **And at least she's not cheating, right ?**

The day I read her messages was one of the best in my life. This is what AWALT is all about.

I won't dump her, as I really enjoy her company and the sex (yeah it goes both sides), but suddenly I found that my motivation to go to the gym, to take care of myself and to generally improve my SMV just rose up...Who knew ?

Bottom line is :

Even if she loves you, even if you love her, she can and will leave you if you let her treat you as such. Enjoy your turn, as long as you want it to be, it will come to an end. At least, I'm preparing for it while enjoying the show. She is not the prize, you are the prize. **

813

UPVOTES

How To Approach Women With Confidence

Socialinception · 24 May 2018 · Archived copy · Reddit

I walked up to a stunning girl and said, “Are you from Tennessee?”

She smiled wryly and said, “Why, because I’m the only ten you see?”

I shook my head, “No, because you look like a child of incest.”

She cracked up. I mean totally lost it. And five minutes later, *she asked for my number.*

“No, because you look like a child of incest. . .”

As fun as goofy pickup lines like that can be, the secret to approaching women isn’t about what you say, it’s about *how you make her feel.*

If you’re in a fun, confident mood, you can walk up to a girl, say just about anything, and walk away with her number five minutes later.

But, if you’re feeling anxious, insecure, or uncomfortable, the women you approach will want nothing to do with you.

This creates a dilemma. If you’re naturally an anxious or insecure guy, how are you supposed to get in a fun mood when approaching women?

As someone who was diagnosed with social anxiety and panic disorder, I understand how difficult it can be to approach women. My nerves used to be so bad I would literally tremble at the thought of walking up to a stranger and introducing myself.

Despite my anxiety, I was able to learn how to approach women with confidence and positive energy. And if I could do it, you can learn to do the same.

Step 1. Change Your Mindset

When learning how to approach women you must create a process that will take your mood from shy/anxious/insecure/etc. – to feeling socially confident.

If you’re anything like me, your first approach on any given day is going to be fairly awkward. After approaching thousands of women (and having lots of cool experiences), I still get nervous sometimes when I go out to meet women.

My first approach is rarely smooth, and it usually only lasts about 30 seconds before I tell her, “It was nice meeting you, have a good day.” But I don’t dread that first awkward approach, I look forward to it.

In psychology, there’s a concept known as flow. Flow is peak experience, it’s the feeling you get when you’re completely immersed in whatever you’re doing. The first step to getting into a flow state is to do something outside of your comfort zone.

Basically, doing something that makes you uncomfortable causes your neurochemistry to change. Normally, we think about all the things that could go wrong if we take a risk (thinking about how that girl might reject you, for example), but once you actually take a risk in the real world, your brain stops focusing on what might go wrong, and it starts focusing on the task at hand.

Now, this isn’t something that happens instantly, it’s a gradual process. But I know that once I approach that first girl, I’ve gotten through the hardest part: I’ve taken that crucial first step towards changing my mood from anxious to extremely confident.

When you’re out meeting women, *you can expect each consecutive approach to be a bit easier, smoother, and more*

successful than the last.

Don't expect your first approach to be smooth or to lead to anything. Expect it to be a bit choppy, expect to feel uncomfortable, but expect this while also knowing that each approach is going to be better than the last.

One of the biggest reasons guys fail when learning how to approach women is that they have unrealistic expectations of themselves. They think they'll be able to go out for ten minutes, approach a cute girl, grab her number, and then be done with it.

Most guys can't go from 0-100 like that. Worse, when we expect too much of ourselves we're liable to get paralyzed by the pressure that puts on us.

Instead, have low expectations and understand that you can't just expect to approach women confidently unless you follow a process that gets you into a confident state over-time.

You might be thinking, "Okay, that's neat, but how do I actually approach women in the first place. How do I gather the courage to do it? What do I say?"

Fair enough. Now that we've gone over the mindset, let's get into the practical steps you can take to learn how to approach women.

How To Gather The Courage To Approach Women

When learning how to approach women, the biggest obstacle for most men is what's known as approach anxiety. The first step to overcoming approach anxiety is to lower your expectations of yourself. The second step to overcoming approach anxiety is to take baby-steps when you go out to meet women.

If you decided you wanted to run a marathon – but you've never ran a mile in your life – you wouldn't set a goal to run 26 miles today. Instead, you'd start by setting a goal realistic to your current level of fitness.

Similarly, if you've never approached women before, you should start by setting a realistic goal based on your current level of confidence.

Let's say you've decided to go to your university campus to meet women. If you're new to approaching women, it's a big leap to just walk up to a girl and start a conversation with her. To make it easier on yourself, you can take small steps towards your goal and let the momentum of those steps carry you forward.

For example, instead of walking up to a girl and approaching her directly, you might make a casual remark to a girl who you walk past, (I.E. "I really like your shoes.")

It's much easier to compliment a girl as she walks by then it is to start a real conversation with her. But by making that compliment, you're still getting out of your comfort zone and taking a small risk.

Taking that first small risk will make it much easier to take the next step. After you've gotten comfortable with giving girls compliments as you walk by them, you can take the next step by actually walking up to a girl who's sitting down and giving her a compliment (alternatively, you can walk next to a girl in the same direction as her and give her a compliment).

My personal favorite is the classic line, "Hey, I liked your style and I had to say hi." This is a good introduction because it's complimentary without being overtly sexual (which can make a girl uncomfortable), while also clarifying that you're talking to her because you wanted to meet her (as opposed to tell her about Jesus or whatever).

Your goal at this point is just to spew out your "opener" and then to walk away and do the same thing again. Telling yourself that you don't have to commit to a long conversation takes some of the pressure off of yourself.

Turning Your Opener into A Real Conversation

Now, if you can continue the conversation past the opener, do it, but you don't need to force it – if you just want to

say, “Have a good day,” and walk away, that’s fine, too.

After you’ve approached a few girls with a compliment, you can take it a step further by starting a real conversation. The easiest way to do this is to ask a couple basic questions, like:

- “Are you from here?”
- “What do you do for a living?”
- “What do you do for fun?”

No, those aren’t the most interesting questions in the world, but they’re easy conversation starters. Ideally, when she says where she’s from, you’ll be able to turn that into a more interesting conversation:

You: Where are you from?

Her: San Diego.

You: Really? I used to visit there all the time, until I almost got eaten by a lion at the zoo.

You can turn basic interview questions into interesting conversation by associating off of her answers. If she says she’s from a city that you’ve visited, you can tell a story or talk about what you think of the city. If she says she’s studying to be a doctor, you can talk about how a doctor once made you think you had skin cancer, but it was actually just a scab (this really happened to me).

Sometimes, your questions might not lead to anything interesting. But that’s okay, your goal is just to keep the conversation going as long as you can. Once you run out of things to say, you can exit, “Hey, it was nice meeting you, but I gotta go.”

Wrapping Up How to Approach Women with Confidence

Look, if you’re a naturally confident extroverted guy, you might not need to follow the above process when learning how to approach women.

But, if you’re among the majority of guys who aren’t able to approach attractive women with ease, then using a step-by-step system to approach women can make what would be an otherwise impossible task, manageable.

If you want a better dating life, you need to learn how to approach women.

Imagine you approached five women a day for a week, that would amount to 35 approaches. If you were to ask each of those women for their number, at least half would agree (even if your game is mediocre). By approaching just 5 women a day, you could easily get 17 numbers in a single week(1).

The percentage of those numbers that will lead to dates depends on a number of factors, including:

- How attractive your “vibe” was when you met her
(<https://redpilltheory.com/2018/03/31/how-to-be-an-attractive-man/>).
- Whether you had an interesting conversation with her.
- Whether she invested in the interaction.
- How good looking you are (<http://www.returnofkings.com/75863/8-things-women-can-do-to-increase-their-smv>)
- How good your style is.
- Whether you created a sense of rapport with her.
- How long the interaction was.
- Etc.

Even if you are below average at conveying all the above traits, some of your numbers will still lead to dates. I know a guy who's probably about a 3/10 on the looks scale who went on dates with new girls every week just by approaching a lot of women and asking for their numbers (and yes, he took some of those girls home).

His personality wasn't appealing, his looks weren't appealing, but sometimes just the fact that you took a risk and put yourself out there is enough.

In upcoming articles we'll talk about how to get a higher percentage of the girls you approach to want to hang out with you later. But for now, understand that just going through the process and putting yourself out there is enough to get pretty good results.

Most guys won't get 17 girls' numbers in an entire year, but you could do that in just one week if you took persistent action.

I'm not saying it's easy, it's not.

At times you'll be uncomfortable or frustrated with yourself, but if you persist and follow the process I've outlined in this article, you will have not only learned how to approach women, but you'll be able to turn some of those approaches into dates.

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UPVOTES

Discretion

chazthundergut · 9 July 2019 · Archived copy · Reddit

TLDR- Be discreet. Learn to shut the fuck up. Never corner her hamster, never make her feel like a slut.

I was reading ExoticPanther's fun field report and came across this little dandelion:

"she was attempting to rub me through my jeans. I got almost giddy, one of my friends had come over and in a moment of wanting to 'show off' I pointed down to my groin and showed her trying to rub me, she saw this. Now when they say hell hath no fury like a woman scorned, I think they were referring to this girl. She blew up on me, I've never been slapped and called an asshole so quickly in my life. She went nuclear."

This reminded me that I've been wanting to make a post about discretion.

You must understand that even though deep down every woman is a sex-loving slut, there is an *incredible* amount of social, moral, and internal pressure on them NOT to be slutty. That is why LMR and ASD are so universal. It gets at the core of the female dilemma. Here is some advice for you autistic bastards:

1. Shut the fuck up. Seriously. Dont talk about it. You fucked a girl on the weekend, and now you're back at school/ work with the boys? Eager to brag about your exploits and show off pictures of the 6-point buck you bagged? Dont. Keep your trap shut. As AMS says, *the streets are ALWAYS watching* - that means that women are ALWAYS watching, listening, and filing away information about you. When you're in the break room, the hallway, wherever. Even if you think no one else is within earshot, assume that they are. If a woman overhears you bragging about your latest conquest, she will likely cross you off the "would fuck" list. Because she is solipsistic, and she is thinking of herself- "if I fuck him he will tell everyone! Everyone will know I'm a slut!"
2. Shut the fuck up. Yes this is number 1 and 2. Because it doesn't just apply to when you're around the boys and you think no one is listening. It applies to EVERY situation. Always be discreet. When you are on a date, resist the urge to talk about your ex or the stupid/ mean things she did. Be someone who keeps his own counsel. Since TRP, one of the most frequent comments I get from women is "I can never tell what you're thinking/ feeling." Another one: "you're a very private person" ... this is good. You want her to feel that she can open herself up to you and show you her inner sex goblin without risk of it getting out and everyone thinking shes a slut. And like all things in dating, this is demonstrated through your actions. She knows you wont blab your mouth about her because you dont blab your mouth about other girls, and in fact you're a grown ass man who doesnt "blab his mouth" about anything.
3. Always leave her hamster an escape route. The name of the game is plausible deniability. Never make a woman feel responsible for the interaction, and never make her feel like a slut. Even though you both know the night is leading to sex, always keep it innocent on the surface. You dont invite her back to your place to fuck- you invite her back to your place for a glass of wine, or to check out a record you got, or to feed your goldfish. And then things "just happen." Of course, it never really "just happens" for the guy, and it takes planning and escalation. But to HER, it should feel like things "just happened."

I recently went back to college, and despite being the oldest and fattest guy there, I soon slept with one of my classmates. I kept everything on the down-low (didnt even start sitting next to her in class) but eventually it got out anyways. A couple girls tried to get me to talk about it, but I said "that's my business" and walked away. I fucked one of those girls soon after, and she admitted to me that my unwillingness to spill the beans was a big turn on. I admitted to her that when she gagged on my dick it was a big turn on.

Having a reputation for being a player or jerk isnt bad. But having a reputation for being discreet is GOLDEN.

Good luck fellas

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How To Consistently Be In A Great Mood When You Go Out

ForeverKarlMalone · 19 January 2021 · Archived copy · Reddit

How To Consistently Be In A Great Mood When You Go Out

Intro:

Does it ever feel like you can only have great conversations with people when you're in a good mood?

For some reason if you wake up feeling great, the rest of the day magically opens up. Jokes come naturally...

Abundance mentality flows freely...

It doesn't feel like you even have to try that hard to be a charming, witty bastard.

But what happens if you didn't get a good night's sleep and wake up feeling horrible?

Well, here comes the pain...

Every conversation feels like a chore. And people don't react to you the way they would when you're in a good mood. Girls start putting up resistance right away. And you can barely even pass shit tests anymore, your brain feels 2X slower...

You just want to be left alone. You want to take naps to try to "rescue" the day.

You practically have to slap yourself across the face to even work up enough motivation to drag your grumpy ass to the gym...

(For some reason though, your lifts don't suffer at all from being tired or in a bad mood. Anyone who's been lifting for a while knows this weird phenomenon)

Body:

For the longest time, I tried to force myself to go out and approach every Friday and Saturday even if I was in a bad mood.

And surprise, surprise, it almost never turned out well. These were the days I'd go out and get rejected 10X in a row.

These were the days my brain felt slow as fuck, like there was a dense fog inside making me take twice as long to come up with things to say...

I had two possible choices. Either "listen to my body" and stop going out on days I felt like shit, or find some way to FORCE myself to feel good when I go out.

I'm a stupidly stubborn person so I chose to find a way to force myself to be happy. Lol.

The first thing I tried was just going out for runs in the local park because I heard that cardio releases feel good endorphins. I also figured being surrounded by Nature couldn't hurt.

Maybe this works for some people but I couldn't stand just walking or running around with no purpose other than to feel good.

I mean, it was worth a shot but obviously I wasn't going to walk my way to happiness...

But I wasn't about to give up... And the second thing I tried was meditation. It's recommended so much on here, I had to give it a shot right?

So I tried clearing my mind of all thoughts, both positive and negative. Being present to the moment. Bringing all my focus to my own breath entering and leaving my nostrils...

Some days, I meditated for a full hour before going out to approach or picking up the phone and making an important sales call.

And this actually worked! Without fail, every time I meditated for an hour before making an important call or going out to approach girls, I'd always be on point in my conversations. Always be in a good mood.

The problem is, this strategy just took too damn long to execute... I tried meditating for shorter time periods (15 min or less) but found I didn't get the same happiness boost as longer periods of meditation.

And as everyone knows, certain important calls... you just don't have any time to prepare for. You have to be in a great mood. You have to be on point with less than 5 minutes to prepare.

So for the longest time, I was just stuck with the mindset that if I didn't meditate for at least half an hour before an important meeting or date, it was doomed from the start...

And it continued that way until I took a trip to Miami with a friend.

All of a sudden, I felt great every single day. I couldn't even explain why.

I mean, I've been on vacations before but never consistently felt great like this, so it can't just be the change in scenery.

I put some pieces together from some reading I've done in the past to make the conclusion that our mood has a lot to do with the sunlight.

It's why people find it almost impossible to be in a bad mood on a beach in the Bahamas.

It's also why countries like Norway or Sweden have such high rates of depression - and even worse suicide - despite having extremely high living standards. People just don't get enough sunlight there.

So naturally, my first instinct was to try taking Vitamin D supplements. After all, Sunlight = stimulates Vitamin D production right? Herpy derp derp derp!

Useless. Didn't notice a single noticeable change in mood from daily Vitamin D supplementation of 2000 IU a day. Tried raising the dose to 4000 IU a day, still nothing. Maybe 6000 IU? Still no effect...

Instead, I found a rather unconventional solution. Using your imagination to visualize the Warm Sunlight around you.

You should give this a shot right now.

Imagine that there's a ball of warm, orange light all around your head. The light feels so warm on your face, and you can barely keep your eyes open because the sunlight is so bright!

And... if you did this correctly, you should instantly feel great.

Congratulations, you are no longer a slave to your emotions. You can choose to be in a good mood whenever you want,

Lessons Learned:

The true beauty of this Orange Ball of Light technique is that it barely takes 10 seconds to implement.

But every time I do it before I approach, I'm instantly happy, chill, relaxed, as if I was sunbathing on a beach in Miami without a care in the world.

I've tried looking up scientific literature about why this works but couldn't really find anything definitive.

Maybe it works by tapping into the collective conscience of Western Civilization in associating Sunny Beaches with good vibes and relaxation...

Maybe since Einstein proved that at the fundamental level, we're all just highly condensed energy, doing this orange ball of light technique raises your energy levels.

The important thing is it doesn't really matter why it works.

All you need to know is that it is indeed possible to be in a great mood whenever you want.

Hope you have a great day!

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UPVOTES

A 7 step guide to swallowing the pill

no_face · 3 November 2014 · Archived copy · Reddit

You have read a lot of theory about the nature of women (hypergamy, hypoagency, rationalization, etc) and game and so on, but some newbies may benefit from a step by step guide to actually swallowing the pill

Step 1: Lifting

Posture Before you start lifting, you need to make sure your posture is OK. If not, you risk pinched nerves, bad form and injury. Your posture is poor because you have poor habits. In particular:

One shoulder lower than the other: Typically right handed folks have their right shoulder below their left. This is caused by higher development of the right breast muscle compared to the left and weak back muscles. The instructions below assume your right shoulder is lower. If your left shoulder is lower, swap the words left and right below

To fix this, stand with your left shoulder near a door jamb or pole. Raise your right arm all the way up. Bend it at the elbow so that it makes a right angle. Grab the door jamb or pole and stretch. You can put your right foot ahead. Hold for 20 seconds. This should temporarily fix your shoulder imbalance. You now need to do side and front shoulder raises with dumbbells (not a barbell). You should also do chest flies to develop your chest muscles. Start with the lowest weight possible. In the beginning, they will feel too light. As you increase the weight bit by bit, you will notice that its harder for your left side. You should continue to exercise at this weight until both sides find it equally hard. From here on, when you increase weight, they should feel equally hard.

Head Forward position/Kipphosis: Generally caused by sitting for hours in front of a TV/computer. Fix it using this technique https://www.youtube.com/watch?v=LT_dFRnmdGs

Lardosis: You need to stretch your lower back and strengthen your abs. The best way to strengthen abs is to walk up an incline (on a treadmill for example) or to suck your abdomen in and out.

Once your posture is good, you can start on a beginner program such as stronglift 5x5 or starting strength.

Your first few months with the above will probably result in better posture that you can hold due to improved posterior chain. You may appear taller and more confident.

Over time, you will have improved strength and start to add muscle.

Rookie curl-bro mistakes you avoid by starting with large compound exercises:

- Focusing on curls and only exercising the muscles you can see in the mirror. You will lose all kinds of proportionality and will look uglier as you grow.
- Undertraining chest and overtraining triceps
- Neglecting shoulders in favor of biceps.

Step 2: Style

Until your posture is fixed from step 1 above, you should not be investing in new clothes. If you are a fat bastard, you should wait until your pants slip off and even then only buy modestly until you think you have relatively flat abs. Then you can go shopping. Try different brands and see what looks good on you. If you are lucky, a cheap "factory outlet" type brand such as Tommy Hilfiger will look good on you and you can restock your wardrobe for a couple of hundred. If buying short sleeved T-shirts and shirts, best to wait till your arms are big enough that the sleeves are snug. Until your chest is the widest part of your body when viewed from the side, no clothes will make you look good. Make your interests and lifestyle part of your style. Do you go motor-cycling every weekend with your buddies? You should go for a biker jacket. Do you hang out with your investment broker friends at high class nyc bars? Wear expensive suits. Are you a mechanic? Jeans and T shirt. This is something for you to figure out on

your own, do not copy your buddy. Be an individual. In the beginning, a newer style may make you feel conscious. Gradually add new clothes and stop wearing the old clothes. You will need to wear your new style a few times before you feel natural and comfortable in it. After a few days you won't even feel like wearing the old clothes anymore.

Step 3: Mission You need a mission in your life. Think about it this way: If you die in the next year, how would you want people to remember you? As a great writer? A political activist? A musician? You need something to work on, something you would contribute to the world. Not everyone will be a world-changing agent but you need to find something that you are very passionate about. Ever heard of Khan academy? His passion is just to teach. He has risen above the millions of teachers who teach for a paycheck. Any mission is awesome if you have the passion for it. Your mission is how you see yourself and how others see you. It is how you meet people who have interests aligned with you. Your mission enables you to enlarge your social circle and improve your social circle game. Choose it with care.

Step 4: Frame Frame is simply your idea of yourself. Are you a cool, confident, fun, awesome person? Are you witty and intellectual? You need to develop alpha characteristics in your frame such as stoicism, abundance mentality and high value. Step 1-3 above and your characteristics as you see yourself feed into your frame. Make sure it's clean. In particular, you need to weed out anything bitchy out of your frame. Many shit-tests are simply integrity tests of your frame. Did you get upset when she said she does not like men under 6 feet tall? There goes your frame of being cool in the face of stress. Feel the need to demand explanation for her flaking on a date? Your abundance frame just dissolved.

Step 5: Game There are entire manosphere you can read about game but almost all of it can be concisely boiled down to **16 commandments of poon**

My experience regarding dealing with women in your social circle is simple:

- Until you have high value, don't even bother talking to women. Go into monk mode and work on yourself. You will know you are high SMV when multiple women open you (talk to you of their own volition, smile at you, etc). Low value men are invisible to women. Low value men who try to game/hit on them are creepy according to their definition
- Once you have high value, the simplest thing to do is to wait for a woman to notice you and open you. These will be least effort/least shit-tests.
- If you have noticed a woman and she seems to have not noticed you, you can boldly go over and introduce yourself. I have never needed any pickup lines/opinion openers/negs or any of the usual PUA BS. Just go over and introduce yourself and make some small talk. The only thing I'd add is DON'T COMPLIMENT HER. She hasn't earned it. After this, you should just ignore her. She may open you or you can talk more if you run into each other. If you see increased friendliness, you should simply ask her out.
- Escalate

Step 6: Dominance You need to dominate your woman physically (lift, mofo, lift!) mentally (you are smarter than a woman, right?), emotionally (be stoic, bro), and sexually (escalate). You also need to dominate the relationship (no supplication, no compliments unless it's for something she did to please you) and sex acts (read Daniel Rose's Sex God method). Eventually as you get closer, you can occasionally break these rules. Remember LTRs require some amount of tenderness and support.

Step 7: Maintenance As a TRP male, you need to constantly get better. When you stagnate, the lack of change will bore your woman and she will be susceptible to her innate hypergamy. Learn new things and surprise yourself and her all the time.

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I'm 27 and my girlfriend is 21 and the hatred is real

[deleted] · 19 October 2017 · Archived copy · Reddit

[deleted]

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UPVOTES

Height-related Red Pills from a Short Man

shortandspicy · 11 June 2018 · Archived copy · Reddit

Hello TRP,

I am what you would consider short. I'm 5'5 barefoot, 5'6 in shoes, and roughly 5'6.5~5'7 in boots. So, while I am not extraordinarily tiny, I am no giant either. Height seems to be a dilemma for a lot of men, and I thought that I would share my advice and perspective as a below-average individual. Let me just say that there is a very good chance you might not agree with everything I have to say, which is fine, these are my own perspectives and nuggets of information and you are free to do with them as you see fit. The purpose of this is, however, to give you the most honest input that I can about the realities of being short and what you can hope to expect.

- I figured I would start out with the most polarizing of statements, but also one which I also feel needs to be said: **Being a short man is hard.** It is not easy. The deck of life is stacked against you. There are real, tangible benefits to being tall. If you were to ask a short person why they want to be taller, it isn't "just because" or "I want to see from a slightly higher perspective" -- it's because going from short to tall is an objective improvement socially. I do not care if you disagree with this, because if you do, you are wrong. You are wrong like someone who believes that the Earth is flat is wrong. There is a very good reason why certain subreddits dedicated to those of taller stature are considered a whimsical, jovial place to be and those of less than average height are a cesspit of depression and self-hatred. We live in a society where tall is good and short is bad. It is not going to be easy. It is going to hurt. You are going to have to try harder. That's just the way it is.
- **Height issues, predominantly, affect men.** Women always find themselves butting into the conversations of male height-related matters, and it will always perplex me as to why. "Short women have it bad too!" No. A short woman is valued far more in the sexual marketplace than a short man, and that is the stone cold truth. The issues women face with regards to their height might as well be a drop in a swimming pool compared to what men face. Don't believe me? If it affected women to nearly the magnitude which men are affected, height discrimination/short shaming/whatever you want to call it would be ostracized like fat shaming is. Which brings me to:
- **Do not expect women to understand or empathize with your predicaments as a short man.** Society, at worst, actively encourages height shaming, and at best, placates it and allows it to continually fester. And that's because, as stated above, it *does not affect women*. If someone can make you the butt of a joke to get a cheap laugh in, and they suspect that you're a chump who will take it, they will do it, especially if they are with their friends. Never take this personally. Many people do not know what they want. For a lot of them, their lives are wrought with insecurity and frustration, which is why so many of them are miserable, and sometimes this anger/impoliteness spills out onto you. Which means...
- **The worst thing you can do is to get aggressive about your height.** Being labeled for your height is literally no different than being labeled for your skin color. Someone implying that a short man is aggressive because of his height is just as rotten as someone who implies that a black person is aggressive because "it's just how they are." Society, once again, actively condemns one but makes light of the other (The Napoleon Complex). There is no reason to become upset over small-minded people making small-minded comments. It will only come back to bite you in the ass. I cannot stress this enough, **be unreactive when someone makes negative comments about your height.** I have been with and dated women who, upon first interaction, had made comments about my height, and because I didn't lose my cool, I was able to take them to bed and prove to them that it didn't bother me. That isn't to say you don't stand up for yourself -- *having a spine is very important*. But one of the difficulties you will face as a short man is needing to control your temper. You will have a target on your back, and spazzing out will only reinforce the notion that short men are aggressive and angry.
- **Wearing shoe lifts is no different than wearing makeup.** If you feel comfortable wearing lifts in your shoes then fucking do it. Especially if you're going out to a club. Do whatever makes you feel more confident and happy. There is nothing wrong with boosting your height, especially when the fashion and cosmetics industry makes

money hand over fist because women are so desperate to hide their imperfections. Just be aware of what this implies: if you think there's nothing wrong with being short, and you are wearing shoe lifts, you are lying to yourself. I am not in the position to tell anyone what they *must* do, but it is something to consider. Likewise, shoe lifts are not very pragmatic, and will often be uncomfortable after a couple of hours. If you do want to try them, I suggest wearing them for a limited amount of time to gauge how they fit and if it's something you wish to invest in. Frankly, this is 100% a personal decision on your part, and I feel as though it's unfair for men to have to be "boxed in" height-wise where their attempts to be taller are met with scorn while women can literally paint a new face onto themselves.

- Women do not fawn after tall men because they are better protectors, **they fawn over them because of the sexual implication.** 'Tall man' is a coded phrase for 'big dick.' As stated in my opening paragraph, short men are just as capable of having large packages, but it is a stigma perpetrated by society and people continue to buy into it. The idea is that, if he's a big guy, surely he'll be proportional elsewhere. Furthermore, women, especially short women, want to be dominated sexually. A tall man can pick up and throw women around in the bedroom in a way that short men, simply put, cannot. If a woman were that adamant about being protected, she would carry around a gun. Hell, the average height for a Navy SEAL is 5'9-5'10. Tall men are a sexual thrill and women are too coy to say otherwise. And if they do try to refute this, feel free to remind them of how *50 Shades of Grey*, the story of how a young woman is dominated by an attractive, tall, alluring businessman, is one of the most profitable books of the last 50 years.

- **Being fit/attractive/well-dressed helps tremendously, but it is not a cure-all.** A woman who is steadfast about not dating short men is not going to suddenly reconsider you because you have big arms and visible abs or piercing blue eyes. Some will, certainly, but becoming fit and taking care of yourself doesn't tear down walls, rather, it allows you to throw out a slightly larger net. In any case, I would consider weightlifting and being fit as a goal for you and you alone. If you do it, do it because it feels good and it makes you feel more confident, not because it increases your chances of getting laid.

- Women are entitled to their preferences. Let me say that again: **women are allowed to have preferences.** Women are also allowed to have requirements. You should not feel bad about having requirements, nor should you feel bad about not meeting someone else's. One of my requirements is that my partner isn't hooked on a heavy narcotic. Whether their requirements/preferences are extraordinarily strict or not is entirely dependent upon their own personal beliefs, values, and goals. Do not be upset if you do not fit these. It has nothing to do with you. If you see a tall girl while you're cruising Tinder who has a bio that says "no shorties," do not be offended by it. *Many* women have height preferences, and about half of those are actually height requirements (i.e must be no shorter than x'y). Unfortunately, because of social conditioning, they are pretty much allowed to say whatever they like about short men and they will most likely get away with it. This is one area in which men **need** to harden up. You will not be everyone's cup of tea and that is completely okay.

- I wanted to save this one for last, because I think it's probably the most important. You have to accept reality and learn love yourself. You are a human being and you have value. Nobody has the right to make you feel as though you are less of a person just because you don't tower over someone else. Find your hobbies, find your passions, set goals, make connections, experience heartbreak, improve yourself, and live a rich, fulfilling life. As soon as you're born you start dying, and nothing in the world can stop that clock. Life is what you make of it, and you have to find your own meaning. Do not let anything hold you back. You deserve the best. Much love, guys. Shortandspicy out.

812

UPVOTES

People don't respect you if you are unnecessarily nice to them. Applicable to both genders; an example.

foinf · 17 October 2019 · Archived copy · Reddit

Before I can give the example I want to share with you guys, I need to give you a little information about my native tongue. I am Indian. Hindi is my native language. There are two ways people address you in Hindi. One is when you are addressing someone who is your equal or younger than you, for example "tum" meaning "you". Whereas when you address someone who is your elder, your teacher or anyone who you would want to address with some respect, you'd not use "tum" here but "aap". Both of these words mean the same thing, that is, "you" but their usage is different. This goes for a lot of stuff. Even verbs. "Tum ye karo" and "Aap ye kariye", both mean "You do this" but you'd say the latter to someone who you want to show a little respect (Which we should to strangers!)

I hope that's clear so let me give my anecdote. I joined the gym roughly 4 months ago. I am 28 and have some fat I need to get rid of. There is a guy there who is not actually a trainer, I guess you could say he's a "busboy" of sorts, rearranging weights, putting them back on the rack, helping someone with his bench press etc, you get the gist. When I joined the gym, as is my nature, I treated him with respect as well. I'd use "aap" instead of "tum" and shook his hands when I met him. Slowly I started to notice that he became *too* friendly with me, like, talking to me as if I am his pupil or something. Doing gym for the first time in my life, I had trouble with the barbell curls and he'd say "Dum lagao..kya khaate ho" (Push it, do it, what do you even eat) and general berating stuff making me feel I am too weak. Point to note here is that he used the "tum" version of words instead of "aap". Whereas others were treating him with a lot of rough words, basically, treating him as a busboy. And guess what? He always addressed them with deference and respect. So I am the one who is being nice to him and he chooses to be nice to those who treat him like his inferior.

So, I changed my behaviour like a switch. Overnight. I started being dry and straightforward, not "deigning" to acknowledge his presence until I needed something like a dumbbell. When he'd then say stuff like "Try harder etc", I would look straight into his eyes but say nothing. Guess what? Now he has stopped addressing me as he did and has become much more soft spoken and does not pass any comments to me about my abilities.

I know it's not a huge eye-opening example of the generalized red pill principles, but for me, it was and, I believe the same principle applies in all the human interactions.

Do nice things for people but don't "be" unnecessarily nice to people. They should feel that they need to earn your respect and it's not something you'd give out to everyone. Only then will people respect you. I wish the dynamics weren't like that but like they say: it really do be like that sometimes.

Edit: There are more Indians on this subreddit than I knew. Amazing! आप सब को प्रणाम !

Edit 2 : I think some people are wrongly interpreting what I said and think that I turned into Darth Vader force choking him everytime I see him now. That's not the case. I am still very normal with him. When he helps me fetch something, I still thank him. The only thing that has changed is that he does not try to give me unsolicited comments and knows to mind what he says before me. That's the only thing that has changed. He is respecting the boundary now which he didn't before.

Edit 3: I found a book about this. Haven't read it yet but maybe someone here has?

[https://en.wikipedia.org/wiki/Games_People_Play_\(book\)\)](https://en.wikipedia.org/wiki/Games_People_Play_(book)))

811

UPVOTES

A conversation with my son

TonyLaRocca · 6 June 2015 · Archived copy · Reddit

Last week, I took my kids to Coney Island. As we walked along the boardwalk, we passed what Spongebob calls "Muscle Beach." My son asked me why anyone would want to work out where everyone could see.

"The same reason you see girls walking around in bikinis," I said. "They have nice bodies, and want to show them off."

He looked at me in shock. "But it's what's on the inside that matters. They shouldn't care about that."

I laughed. "Look," I said, "There's a huge difference in the world between the way people 'should' act, and the way they do. You have to deal with people the way they really are, not how you think they 'should' act, or who they claim to be."

He got that stubborn look on his face that said this went against everything school, TV, and movies had taught him. "But it's who you are inside that matters."

"Right," I said, "and being kind and honest are important. But I want you to seriously consider this: Even though some people have more inherent athletic ability than others, no guy is born with a Schwarzenegger body. It takes discipline to eat right and work out every day. It's not easy for anyone. It takes hard work to care about yourself, to make a real commitment to improve in any field, and see it through. Self respect comes after you do something to respect yourself for- not before. It goes for anything: writing, drawing, playing an instrument, coding, schoolwork, or your job. What you're seeing is the end result. If girls are attracted to them, it's because their bodies are showing them who they are on the inside: they're men with those qualities."

I know I'm fighting years of media indoctrination, but hopefully the seed will settle and grow.

811

UPVOTES

29 year old woman wants her fiancée to understand she has too much self respect to perform certain sex acts AFTER he finds pictures of her doing these sex acts with her college boyfriend.

cassandrita · 14 October 2015 · Archived copy · Reddit

Link: <https://archive.is/Z5qv1>

Link with more comments: <https://archive.is/nBICR>

TL;DR Man finds pictures of his fiancée performing sex acts on her old boyfriend. He's hurt she's never tried those acts with him. Her reasoning? She had no 'self-esteem' back then.

The poor beta fiancée was subjected to pictures of his girlfriend:

Roleplaying, bondage, anal. He was kind of kinky and he really really loved taking pictures of us naked. You name it, the photos were there. There were pictures of us having sex, there were nude pictures.

Of course the guy is blindsided:

I obviously knew he was upset. We talked on the phone today during our lunch breaks and he essentially told me he feels like I don't love him because a) I kept them and b) I was doing things I don't do with him in them.

She kept them because they were reminders of her old flame. Who keeps pictures like that?

A lot of the stuff I did in college was because I wanted my ex to love me and I was desperate for affection and I thought being in a relationship meant doing everything the other person wanted. That meant doing stuff I actually didn't like. I'm not that person anymore and I don't think the same way about sex anymore.

It's like she's a redpill strawwoman. She did those things for Chad because she was afraid of losing him but she never has to worry about Beta dumping her so why would she ever put any effort into their sex life?

Her hamstering is hilarious:

I do believe in doing stuff for the people you love but I don't do sex stuff anymore that actively turns me off or that I don't enjoy. I'd totally dress up for him now that I know he'd want me to but I've always hated anal and I never want to do it ever again. I hate deepthroating. But now that he's seen photos of me doing that to another person he's taken that to mean that I just don't love him enough to do those things.

But I'm sure she expects her bf to go down on her every time they have sex.

Is it okay for me to not want to do these things with my partner? I feel shitty but I'm a little mad at the mentality that just because I did something with one person I have to do them with another. I just don't know what to tell him.

He's supposed to be home tomorrow night and he says he wants to discuss "where this relationship is going" which is anxiety-inducing.

This comment from [/u/archwinger](#) summarizes what this woman's fiancée is probably feeling:

The biggest, angriest lie that keeps "beta" men in check is the belief that women need to feel some kind of emotional connection with a guy before they'll be willing to have sex.

When a loser man learns that his wife/girlfriend was a super-slut, who can't even name or remember over

half the people she fucked or messed around with, it hits him like a truck. All of that crap about how a woman needs to feel safe, comfortable, special, loved, and emotionally intimate is bullshit. She fucked all kinds of guys she barely knew, just for fun.

Then it dawns on him even more: all of the times she rejected his sexual advances because she didn't feel special, comfortable, loved, emotionally intimate -- that was all bullshit excuses to cover the fact that she just plain didn't want sex with him at all. If she wants sex, she doesn't need any of that - she just fucks for fun. But she's not into him, so she uses those excuses - those lies he's believed his entire life - to hide her lack of attraction to him.

Then, he feels used, exploited, tricked.

811

UPVOTES

Rape accusers sue University of Tennessee for giving the accused student due process

TheRabbitTunnel · 16 February 2016 · Archived copy · Reddit

<http://www.thecollegefix.com/post/26183/>

You read that right. A group of students, accusing others of rape, are suing the school for using due process.

Be smart, just because you can have sex with someone doesn't mean you should. Society is headed down a path that is very dangerous for men. There are women out there who will not hesitate to ruin your life. Plenty of women have zero guilt in false accusations, sending guys after you, etc. Sexual gratification is not worth that, especially given that you can find plenty of other women who aren't crazy. Your red pill knowledge should allow you to get with many women who won't do this. Use your knowledge for a better life, not random sex with anyone.

811

UPVOTES

Women just want to be GIRLS.

ozenmacher · 7 June 2018 · Archived copy · Reddit

A comment I left on a different post prompted me to write this simple and short post...

You see a woman, dressed to the nines, walking the power walk, confident and sexy. Your Blue-Pilled indoctrinated mind wants to tell yourself, "Damn, she is too sexy, too hot, way above my league". You feel intimidated. STOP RIGHT THERE.

Your BP mindset just killed any chance you had. At the end of the day, every man of value needs to remember that HE is the prize. Our gynocentric society is full of propaganda that says men should chase women, that women are the prize, that the man who buys flowers and stays by her side (sometimes chasing for years) as an orbiter eventually wins. That is a load of horse shit. The man of value, instead, brings wisdom, strength, mental fortitude, leadership, wealth, and excitement to the table. Women (girls) crave this. It is built into their evolutionary psychology and biology. It is so hard-wired into them, even our gynocentric society can not overwrite this base instinct; not even all the movies, TV shows, media propaganda, and fiction books can overcome this instinct. Women may say one thing (that they should be attracted to nice guy soy boys who buy them dinner and drinks), but we at the RedPill know not to listen to what women say, but watch what they do. And in droves...they are seeking the men in the top 20 percent (some could argue top 10% with the advent of tinder and other dating services...and modern social validation...whoops...I mean media).

Next time you (a MAN of value) flirt and interact with a woman, just watch her eyes and the smile on her face. She will look like a little girl, giddy and happy. Deep down, that is what women are. Nothing more, nothing less. This is not the patriarchy ripping women down, it is not misogyny, it is just the basic biological truth. Yes, women can achieve great success, they can be smart, birth and raise beautiful children, be doctors, lawyers, and high achievers in business and beyond. Women are NOT DUMB. But deep down, they just want to be girls. They want to live in the moment, be submissive, and be in the presence of a MAN. Be that MAN. She wants to follow the leader, she wants the CAPTAIN who can be her rock when her crazy girl emotions take her over. You don't seek to please her. You fuck her hard because it pleases YOU...her pleasure is just a side-effect. You don't go down on her because you want to please her but because you enjoy it...her pleasure is just a side-effect. You don't hang with her because you want to make her happy. Her happiness is just a side-effect of being in your presence. You PLEASE her by being that MAN that she craves. You don't need to try. Don't be the beta that TRIES too hard. That is weak, and women despise weak men.

We have all fallen for the BP mindset at some point in our journey. ONEITUS, being the "nice guy", becoming emotionally weak because you are desperate for her approval. Just remember what attracted her in the first place: your frame, your value as a man, your mental strength, your physical strength, your confidence, your wealth, your ability to overcome any obstacle, your social status, and your IDGAF attitude.

Next time you see that beautiful woman, and you think you aren't good enough, just remind yourself, they are nothing more than grown children, little girls. That is how THEY WANT to be treated, no matter what they say. Be that man and..."treat them right".

811

UPVOTES

More Silence from Reddit Administration - A Failure for Community Managers to... Manage?

redpillschool · 29 October 2018 · Archived copy · Reddit

It's been over a month since the initial quarantine, and we still have not gotten a clear answer from the administration about what the offending content was, nor have we gotten a straight answer (or any answer for that matter) on what they recommend that we change.

[/u/Specz](#) directed us to a **male abuse denier**, **Michael Kimmel**, as an example of positive masculinity, and quickly took that recommendation down after **Michael Kimmel was forced to step down due to sexual assault allegations**, quickly proving that [/u/Specz](#) and the administration are absolutely clueless when it comes to **"positive masculinity"**.

To this, we have received absolutely **zero apology** for the sheer and unbridled **misandry** that the administration demonstrated. I have decided that it was time to stop waiting for the administration to do the right thing and apologize, so I have contacted them on our behalf:

When you quarantined [/r/theredpill](#) you posted a message on our landing page:

"For information on positive masculinity, please see the resources available at Stony Brook University's Center for the Study of Men and Masculinities."

And you linked to them. Their executive director was Michael Kimmel, who was on record on many occasions **denying male victims of domestic violence** and then **accused of sexual assault and forced to step down from his position**.

This was your example of positive masculinity that you sent to 300,000 of our subscribers. After these events came to light, your team silently removed the message but not until after damage was done.

I had abuse victims contact me and our mod team, confused and upset because of what happened. They did not like the idea of reliving their worst nightmare- that nobody would believe they were victims. Here they had found friends and people they could talk to about their experiences, and one day they were simply sent the message by your administration team that male victims of abuse simply do not matter and that *real* positive masculinity means denying that it happened.

I understand you guys don't like us. But for the sake of humanity and all that is good, will you please issue an apology to our members who were very much shaken by this experience?

I think we can both agree Michael Kimmel is not a role model for men. It was a mistake to suggest he was. Please do the right thing and issue an apology to our members.

To our latest reply to the admin regarding our appeal, we have heard absolutely nothing from the administration. This should be very worrying to anybody considering reddit in a potential upcoming IPO. Their community management staff is woefully unprepared to actually manage the community. They are unable to simply communicate with their community leaders to give direction and support. In a way, you could say that the entirety of TRP's current existence could be attributed to them for simply not reaching out and giving guidance and support during the growth of this community.

Imagine, the thing they hate the most exists because they were unable or unwilling to simply reach out to us and

give us some direction.

I have once again send the admin a message asking for clarification and asking if we should continue awaiting their reply. If they refuse to do so, it will be very telling. It will mean that they do not know why they have attempted to silence us, and they have no actual answers to give us.

They could just ban the community, but our mod team fervently enforces Reddit's rules. If they do this, they send a message to every other community on reddit: We don't play by the rules we have set. It's entirely subjective. Expect your community to be banned if it's inconvenient for us in any way. The rules don't matter.

Personally, I don't think many communities like it when the administration acts in such a capricious manner as that. Without rigid rules and guidelines that the administration adheres to, confidence in the system breaks down. When the users get pushed around too much, they leave. It happens with every major social network platform. And it can happen here.

They need strong leadership, now. What they have, unfortunately, is a namby pamby community manager who won't commit to anything in writing and doesn't know how to lead communities. This will be reddit's downfall. Every time they make an announcement, the backlash and resentment grows larger. It will hit a critical mass and be impossible to contain.

For the sake of their own site, they should stop destroying the only thing that makes Reddit great: its community.

For those following the appeal:

- [September 27th - The Reddit Admin Quarantine TRP](#)
 - [September 29th - The Reddit Administration Tacitly Endorses Male Abuse and Denies its Victims](#)
 - [October 1st - Admin Recant Quarantine Message](#)
 - [October 4th - Initial Appeal](#)
 - [October 11th - Appeal Status](#)
 - [October 15th - Admin Reply #1](#)
-

We continue to work diligently on our Forums.Red reboot, with a fresh **new look** and new controls for moderators of their own communities to manage subforums. Announcements will be made soon.

Donate on our **patreon** or with bitcoin: **1Hyyva2G5aCJwNqYToGoCCGATVNMB81zk7**

811

UPVOTES

You can beat women by playing their game

Sparky159 · 13 May 2019 · Archived copy · Reddit

So a little over year ago, I got into an LTR with this HB8. Recently, she's been bringing up the "M" word a lot, and I'm just not playing that game with her. I'm only 21, and I have more important things to worry about. However, her parents are also *extremely* conservative and religious, and highly frowns upon the fact that I've been steady dicking down their daughter for over a year now. Somehow, they got it into her head that she should abstain from sex until I "fully commit to her", despite me being completely faithful to her up until this point (and I still am). Due to women being unable to think logically, my girlfriend thought that this was a good idea.

So I decided to play along.

One week after she decided "no sex until marriage", she's begging me to have sex with her. So instead of giving it to her, I make her wait an extra 2 weeks (one extra week because she was on her period), telling her that we're not having sex until marriage. Over the course of the final week, she was grinding on me while I was trying to sleep, and was constantly shifting in her chair while we watched a movie and my hand was on her thigh. She was absolutely miserable.

After 6 rounds over the span of 2 days (this past weekend), I don't think I'm going to be having this issue out of her ever again. She underestimated the power of willpower, lifting, and my left hand.

811

UPVOTES

I used to drug women and rob them years ago. Society's Hatred Test.

redpillschool · 28 March 2019 · Archived copy · Reddit

Anybody keeping up with pop culture has probably heard the ridiculous news that **Cardi B admitted to drugging and robbing men in her past**. I don't follow this woman so I don't know too much about her, but I do know one thing-

If a man said, "I used to drug and rob women," not only would that be the end of his career, but it would be the end of his social life, his friendships, his facebook and twitter accounts, and perhaps his freedom (jail time) if anybody stepped forward.

Watch the story unfold as a litmus test of society's attitude/hatred towards men.

If she manages to carry forward her career with little to no damage (as Vox is predicting in the article linked above) then the transition to a female-primary anti-male society is now complete.

We are now deciding as a society if women of self-proclaimed crimes against men are absolved of their guilt because society hates men *that much* and loves women *that much*.

Spoiler alert: For those who have been watching the last few decades, we already know she'll be just fine because society **hates men**.

810

UPVOTES

A scary truth I am learning about success in both life and with women.

trappedindapeach · 28 December 2017 · Archived copy · Reddit

It's like now, being called a narcissist, selfish, self-centered, arrogant, and a douchebag aren't insults to me anymore.

It is as if you had to check your morals at the door when you decided at some point that you wanted to live a life of riches. To say "Nice Guys Finish Last" is one thing but to actually see it play out is something completely different. One too many guys on this sub will claim they have read the sidebar or understand the red pill but for a good number, their comments don't line up with what they claim. Everyone claims to be a cold red pill alpha until you actually put them to the test to find out how many men are just bluffing.

I am finding how so many highly successful men I have crossed paths with have unbelievably high amounts of self-respect for themselves, the kind of self-respect which is irrational confidence and narcissism. The kind of self-respect that breeds a huge ego yet at the same time, makes some beautiful women fall in love with them. It is the kind of self-respect to where when the world is mocking them and telling them they cannot accomplish something, they ignore what the world says and go out to do it.

For most men out there who aren't born with the perfect circumstances (tall, handsome, wealthy family, ideal upbringing, etc.), it is almost as if they had to be irrationally confident and have that massive ego in order to even give themselves a chance at a better life. If they wanted to be rich, people tried to talk them out of it and tell them how they "couldn't do it", often acting from a place of "concern". If they wanted to go for that really hot girl, people told them she was "out of your league" and has way better options than them, but they kept going.

And that's the scary truth I am learning.

If you weren't born for success in life and with women (great looks, rich stable family, nearly perfect upbringing, etc.), society will try desperate to keep you where you are at.

If you were born poor or middle class, society will try its hardest to stop you from being wealthy.

If you were born outside of the physical ideal for a man in regards to looks, society will try its hardest to stop you from maxing out your appearance by calling you vain and telling you how pointless it is because "looks are all genetic".

If you were raised in circumstances that stopped you from doing well with women (or in an area where hotties were rarely found), say you end up being a virgin past the age of 18, society will try its hardest to stop you from being a player hence the witch hunt against places like these.

In reality, no one wants to see the underdog rise, it is scary. No one likes a success story until it has already happened and everyone has realized it is too late to stop it.

They'll even use a moral high ground to stop you.

Don't be rich because all rich people are evil, why obsess over money?

Don't try to be good looking because it makes you vain.

Don't try to go for good looking women because it makes you shallow, shouldn't you judge a woman for something other than her looks?

Don't try to make a lot of friends because it makes you fake.

This is the one that is tough to defend against, when they attempt to attack your character and your morality as a person because they realize it will make you feel guilty for ever wanting to better your situation. Obviously all ugly women have nice personalities and poor people can't actually be evil.

And along the way, a lot of the negative traits society shuns actually become useful.

Becoming self-centered, irrationally confident, and borderline narcissistic is almost mandatory when time and time again people tell you that you will stay poor, stay ugly, and stay loveless. Time and time again, the belief you have of your shit not smelling is the one thing that can get you away from the Crabs in a Bucket. You almost have to have these traits to some degree because you need some way to cope with society beating you down whenever they see you rise above your circumstances. In most cases you almost develop these negative traits because only they help you survive the brutal Crabs In A Bucket nature of society.

810

UPVOTES

A sincere thank you.

ThiccBoisClub · 6 June 2019 · Archived copy · Reddit

Three years ago, I was overweight, working a dead end job as a bank teller after my university undergraduate degree, I was in love with a girl who just went through a bad breakup and I wanted to play 'Captain Save a Hoe'. Thankfully, she rejected me.

I'm thankful.

Thankful for the shitty situations I was going through in my life.

I was depressed, hopeless, and hated myself.

I met a friend of mine who introduced me to this sub. From there I went through the regular stages every blue pill man goes through when they make this discovery. I read posts, oh so many posts, then books, videos, whatever I could get my hands on.

Over the last three years I...

Got back in shape, went back to university to finish a second degree, got accepted to my dream professional school program which sets me up indefinitely financially - this wasn't easy as I had dumpster shit set on fire grades from my 1st degree. Everyone from my friends, relatives and parents told me to stop, quit and start earning money. I said fuck you and kept working on me.

I spinned plates, rejected girls I would never dream of rejecting 3 years ago. This isn't necessarily an important part of my journey but it's like the cherry on top of the sundae.

I stopped giving a fuck. I cut out toxic people in my life, stopped (most) toxic habits that were dragging me down. I built discipline, learned resilience, learned that defeat and rejection literally made me more hungry, and I learned that fear and risk are huge motivators.

More importantly I came to a point where I'm finally happy and in love with myself and what I've become. I walk around feeling like I can do anything and I can't describe what that feels like. It's euphoric.

I won't sugar coat it for you: it was fucking hard, gruelling and sometimes felt demotivating. But I grinded every single fucking day. I didn't stop and I haven't yet.

This community has truly changed my life, and I thank you for that.

809

UPVOTES

I don't want to treat women like children but it works too well.

arghx7 · 15 February 2017 · Archived copy · Reddit

Summary: Stopped treating women like children and they stopped wanting to bang me.

I had 3 dates last week. The first I talked to on a mostly middle school level. She paid the whole check, grabbed my junk at the bar and wanted to go back to my place. On a Monday night. I actually turned her down because I give a shit about my job and wanted to be up early and productive. She was butthurt about it (threw a bit of a tantrum kinda like a child) but now is coming over this Saturday.

After the first one went pretty well I had two more dates that week where I stopped doing what made me successful. Both these chicks had Masters degrees. Actually one was a lawyer. And I started talking to them about shit that actually interests me, like economic globalization, interesting books I was reading, serious observations about cultural differences in the many countries I've been to. I could see them getting turned off. As soon as I started talking to them like educated adults rather than giggling pubescent girls I sealed my fate.

On some level I was doing it because I felt the need to talk to these girls like they were adult men. I was rebelling against vapid conversations about shitty bandwagon sports teams or all the times they got wasted in college. This was my ego getting in the way of the mission.

Lesson learned: Keep your serious intellectual discussions and scholarly observations to conversations with your Bros. Treat women like children and they will be all over you.

808

UPVOTES

"You know, maybe we should stop seeing each other. I have another guy that has been asking me out, maybe I should let him." I agree. The tears fall and I get a clean house and home cooked meal in the interim.

seattleron · 7 April 2016 · Archived copy · Reddit

Summary: Plate tries to call my bluff when bringing up the talk of an LTR with a statement to the effect of: "Maybe we should stop seeing each other, another guy has been asking me out maybe I should let him." I instantly agree, waterfalls come from her eyes, the next day she cleans my apartment and cooks a meal. Also, banged 3 times in the interim.

Body: Had a pretty regular plate come over couple weeks ago with an attitude. I could tell something was up from the beginning. We've been banging for about 2 months and I can read her like a book. She's even said it's scary how well I know exactly what she's thinking at all times (read: normal hamster tendencies). She feels vulnerable around me and even told me "I think you're perfect" on more than one occasion. She's hooked pretty bad, and seriously cannot get enough sex when she comes over. She always brings me food, so my stomach is full and balls are empty every single time she comes to my apartment.

Anyway, the other day she comes over and has an attitude. I am in the middle of doing some work on my side business on my computer and I can tell she's got a bug up her ass for some reason. I ignore.

Her: Annoyed sigh.

Me: No response.

Her: Pay attention to me!

Me: Are you going to do a magic trick? (smirk)

Her: You're a real asshole sometimes you know that?

Me: Yes.

She just blurts it out.

Her: What are we?

Me: (I do not flinch, still staring at my computer) I'm hungry, not sure about you?

Her: Seriously, what are we?

Me: I'm serious, I'm about to go make a sandwich.

Her: I hate you! You're so mean to me! You know, maybe we should stop seeing each other. Another guy has been asking me out, maybe I should let him!

At this point i'm starting to get pissed as I have work to finish up, she's killing my good mood, and I hate these talks which seem to happen more and more lately. They're just fucking exhausting.

I instantly fire back without hesitation.

Me: I agree. Lock the door on your way out.

The tears come rushing down at this point. I get the whole "you don't even care about me" speech. She tells me how unappreciative I am, how she cares so much about me, blah, blah. I do not respond. When she is done I just tell her that she knew I didn't want a girlfriend and have been honest with her from the start, I did not promise anything, and that if she thinks it's in her best interests to not see me any longer, I understand. I show no emotion (I'm not mean mind you, I stopped on the computer and I'm looking at her at this point). She is sitting on the floor crying

while I'm at the computer desk and then gets up and leaves.

For the next 2 hours I get floods of long texts. From anger, to sadness, to being called a "worthless" POS. I lol'd at that one. I'm a pretty productive SOB, so she is really grasping at straws now. I do not respond to any of them.

She then begs to come back over and starts the apologies. She says she is on her way over. My only response was: heading to bed. 20 minutes later she comes to the front door, we bang 3 times and I go to sleep. I wake up to a clean house and a sweet breakfast made when I wake up.

Not a single word since then about being exclusive, and she's been much, much happier lately. I don't get it really, other than the fact that she must now realize I have a spine and her emotions do not affect me. She is taking comfort in that and is really trying to prove her worth to me. As many of you know, I do enjoy LTR's with good girls, so maybe she will prove to be worth one, but I learned a long time ago you need time with a woman to decide if she's worth it, and no way I'm doing that after barely 8 weeks of sporadic sex.

Lesson Learnt: Keep frame 100% of the time. It only makes their attraction to you increase, and it shows that she can trust your masculinity. The bonus is that they know you won't be manipulated by emotion, so they have to truly prove their worth.

Edit: grammar and added context.

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UPVOTES

50% of 'misogynistic' Twitter abuse is committed by... Women

Ronin11A · 26 May 2016 · Archived copy · Reddit

EDIT: Some are commenting about how the study is trash, the data is taken out of context, BBC headline is misleading, et cetera... **Well, no shit**, and congratulations for missing the forest for the trees. The vast majority of media coverage of anything science-based is sheer idiocy, like that "one glass of wine is the same as one hour in the gym" bullshit that went viral a few months ago. **The point greater point was simply that, when given the opportunity, women are far more cruel in their treatment of other women than men will ever be.** *As others have put, they understand each other, and they hate each other for it.*

Summary: In a broad study of Twitter abuse, researchers discover that *shocker* 50% of so-called 'misogynistic' abuse is committed by women.

<http://archive.is/UIRCI>

A 2014 study from cosmetics firm Dove found that over five million negative tweets were posted about beauty and body image. Four out of five were sent by women.

4 out of 5, or 80%. By women.

What, you mean women are spiteful, jealous, and vindictive creatures who will say horrible things about each other if given the chance? Say it ain't so.

Researcher Alex Krasodonski-Jones said: "This study provides a birds-eye snapshot of what is ultimately a very personal and often traumatic experience for women.

Yes, a traumatic experience for women, created by other women.

Abuse on social networks is not new and neither is the revelation that women contribute to the problem.

Funny, I can't recall the last time a public, mainstream media outlet admitted that women contributed to, or negatively impacted, social media abuse towards other women. No, they much prefer to blame those Red Pill neckbeards.

Lessons:

- More of the same: When you look at the actual data, you quickly find women are the source of much of their own pain.

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UPVOTES

Women hate it when you complain because you are taking their job.

Reformed65 · 1 September 2019 · Archived copy · Reddit

"Let the women whine, it is their business."

- Napoleon Bonaparte,

You come home from work, the wife goes

"Hey guess what! This morning I saw the neighbour's dog taking a poop when it saw me and then I thought that dog was really sexist towards women but then I remembered it was a female dog-"

You get annoyed and there are wrinkles on your forehead because it's a stupid statement.

"Why do you always have a problem with the mundane and stupid shit I tell you why aren't you giving me the respect I deserve I demand far more respect in this house blah blah blah this house was so perfect and peaceful until it's 8pm because that's when you come home and ruin everything blah blah blah!"

Any verbal or body language that communicates annoyance or frustration will propel women to go "bu- but I have it so much harder!"

If a dog runs after you for whatever reason, you stay put because if you (continue to) run, the dog will play along and outrun you, it won't give up. Same with women.

When you complain, what you're communicating to the woman is "I am a hard-working individual." and now she has to prove that she's also hard working. Complaining is an easy way to prove that, the more you complain, the harder you have it, therefore that must mean you're hard-working.

And finally, women have this glorified idea that if they were a man instead, they'd be this perfect man. We think the same for positions of power, such as Presidency or CEOs, we all think when we're young that we'd be the perfect leader of a nation we'd whip this department in shape and we'd implement this policy and make the country better or we have the perfect idea in earning millions of bucks. But we grow up, we learn it's not that easy to be a leader of any particular country or leading a business.

Women don't grow up, they will always think that being a man is far easier because they don't look at the increased responsibilities that men have, only the potential opportunities that a limited amount of men actually have.

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UPVOTES

The Red Pill Finance Thread

bsutansalt · 23 December 2019 · Archived copy · Reddit

/u/TheRedPillFinance remade this for us, which is now part of the sidebar:

NEW THREAD

Introduction: Some may be wondering how this applies to TRP. My answer to that is to consider guys like Hugh Hefner and Gianluca Vacchi. They built empires for themselves that created lifestyles most guys can only dream of having. Yes women find powerful men attractive, but that's more of a side benefit of having a killer lifestyle, and it's wealth that unlocks it.

Part of making your mission yourself is ensuring you have your personal finances in order. Even if you don't build a monumental empire or sell a software company for millions, while money doesn't buy happiness it does pay for your healthcare and peace of mind, especially once you have "Fuck You Money". And to paraphrase a line from Bruce Lee, money helps you *live a life worth remembering, which is the key to immortality*. Guys like Hugh Hefner and Vacchi will never be forgotten, especially by those they influenced, and for good reason.

Similarly, if you want to have a playboy lifestyle well into old age, then frankly you are going to need to be wealthy. This is just the way the world works. Good game, being fit, and all that is great for those of you who are younger, but once you get over a certain age it's not that simple anymore. Celebrities being the exception to the rule of course.

Building your empire and developing multiple streams of passive income through entrepreneurship, investing, etc. could potentially cause guys to fall into beta bucks mode, but that's not the intention. Again, the goal is to wind up like Hugh Hefner and Gianluca Vacchi, who should be a role model for all of us IMO and avoid becoming rich beta bucks like Jeff Bezos and Bill Gates.

Step 1: The Reading List

IMO the "must reads" are:

* **Bachelor Pad Economics** by Aaron Clarey. This is *THE* book for single guys just getting started on their own. * **Rich Dad Poor Dad** This and the following were eye openers to what's possible with personal finance, regular day jobs, and why side hustles are so critical for long-term passive income. * **The Millionaire Next Door** * **Intelligent Investor** * **Rule 1 Investing**

The latter 2 above educated me on what's known as "value investing". More on that later...

Step 2: The Budget

Why is this important? Well, you need to know where your money is going to minimize waste to enhance your savings. This will ultimately keep you out of trouble and help you stay focused on what's important.

Step 3: Building Wealth

This is when you take that budget you've created and start putting that excess cash to work for you. 74% of building wealth with investments is simply *starting* to invest. If you're more than 10 years out from retirement, then time in market > timing the market. Fees, returns, all of that is secondary to actually starting the process of investing. And

it's never been easier! The best time to invest was yesterday. The second best time to invest is today! As Einstein famously once said, compounding interest is the 8th wonder of the world. Those who don't understand interest pay it, and those who do, earn it.

M1 Finance, **Robinhood**, and almost all of the other big boy brokerages now offer free trades and fractional shares. You're a fool not to take advantage of the opportunities this creates.

To wit, the typical millionaire has on average 7 passive income streams. This could be dividends from investments, a course you put together and sell on Udemy, a YouTube channel, or real-estate a la Robert Kiyosaki or Graham Stephan. You name it, the sky is the limit.

I mentioned value investing above. What you need to know about that is that it's how Warren Buffett became a billionaire. The core principles of value investing are finding wonderful companies that are:

* In your circle of competence * Have a big "moat", aka competitive advantage * Provide a 50% margin of safety * You're comfortable holding onto them for 10 years or more

Regarding "margin of safety", it just means the company's price is currently about half of what they should be valued. This happens frequently because the market is *emotional*. Some companies core functions, values, and performance may not change, but an external event could push down their price making them a good buy. An example of this was when Chipotle was getting people sick a few years back because of a supply chain issue or the market as a whole taking a giant dump like it did during Q4 2018.

Re: Chipotle, what happened was a couple of their suppliers sourced them tainted ingredients which got people sick and the news knocked their price down from about \$750 a share to a low of about \$250 in January 2018. You know what they're worth today? \$828.29 at the time of this writing. The company itself didn't change, it was just a couple of shady suppliers that they quickly replaced and were back to business as usual. But... people are emotional and sold their stock that drove prices down lower and lower. Well their loss could have been your gain.

Step 4: Continuing Education

I'm a big fan of personal finance YouTube channels and the ones I watch the most frequently are (in no particular order):

* **Ryan Scribner** * **Graham Stephan** * **Dave Ramsey** * **Andrei Jikh** * **Minority Mindset** * **Chris Hogan** * **Wealth Hacker** * **The Money Guy Show**

Step 5: The Financial Order of Operations

This is right out of The Money Guy show on YouTube:

<https://www.moneyguy.com/2018/08/financial-order-of-operations-how-to-prioritize-your-financial-goals/>

Deductibles Covered: You need to have enough money saved to cover basic emergencies **Match from Employer:** Everyone who has access to a retirement plan that provides a match should work to take advantage of that "free money." **Credit Card:** The order of priority between employer match and credit card debt is a coin toss. Consumer credit card debt and punitive interest rates charged should be avoided if you are going to be on the path to financial independence. **Emergency Reserves:** You need to save three to six months of living expenses for a rainy day and the unexpected events that can make life scary. **Roth and HSA Contributions:** The thought of tax "free" growth is exciting. Currently, you're allowed to save \$5,500 per year in a ROTH IRA if you're under 50. If you're over 50,

you can save up to \$6,500. **Max-Out Retirement Options:** Retirement accounts are great for building wealth for the future. We share the max-out numbers for each type of account in this episode. **Hyper-Accumulation:** You should aspire to reach hyper-saver status by saving 15-20% of your gross annual income. **Pre-paid future expenses:** You need to make sure you have your retirement squared away FIRST and then prioritize the other financial goals you can prepay and fund. **Debt Prepayment:** The desire to be master of your financial life includes being completely debt-free. We share exactly how you can do this and how to prioritize which debts to pay off first.

If all this sounds familiar, it's probably because there's a flowchart similar to this over on another sub.

<https://i.imgur.com/ISoUQr2.jpg>

Here's a down and dirty example based on my own income, savings, and debt situation...

Deductibles Covered:

- Home = \$3145 for total coverage
- Car = \$500 for collision
- Health = \$1200

Total deductibles = \$4845 if everything goes wrong all at once. Done.

Match from Employer:

- Mine gives 5% match so I need to contribute at least \$7900/year (\$329.17/pay period) to get this squared away.

Credit Card:

- \$5/mo paying off Spotify just to build up a good credit score by showing I pay on time every month, and only doing so with a monthly \$5 charge ensures I keep my debt to income ratio and the amount of used credit as low as possible.

Emergency Reserves: They didn't go into details, but this means save up 3-6 months worth of expenses (for me that's \$4000/mo) while working. Once you're retired you want to save up 18 to 36 months (to preserve capital during market downturns). This cash should be in high interest savings and NOT invested in the stock market.

- \$24,000 done. I have it saved in a **1.5% Spend Plus account on M1 Finance**. I could probably get higher elsewhere, but I like having my money in one place so I can use it to buy a major dip should the market crater.

Roth and HSA Contributions:

- HSA = In my case this is N/A as my HSA account is 100% fully funded by company to cover the deductible for our medical plan.

Max-Out Retirement Options:

- In progress. I'm converting \$6,000 per year from my traditional IRA (that I rolled over a traditional 401K into a while back) and putting it into a Roth IRA. This is called a **backdoor Roth conversion**. I need to fund my **Roth IRA** this way because I make too much to contribute to one directly.

Hyper-Accumulation: Ideally the Roth, HSA, and 401K (with company match) will add up to what they call "hyper saving", which I personally choose to aim for 25% rather than their figures.

- Rest of Roth 401K is being funded up to the maximum \$19,500/year (additional \$483.33/pay period = \$812.50/mo total). That's \$19500 of my own savings, plus another \$7900 from the company match for a grand total \$27,400.

Note: If you have the option between a traditional 401K and a Roth 401K, IMO I'd choose the Roth like I did. You will pay a little bit more every year in taxes, but the long-term goal of building wealth will come out on the back-end as 100% tax-free.

Note 2: If you plan to join the FIRE movement, then you'll realistically need to be investing 50-70% of your

monthly income for about a decade.

~~Pre-paid future expenses: This is saving up for a new car, your kid's 529 college plan, weddings, custodial accounts/trusts, etc. ----- \$1188/mo into my M1 Finance Capital Growth account. I intend to build a house in a few years, so I'm heavily investing trying to build up that nest egg.~~

~~Debt Repayment: Yes, I changed this. Now is the time to start pouring more money into those really long-term low interest debts like a home mortgage. Generally speaking you will get a far better bang for your buck by doing the above steps and investing than you will by paying off your mortgage early. -- N/A; no additional debts since renting.~~

Summary:

~~The intention of this thread was to give you a quick primer on personal finance and provide some critical food for thought as it's incumbent on each and every one of us to get our financial houses in order.~~

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UPVOTES

Women Don't Want to Grow With You. They Are Waiting at The Finish Line, When You Have it All. Important Reminder.

Checkm8786 · 27 November 2021 · Archived copy · Reddit

How many times have you heard women saying, I want to "grow" with a man and help him out in his journey of whatever it is? Of course never. The reality is, as we all know, women in the modern age want to have it their way in everything. You can't have your cake and eat it too.

For many men, they are told by society and everyone to "work hard" and be "established." Indeed. But, established and successful for what? For themselves? Nope. Men are programmed from a very young age by society, to be a beta buxx and are prepared for it from a very young age. While you are working so hard, day and night to money maxx, your future wife is getting pounded by broke Tyrone's day and night. Yes gentlemen, this is the reality. I remember back in HS I used to have a job as a busser. And there was this dishwasher (bad boy type guy with tattoos and all) and this guy literally didn't give a fuck about anything. I remember, he used to brag about piping down the hot waitresses, and he was very well liked. Even by the milf manager. From that point on, I realized that women will fuck any guy that gets them wet when they're horny, and not care about his status.

Women in their youth have everything they need and want, funded by their father's. At this time, she's not wanting a beta buxx husband. Why? Because her material needs are met. You know what she wants? She wants to get degraded by many tyrones and chad's and the whole football team in many ways as possible. Yes. Most men cannot handle this or accept it, but that's what's happening gentlemen. And you? You're still working your ass off, not for yourself, but rather for your future wife and kids that you think will make your life better. Little do you know, you're her last beta buxx option after she got used and degraded by many men, in many ways possible, and now is an emotionally damaged man hating feminist, who wants YOU to save her. Why? Because you now are fully established and at the finish line, and she's waiting for you there.

And you know what? I don't get surprised anymore, when men on here say, their wife was banging the guy next door, while he was working his ass off for his family. You see gentlemen, for sex, a woman doesn't care who she has it with. Why? Because every guy wants sex with her and she will only choose the most sexually capable. But, for marriage? Nope. She will choose the man with the most resources and who is most stable in life, aka you. It's not because she loves you or anything, nor does she appreciate the hard work you did to get there. She is just happy she got a "lifelong" comfortable income guy that will provide her with her material needs.

For sex? She has the next door neighbor who will bang her for free, while you paid for her in marriage and did everything for that. Sadly, most men are dumb asf. I blame men. They have given up their principal's, morals, ethics for women and a so called "good" wife. You must acknowledge, if you marry in the modern age, you are nothing but a beta buxx in her eyes. I liked the post here which was titled, "Today's woman is yesterday's prostitute." Women openly display their nature and hoeing around on social media. Literally, they don't even hide it anymore. Because they innately know, no matter how much she exposed herself, there will always be a desperate sucker who will put the ring on her, no matter how much her body count was.

She will lose respect for you in no time, and she will fantasize the QB from her university who she fucked, while having sex with you, because she has experienced it all! Don't lose your self respect gentlemen. These women aren't worthy enough to even spend a single penny on. Work hard, and make money only for yourselves and self improvement. And with that money, change the life of others who are really and in desperate need, so they will actually remember you. Unlike a woman, who you can do anything for, and if you don't do that 1 thing, she will say "What good have you ever done for me?"

Most religions say most inhabitants of hell will be women, and indeed this makes sense now, and no matter whatever religion we are, we all come together in this regard because each religion has said the same regarding the true nature of women.

Tldr; Marriage = nothing more than beta buxx and a slave to her and the government. Don't marry. There is no

unicorn.

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UPVOTES

Lesson learned: If a woman asks how much you make, break it off ASAP.

Jelqtil12 · 28 April 2015 · Archived copy · Reddit

Thread is closed, this is the internet. I don't care what you think about me I was just sharing my experience. Believe me or not, it makes no difference.

My gf broke up with me yesterday and the reason I understood is because I don't have a job and she thinks I am broke.

I am an engineering student(my parents set me up with a college fund that pays all of my expenses) and I have saved and invested my money wisely my whole life and I am proud of my current financial situation. If I follow my current plan I will be buying my first house before I turn 25.

The day we broke up she pushed very hard to see how much money I have and how I make money but I stuck to the advice my dad taught me to never tell anyone how much you make/have. She couldn't understand why I did not want to tell her and kept saying I should tell her since shes my GF. Her reasoning for why I should tell her how much money I have is because she is my GF.

I should have broken up with her on the spot. Instead she broke up with me less than 2 hours later by text.

She told me I have no job, no motivation and no life goals and that she deserves better.

I didn't even try to argue against it because I know that I deserve better. This made her very upset and today she messaged me saying she misses me.

I didn't reply and I won't be talking to her again.

Lesson learned: If a woman asks how much you make, break it off ASAP.

Update: thanks to everyone with kind words. She messaged me while today saying she has reconsidered and would like to try again. No thanks, no reply.

To everyone saying I'm beta or she thinks I'm beta, im not going to argue with you because that's beta and because any of the arguments I could use will just sound like I'm lying and trying to impress a bunch of people online.

Other important lesson(I think I heard it on TRP first): never emotionally invest yourself more into a relationship than she has invested herself.

Update two: If you think I'm less of a man because I have a successful dad then you're fucking inbred. This girl is 18, I am 21 and if you can't get over the fact that some people in this world are set up better than others for whatever reason then you may as well kill yourself now because you're never going to survive.

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UPVOTES

Be sure to make best friends with Chad Thundercock. It's eye-opening.

StinkyDiaper · 19 November 2017 · Archived copy · Reddit

tl;dr: Go hang out with my very attractive best friend last night to shoot pool. Fucks a stranger in her hotel room 8 minutes after walking in the door.

Do yourselves a favor, folks - make sure that you become best friends with Chad. All ideas and beliefs about most women having self-respect, non-slutty mindsets, etc. will melt away right before your eyes.

My best friend is basically Chad Thundercock. Women go *apeshit* over this guy. Yes, he's in good physical shape, but he was lucky enough to be born with a face most women revere as a carving of a Greek statue. This guy has fucked every girl, her sisters, and their moms. Hell, my *own* sister fucked this guy. When we go out, 9 times out of 10, I'm the "less attractive" friend who doesn't get the attention he does. We'll chat with groups of gals, and they stare at him most of the conversation. Most of the time I simply accept this, roll with it, and it doesn't bother me.

But last night hit me right in the feels, and temporarily took all of the wind out of my sails.

To be fair, I get my share of compliments, women thinking I'm hot, flirting with me, etc. I am a married man, however, so I decide not to cheat; it's just not worth it.

So we arrive, and I'm just in the greatest mood, feeling buzzed off some rum, and ready to have fun. We approach the bar to get quarters. Chad puts down his money, and three girls are at the other side of the bar. One of them stares at Chad. He smiles at her, and stares until she looks away. She talks to her friends, obviously about him, and we walk away to play pool. He never says a word.

About 90 seconds later, here she comes. Now, to be honest, she wasn't my type, and not a girl I'd go for. But I'm sure many men would. We're playing pool, and he's making small talk. I'm focused on pool (it's why I'm there), and she looks at me and makes a "he's so serious" comment, instantly making me feel that she's viewing me as the "weirdo, dull friend." I could've hit back with something witty, but I was honestly focused on the game, and not some buzzed bimbo with nothing interesting to offer.

In 2 minutes, they're making out right in front of my face. In 3 minutes, Chad is grabbing her titty. In 4 minutes, she invites him up to her hotel room, and he gladly obliges. So, they leave, and there I am - all alone, with a pool table, just trying to soak it all in, simply *astonished*, again, at how easily highly attractive men get laid.

I have a good 20 minutes of standing around, feeling like a loser with no one to chat with, when he finally comes back downstairs, with a huge smile on his face. And I'm just thinking....holy fuck, man. You have no clue how lucky you are. This was, I think, the third girl he smashed just this week.

At this point, my momentum is gone, my mood sucks, and I just cannot stop thinking - like a little bitch - just how little effort is required from attractive men to get what all of us so desperately want. Sex.

I'm pretty sure he felt my shift in mood, and actually apologized for leaving me downstairs, and I just brushed it off as if it didn't bug me. But it did. The main reason is this: unless I lowered my standards a bit, total strangers fucking me raw within 10 minutes is not a common thing for me. It has happened, yes, but not with that tremendous amount of ease.

I slept it off, awoke the next day, and I'm back to feeling good. But it was another pill swallowed, a blatant display of the 80/20 rule, and how biology rolls the die and some people just hit the lotto, and some poor folks don't.

- Be hot
- If you aren't that hot, do the best you can
- Hot guys will step in and fuck the girl you've been "working on" for a month in a single night

Bitchfest over.

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UPVOTES

DiCaprio has a new 20yr old girlfriend - a lot of angry people call him creep and disgusting

pawoukcz · 29 March 2018 · Archived copy · Reddit

I just want to share with you some comments from article below about a new 20 years old hot girlfreind Camila Morrone.

I do not get it why are so many people jealous about Leonaerdo success. He is 44 years old, rich, famous and handsome but he still gets so much hate it is unbelievable. What those people think that guy with so much social value will date 44 yrs old fat single mother?

I just share MOST upvoted comments (I think that most comments are from angry older women):

- How much younger does this creep plan on going?
- I really don't care much about age differences between grown adults, but the fact that he ONLY dates

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UPVOTES

Porn star Bree Olson hits the wall, cries that nobody respects her or wants her anymore.

constructiveasshole · 28 April 2016 · Archived copy · Reddit

"I wish people would treat me like they would treat a married registered nurse with 2.5 kids in Indiana. That's how I wish people would treat me," she said, wiping away tears.

"I'd love to go back to college and work for some amazing company, be it health care, children, some other type of firm, and I'd work my way right to the top -- but I am hit with harsh realities constantly," she told CNN.

"People say, change your hair color, move to another state. Ha! *People know me by voice alone*. I can't run. I can't hide. I have to face this. Anonymity is something I'll never know. Even with all the surgeries, relocating, years of school, all it takes is one person to blow everything," she said. "The only way to have power at this point is to own it. Yeah, I did porn, and *thanks to this society* that's all I can say I've done."

"I send a very strong message to young girls: Don't do porn," she said. "You're just going to have a life of crap in front of you in dealing with people, companies," she said, describing how employers can turn you down based on past experience or "morality clauses." "These are things that teenage girls don't think (about)," she said. "There's nothing wrong with porn, but how people treat you for the rest of your life, it's not worth it."

<https://youtu.be/9NyzCJx4IiI>

Typical woman, she has no accountability. She made the adult decision to be a public whore for cash and attention and is now upset that people are treating her liked a washed-up whore. She turned 29 and has been replaced by younger, hotter pussy. She now wants to be treated like a pure woman who didn't waste her best years being fucked by hundreds of men for money. She still can't help but brag about how porn and being Charlie Sheen's girlfriend has made her famous. And she tries to tell younger, hotter girls to not follow in her path because ~~then maybe people will want her again~~ it's bad for them.

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UPVOTES

Women serve two primary purposes in a man's life: 1. Sex, 2. Companionship. How to acquire both in the most cost-effective way.

SLMC1 · 6 August 2017 · Archived copy · Reddit

Extracting value

Man wants happiness. To achieve it he'll enlist in his life the greatest number of conditions that give rise to the greatest quality versions of it. Each man will seek some unique variety of those conditions, partially due to individuation of personality among different men and partially due to some being able to recognize certain conditions for happiness as being of an objectively higher quality than others.

In either case, for the great majority of men a portion of his potential happiness exists in the form of an ideal kind of female interaction pattern. That ideal kind consists of two primary components: Sex and companionship. For clarity's sake let's identify what each combination of these two variables look like:

Sex without companionship: Tinder hookups, one night stands, fuck-buddies (less so), etc. Sex without companionship is great. Sex without companionship has my partial endorsement.

Companionship without sex: Female friendships are of value inasmuch as they open doors to new people and experiences, are attractive and therefore vaguely enjoyable to be around while doing something you'd still otherwise enjoy, and/or provide a degree of interesting conversation--female intelligence exists. In general, females do not and cannot provide actual, legitimate I-care-about-you friendship. Altruism in women is properly reserved for her children and to some degree her alpha-male lover. While all friendships should be seen as disposable and conditional upon the value they provide, it is female friendships that should be expected to lose value the quickest and most reliably. Invest gently.

Sex and companionship: **The most desirable pattern of interaction with the opposite sex, in my view, involves consolidating much, but not all, of the two values available from women into one reliable female who provides both these benefits eagerly.** While these two seem straightforward, I'd like to further describe them so as to make clear their value before discussing how to best procure them.

Sex

Scientifically, sex is arguably more of an essential aspect of human existence than even survival--as individuals we survive to have sex, not visa versa. This is not to suggest that simply because sex is critical to the survival of the species that it's somehow a moral imperative; I'm a birth-control advocate after-all. Rather, it seems inductively highly likely that sex is valuable to a man for many more reasons than that it feels good at the time. I'd postulate, for example, that our hard-wired mechanism for self-assessment and mood regulation looks, perhaps above anything, at the frequency and quality of our sexual encounters.

Assuming that, I'd claim point-blank that it's universally prudent for a man to cultivate a relationship in which he is having sex 1. with someone who is enthusiastic and eager to have it, 2. in exactly the fashion that he wants to, 3. exactly as often as he wants to. Exceptions to number 3 include temporary and rare interference related to her health. If you won't allow for that, kill yourself.

Companionship

- You want to go shooting so you invite her because she makes it more fun.
- You want to try a new restaurant so you invite her because it makes it more fun.
- You want to swim in a lake so you invite her because it makes it more fun.
- You're going to a family event SYIHBIMIMF.

- You're going on a work trip SYIHBIMIMF.
- You want to get take-out and watch a show in pajamas SYIHBIMIMF.

Companionship is experience-enhancing. It is inherently enjoyable. It's not a payment for sex, a boyfriend duty, or just something-that-you-do.

The tricky part is that for every 10 girls that you would fuck there's only 1 who would really enhance a non-sexual experience in the ways that my examples above describe. This is primarily because of human personality diversity and the mild rareness of psychological compatibility.

For R-selected types here who innately crave a variety of pussy, this post may be either not for you at all or simply not useful to you at this particular stage in your life. On some objective level, however, **I'd ask you to inquire whether you'd prefer it if you didn't have to engage in the seduction process--from 0--on a regular basis.** Perhaps you're energized by that. If so I recommend Real Social Dynamics on YouTube--although even Owen himself eventually realized he vastly prefers relationships to ONS. I predict he'll eventually embrace Buddhism and monastic celibacy at this rate.

How

Acquiring a relationship (I never mean this term to necessitate sexual exclusivity) in which sex and companionship is achieved unto satisfaction requires that you increase the value that you demonstrate to a woman.

Please note that when discussing how to provide value to a woman, **the motives here are strictly self-interested.** When discussing how to make \$1M, no one accuses another of putting wealth "on the pedestal" or of a misguided altruistic commitment to providing goods and services. You provide value because the greater value you can provide the greater value you can bargain for. In short, if you want an attractive woman to worship your cock month-in and month-out and actually enhance other experiences outside of the bedroom, you need something to offer that most men can't.

Incidentally, **the traits required to offer said value are inherently desirable and beneficial to you in and of themselves**, unlike money. In short, cultivating alpha traits is all upside.

The value you provide to a woman can be compartmentalized into two categories: **The visceral and the lifestyle.**

Visceral

The visceral value that you provide a woman involves her vagina, her tingles, her limbic system. This is the part of a woman that she has no control over whatsoever. The female limbic system is designed to respond with sexual arousal to the demonstration of traits in a man that identify him as most importantly carrying genes that will produce strong and capable offspring and secondarily himself capable of protecting her and their offspring. To provide visceral value to a woman you must **exhibit traits that subconsciously demonstrate the power to dominate the environment, animals, and other men.** The traits that most directly demonstrate this power are general muscularity and confidence. For that reason I recommend lifting and nofap--I promise that when you start actually doing those things it won't be such a pain to have to keep reading people advocate them 24/7 here.

Lifestyle

The *lifestyle* value that you provide a woman extends beyond her sexual arousal faculties and integrates into her general, more conceptual desire for stability, safety, and happiness. The lifestyle value you provide a woman is verbalized to herself in this way: "He cares about me."

After visceral value is provided, lifestyle value allows a woman to be all-in. She's no longer entertaining battling thoughts like, "He's an asshole but he's just so hot. I should just block him." She can think **"He's so hot and he really makes me happy. I don't want to mess this up."**

I realize it's gospel in this community that if a woman feels cared for her pussy will become as dry as the Gobi desert and she'll immediately run back to her violently abusive drug-dealing ex-boyfriend. This is because TRP is heavily represented by men who have cared for a woman from the place of betahood (the pill they were raised on) rather than from a place of alphahood. For a girl to say to herself, "He cares about me," "he" must be an alpha male because **only the love and care of an alpha male has any real value to a female.**

When you only provide visceral value to a woman, she may fuck you for a time. Perhaps from the majority of women you see this is all that you want and therefore to provide lifestyle value would be unnecessary. But if you find yourself sleeping with a woman who you legitimately enjoy doing non-sexual things with, it behooves you to provide lifestyle value to her so as to trigger her more deliberative, conceptual faculties in a way that reinforces her mere sexual attraction to you. **It also just feels good to care about someone every once and a while.**

Frame

The overlap between the visceral and the lifestyle aspects of your value includes the strength of your frame. If your mood is not stable and strong, she will lose both her visceral faith in your strength as a partner and her conscious, conceptual assessment of the quality of your relationship. Nothing is more common and more destructive to the faith a woman has in a man than that man becoming emotionally hurt. **There is never a level of relationship closeness or intimacy at which you expressing any sort of emotional pain will not begin to erode her attraction and faith in you.**

Benefits

The difference between a woman who has been provided visceral value and a woman who has been provided both visceral *and* lifestyle value is that the latter will actively try to make the tenderer of said value happy in a variety of ways. She will cook for him, massage him, compliment him, listen to him, be his cheerleader in his adventures and projects, and will cater to his fetishes (including hair-dying and even cosmetic surgeries). She will actually change who she is to make him happy. She will give more than he gives. She'll ride on his coattails for as long as he wants her around.

Cost

When relationships of this nature end, men are liable to feel pain from loss. This is a cost I've factored into my assessment of the value of these relationships and my response to it as an objection is verbalized well by Osho:

"Experience life in all possible ways -- good-bad, bitter-sweet, dark-light, summer-winter. Experience all the dualities. Don't be afraid of experience, because the more experience you have, the more mature you become."

Summary:

- The male-female interaction dynamic most desirable for most men will involve him having one female in his life that provides a satisfactory measure of both sex and experience-enhancing companionship.
- To achieve this sort of relationship, you want to activate her visceral tingles via alpha traits like confidence and muscularity. You also want to provide lifestyle value to her in the form of a degree of benevolence that allows her to really give herself to you.

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UPVOTES

Ultimate Guide to Getting Out of Depression

KemalTenebris · 2 August 2016 · Archived copy · Reddit

Summary: I wrote the ultimate guide of getting out of depression. I have been there and beat it, now giving back to the community. This article was published [on Medium](#) before here and doesn't have the TRP lingo, but is still based on concrete, red pill ideas. I hope it'll help.

Body: Depression is the modern plague, there is no question to that. I have been experienced it along with anxiety for 4,5 years. Worst fucking 50 months of my life. Best fucking 50 months of my life.

If you are also struggling with it, don't worry and relax, just read. This is not another "Think positive!" or "Lincoln had it, too! Even Churchill had it and called it his black dog!" kind of shit. This guide is crafted by a person like you; who struggled with depression. Who was on the verge of losing his fucking mind, at least he felt that way. Who carefully thought about the best way to commit suicide. Who wanted to be born again and shape his life from scratch. I am here, I am a person like you. I know what you've been through and know the way out. This guide is to help you out of that hole. So, let's start.

I don't want to waste time explaining why depression happens and so on. If you ask me, there are two types of depression:

- 1) Depression caused by something we know about.
- 2) Depression caused by something that we "don't know" about.

First one is basically things like loss of a parent, being sexually abused, losing job, losing a friend, breaking up etc. Things that you can address. This guide will help you on that, but not to the full extent. I recommend getting professional help on this one. Although, you can improve drastically by applying you've learnt here.

And there is this "existential" kind of depression. Depression that you don't know why exactly it exists. It somehow found you and got you, at least for now. Life feels empty, things are stupid, people are hell and so on. You feel like you are a pilgrim who's on an unknown quest. You aren't able to feel any sense of direction in life or any goals, dreams even. Getting professional help on this one is also recommended, but this guide will mostly help you on this kind of depression. Therapy + this guide will +95% solve your problems.

I have to tell you that, there is a way out.

But you have to apply what you will learn here.

And believe me, there is no magic pill, you'll realize.

The magic pill is this method itself.

I can give you the blueprint, but can not execute it for you.

You have to take the control of your life. And control comes with responsibility. The good thing is, these two also lead to a life of freedom. A life that's free from unnecessary shame, fear, anxiety, depression, unhappiness.

Approaching the methods here like every other article on depression you've read, any other video you watched about it or question you asked on forums, I promise, will not work. I want you to be open-

minded. Approach everything in this guide as if you are seeing them for the first time and actually apply these. I promise, there is no way out if you don't. There are two categories of things that you are going to be doing:

MUST: *exercising (p) *diet (p) *meditation (m/s) *output (m) *sleep (p/s/m) *relaxation (p/s/m)

RECOMMENDED: *socializing (p/m) *personal story (m/s) *personal projects (m) *goals (p/m) *actions (p/s/m)

p: physical | s: spiritual | m: mental

These are your loyal servants. They will never let you down, if you also don't let them down. Musts are 10/10 important and recommendeds are 8.5/10. Don't get overwhelmed or stress yourself, we will figure something out. I was like you before, I know how it feels. And since I am also a lazy-ass guy, I have also developed a system for these to work and you will not even need extra willpower of energy for it if you take your steps right.

Let's go one by one.

Exercise: Yeah there are thousands of benefits etc as you know. But you still don't care about that because you're actually too comfortable living like this. I don't want you to run 10 miles a day or spend 2 hours in the gym. Only this; 4 days a week, you will be walking for at least 30 minutes. You don't need to sweat or put real effort into this. Just wear your earphones and put on an audiobook and fucking walk. Come on, you know you can do that. It seems arbitrary but is a must (10/10), don't forget!

Diet: Diet is really important and have played a big part on my recovery. You don't need any crazy caloric deficits or any fancy supplements, just this: Track what you are eating, and subtract low quality, life shortening shit out of that. You know what they are. Just admit it. Also, if you have serious weight issues, go see a doctor and work on losing weight. Body fat percentage plays a serious part on your physical and mental health, take my word on that. So, you got exercise and diet figured out. Start small and don't rush yourself. Do these, or any other thing I recommend will have very arbitrary effects on you, honestly. These are just stepping stones. Don't forget, improvement is also a necessity, so after you keep doing these for some weeks, take the next step and configure those two again; join a gym, go to the next level on dieting.

Meditation: This one is a BIG one, trust me. It is actually easy! You have to do nothing? — ?as a depressed person, this is something you are an expert on, right? Download Calm or Headspace, or just search "mindfulness meditation" on YouTube. You will love it.

Output: Depression makes us passive, so all we do is to consume and in the end we just don't do anything. Nature is all about balance, and it is important to balance input and output. I want you to think and note down the things that you spend most of the time doing. You realized it is mostly rubbish, right? Doesn't matter. Think of ways of creating output from those. For example, I used to lurk on reddit for hours? — ?especially subreddits like entrepreneurs, guitar, getmotivated and so on. The problem was, I've never created a company along that time with all the things I've learnt. I've seldom practised guitar with all the techniques I was taught. So, if you are reading a lot on photography, fucking take some pictures, for yourself. You will spend at least half an hour doing this a day. The more you consume, the more you create.

Sleep: Sleep is really important, that's why it's listed under the MUST category. You have to figure it out for yourself, but basic premise is: sleep at least 5 sleep cycles? — ?which is 7,5h/day, go to bed early and get up early, no screens/artificial lights 2 hours before sleeping.

Relaxation: Relaxation is something that we forget to do. After you put all the effort you have into something, you have to relax? — ?remember, nature and balance and all of that? Listen to your inner self and relax when you need. Just don't waste time relaxing for extra periods of time or use it to procrastinate.

Socializing: Friends and family, meet and spend fun time with them at least 2 days a week. If you have no friends or family, just go to a crowded coffeeshop and spend time there working on your stuff. Be with people and don't shy away from asking things you think are interesting or having conversations etc. Humans are social animals and as long as you deny this fact because you're still able to somehow survive without them thanks to the economical system we have in the modern world, you are going to suffer. Don't suffer.

Personal Story: Get a good journal or any kind of notebook and start to write your own story. Write the old you, the new you, the current you. Take daily notes and share your feelings with that. Sounds gay? It is. That's what makes it good. Carry this little friend around and use it however you want. Important thing is to capture your life and how you're doing, all the progress etc. Don't forget, 8.5/10.

Personal Projects: Invent your own small/medium sized projects. For example, one time I decided to analyze a blog's method of creating viral posts and built a schema around this idea of finding how they do that. I learnt very basic Python for it, scraped datas, worked on some small details and in the end I knew what kind of process they used and it was great fun. Just find something you're curious about and let it take you somewhere else and don't procrastinate!

Goals: Goals are important. Very simple: Set 6 goals for each day from the night before, sort them in order of importance/urgency from 1 to 6 and your main goal is to complete all of them until next day. Very, very important, and thankfully simple!

Actions: Do you see a pattern here? Nearly the whole guide is all about doing something, taking the control over your life, changing your point of focus from consuming to producing. Actions are priceless. Every day give yourself a challenge, and take action on it. But it has to be a challenging one. For example, if you want to read books but get distracted or "can't create time for it" (a big, big lie? — ?there is no "time creation", only priorities) take up a 80–100pg book and finish it in a single day. Or a better formula, do something that scares you everyday.

So, these were the ways of taking control over our lives. If you do all of these together, you'll start to see huge improvements in no time. And I have some techniques to make it work. I know this is a big article, but take your time and don't forget to take notes! Have a clear idea of it in your mind.

#1- Self-Talk: Every negative pattern you have in your life is related to your self-talk, that dialogue-ish monologue in your head. I don't want you to fucking repeat "I am awesome!"s or anything like that. This is simple and works like magic (well, because it is): Everytime you have a negative thought, block it. Kill it before it reaches your subconscious. You will be able to sense that and do that easily after a few practises. If it really bothers you by repeating and you can't kill it, which rarely happens but is a good sign that you've detected something, turn it to an actionable thought. Example; "It was very rude of me to yell at my father. I wish I didn't, I am a fucking bad son and don't deserve his love. Fuck me." -> "I can go to him and apologize for it, and can be extra nice for a period of time. I yelled at him but won't do it again, because I see how it feels after I do. Fuck it, everyone makes mistakes."

#2- The Sims Technique: We all know the game, right? Great technique for discipline. Whenever you “don’t feel like it” and know what to do, stop being the person who is in the order. Stop thinking like the person you are right now, and go into the “God Mode”: “Going to the gym right now.” and fucking go there! It is really easy and practical for beginners. After sometime, you won’t even need this, believe me.

#3- Stress Management: You have to manage your stress. Meditation, proper diet and exercise along with relaxation will help you with that. Also, find things that make you forget of your daily life and do it whenever you need. For me, it is playing the guitar or the drums. It should be something productive, because we all know that pornography & masturbation also works for it but what it leads you.. you don’t want that. Writing about what you’re stressed and then creating solutions for it also works great. You will realize 2/3 of the things you worry about actually aren’t in your control or you don’t really need to worry about them at all.

#4- Nutrients: Proper diet is really important, but I also recommend getting a blood test done. Especially men have problems with Vitamin B12, Vitamin D, Zinc and Magnesium. You can find multivitamins for it but I don’t really recommend it. Get B12 shots done, really worth it. Vitamin D pills or ampuls are easy to find. ZMA supplement contains both Zinc and Magnesium, it is perfect for men. Also, you can eat really carefully to get these nutrients. Depression is about chemical imbalance and these chemicals works perfectly for it. Please try these for a month or so, and if you don’t want, don’t continue taking these but I really recommend these.

#5- Stop Dopamine Abuse: You should learn more on that, but dopamine is basically the neurotransmitter that works about rewarding. Modern world chokes us in dopamine and we feel like we’re amounting to something, but actually we are not. [Here is a great comic](#) & article about this. All the time you watch that TV series, eating that fatty garbage could’ve been used to do something better, more and actually, realistically rewarding. This is really important.

#6- Simplicity, Cleanness and Tidyness: Be simple and do simple. Be clean, and I don’t mean just hygiene. Even if you’re not leaving the house for a day, take a shower and look after yourself? — ?it is unbelievably important. Also, have a tidy living place. Start from somewhere and put on a music, it will be so great for you? — ?dopamine, remember?

#7- Ignore Everything, Focus On Only This: Ignore everything external, and focus only on the internal. That doesn’t mean cutting your relationships or not going to work. This basically means, only important thing is how you feel, what you feel and why you feel that way- and after understanding them, what are you going to do with that. Everything else is number two.

For now, this is it.

I also recommend you to look into and learn more about Cognitive Behavioral Therapy (it’s really easy, you can do it just by yourself) and Stoicism (great philosophy) — but for now, just do the things that I’ve written about and try not to get overwhelmed. I know there is A LOT to learn about, to look into; maybe you are more confused after this article before how you were like reading it. Return to this guide time to time, take new notes, look into newer and more things. I promise you it will get better.

Oh and; cut anything that stresses you or makes you depressed/anxious out, but validate it is unnecessary before doing that. For example, going for a walk as I’ve written might stress you out and you might want to procrastinate, but you know it is not unnecessary stress, it is important because after awhile, you will want to go for a walk yourself. But things like “There are a lot of Game of Thrones episodes to watch, what am I gonna do?” kind of stuff should be delegated.

And lastly, discover new stuff. New places, new people, new books, new documentaries, new artists. But don't do it too much that you forget what are really important, which is you and your improvement. Don't use these as an escape, use them just as an enchantment to life. Few personal recommendations that came to my mind; Herbie Hancock, Mark Knopfler & Dire Straits, Supertramp, Elliot Hulse, Amélie, Enron: Smartest Guys in the Room, Inside Job. And I am always ready to help. Please reach me whenever you feel like.

You can reach me via email : kemaltenebris{at}gmail.com

via Twitter: twitter.com/@KemalTenebris

And subscribe to my newsletter for more great content, exclusive to subscribers :

<https://tinyletter.com/KemalTenebris>

Conclusion: Good luck on your journey! Don't forget to read this article again and again whenever you feel hopeless/misguided, and take notes — most important thing is that you must apply these, never forget! I hope I was able to help.

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UPVOTES

How to get a Girlfriend in the Modern Age of Social Media

Aspiringbucket · 19 August 2020 · Archived copy · Reddit

Actually meet these women (Approach, online dating, meet through friend's events/parties, clubs (dancing, workouts, etc), you're not going to meet members of the opposite sex at home complaining on reddit...

Eliminate all neediness (chasing a woman's validation = death sentence), develop an abundance mindset (He who doesn't want usually gets). **BE ON YOUR PURPOSE**. Scarcity = high value (human psychology).

BE SCARCE (ESPECIALLY WHEN YOU'RE JUST GETTING TO KNOW THEM ! 1-3 DATES STAGE) .

More texts you send = **less value** you have in their eyes. **TEXTING IS FOR LOGISTICS ONLY (In the dating stage)**.

You sell yourself in person. The more you text , the better chance you have of talking them out of liking you.

Overpursue a woman = get rejected. DO NOT CHASE. Text them (once a week) to setup the date for the 1st 3 dates. By the 3rd date, **THEY SHOULD BE THE ONES REACHING OUT TO YOU**. If not, **HARD NEXT**. You don't want to be in a relationship with somebody that has low interest in you right?

When they reach out to you ("hiii I was just thinking about you, I had a great time on saturday"), **you setup a date and thats it**. **NO TEXTING IN BETWEEN**. However, they will usually reach out to you in between, and you can acknowledge them, thats okay. You don't want to coldfish a woman. However, do not blow up her phone or have a 4 hour long phonecall. You're literally doing yourself a disservice. **ATTRACTION IS FORMED IN PERSON**.

During the dates you should be escalating physically from -> touching their hands/shoulders/ hugs -> kisses -> sex.

The Objective of a date is to have a fun filled romantic time and to create an opportunity for sex to happen.

A WOMAN DEVELOPS HER FEELINGS FOR YOU WHEN YOU GIVE THEM SPACE TO. They are wondering **WHY ISN'T THIS GUY CHASING ME LIKE THE OTHER 99% OF GUYS DO**. **YOU ARE ON THEIR MIND**. When you are texting them 24/7 and blowing up their phone, **WHY THE HELL WOULD THEY EVEN THINK ABOUT YOU**. She's going to be wondering about the one guy she fucked passionately and why he hasn't reached out to her yet. **BE THAT GUY**

Let the woman be the one to want the relationship. If you've been doing everything right, she should be the one to say "What are We", "Are we dating", "Are you seeing other girls", by the 7th week of you doing this. This is your opportunity to ask her what she means, and to get exclusivity (if thats what you want).

Usually, when a guy gets all clingy and mopey/emotional after meeting the girl for the first time and he starts to over pursue, the woman gets all uncomfortable because the man is being a **WOMAN**. All that relationship stuff is feminine energy.

As a MALE WITH MASCULINE ENERGY, literally all you have to do is setup the date, have a fun time, have sex with her, and withdraw yourself emotionally after. **THIS IS WHY WOMEN ARE ATTRACTED TO "ASSHOLES" , "EMOTIONALLY UNAVAILABLE MEN", "PLAYERS" all that shit**. These men are being **MALES IN THEIR MASCULINE**. They aren't being little simp boys begging for validation or for a relationship. Leave the relationship to the women. Nice guys = **FEMININE ENERGY**

AND THATS IT. THATS HOW YOU GET A GIRLFRIEND IN THE MODERN AGE.

Summary:

- **NON-NEEDINESS IS ESSENTIAL**. The relationship is the womans idea (that is **FEMININE ENERGY**).
- The man's job is to setup the date, have a fun time and create an opportunity for sex to happen. **THAT IS**

MASCULINE ENERGY.

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UPVOTES

The Number 1 Turn Off I Keep Hearing From Women

Boo-urns1 · 24 July 2019 · Archived copy · Reddit

I have talked to many women about men, and it is shocking how true red pill views are when the truth comes out. There is one trait I keep hearing time and time again from women of all types that causes them to break off from a man.

Indecisiveness.

Their man is indecisive and does not take charge of the situation.

You don't decide where you're both eating for dinner enough times and she can't take it anymore. You don't decide on key life choices or what is best for the both of you, she dumps you for a man that takes charge of every situation he's in. She sees that you're not taking charge at work and are complaining to her about your indecisiveness. Be aware at all times of it.

So remember, don't hesitate on saying what you're BOTH doing. Tell her where you're taking her to dinner and what time and how you're going to fuck her after. Tell her where you're both moving because of the awesome new job you got. If you don't understand her well enough to not have to ask her what she wants, it's already too late.

So be decisive in everything you do in life. Women will be all over you for it.

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UPVOTES

Let's Talk Pillow Talk

amphix339 · 7 October 2019 · Archived copy · Reddit

I feel like this isn't talked about enough and I haven't seen any specific mention in the sidebar.

Stop. Talking. After. Sex.

You Mr. Thundercock has slayed Miss Karen after weeks of passing frame and holding shit tests. You've been going into your local gym without swiping your membership because you're alfa AF and been meditating in Tibet to channel your inner Chad.

But the moment you bust your nut and your women lays next to you, you start spouting all your life stories. Now don't get me wrong, good pussy might get you delirious. Feel free to say whatever the fuck you want. But don't start talking about your emotional bitch shit; she doesn't care your daddy spanked you till you were 15.

I apologise if I come across a little feisty, it's just that I had an 8 hour shift with the town thot and she had the nerve to talk shit about this dude who poured out his heart to her. Now here she is the next day telling me how much of a bitch he is and sharing his business with me, shit that he shared with her in confidence and in the confines of his bedroom. But ofcourse this slut doesn't give a fuck because she just thinks her doormat of a pussy was made by God's right hand.

Anyway, this is all to reinforce the importance of frame. Use your "post nut clarity" to plan and execute something productive with your life, not to give validation to some excuse of a female. If you were a rock of a man before the lay but then turn into Kenny the Parrot after, she's going to feed her ego thinking her pussy was so good that she broke you. This is a guarantee that her pussy will remain drier than an Arab's nutsack on Ramadan.

Keep the pillow talk to a minimum. Don't talk about your negatives. Don't talk about your exes. Don't talk about your friends or family. Ofcourse this might be different if she's your LTR but even then what you say must be calculated.

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UPVOTES

She's Not Your Friend. You're Just a Simp.

dr_warlock · 19 July 2021 · Archived copy · Reddit

INTRO

We are not debating whether or not you can derive benefit from female friends. Sure you can. I'm stating 90% of all men do not use them for this purpose. 90% of you are orbiters thinking you'll land on Planet Pussy.

I'm gonna tell you the indicators and WHY that indicator is evidence of your simpdom. Then I'll **prove you're an imposter** with a simple experiment. Finally, I will tell you how to properly use 99% of women.

- **Disclaimer:** Don't blame women for this failure. *You deserve it.* It's not their fault you're weak and ripe for the picking. It's not that women are evil, it's that YOU suck.

CHATEAU HEARTISTE QUOTE

*"Later, usually college, he fumbles his way through awkward social interactions with plainer janes, the great majority of which end up with him being used for emotional sponging and ball-twisting, torturous friendships. All these girls are exceedingly, superficially kind to him because, after all, why look a gift herb in the mouth? **A girl loves beta male attention, as long as it's platonic, on her terms, extractive, and focused on feeding her ego.** Naturally, these girl-friends never talk about their sex lives with the beta, never reveal what really goes on behind closed doors, and never invite the beta to join them on any adventures that really matter to him. Contrary to media popularization, betas rarely hear 'This one time, at band camp...' from girls in their social circles. What they often hear instead are requests for help with term papers" - **The Reason Betas Pedastalize Women** by Heartiste*

SIMP SIGNAL LIST

I know within 10-60 seconds of observing a group what a particular male's relationship dynamic is with the females involved. In just 10 secs I can tell whether you're hanging out, getting some, or what is most often the case, dependent on her presence and attention for validation. I have seen and heard all of the below for years around the world in several contexts. I'm never wrong. **I used to be a simp.**

1) Terrible Male-Female Ratio (too many dicks)

The most obvious group form is the one cute female and 3+ dudes. I see it all the time. Guys thinking they're having a good time with their female 'friends' when in actuality, they're useful idiots. Social props in her movie.

- **TRUTH 1:** In a big group, maybe one guy has had sex with her, the rest are just dreamers. The guys she does have sex with are out of sight. You don't interact with him. He's on her phone or the guy she bitches about.

- **TRUTH 2:** Groups have group-chats where they all contribute random dumb shit and organize meetups. But what most of you guys with 'friends that are girls' don't know is that **there are ALWAYS AT LEAST 2 TEXT-GROUP CHATS:** The funny official one, and the sexual one. The one where 'innocent' girls are just trying to be a bro flirt and cheat. If you don't know if you're in that group, you're the dope.

2) 'Bond' Over Common Interests

Anime is the biggest culprit followed by video games. You'll talk extensively about anime with her. You'll show off your trivia knowledge thinking this expertise will impress her and upgrade yourself in her eyes. You think it's the perfect way to form rapport. You reddit nerds think you've found your unicorn that likes to play vidya games AND is cute, OMFG jackpot! Except you never stick your peepee in the jackpot.

- **TRUTH:** She doesn't take it very seriously and gets off on being the 'one of the boys'-girl or the male attention (ie cosplay costumes, twitch).

3) Try To Make Her Laugh

Usually in the form of a comedic performance. There's a difference between saying and doing something you think is funny/going back and forth with humor vs. *going out of your way to make her laugh*. You and your small-sausage friends in your sausage fest compete over who can make the woman laugh the most and look to her reaction to see how well you're doing, feeling great satisfaction in her smile. The laugh in and of itself is success to you especially if she says "you're so funny". You think, "I made her laugh; I win".

- **TRUTH 1:** You are her entertainment, a clown. Often times she finds it cringe, but token rewards it because she wants attention and wants to encourage future attempts.
- **TRUTH 2:** The one guy that maybe fucking her or the stranger making a visit hitting it smirks at you and encourages your behavior too because he knows with every second of your clowning, you further solidify your position as a beta, making him look better by comparison. He'll even try to make you feel cool and included with handshakes and back taps etc. You're useful for his plan.

4) She Vents Her Relationship Problems To You

Never having shown any signs of interest suddenly wants to talk about her problems with you at length. You thinking this a good sign and share ways you have suffered in the past in hopes of rapport. No sex happens ever.

- **TRUTH:** Women divide men into categories. The ones they think are respectable and the guys they think they can use (money, time, therapist). When she vents about ~~guys she wants to fuck~~ her relationships, she pegged you as the latter. You sitting there listening to her verbal diarrhea is the confirmation. Women don't do that with guys they wanna fuck. They wouldn't even try to do it.
 - **NOTE:** There was a field report along the lines of "I have other people for that". Girl comes to OPs house and mentions a problem without elaboration. OP offers token assistance. She replies (wipes off tears) "It's okay, I have other people for that". They fuck and she leaves. You're the 'other people'.

5) Nonchalant Pictures Together

You take a picture with her and you're the one to lean in or hold her, but she doesn't reciprocate the intimate

gesture. Sex is never had.

- **TRUTH:** She has no interest in you, just looking cute in the photo showing other women that she has a beta that gives her attention. I see this ALL THE TIME on social media with boyfriends and husbands. Often captioned with "omg I have such a great friend". Much of women's behavior has nothing to do with men, just competing with other women.

6) Text Buddies

You text often and it's never sexual.

- **TRUTH:** You're texting her thinking you're making progress, she's texting you for attention. She's talking to several of you simps at the same time. I have never texted a woman I was not interested in for a length of time and NOT have her try to escalate then cease contact because I wouldn't reciprocate.

7) You're Her Honor Guard

Hot women with fine booty in tights that don't talk to any guys except for one or two weak looking males that accompany her (YOU). You'll make some minor chitchat that's never controversial or sexual but she's more interested in her phone and dodging eye contact from people. Often already has a boyfriend or husband. Nothing intimate ever occurs.

- **TRUTH:** You comfort her by being weak and not daring to make any moves, meeting criteria to be her chaperone, Honor Guard. Your presence helps fend off the excessive male attention she's used to because she's only interested in her current boyfriend/husband (not you).

8) The Women Guide the Journey of the Group

Where you go and sit is determined by the females. Usually indirect to not have the official burden. None of you are getting laid.

- **TRUTH:** women are groupies, cheerleaders, and consumers not leaders or producers. Value Vampires (GLO). Women that are interested in the men they're with just like hanging around their masculinity and go where they go and do what they do. Observing, contributing little here and there, talking about girl shit on the side, being eye candy, experiencing the surplus of the men there, calculating status levels with their Hypergamy Scouts (mmm chad over 9000).

9) She Calls You For Rides Or Food

Late at night and drunk, you're the first one she calls for a ride. You do it thinking it will get you ~~in her pussy~~ on her good side. Pride yourself on being the nice guy. No sex is had.

- **TRUTH:** You're her chauffeur contact. Guy she calls to hang because you buy her drinks for nothing in return. Women literally have your name as 'Driver', 'Delivery' or 'Drinks Tim' or some other demeaning term. **I've seen that shit over their shoulder.** Mass text all the simps. *First come, first used.* This is often right after she just fucked some guy or she needs a ride the place she plans on meeting the guy she wants to fuck.

10) 'Girl Friend' Calls You Boyfriend Material

She says you're a great guy who deserves a nice girl. You're nice and kind. She would love to marry a guy like you. She may even state she'll marry you if she doesn't find some else in the next few years. No sex is had.

- **TRUTH:** You just got insulted. Boyfriend/Husband material = cuckold material after I've had my fun and wanna cash in my used up goods.

11) You Watch Her Flirt With Other Guys

You'll be out with your other single guy friends with some girls and yall don't talk to any chicks while they talk to other guys paying yall not much attention. You're just sitting around. No sex is had.

- **TRUTH:** Yall too pussy to make moves or ditch them. You want to be 'loyal' hoping she'll notice you standing around.

12) Support Her On Social Media

Girl has 2nd personality on Facebook with identity politics, bitching about fake problems, bragplains, and cries about 'misogyny', posts about wanting nice guys, and poses next to animals in booty shorts saying she loves 'Fall' and Horseies. You take her words at face value and like, comment, and show your support for said bullshit problems to virtue signal. You love the like of your comment and happy emoticon response. No sex is had.

- **TRUTH:** I can't tell you how many girls I've been with or know that does slutty shit that posts innocent/fake bullshit on social media that she never talks about in person. You're a sucker.

13) You Defend Her 'Honor'

Guy is making moves and you interject while never making moves yourself. She never asked or signaled for help. No sex is had.

- **TRUTH** You're a jealous beta cockblock that prides himself on whiteknightism, thinking this to be the righteous path to pussy. Men that are friends with women let them do what they want and don't interfere unless there's actual danger. I've been there where there's a real weirdo stalking a girl, sending her surveillance photos of her with us together and coming into our building (he bugged her phone that he bought).

14) You Do Her Lots Of Favors

She asks for favors she could easily do herself and you perform them. Almost no reciprocation. Pick something up on the other table, buy a drink, start her car, go in to the store while she's in the car. No sex is had.

- **TRUTH:** Women test to see how much they can use a man for ego boosts. She's using you. Would you do it for a guy friend or would you blow him off? You know the answer.

If you think of more, list them in the comments.

HOW TO PROPERLY USE WOMEN

In EVERY case I've seen a man 'friends' with an attractive woman there was flirty banter (genuine, mutual), are fucking casually, or the GUY friendzoned the girl and she secretly wants more. No exceptions.

Women *outside* of family are only for social utility and pussy, FULLSTOP. A man will fill any other role best 99.9% of the time.

Social Utility:

- Have the ears of influential people
- Provide pre-selection
- A relative or friend of people whose opinion matters
- Attract or comfort customers for your business
- Automatically putting other females at ease
- Help outsource attention labor in your outing while still remaining in your frame.

All Else:

- Eye candy
- Sex (Pleasure)
- Sex (Babies)

They don't want to be anything else to you. **A woman who thinks you have high value doesn't want to be your friend.** You workin on yourself right? Women want to be a groupie, a cheerleader, a recipient, some kind of SUPPORT role, not your equal, **not your friend.**

If you can sit there for long periods of time and let women just blab there mouths at you about the mundane, emotional shit they discuss with themselves I question your manhood. It's intolerable. You don't respect yourself.

PROOF YOU'RE AN IMPOSTER

She's not your friend. You are *her* 'friend'. Not even her 'friend', just a guy secretly hoping it might be something more and **I can prove it.**

- **Experiment:** Someone like me sees you ('friend'): you're skinny, don't hold yourself well, and don't have any seemingly intimate dynamic with a pretty girl in your group.... yall are a weakened gazelle so I move in. How do you react? **99% of the time you numale 'friends' show instant signs of jealousy and display passive aggressive behavior,** confirming what I already suspected. Worse case scenario, whiteknights come galloping in mounted on their noble steed from the hills to save their damsel in distress. *All under the guise of caring for her of course.* Then I'll use my tried and true repertoire of anti-jealous-numale tactics to disarm and embarrass you. You might go nuclear and ruin my chance by making the situation too tense for the woman to handle, but you just committed seppuku. In your blue tinted glasses you're shining in glorious light, but everyone else just thinks you smell like a clueless bafoon.

Friendzone Creed

"I am a numale. I shall cockblock whenever humanly possible. For if I can't get laid, nobody gets laid even at the cost of my life I shall swear."

I respect a man running his set and leave him alone, but a hesitant guy deserves nothing. Shit or get off the pot. For why shall the weak inherit the earth and the riches that lie beneath?

UNFUCK YOURSELF

To dig into the deep root cause of your delusions of female friendship, you need to redpill yourself on history and why the close relations with females is normalized today (unnatural), giving you the ability to entertain it. Educational text below.

READ: *Cubed: A Secret History of the Workplace* by Nikil Saval

- History how white collar work, cubicles, and modern architecture came to be. **MOST IMPORTANTLY** the first ever mass female employment with men and it's dramatic effects on culture. A long but fantastic book.

FYI from the beginning of human history to about World War II, men and women were segregated for the most part. Usually supervised intermingling for courting (marriage), holidays, festivals, and ceremonies (think outside the west too). Completely different social roles and labor. Never 'friends'.

CONCLUSION

Most of your female 'friendships' are forged, self-notorized covert contracts. Without her agreement, you invest all this effort in hopes to later redeem what you're 'entitled' to. Never works buddy. FYI **enforcement of this covert contract is rape**.

You can still reclaim your dignity. You just have to stop lying to yourself; be honest about your dynamic with a woman and pursue congruently. Everything listed above is an example of a man in denial, debasing himself in the process. Stop being a simp today. Make a move or ditch your girl 'friend' for the sake of what's left of your self-respect.

RELATED POSTS

- **Beware of Beta Bait**
- **Head-swiveling, prolonged stares, and commenting/liking/PMing women's social media is a demonstration of low value and fucks up the SMP**

ENTERTAINMENT FOR LOLS

SIMPS by PaulJosephWatson (great channel)

EDIT: You ignorant, uncultured swine need to listen to Whisper's interview, not the easy to chew garbage that new guys have been posting for months (that you have been upvoting). Many of you are too young to remember that he's an OG around here. You will hear proof of worth if you listen.

802

UPVOTES

Thank you, for absolutely everything.

mrthrowaway413 · 13 December 2015 · Archived copy · Reddit

Summary: I am 17 years old, and I learned from you guys over the past 2 years. My life is very well together now and beginning to grow. Grew from a little kid, into something closer to a man, not quite there yet, but I'll make it. This is my thank you to everyone that helped

I received a letter in the mail yesterday. An acceptance letter to one of my Colleges of choice. Inside the letter, it states that I have received a \$88,500 scholarship, along with room and dorm being paid for. I have a single mom, and I have no father. We had no way to pay for college, and didn't know what was going to happen. I only have to pay \$1,500 a year now.

About 2 years ago I saw the red pill and absolutely thought you guys were some crazy fucking weirdos. Forgive me, I was a 15 year old kid. High School is stupid, we're all dumbass idiots that think we know everything and life is easy. I was skinny (125 lbs, 5'11), I was awkward, and I was not really motivated for any change.

After getting through a **very stupid** high school "relationship" (If that is what you even want to call it). I read up on the TRP, ranted awfully. Eventually I decided to attempt to "swallow" the pill. I joined a gym, I started studying more and trying in school, I started going out more, and I stopped playing so many damn video games. Believe me, I still enjoy video games, they just aren't my life anymore.

Through trial and error, I learned how to properly conduct myself, and how to just not give a shit about what anyone thinks of me but me. Lost my virginity a couple of months ago, and I realized something. If I lost my virginity 2 years ago, I would have gone to school and told absolutely everyone like a little kid who got a present from Santa. However, I didn't get that feeling. I was happy it happened, I had a good time with the girl, and I let it be. Maybe this is my little attempt at bragging about it, but I thought I'd mention that change in mindset. This led to her being my first plate, and I still have her as a plate, along with another I just met. I always thought of plates as fucked up things that you guys did, like how could you dare treat a girl like an object. *However*, I realized it doesn't mean you treat her like shit. It means you guys have a mutual agreement, and have a good time. Anyone breaks that, and its off, no harm done.

I'm now 157lbs, 5'11, going off to college, with a mom that's proud of me and with friends I enjoy. I'm really enjoying my life and I am well aware I'm not even close to what I can be. I'm not quite a man yet, but I am *damn* well closer than what I was 2 years ago. I never had a good father to teach me these things, but The Red Pill taught me what my deadbeat dad could not. It changed my life and that is purely all because of you guys. I cannot thank you enough but I wanted to let you guys know how much it means to me. I am content with where my life is going and I can't wait to see where it leads me next. That came off as cliché, but its true, so fuck it.

Lessons learned:

- Doing something about whats wrong with your life is hard, but if you don't man up and do it, nothing will get done
- Put enough effort into something and you will see results
- Take all advice with a grain of salt. Put them into perspective, and wrap your own philosophy around it
- If you're in your teens and believe you're *the* Chad, you're wrong. You're not even close to being the full version of you yet.

802

UPVOTES

You'll never understand women until you reach abundance.

Coolrubblings · 20 April 2020 · Archived copy · Reddit

That one special girl, the one you can't stop thinking about, the one you obsess over and haven't even fucked...

You're just one of the coals she has in the fire.

Her plates spin themselves.

Women naturally have abundance mentality, they have dick being thrown at them from every angle, every day, in all shapes and sizes.

You'll pine for the girl that showed you the slightest bit of attention. She pines for the man who's attention **she cannot get.**

Would you obsess over Stacy if Eva was available to fuck tonight? Would you care that Eva flaked if Claire was down to come over?

At the end of the day, you don't give a shit about your Oneitis, you want to fuck her, that's why your brain can't get her out.

We're men, we solve problems.

Wanting sex is a problem, your brain wants to solve that equation by any means possible. So if you have a single option, your mind will focus on that option to the point of obsession.

All that brain power for that one chick? Fuck no, divide that shit up and play the field, who cares about dropping a penny when you have a million dollars?

If you talked to even 1% of the girls you encountered in a day, you'd have plates spinning in less than 2 weeks.

There's no excuse to have Oneitis, there are billions of women. If you're not the one fucking them, it'll be someone else, and it might as well be you.

Women be shopping, let's hit the fucking mall.

801

UPVOTES

What's that you say? You're afraid to cold approach? You're afraid to escalate? You shouldn't be, and here is why.

PragmaticRedTruth · 16 December 2016 · Archived copy · Reddit

TL/DR: This post is two fold. Firstly, I want to talk about why you are afraid. Secondly, I want to tell you something that will make you want to go out and cold approach today.

Actually, this post is three fold. For those of you that caught on, I have unnecessarily lead you down a rabbit hole. This is sort of a click bait post. Even my TL/DR was the start of good advertising. Did you feel yourself get excited? Well, that's because I am using a well known weakness to draw you in. I know that men are scared to approach random hot women. And, this is actually to prove the extra point I added on.

I know you're afraid because society has made it this way. It's part of your blue pill conditioning. You fear entering into an unknown social setting. Society has created a stigma. And my ability to hop on that bandwagon and exploit your weakness is in essence exactly what makes it worse. I have seen so many webpages, forums, and more do just that.

But, there shouldn't be a stigma associated with it, this is point 1/3. And you shouldn't be reading anything else on the subject. You ready for your answer? Okay... here it is: tomorrow morning, you will find what you consider a 7/10 or better, you will not hamster it up, you will not question whether she is a 7, you will know. You will slowly walk up right when you see her, introduce yourself with your first name, and smile. You will then proceed to pay her a specific compliment. Do not say she is pretty, pay her a compliment on something in particular. Her hair, her boots, it doesn't fucking matter... what matters is that it is particular. You will not make a big fucking deal about it, because it is not a big fucking deal. You will then lose yourself in the conversation, all your worries will become non existent and you will talk to her like you've known her forever. You will tell her that you have somewhere to be but it was nice chatting and you will close her and get her fucking number by also saying, "you seem fun, let's get a drink." Or a cup of coffee or whatever the fuck you want to drink.

THAT'S HOW FUCKING EASY IT IS.

You will do this tomorrow and you won't make a big deal out of it before hand. Because it's good for you to challenge yourself in this way. And if you fail, and you stumble your way through the convo, then you do... and you'll get that shit out of your system. Because you will spend way too long not doing this if you don't do this tomorrow.

There are no exceptions to this. There isn't, "I just need to lift a little more." No! No! No! You go out and do this now because while you build your muscle you're also going to build your social skills. You have only one response to memorize: if she says she has a boyfriend, you respond, "are you allowed to talk to guys without his permission?" She will go on the defense. Don't move a muscle just let her react and qualify herself.

If your mind spits out excuses a minute before hand, let it. Just remember you've got to get this over with. And you're going to do it without talking about your job, or the weather, or how Donald Trump is president. You're going to talk to her like you have nothing to lose, because you don't, this is point 2/3.

And finally, point 3/3, something to make you want to go approach a woman. I appreciate science, I really do. A recent study I read by a woman named Meridith Chivers, included participants shoving a camera in their vagina that measured blood flow.

During the study, women became aroused by the thought of sex with a partner or with a friend... but nothing made their holes engorge with blood more than sex with a complete stranger. Moral of the story, nothing gets a girl wetter than pure excitement and the unknown. Be that excitement and go close a girl tomorrow morning, she's out there dying to have her vagina tell her what her mind cannot process.

801

UPVOTES

She's the one

buttgoogler · 9 October 2019 · Archived copy · Reddit

This post will be a quick reminder for y'all new-comers or inexperienced folks. I once made a comment about my experience and it got a lot of feedback so I decided why not turn it into an actual post.

I won the lottery and was born with good facial structure, am 6'1 and was always smart and witty. But thing is, even despite all these factors, I was slouchy, tiny, eternally friendzoned, feminine looking, women respecting, white knight, alpha hating idiot. I always wondered why the fuck even despite all the attention I was getting from women, I never managed to get laid. See, back then I had no clue I was actually beta-orbiter of almost every girl I knew

Then I met her: tall, feminine girl. She was around 25 at the time (4 years older than me btw), was the big shit in the city and was just looking great. Long hair, tight black dress, sporty body and longest legs I've ever seen paired with some classy heels. I was fucking amazed. My beta brain went into overdrive and all I could think of whole next week was her. I found her on IG, but I thought I diDn'T dEsErVe HeR at the time. Yeah, I know.

I started lifting religiously, dressing better, and just spent every moment of my life bettering myself just to get a chance to drink water from her bathtub. As I got bigger and better looking, I started getting a lot of IOIs from girls, but I ignored the fuck out of them because I was simply so concentrated on her that I was literally blind about things around me. I distanced myself from my friends and family, from my hobbies and from anything that wasn't gym or job.

Around two years later, there I was. Shredded, stylish, and eager to meet her. I knew where she used to hang from her instagram profile and I was ready to tear shit up. Funny thing is that when I accidentally stumbled upon her on the street I was literally about to shit myself. My heartbeat went crazy, I got paralyzed and my whole self-confidence shattered into tiny little pieces. I still had balls to approach her and was amazed how she gave me her number considering how shitty the approach was.

Couple of days later, I was sitting in a restaurant with her. She was wearing another tight dress, some sexy heels and was just looking amazing. I felt like the fucking champion. I never felt something like this before. Two years of dedication, struggling and pain finally paid off, but here's the funniest thing. I had an epiphany: **I was finally on a date with my dream unicorn girl.** I even had the chance to have sex with her, after all those days of being a friendzoned incel. But all I could think of was that she wasn't anything special. At all. She was just like any other girl I've met. I didn't even know what made me feel the way I felt about her back in the day. I wasn't listening to her stories, because the voice in my head telling me that I was an idiot was so loud. The comedown I've felt was the most painful thing ever. I lost my friends, I abandoned my hobbies, spent less time with my family. And all this simply because of some girl who didn't even know about my existence. I was on a date with her, finally, but I had nothing in my life now, except for that shitty empty feeling in my stomach. And I felt stupidly empty and dumb, almost like I died inside because my whole fucking world flipped on it's head.

Now I'm kinda glad about that it happened, for sure. Especially after I found red pill later and everything got clear. But the main point is take lessons from my mistakes, folks. Girls are cool, all that, but don't even think about trading anything important in life for them. It's a dumb move.

801

UPVOTES

Mindblown: My girlfriend just confirmed TRP to me.

AutoModerator · 6 March 2019 · Archived copy · Reddit

[removed]

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UPVOTES

Finally took a chance, and I'm high off of the results.

StanFlat · 16 October 2014 · Archived copy · Reddit

Now this isn't a major success in any way, but it's a pretty big personal victory. I was at the gym about two hours ago and I was doing my regular ab routine on a decline bench. Directly to the left of the bench are all of the treadmills and bikes where the basic cardio-bunnies go to get their fix. I'm an avid people watcher, so in-between sets I always look around the room and study people. I try to figure out their motives, what makes them tick, what got them to this point etc. I'm doing my normal gaze about the room and I see this absolutely beautiful girl running and chatting with her friend. She's short and skinny (my preference) with amazing legs and this exotic skin color that drove me nuts. I would rate her an 8/10. Now normally I would just glance her up and down for a bit and then continue on with my business. However, any girl that religiously goes to the gym has a 6th and 7th sense when a guy is checking them out, and she snapped to attention; making dead fucking eye contact with me. Without you guys I would have just glanced about the room as though I was daydreaming to play it off, but I remembered what I read. I maintained eye contact and smiled the best smile I've ever smiled. That shit was James Franco-level smile game. She smiled back warmly, turned to her friend and said something, then her friend looked at me and smiled as well.

Perfect.

At this point the old me would go "awesome, she probably thinks I'm attractive. I'll take that thought and apply it to my ego. I'll touch myself to that later when I fantasize about actually going up to her, charming the two of them and fucking them in the showers".

No. That's not me anymore. I'm done with that shit. I hopped off the bench, and made a B-line straight towards them. Then I made a sharp right turn towards the drinking fountains. What can I say? I was nervous as fuck and never did anything like this before, and this girl is so. hot. I got a sip of water so I could test to see if I knew how to swallow anymore. I knew. I stood up, wiped my mouth off, turned around and said to myself "Man up, you miss 100% of the shots you don't take". I love you, TRP. I made my second B-Line straight towards her, and this time I had the momentum of confidence keeping my path straight. I walked up to her, and with a cheeky smile said "Hi, I'm Stan."

I made them laugh a lot and she was very eager to text me as soon as she got out of the gym. My legs were shaking the whole time, but I did it, you beautiful bastards. Were going out this weekend and I'm not nervous at all. In fact, the only thing I feel is excited and proud.

You miss 100% of the shots you don't take. Read. Educate yourself. You'll be surprised when the things you learn come in to play, and even more surprised when you find you're subconsciously applying them.

I Just thought I'd share my story and I know I'll come back and have more to share.

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UPVOTES

Post Election - remember the 38th Law of Power

oZeplikeo · 9 November 2016 · Archived copy · Reddit

38th Law: "Think as you like but Behave like others"

If you make a show of going against the times, flaunting your unconventional ideas and unorthodox ways, people will think that you only want attention and that you look down upon them. They will find a way to punish you for making them feel inferior. It is far safer to blend in and nurture the common touch. Share your originality only with tolerant friends and those who are sure to appreciate your uniqueness.

I've already found myself urged to make arguments with people on social media, but it's truly not worth it. Many people are lost in their own personal biases and won't agree with logic, especially not after last night's heartbreaking loss. People (women especially) lash out when their FEELINGS are hurt. It's not worth getting yourself into trouble over.

Stay the course.

800

UPVOTES

A Billy-Beta acquaintance has **zero** clue his fiancée is about to leave him. Guess the reasons.

StinkyDiaper · 10 March 2018 · Archived copy · Reddit

tl;dr: girl finds "man of her dreams." Everything is wonderful, until foreign tingles arrive.

I work for a national chain restaurant. Working alongside lots of young, female employees has offered me *so* many instances of redpill truths. I'm in a LTR myself, so I don't need to worry about trying to game women, but I do enjoy their company, friendship, and conversation while working my shift.

One server, who I have worked with for nearly 4 years (lets call her Joanne - 23 years old), used to have pretty bad luck in finding a man who would date her long-term. The running joke was that a UFO kept visiting all of her dates, kidnapping them away. Until, that is, she met "Billy."

From the day they met, she was head over heels. Billy had a good job, owned his own freaking house, and loved Joanne very much. She was very vocal about how thrilled beyond belief she was that she found a good man, and one that committed to her. 6 months or so into the relationship (perhaps a bit longer), he took the next, obvious step that men are supposed to do with a woman they love - he proposed.

Her social media was then plastered with pictures of her joyfully displaying her diamond ring (which cost God knows how much money), along with captions of how in love she is, and how great of a man she has.

Every time I saw her at work, which was then about once weekly due to her limited scheduling because of schooling, I'd ask about Billy. Her face would light up, she'd smile wide, and tell me about how perfect he is and how wonderful everything is going. They were in love, they were going to be married, start and raise a family, and they would live happily ever after, just the way we're taught it's supposed to be.

That was, until, last night.

Per usual, I ask about her dream man and expect the response I'd always gotten. Only this time her brow wrinkled, she glanced downwards, and had a serious look on her face. Joanne then tells me about how she's having "second thoughts" about marriage.

Uh oh.

Due to redpill education, I obviously immediately knew what was the issue. She herself couldn't pinpoint what was wrong, but I, using PC language, spelt out redpill truths to her in a non in-your-face way. She was thrilled that she found someone to talk to who understood her plight, and could help her identify exactly what was going on.

Simply, Joanne felt as if she "were living with a friend or a son, rather than a lover." She said there wasn't much, or any, "passion, *for as long as they'd been together.*" (What?!) The same man she used to gush over and tell me - every time I asked - how *amazing* he is - was now being described as someone who she had always "settled for," while asking him to change, but he "simply wouldn't."

Of course, we *all* know here at TRP that this extreme and rapid change of heart didn't come out of thin air. The next obvious question from me was, "are you interested in someone else?"

She smiled. Her eyes lit up. Her body posture changed. Her mind drifted off to some distant dreamland with rainbows and puppies as she sighed, "yes." Joanne then goes on to tell me how one man from class, who she met a mere *three weeks ago*, is "all the things that Billy is not." Mind you, this new guy is a mere 18 years old - five *years* younger than her.

But, tingles.

My stomach turned, and I felt disgusted at yet another blatant demonstration of AWALT. However, I consider her a

friend, so I counseled on:

Billy is taking Joanne on a trip out to Arizona within a few days, to hang with family. There is no doubt that Joanne will behave as if everything is fine, possibly even having sex with Billy, of course fueled by fantasies of the new, 18 year-old southerner who, in three weeks, has unwittingly destroyed an engagement and a 2-year relationship all because he talked to her a few times.

The entire trip, Joanne will be plotting the right time after they return to call off the engagement, return the ring, and branchswing up to her new, higher branch. And, why not? She's known him a whole 3 weeks - this is *true* love! Time to upgrade to the new, shinier model that I've never even test-driven! **Fuck** the guy who owns a home, has a good, stable job, and is offering a *lifetime* of commitment.

The *worst* part is that Billy hasn't the *slightest* clue this is even coming. Joanne stated that she's sad that she'll be losing a good friend, and would *love* to stay friends with him if possible (friends, of course, who will *never* fuck ever again), but it's too late now for poor Billy to change her mind. She's set on getting some strange dick, the tingles have spoken, the vagina has moistened, and *just like that* her "dream man" and "life partner" is a thing of the past.

Billy will be left devastated, scratching his head, wondering what in the hell he did wrong. He offered her a home, financial security, a lifetime of commitment via marriage, the promise of children. ALL things that Joanne "always wanted." Billy was taught, all of his life, that he was making all the right moves. I mean hell, he even manned-up and proposed for crying out loud!

Not to worry, however. I'm sure Billy is surrounded by plenty of alpha males who know how women *really* operate, and they will educate him on exactly what changes need to be made so he doesn't get horribly burned, again.

And again.

And again.

But, 18 year-old alpha dick.

-
- She wasn't Billy's. It was just his turn.
 - Once women get tingles, they will bail on a good man who's given her everything (like in the case of my mom who ran out on my father after 20 years).
 - Don't be like Billy.

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UPVOTES

A Somewhat Comprehensive List of Hobbies and Activities

kylersa21 · 11 May 2018 · Archived copy · Reddit

Edit 5/13/18: added rugby and rowing to sports; combat sports, electrical engineering, writing, mechanics, dancing, hunting & fishing, landscaping, grilling, and marksmanship to skills; volunteer work and community service to additional activities. I'm extremely glad this list has been a massive help to all!

I recently read a post on askTRP asking about activities/hobbies you can do to raise your SMV, so I wanted to go and make a list of activities and hobbies you can take up to occupy your time or raise SMV if you so choose.

Exercise

- **Lifting** - This is the holy grail of activities/hobbies that raise your SMV. It is the backbone of becoming a true alpha male and every single person on the subreddit should be lifting. I am basically against Starting Strength and would not advise it for those who are looking to lift. Instead, I would direct you to a site called ExRx to put together your own plan, and follow the training guidelines given by the site in order to get you into the rhythm of lifting without overwhelming stress. The fitness subreddit is also another great source and is another one I personally use to sharpen my knowledge.
- **Running** - I personally don't run, but the FAQ on the Running subreddit is probably a great start for those who are interested in running. I got a solid start with the Fitness subreddit, so you most likely will get a solid start with the Running subreddit.
- **Walking** - If running isn't your thing, but you'd like to get some light cardio in, you can find a walking program on the aforementioned site, ExRx. It's suggested that you take the Rockport Walk Test to establish which program you start at (ExRx also provides this calculator, but you must have the test self-administered or administered to you by someone else in order to fill in the values.) Read up on how to do it if you're interested.
- **Yoga** - You can choose to take up yoga as a way to manage stress and keep a cool head on a day-to-day basis. For a start, you can check out the yoga subreddit and read both their wiki and FAQ.
- **Hiking** - I personally have not hiked much, but I have gone on a long hike before while travelling in Brazil. It took around 3 hours to reach the top of the location, and around 2.5 hours to reach the bottom, but it was quite the experience and the view was gorgeous. You can look around your area for hiking trails or mountains and get started that way. It's pretty interesting.
- **Swimming** - I used to swim as a youngster, but never really picked it up myself as a hobby, though I do love being in the water and going for a swim. If your gym has a pool, it wouldn't hurt to go for a post-workout swim to wind down. Again, you can check out the subreddit for Swimming to have some questions answered via their FAQ.
- **Biking** - Never learned how to ride a bike, but eventually found out how to when I was a teenager (not sure how.) Riding a bike is actually really fun and can be your alternative mode of transportation if you want to do your part in saving the environment and limiting emissions from your car. The Biking subreddit allows you to meet up with other cyclists in your area so you can find a group to go out for rides with.
- **Rock Climbing** - I have a massive and debilitating fear of heights, so this is a no-go for me, but it looks really fun to do if you're not a bitch like I am and can handle heights. If you're interested, again, I'm redirecting you to the Climbing subreddit so you can review their wiki and find out if you're down to go rock climbing.
- **Play Sports** - There are literally countless sports you can play. I have experience playing baseball, basketball, soccer, and volleyball, and enjoyed all of them except for baseball. I have played a bit of badminton in college for certain labs, but didn't enjoy it much. Some sports you can play are:
 - Tennis

- Badminton
- Baseball
- Basketball
- Soccer
- Football
- Hockey
- Volleyball
- Rugby (EDIT 5/13/18 Credit: LazyHandJob)
- Rowing (EDIT 5/13/18 Credit: rPk0hu)
- **Combat Sports (EDIT 5/13/18 Credit: Ta11no)** - Per the suggestion of Ta11no, combat sports are another activity you can participate in to further boost your confidence and alpha mindset. Nothing is more exhilarating than fighting other men and unleashing your power onto their bodies. I had done Kenpo Karate when I was younger, and became a purple belt (4th level), and the sense of accomplishment you get when you successfully move up a belt is awesome. Also, there are probably subreddits for each of these sports, so take your pick and get searching. Of course, there are other combat sports you can participate in, those being:
 - Boxing
 - Kickboxing
 - Judo
 - Freestyle, Greco-Roman, and Scholastic (high school)/Collegiate (college/university) wrestling
 - Brazilian Jiu-Jitsu
 - Jiu-Jitsu
 - Capoeira
 - Karate
 - Kenpo Karate
 - Muay Thai
 - Taekwondo
 - Mixed Martial Arts
 - Fencing (if that's your thing)

Cultivate a Skill

- **Learn a language** - I'm already going to insert Duolingo as my preferred way of learning a language. This app has a lot of popular languages that you can learn, and I have previously used it to improve my Spanish and do a bit of French and Chinese. You can also go to the subreddit, LanguageLearning, to get a good start. Some languages you can learn:
 - Arabic
 - Chinese
 - French
 - Japanese
 - Portuguese
 - Russian
 - Spanish
- **Electrical Engineering (credit: AllMadHere) or Learning to code** - Codecademy is a site I have used when I wanted to try out coding. Knowing how to code is absolutely valuable, as you can start your own little business

coding things for people. Few people know how to code, so learning this skill can be very beneficial. Again, the LearnProgramming subreddit is a good start for this. As per the user AllMadHere, electrical engineering can and may be more valuable to do than just coding, as it's more hands-on and you won't have an issue fixing your bitch's computer if it fucks up or something.

- **Learn music/Practice an instrument** - Piano and guitar are 2 instruments that come to mind, as I've dabbled in both to no avail. Never really enjoyed these instruments, but I digress. You can head over to the WeAreTheMusicMakers subreddit to read through their FAQ and decide what you want to learn, whether it would be composing pieces, producing electronic music, or finding an instrument to play. Instruments you can play:
 - Guitar
 - Piano
 - Drums
 - Flute
 - Any sort of percussion instrument
 - Saxophone
- **Creating Art** - There are so many types of art you can choose to make. I never was an artistic person growing up (I suck at drawing). That said, you may have dabbled in art while growing up and may want to get back into it if that's your thing. Types of art you can do:
 - Drawings
 - Painting
 - Scrapbooking
 - Crafting
 - Papier-mache
 - Sculpting
- **Photography** - Photography is a cool skill you can pick up, as you can become a photographer and charge people just to literally take good-looking pictures. Taking pictures of nature and preserving them for your memory is also a very nice thing to do, and I wish I could afford a camera to begin getting into photography myself! You can check out the Photography subreddit to get your start.
- **Carpentry** - Building things with wood is actually quite fun to do. I was tasked with building a chariot for my fraternity and, while the chariot turned out to be a disaster, it was fun to get the wood, have it cut, and put it all together in an effort to make what we thought was a great chariot (it wasn't, it fell apart almost instantly.) You can get creative with what you choose to make, and then you can also paint the pieces of wood in order to make something truly awesome. The Woodworking subreddit is where you'd want to go for this.
- **Singing** - Singing is good for bonding with friends and family alike. Having a good voice is always good, and when combined with a certain instrument, can result in your pullin' bitches with the sound of your voice and your guitar. You can take beginner singing classes to get a start, or, of course, the Singing subreddit is somewhat small, but may have some good tools for you to get started with.
- **Cooking** - I think cooking is an awesome hobby to pick up. You can combine cooking with your Fitness hobbies to really achieve the Hercules look and pull allllll the bitches. Again, the Cooking subreddit helps. You can also learn on your own by trying to cook a really good recipe you found online, though you most certainly may screw something up if it's your first time. Nevertheless, still fun to do.
- **Writing (EDIT 5/13/18 Credit: degenerativebastard)** - It pays to write. Writing can be a good way of getting your problems out of your head and onto either paper or your computer. You can choose to write blogs, articles, or even books if you want to become an author. It definitely is worth learning how to write, and the subreddit Writing can be your first step to learning how to write.

- **Mechanics (EDIT 5/13/18 Credit: Gearski)** - Knowing how to change your oil, change a flat tire, or tune up your car are all very masculine things that a man should know how to do. You probably might not end up becoming a professional mechanic, but you'll know how to take care of your vehicle, and this is always a good thing to know how to do. You can learn some things about mechanics in the MechanicAdvice subreddit, or even google this shit if you want.
- **Dancing (EDIT 5/13/18 Credit: naIamgood)** - Dancing is one of the suggested activities in the Collected Advice and Methods for Beginners post (basically required reading). Take a beginner class to learn basic dance moves, or dance with a partner, and take your girl out to learn how to dance (naIamgood suggests learning salsa).
- **Hunting and Fishing (EDIT 5/13/18 Credit: HobbitForest)** - These are 2 activities you can do out in nature that are quite popular in themselves. I have gone fishing in the past, and it is quite fun and exciting to do. Never gone hunting, but I imagine hunting is also a fun activity granted you're not a bitch and can handle watching animals die.
- **Landscaping (EDIT 5/13/18 Credit: vengefully_yours)** - Landscaping is a great skill to learn. You'll be able to keep your property looking great and can even make a business out of it. There are plenty of landscaping businesses around, and some of their owners do quite well for themselves by landscaping. It brings in a pretty decent income and has you doing physical work 24/7.
- **Grilling (EDIT 5/13/18 Credit: vengefully_yours)** - This is an excellent skill to learn. Not everyone can grill, but knowing how to grill bomb hamburgers and steaks to pure deliciousness is definitely impressive. This basically ties into cooking; as knowing how to cook has its benefits, so does knowing how to grill. The Art of Manliness has a series on Youtube that teaches you how to grill a variety of foods, and how to set up different types of grills.
- **Marksmanship (EDIT 5/13/18 Credit: vengefully_yours)** - Knowing how to shoot (and shoot straight) can be beneficial for both self-defense and hunting. If you're confident in your ability to defend yourself by being a good marksman, you'll be able to confidently defend your LTR or wife from any danger, with the ability to protect your mate from danger being an appealing attribute of a man.

Additional Activities

- **Reading** - I absolutely love to read. It's one of my main activities and provides an unlimited amount of value to your life. You can choose to read the TRP handbook, a self-help book, or any book that you enjoy reading. It not only provides knowledge, but also peace of mind, and lets you tune out from the world and tune into the content. To find a book you may be interested in reading, you can probably check the TRP sidebar for some books, look through Amazon books under categories you're interested in, and see what interests you. I also look at the Barnes & Noble website under relevant categories to see what I want to go and pick up and decide on a list of books that I want to start reading. I have a list of books currently that I concocted just from looking at B&N's site.
- **Meditation** - A lot of people like to meditate on this subreddit. While it isn't something I personally do, though I have found it to be enjoyable, it is something you can choose to do to wind down at night or begin your day. Meditation does have its benefits. Yes, the Meditation subreddit may help you.
- **Volunteering + Community Service (EDIT 5/13/18 Credit: bambam22bam)** - Doing volunteer work and community service work is not only a good way to give back to your area, but also a nice way of meeting people. Giving back to the community is always good and something that is sure to make you feel good about yourself.

Disclaimer

Some of these activities or hobbies can only raise your SMV *if you're successful at them*. Nevertheless, they're still beneficial as something that can be used to fill up your free-time so you're not thinking about your oneitis. I personally do not enjoy having a bunch of free time as I end up on my phone a lot, gaming, or watching Netflix, and

those aren't things I would like to do for hours on end. Occasionally using your phone, gaming, and watching Netflix isn't bad, but bingeing is never good, and everything is fine **in moderation**. Moderate yourselves, and enjoy the things in life, as life is too short to not enjoy and spend your time thinking about some bitch.

I really hope this post helps people with deciding what to do in their free time. I never really thought about hobbies or activities that I could do with my free time, but writing this piece already benefits me, as I now have a list that I can refer back to when I feel like doing something new. Learning a language is probably going to be something I pick back up again. Have a good one, gents.

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UPVOTES

Techniques from How to Talk to Anyone: 92 Little Tricks for Big Success in Relationships by Leil Lowndes

throwawaycomedian95 · 20 July 2016 · Archived copy · Reddit

There are two kinds of people in this life:

Those who walk into a room and say,

“Well, here I am!”

And those who walk in and say,

“Ahh, there you are.”

Part One: How To Intrigue Everyone Without Saying A Word: You Only Have Ten Seconds To Show You're A Somebody

Technique #1 The Flooding Smile

Don't flash an immediate smile when you greet someone, as though anyone who walked into your line of sight would be the beneficiary. Instead, look at the other person's face for a second. Pause. Soak in their persona. Then let a big, warm, responsive smile flood over your face and overflow into your eyes. It will engulf the recipient like a warm wave. The split-second delay convinces people your flooding smile is genuine and only for them.

Technique #2 Sticky Eyes

Pretend your eyes are glued to your conversation partner's with sticky warm taffy. Don't break eye contact even after he or she has finished speaking. When you must look away, do it ever so slowly, reluctantly, stretching the gooey taffy until the tiny string finally breaks

Technique #3 Epoxy Eyes

This brazen technique packs a powerful punch. Watch your target person even when someone else is talking. No matter who is speaking, keep looking at the man or woman you want to impact.

Technique #4 Hang by Your Teeth

Visualize a circus iron-jaw bit hanging from the frame of every door you walk through. Take a bite and, with it firmly between your teeth, let it swoop you to the peak of the big top. When you hang by your teeth, every muscle is stretched into perfect posture position.

Technique #5 The Big-Baby Pivot

Give everyone you meet The Big-Baby Pivot. The instant the two of you are introduced, reward your new acquaintance. Give the warm smile, the total-body turn, and the undivided attention you would give a tiny tyke who crawled up to your feet, turned a precious face up to yours, and beamed a big toothless grin. Pivoting 100 percent toward the new person shouts “I think you are very, very special.”

Technique #6 Hello Old Friend

When meeting someone, imagine he or she is an old friend (an old customer, an old beloved, or someone else you had great affection for). How sad, the vicissitudes of life tore you two asunder. But, holy mackerel, now the party (the meeting, the convention) has reunited you with your long-lost old friend! The joyful experience starts a remarkable chain reaction in your body from the subconscious softening of your eyebrows to the positioning of your toes—and everything between.

Technique #7 Limit the Fidget

Whenever your conversation really counts, let your nose itch, your ear tingle, or your foot prickle. Do not fidget, twitch, wiggle, squirm, or scratch. And above all, keep your paws away from your puss. Hand motions near your face and all fidgeting can give your listener the gut feeling you're fibbing.

Technique #8 Hans's Horse Sense

Make it a habit to get on a dual track while talking. Express yourself, but keep a keen eye on how your listener is reacting to what you're saying. Then plan your moves accordingly. If a horse can do it, so can a human. People will say you pick up on everything. You never miss a trick. You've got horse sense.

Technique #9 Watch the Scene Before You Make the Scene

Rehearse being the Super Somebody you want to be ahead of time. SEE yourself walking around with Hang by Your Teeth posture, shaking hands, smiling the Flooding Smile, and making Sticky Eyes. HEAR yourself chatting comfortably with everyone. FEEL the pleasure of knowing you are in peak form and everyone is gravitating toward you. VISUALIZE yourself a Super Somebody. Then it all happens automatically.

Part Two: How To Know What To Say After You Say "Hi"

Technique #10 Make a Mood Match

Before opening your mouth, take a "voice sample" of your listener to detect his or her state of mind. Take a "psychic photograph" of the expression to see if your listener looks buoyant, bored, or blitzed. If you ever want to bring people around to your thoughts, you must match their mood and voice tone, if only for a moment

Technique #11 Prosaic with Passion

Worried about your first words? Fear not, because 80 percent of your listener's impression has nothing to do with your words anyway. Almost anything you say at first is fine. No matter how prosaic the text, an empathetic mood, a positive demeanor, and passionate delivery make you sound exciting.

Technique #12 Always Wear a Whatzit

Whenever you go to a gathering, wear or carry something unusual to give people who find you the delightful stranger across the crowded room an excuse to approach. "Excuse me, I couldn't help but notice your . . . what IS that?"

Technique #13 Whoozat

Whoozat is the most effective, least used (by nonpoliticians) meeting-people device ever contrived. Simply ask the party giver to make the introduction, or pump for a few facts that you can immediately turn into icebreakers.

Technique #14 Eavesdrop In

No Whatzit? No host for Whoozat? No problem! Just sidle up behind the swarm of folks you want to infiltrate and open your ears. Wait for any flimsy excuse and jump in with "Excuse me, I couldn't help but overhear. . . ."

Will they be taken aback? Momentarily.

Will they get over it? Momentarily.

Will you be in the conversation? Absolutely!

Technique #15 Never the Naked City

Whenever someone asks you the inevitable, "And where are you from?" never, ever, unfairly challenge their powers of imagination with a one-word answer. Learn some engaging facts about your hometown that conversational partners can comment on. Then, when they say something clever in response to your bait, they think

you're a great conversationalist.

Technique #16 Never the Naked Job

When asked the inevitable "And what do you do," you may think "I'm an economist/an educator/an engineer" is giving enough information to engender good conversation. However, to one who is not an economist, educator, or an engineer, you might as well be saying "I'm a paleontologist/psychoanalyst/pornographer." Flesh it out. Throw out some delicious facts about your job for new acquaintances to munch on. Otherwise, they'll soon excuse themselves, preferring the snacks back at the cheese tray.

Technique #17 Never the Naked Introduction

When introducing people, don't throw out an unbaited hook and stand there grinning like a big clam, leaving the newymets to flutter their fins and fish for a topic. Bait the conversational hook to get them in the swim of things. Then you're free to stay or float on to the next networking opportunity.

Technique #18 Be a Word Detective

Like a good gumshoe, listen to your conversation partner's every word for clues to his or her preferred topic. The evidence is bound to slip out. Then spring on that subject like a sleuth on to a slip of the tongue. Like Sherlock Holmes, you have the clue to the subject that's hot for the other person.

Technique #19 The Swiveling Spotlight

When you meet someone, imagine a giant revolving spotlight between you. When you're talking, the spotlight is on you. When the new person is speaking, it's shining on him or her. If you shine it brightly enough, the stranger will be blinded to the fact that you have hardly said a word about yourself. The longer you keep it shining away from you, the more interesting he or she finds you.

Technique #20 Parroting

Never be left speechless again. Like a parrot, simply repeat the last few words your conversation partner says. That puts the ball right back in his or her court, and then all you need to do is listen.

Technique #21 Encore!

The sweetest sound a performer can hear welling up out of the applause is "Encore! Encore! Let's hear it again!" The sweetest sound your conversation partner can hear from your lips when you're talking with a group of people is "Tell them about the time you . . ." Whenever you're at a meeting or party with someone important to you, think of some stories he or she told you. Choose an appropriate one from their repertoire that the crowd will enjoy. Then shine the spotlight by requesting a repeat performance.

Technique #22 Ac-cen-tu-ate the Pos-i-tive

When first meeting someone, lock your closet door and save your skeletons for later. You and your new good friend can invite the skeletons out, have a good laugh, and dance over their bones later in the relationship. But now's the time, as the old song says, to "ac-cen-tu-ate the pos-i-tive and elim-i-nate the neg-a-tive."

Technique #23 The Latest News . . . Don't Leave Home Without It

The last move to make before leaving for the party— even after you've given yourself final approval in the mirror—is to turn on the radio news or scan your newspaper. Anything that happened today is good material. Knowing the big-deal news of the moment is also a defensive move that rescues you from putting your foot in your mouth by asking what everybody's talking about. Foot-in-mouth is not very tasty in public, especially when it's surrounded by egg-on-face.

Part Three: How To Talk Like A VIP

Technique #24 What Do You Do—NOT!

A sure sign you're a Somebody is the conspicuous absence of the question, "What do you do?" (You determine this, of course, but not with those four dirty words that label you as either a ruthless networker, a social climber, a gold-digging husband or wife hunter, or someone who's never strolled along Easy Street.)

So how do you find out what someone does for a living? (I thought you'd never ask.) You simply practice the following eight words. All together now: "How . . . do . . . you . . . spend . . . most . . . of . . . your . . . time?"

Technique #25 The Nutshell Résumé

Just as job-seeking top managers roll a different written résumé off their printers for each position they're applying for, let a different true story about your professional life roll off your tongue for each listener. Before responding to "What do you do?" ask yourself, "What possible interest could this person have in my answer? Could he refer business to me? Buy from me? Hire me? Marry my sister? Become my buddy?" Wherever you go, pack a nutshell about your own life to work into your communications bag of tricks.

Technique #26 Your Personal Thesaurus

Look up some common words you use every day in the thesaurus. Then, like slipping your feet into a new pair of shoes, slip your tongue into a few new words to see how they fit. If you like them, start making permanent replacements. Remember, only fifty words makes the difference between a rich, creative vocabulary and an average, middle-of-the-road one. Substitute a word a day for two months and you'll be in the verbally elite.

Technique #27 Kill the Quick "Me, Too!"

Whenever you have something in common with someone, the longer you wait to reveal it, the more moved (and impressed) he or she will be. You emerge as a confident big cat, not a lonely little stray, hungry for quick connection with a stranger.

P.S.: Don't wait too long to reveal your shared interest or it will seem like you're being tricky.

Technique #28 Comm-YOU-nication

Start every appropriate sentence with you. It immediately grabs your listener's attention. It gets a more positive response because it pushes the pride button and saves them having to translate it into "me" terms. When you sprinkle you as liberally as salt and pepper throughout your conversation, your listeners find it an irresistible spice.

Technique #29 The Exclusive Smile

If you flash everybody the same smile, like a Confederate dollar, it loses value. When meeting groups of people, grace each with a distinct smile. Let your smiles grow out of the beauty big players find in each new face. If one person in a group is more important to you than the others, reserve an especially big, flooding smile just for him or her.

Technique #30 Don't Touch a Cliché with a Ten-Foot Pole

Be on guard. Don't use any clichés when chatting with big winners. Don't even touch one with a ten-foot pole. Never? Not even when hell freezes over? Not unless you want to sound dumb as a doorknob. Instead of coughing up a cliché, roll your own clever phrases by using the next technique.

Technique #31 Use Jawsmith's Jive

Whether you're standing behind a podium facing thousands or behind the barbecue grill facing your family, you'll move, amuse, and motivate with the same skills.

Read speakers' books to cull quotations, pull pearls of wisdom, and get gems to tickle their funny bones. Find a few bon mots to let casually slide off your tongue on chosen occasions. If you want to be notable, dream up a crazy quotable.

Make 'em rhyme, make 'em clever, or make 'em funny. Above all, make 'em relevant.

Technique #32 Call a Spade a Spade

Don't hide behind euphemisms. Call a spade a spade. That doesn't mean big cats use tasteless four-letter words when perfectly decent five- and six-letter ones exist. They've simply learned the King's English, and they speak it. Here's another way to tell the big players from the little ones just by listening to a few minutes of their conversation.

Technique #33 Trash the Teasing

A dead giveaway of a little cat is his or her proclivity to tease. An innocent joke at someone else's expense may get you a cheap laugh. Nevertheless, the big cats will have the last one. Because you'll bang your head against the glass ceiling they construct to keep little cats from stepping on their paws. Never, ever, make a joke at anyone else's expense. You'll wind up paying for it, dearly.

Technique #34 It's the Receiver's Ball

A football player wouldn't last two beats of the timeclock if he made blind passes. A pro throws the ball with the receiver always in mind.

Before throwing out any news, keep your receiver in mind. Then deliver it with a smile, a sigh, or a sob. Not according to how you feel about the news, but how the receiver will take it.

Technique #35 The Broken Record

Whenever someone persists in questioning you on an unwelcome subject, simply repeat your original response. Use precisely the same words in precisely the same tone of voice. Hearing it again usually quiets them down. If your rude interrogator hangs on like a leech, your next repetition never fails to flick them off.

Technique #36 Big Shots Don't Slobber

People who are VIPs in their own right don't slobber over celebrities. When you are chatting with one, don't compliment her work, simply say how much pleasure or insight it's given you. If you do single out any one of the star's accomplishments, make sure it's a recent one, not a memory that's getting yellow in her scrapbook. If the queen bee has a drone sitting with her, find a way to involve him in the conversation.

Technique #37 Never the Naked Thank You

Never let the phrase "thank you" stand alone. From A to Z, always follow it with for: from "Thank you for asking" to "Thank you for zipping me up."

Part Four: How To Be An Insider In Any Crowd: What Are They All Talking About?

Technique #38 Scramble Therapy

Once a month, scramble your life. Do something you'd never dream of doing. Participate in a sport, go to an exhibition, hear a lecture on something totally out of your experience. You get 80 percent of the right lingo and insider questions from just one exposure.

Technique #39 Learn a Little Jobbledygook

Big winners speak Jobbledygook as a second language. What is Jobbledygook? It's the language of other professions.

Why speak it? It makes you sound like an insider.

How do you learn it? You'll find no Jobbledygook cassettes in the language section of your bookstore, but the lingo

is easy to pick up. Simply ask a friend who speaks the lingo of the crowd you'll be with to teach you a few opening questions. The words are few and the rewards are manifold.

Technique #40 Baring Their Hot Button

Before jumping blindly into a bevy of bookbinders or a drove of dentists, find out what the hot issues are in their fields. Every industry has burning concerns the outside world knows little about. Ask your informant to bare the industry buzz. Then, to heat the conversation up, push those buttons.

Technique #41 Read Their Rags

Is your next big client a golfer, runner, swimmer, surfer, or skier? Are you attending a social function filled with accountants or Zen Buddhists—or anything in between? There are untold thousands of monthly magazines serving every imaginable interest. You can dish up more information than you'll ever need to sound like an insider with anyone just by reading the rags that serve their racket. (Have you read your latest copy of Zoonooz yet?)

Technique #42 Clear “Customs”

Before putting one toe on foreign soil, get a book on dos and taboos around the world. Before you shake hands, give a gift, make gestures, or even compliment anyone's possessions, check it out. Your gaffe could gum up your entire gig.

Technique #43 Bluffing for Bargains

The haggling skills used in ancient Arab markets are alive and well in contemporary America for big-ticket items. Your price is much lower when you know how to deal.

Before every big purchase, find several vendors—a few to learn from and one to buy from. Armed with a few words of industryese, you're ready to head for the store where you're going to buy.

****Part Five: How To Sound Like You're Peas In A Pod: "Why, We're Just Alike!"**

Technique #44 Be a Copyclass

Watch people. Look at the way they move. Small movements? Big movements? Fast? Slow? Jerky? Fluid? Old? Young? Classy? Trashy?

Pretend the person you are talking to is your dance instructor. Is he a jazzy mover? Is she a balletic mover? Watch his or her body, then imitate the style of movement. That makes your conversation partner subliminally real comfy with you.

Technique #45 Echoing

Echoing is a simple linguistic technique that packs a powerful wallop. Listen to the speaker's arbitrary choice of nouns, verbs, prepositions, adjectives—and echo them back. Hearing their words come out of your mouth creates subliminal rapport. It makes them feel you share their values, their attitudes, their interests, their experiences.

Technique #46 Potent Imaging

Does your customer have a garden? Talk about “sowing the seeds for success.” Does your boss own a boat? Tell him or her about a concept that will “hold water” or “stay afloat.” Maybe he is a private pilot? Talk about a concept really “taking off.” She plays tennis? Tell her it really hits the “sweet spot.” Evoke your listener's interests or lifestyle and weave images around it. To give your points more power and punch, use analogies from your listener's world, not your own. Potent Imaging also tells your listeners you think like them and hints you share their interests.

Technique #47 Employ Empathizers

Don't be an unconscious ummer. Vocalize complete sentences to show your understanding. Dust your dialogue with

phrases like “I see what you mean.” Sprinkle it with sentimental sparklers like “That’s a lovely thing to say.” Your empathy impresses your listeners and encourages them to continue.

Technique #48 Anatomically Correct Empathizers

What part of their anatomy are your associates talking through? Their eyes? Their ears? Their gut? For visual people, use visual empathizers to make them think you see the world the way they do. For auditory folks, use auditory empathizers to make them think you hear them loud and clear. For kinesthetic types, use kinesthetic empathizers to make them think you feel the same way they do.

Technique #49 The Premature WE

Create the sensation of intimacy with someone even if you’ve met just moments before. Scramble the signals in their psyche by skipping conversational levels one and two and cutting right to levels three and four. Elicit intimate feelings by using the magic words we, us, and our.

Technique #50 Instant History

When you meet a stranger you’d like to make less a stranger, search for some special moment you shared during your first encounter. Then find a few words that reprieve the laugh, the warm smile, the good feelings the two of you felt.

Now, just like old friends, you have a history together, an Instant History. With anyone you’d like to make part of your personal or professional future, look for special moments together. Then make them a refrain.

Part Six: How To Differentiate The Power Of Praise From The Folly Of Flattery

Technique #51 Grapevine Glory

A compliment one hears is never as exciting as the one he overhears. A priceless way to praise is not by telephone, not by telegraph, but by tell-a-friend. This way you escape possible suspicion that you are an apple-polishing, bootlicking, egg-sucking, backscratching sycophant trying to win brownie points. You also leave recipients with the happy fantasy that you are telling the whole world about their greatness.

Technique #52 Carrier Pigeon Kudos

People immediately grow a beak and metamorphosize themselves into carrier pigeons when there’s bad news. (It’s called gossip.) Instead, become a carrier of good news and kudos. Whenever you hear something complimentary about someone, fly to them with the compliment. Your fans may not posthumously stuff you and put you on display in a museum like Stumpy Joe. But everyone loves the carrier pigeon of kind thoughts.

Technique #53 Implied Magnificence

Throw a few comments into your conversation that presuppose something positive about the person you’re talking with. But be careful. Don’t blow it like the wellintentioned maintenance man. Or the southern boy who, at the prom, thought he was flattering his date when he told her, “Gosh, Mary Lou, for a fat gal you dance real good.”

Technique #54 Accidental Adulation

Become an undercover complimenter. Stealthily sneak praise into the parenthetical part of your sentence. Just don’t try to quiz anyone later on your main point. The joyful jolt of your accidental adulation strikes them temporarily deaf to anything that follows.

Technique #55 Killer Compliment

Whenever you are talking with a stranger you’d like to make part of your professional or personal future, search for one attractive, specific, and unique quality he or she has.

At the end of the conversation, look the individual right in the eye. Say his or her name and proceed to curl all ten toes with the Killer Compliment.

Rule #1: Deliver your Killer Compliment to the recipient in private. If you are standing with a group of four or five people and you praise one woman for being fit, every other woman feels like a barrel of lard. If you tell one man he has wonderful carriage, every other feels like a hunchback. You also make the blushing recipient uncomfortable.

Rule #2: Make your Killer Compliment credible. For example, I'm tone-deaf. If I'm forced to sing even a simple song like "Happy Birthday," I sound like a sick pig. If anyone in earshot were foolish enough to tell me they liked my voice, I'd know it was hogwash.

Rule #3: Confer only one Killer Compliment per half year on each recipient. Otherwise you come across as insincere, groveling, obsequious, pandering, and a thoroughly manipulative person. Not cool.

Technique #56 Little Strokes

Don't make your colleagues, your friends, your loved ones look at you and silently say, "Haven't I been pretty good today?" Let them know how much you appreciate them by caressing them with verbal Little Strokes like "Nice job!" "Well done!" "Cool!"

Technique #57 The Knee-Jerk "Wow!"

Quick as a blink, you must praise people the moment they finish a feat. In a wink, like a knee-jerk reaction say, "You were terrific!"

Don't worry that they won't believe you. The euphoria of the moment has a strangely numbing effect on the achiever's objective judgment.

Technique #58 Boomeranging

Just as a boomerang flies right back to the thrower, let compliments boomerang right back to the giver. Like the French, quickly murmur something that expresses "That's very kind of you."

Technique #59 The Tombstone Game

Ask the important people in your life what they would like engraved on their tombstone. Chisel it into your memory but don't mention it again. Then, when the moment is right to say "I appreciate you" or "I love you," fill the blanks with the very words they gave you weeks earlier.

You take people's breath away when you feed their deepest self-image to them in a compliment. "At last," they say to themselves, "someone who loves me for who I truly am."

Part Seven: How To Direct Dial Their Hearts

Technique #60 Talking Gestures

Think of yourself as the star of a personal radio drama every time you pick up the phone. If you want to come across as engaging as you are, you must turn your smiles into sound, your nods into noise, and all your gestures into something your listener can hear. You must replace your gestures with talk. Then punch up the whole act 30 percent!

Technique #61 Name Shower

People perk up when they hear their own name. Use it more often on the phone than you would in person to keep their attention. Your caller's name re-creates the eye contact, the caress, you might give in person.

Saying someone's name repeatedly when face-to-face sounds pandering. But because there is physical distance between you on the phone—sometimes you're a continent apart—you can spray your conversation with it.

Technique #62 “Oh Wow, It’s You!”

Don’t answer the phone with an “I’m just sooo happy all the time” attitude. Answer warmly, crisply, and professionally. Then, after you hear who is calling, let a huge smile of happiness engulf your entire face and spill over into your voice. You make your caller feel as though your giant warm fuzzy smile is reserved for him or her.

Technique #63 The Sneaky Screen

If you must screen your calls, instruct your staff to first say cheerfully, “Oh yes, I’ll put you right through. May I tell her who’s calling?” If the party has already identified himself, it’s “Oh of course, Mr. Whoozit. I’ll put you right through.”

When the secretary comes back with the bad news that Mr. or Ms. Bigwig is unavailable, callers don’t take it personally and never feel screened. They fall for it every time, just like I did.

Technique #64 Salute the Spouse

Whenever you are calling someone’s home, always identify and greet the person who answers. Whenever you call someone’s office more than once or twice, make friends with the secretary. Anybody who is close enough to answer the phone is close enough to sway the VIP’s opinion of you.

Technique #65 What Color Is Your Time?

No matter how urgent you think your call, always begin by asking the person about timing. Either use the What Color Is Your Time? device or simply ask, “Is this a convenient time for you to talk?” When you ask about timing first, you’ll never smash your footprints right in the middle of your telephone partner’s sands of time. You’ll never get a “No!” just because your timing wasn’t right.

Technique #66 Constantly Changing Outgoing Message

If you want to be perceived as conscientious and reliable, leave a short, professional, and friendly greeting as your outgoing message. No music. No jokes. No inspirational messages. No boasts, bells, or whistles. And here’s the secret: change it every day. Your message doesn’t have to be flawless. A little cough or stammer gives a lovely unpretentious reality to your message.

Technique #67 Your Ten-Second Audition

While dialing, clear your throat. If an answering machine picks up, pretend the beep is a big Broadway producer saying “Nexxt.” Now you’re on. This is Your Ten-Second Audition to prove you are worthy of a quick callback.

Technique #68 The Ho-Hum Caper

Instead of using your party’s name, casually let the pronoun he or she roll off your tongue. Forget “Uh, may I speak to Ms. Bigshot please?” Just announce, “Hi, Bob Smith here, is she in?” Tossing the familiar she off your tongue signals to the secretary that you and her boss are old buddies.

Technique #69 “I Hear Your Other Line”

When you hear a phone in the background, stop speaking—in midsentence, if necessary—and say “I hear your other line,” (or your dog barking, your baby crying, your spouse calling you). Ask whether she has to attend to it. Whether she does or not, she’ll know you’re a top communicator for asking.

Technique #70 Instant Replay

Record all your business conversations and listen to them again. The second or third time, you pick up on significant subtleties you missed the first time. It’s like football fans who often don’t know if there was a fumble until they see it all over again in Instant Replay.

Part Eight: How To Work A Party Like A Politician Works A Room

Technique #71 Munching or Mingling

Politicians want to be eyeball to eyeball and belly to belly with their constituents. Like any big winner well versed in the science of proxemics and spatial relationships, they know any object except their belt buckle has the effect of a brick wall between two people. Therefore they never hold food or drink at a party.

Come to munch or come to mingle. But do not expect to do both. Like a good politician, chow down before you come.

Technique #72 Rubberneck the Room

When you arrive at the gathering, stop dramatically in the doorway. Then s-l-o-w-l-y survey the situation. Let your eyes travel back and forth like a SWAT team ready in a heartbeat to wipe out anything that moves.

Technique #73 Be the Chooser, Not the Choosee

The lifelong friend, the love of your life, or the business contact who will transform your future may not be at the party. However, someday, somewhere, he or she will be. Make every party a rehearsal for the big event.

Do not stand around waiting for the moment when that special person approaches you. You make it happen by exploring every face in the room. No more “ships passing in the night.” Capture whatever or whomever you want in your life.

Technique #74 Come-Hither Hands

Be a human magnet, not a human repellent. When standing at a gathering, arrange your body in an open position—especially your arms and hands. People instinctively gravitate toward open palms and wrists seductively arranged in the “come hither” position. They shy away from knuckles in the “get lost or I’ll punch you” position. Use your wrists and palms to say “I have nothing to hide,” “I accept you and what you’re saying,” or “I find you sexy.”

Technique #75 Tracking

Like an air-traffic controller, track the tiniest details of your conversation partners’ lives. Refer to them in your conversation like a major news story. It creates a powerful sense of intimacy.

When you invoke the last major or minor event in anyone’s life, it confirms the deep conviction that he or she is an old-style hero around whom the world revolves. And people love you for recognizing their stardom.

Technique #76 The Business Card Dossier

Right after you’ve talked to someone at a party, take out your pen. On the back of his or her business card write notes to remind you of the conversation: his favorite restaurant, sport, movie, or drink; whom she admires, where she grew up, a high school honor; or maybe a joke he told.

In your next communication, toss off a reference to the favorite restaurant, sport, movie, drink, hometown, high school honor. Or reprieve the laugh over the great joke.

Technique #77 Eyeball Selling

The human body is a twenty-four-hour broadcasting station that transmits “You thrill me.” “You bore me.” “I love that aspect of your product.” “That one puts my feet to sleep.”

Set the hidden cameras behind your eyeballs to pick up on all your customers’ and friends’ signals. Then plan your pitch and your pace accordingly.

Part Nine: How To Break The Most Treacherous Glass Ceiling Of All: Sometimes People Are Tigers

Technique #78 See No Bloopers, Hear No Bloopers

Cool communicators allow their friends, associates, acquaintances, and loved ones the pleasurable myth of being above commonplace bloopers and embarrassing biological functions. They simply don't notice their comrades' minor spills, slips, fumbles, and faux pas. They obviously ignore raspberries and all other signs of human frailty in their fellow mortals. Big winners never gape at another's gaffes.

Technique #79 Lend a Helping Tongue

Whenever someone's story is aborted, let the interruption play itself out. Give everyone time to dote on the little darling, give their dinner order, or pick up the jagged pieces of china.

Then, when the group reassembles, simply say to the person who suffered story-interruptus, "Now please get back to your story." Or better yet, remember where they were and then ask, "So what happened after the . . ." (and fill in the last few words).

Technique #80 Bare the Buried WIIFM (and WIIFY)

Whenever you suggest a meeting or ask a favor, divulge the respective benefits. Reveal what's in it for you and what's in it for the other person—even if it's zip. If any hidden agenda comes up later, you get labeled a sly fox.

Technique #81 Let 'Em Savor the Favor

Whenever a friend agrees to a favor, allow your generous buddy time to relish the joy of his or her beneficence before you make them pay the piper.

How long? At least twenty-four hours.

Technique #82 Tit for (Wait . . . Wait) Tat

When you do someone a favor and it's obvious that "he owes you one," wait a suitable amount of time before asking him to "pay." Let him enjoy the fact (or fiction) that you did it out of friendship. Don't call in your tit for their tat too swiftly.

Technique #83 Parties Are for Pratter

There are three sacred safe havens in the human jungle where even the toughest tiger knows he must not attack. The first of these is parties.

Parties are for pleasantries and good fellowship, not for confrontations. Big players, even when standing next to their enemies at the buffet table, smile and nod. They leave tough talk for tougher settings.

Technique #84 Dinner's for Dining

The most guarded safe haven respected by big winners is the dining table. Breaking bread together is a time when they bring up no unpleasant matters. While eating, they know it's OK to brainstorm and discuss the positive side of the business: their dreams, their desires, their designs. They can free associate and come up with new ideas. But no tough business.

Technique #85 Chance Encounters Are for Chitchat

If you're selling, negotiating, or in any sensitive communication with someone, do NOT capitalize on a chance meeting. Keep the melody of your mistaken meeting sweet and light. Otherwise, it could turn into your swan song with Big Winner.

Technique #86 Empty Their Tanks

If you need information, let people have their entire say first. Wait patiently until their needle is on empty and the last drop drips out and splashes on the cement. It's the only way to be sure their tank is empty enough of their own inner noise to start receiving your ideas.

Technique #87 Echo the Emo

Facts speak. Emotions shout. Whenever you need facts from people about an emotional situation, let them emote. Hear their facts but empathize like mad with their emotions. Smearing on the emo is often the only way to calm their emotional storm.

Technique #88 My Goof, Your Gain

Whenever you make a boner, make sure your victim benefits. It's not enough to correct your mistake. Ask yourself, "What could I do for this suffering soul so he or she will be delighted I made the flub?" Then do it, fast! In that way, your goof will become your gain.

Technique #89 Leave an Escape Hatch

Whenever you catch someone lying, filching, exaggerating, distorting, or deceiving, don't confront the dirty duck directly. Unless it is your responsibility to catch or correct the culprit—or unless you are saving other innocent victims by doing so—let the transgressor out of your trap with his tricky puss in one piece. Then resolve never to gaze upon it again.

Technique #90 Buttercups for Their Boss

Do you have a store clerk, accountant, law firm junior partner, tailor, auto mechanic, maître d', massage therapist, kid's teacher—or any other worker you want special attention from in the future? The surefire way to make them care enough to give you their very best is send a buttercup to their boss.

Technique #91 Lead the Listeners

No matter how prominent the big cat behind the podium is, crouched inside is a little scaredy-cat who is anxious about the crowd's acceptance.

Big winners recognize you're a fellow big winner when they see you leading their listeners in a positive reaction. Be the first to applaud or publicly commend the man or woman you agree with (or want favors from).

Technique #92 The Great Scorecard in the Sky

Any two people have an invisible scorecard hovering above their heads. The numbers continually fluctuate, but one rule remains: player with lower score pays deference to player with higher score. The penalty for not keeping your eye on The Great Scorecard in the Sky is to be thrown out of the game. Permanently.

799

UPVOTES

They are starting to see it too: 30 Is the New 50: "Old Age" is Killing My Dating Life (Most of my 30-something guy friends are dating girls fresh out of college)

inquiringmindswould · 26 September 2016 · Archived copy · Reddit

In an XOJane article dated 16 September, the principles and promises of TRP are so perfectly espoused, I initially thought that it was a subversive post- but, sure enough, it appears to be genuine (Oldie, but goodie).

A 30-year-old woman is dating a 38-year-old man who ghosts her for a younger woman- and she is seeing it everywhere in her social circle.

"Alex is 38. I'm 30. Technically, there are no "people our age." But I'm starting to feel that a 30-year-old woman might as well be a 40-year-old-man, though infinitely less desirable, culturally speaking."

Well, if the shoe fits, Cinderella...

"At 40, a man is well into hitting his stride, something the guy I'm arguing with is all too aware of, as evidenced when he professes on multiple occasions, "I'm an amazing guy." "We're killing it. KILLING IT," he tells me, while explaining that he's been caught up in his rapidly expanding architecture firm."

Alex knows what's up. He's teeming with options and can't help but indulge.

"Alex sees his stock rising. For a man, age brings success, wisdom, and the Hollywood-approved wrinkles of Robert Redford. And, while I too find that my career is on the up, it doesn't matter, because time, for a woman, is hardly as kind as it is to a man. My career successes, my triumphs as a human being, are trumped by the fact my looks -- and my ovaries -- have a shelf life. Biology and Sociology 101."

No amount of "girl power" t-shirts or feminist lectures can change the reality of the relationship dynamics. Finally, after hemming and hawing the shoe drops:

"...after nearly an hour on the phone explaining that he's been so hot and cold because he's too busy with work, because he's very into expanding his business, because he's shy -- admits he's been seeing some 20-something girl named Anouk for the past few months."

Despite the evidence staring her in the face, she must- *must* rationalize:

"It's this logic that has most of my 30-something guy friends dating girls fresh out of college. Girls who, in my experience, are less impressive, less striving, less volatile, less successful, less *intimidating*, less questioning, less pressing, less *complex*, less damaged, less opinionated, less powerful, less *womanly*. They are less, and, **to a guy not ready for anything -- like most of the guys I have dated in New York -- less is more."**

Because, obviously, younger women are inferior to older women. Isn't that convenient? I'm sure she didn't feel that way 10 years ago. Stick with it, guys- it's working.

If you aren't Chad now, be Alex later.

Original article (visit at your own peril): [XOJane](#)

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UPVOTES

You're not the one she wants. You're the one she's using.

HardRightCapn · 4 May 2017 · Archived copy · Reddit

Women, like men, have a survival instinct to get their needs met. Unlike men, they can get their needs met very easily and comfortably by convincing the right beta to take her in and put up with her shit. Men, however, have to ensure their own survival or keep living with their parents. She may actually "love you" and bring you joy. And you may feel strong feelings for her, but beware!! Watch who she really is by her actions.

How can you tell if you're just her Beta Bux? Here are a few key signs.

- She still contacts her ex. Especially after you've asked her not to. If she was "in love" with you, she'd drop everyone else.
- She openly flirts with others. If she does this, then she's still looking for her next branch while claiming that you're a dick for not letting her flirt "innocently".
- She disrespects you publicly. Any woman worth a damn will show you the respect you deserve. Question is, how much do you actually deserve?
- She disrespects you to her friends. Did you see a text or overhear a conversation with her bitching about you. Drop her!
- She doesn't value your time, only your money. She may love that you pay for things, but then whines when you don't pick up the phone at work or when you don't take the afternoon off to help her pick out yoga pants.
- You pay for more than she does. Don't do it.
- She lives with you for free or cheap. Stop it!
- She encourages you to be someone you're not. If she's trying to change you, then she's also trying to find another guy that actually is the persona that she wants.
- She limits your time with family and friends. If she's actively trying to isolate you, it's because she subconsciously knows who she really is and she doesn't want to be found out. NEVER let a woman take you away from your family and friends.

Remember RP guys... listen to her actions, not her words. Acta, non verba - has been a turning point in my life for seeing the world for how it really is.

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UPVOTES

I never got around to thanking you guys

grafae · 30 March 2018 · Archived copy · Reddit

The Red Pill changed my life. It's funny, I came across the community at a time when I'd already been 'red pilling' myself for some time. Frustrated with life, I was in the early stages of weightlifting, reading myself smart, and striving to improve my work situation. And like all of us, I suppose the red pill was always in my system, but had been subverted and suppressed by societal influences. It's hard to say whether I found the subreddit or I finally grew up and it found me.

Either way, I was hooked. Those first few weeks I spent hours every night devouring red pill content – related books, the handbook, classic posts and new posts. It was extremely nourishing – at last after 28 years of frustration and confusion I had been offered a structure for living that never failed to make sense in reality or eventually make me a happier and better person. There were some rocky moments at the beginning as I was coming out of the anger phase – “you’ve changed, what’s happened to you”, my girlfriend said. But eventually it balanced out and our relationship is now stronger than ever – I have assumed control like she always wanted me to but couldn’t find a way to ask, and she is happier too. She is radiant in fact.

I have transformed my body. I had been a runner since dropping 40 pounds about 8 years ago after allowing myself to become a fat lump of shit, but a disciplined weightlifting and eating program has given me the attractive physique, strength and aura of confidence I thought I would never have. I’ve taken up boxing and gotten back into football (soccer), which I was absolutely retarded to leave behind for so long.

Replacing TV and videogames with books has added an indescribable richness to my life. Good books – new and old – are the secret to powering ahead of the herd and helping you build an understanding of the world that is not shaped by corrupt corporate media organizations.

I find myself in a work situation – perhaps with some luck – where I am working from home picking up a salary from GloboCorp that has virtually become passive income. I developed my skills and proved myself to the point where I am seen as the only person in the company who can provide that kind of service, and so am treated with respect and left alone.

I cut out all the extraneous busywork that was weighing me down and have turned most of my attention to new projects unrelated to GloboCorp. I’ve got my finances in order - \$70K in the bank with most of it invested – so if GloboCorp decides to make cuts I’m not worried. I’ve moved out of my Soviet style apartment into a little old home on a nice quiet street, and feel much more ‘grounded’.

Perhaps above all else, I have recently felt a wave of blissful calmness come over me. Now that I understand how the whole game works, I almost find myself sitting back and relaxing as the blue pill world continues to be defined by frenzied arguments, misery and boredom. I have become truly grateful for the opportunities I was given, and begun to capitalize on them instead of feeling sorry for myself.

I’ve repaired damaged relationships with my family and gotten to a point where I see the world from a position of love, with no hate. I can even empathize with the SJWs and see they are just living in pain and confusion like so many others, looking for answers. I am hopeful and excited for the future. RP skeptics might say maybe I just matured, but I find it very hard to believe I would be where I am now without this knowledge. I guess I'll never know for sure.

It saddens me deeply that red pill thinking is demonized, because this will be to the detriment of many men who could have otherwise found happiness. It's proof enough that society in its current state cannot function without beating down a large subset of what should be strong, healthy, independent men. The Red Pill would surely have been standard discussion among men at one time (without all the initial anger phase stuff), but now it's happening at the fringes and we are told we should feel bad for engaging in it.

If you're new here, I urge you to ignore them. You don't have to be a woman hater to be redpilled, quite the

opposite. You have to learn to love women, let go of the bitterness and understand them so that you can have healthy relationships with them. The mainstream crap about TRP is where the true bitterness lies, sad little men and deceptive feminists cherry picking anger phase comments in a desperate attempt to keep men they don't understand miserable. This is a place full of wisdom if you know who to listen to, role models that are hard to come by for men today. Having reached what feels like Red Pill Nirvana, I now aim to become one of those role models.

Thanks to everyone who contributes value here, and I wish you all the best of luck.

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UPVOTES

Australian children to be brainwashed with radical feminism starting in primary school

G_Petronius · 15 October 2016 · Archived copy · Reddit

BBC: Australian students to be taught about 'male privilege'

The "respectful relationship" curriculum will be mandatory in all schools in Victoria from next year.

Notice the doublespeak (which is ubiquitous in feminist propaganda): not "feminist indoctrination", but "respectful relationships curriculum". Nobody could be against "respect relationships" right?

Students will explore issues around social inequality, gender-based violence and male privilege.

Primary school students will be exposed to images of both boys and girls doing household chores, playing sport and working as firefighters and receptionists.

The material includes statements including "girls can play football, can be doctors and can be strong" and "boys can cry when they are hurt, can be gentle, can be nurses and can mind babies".

One thing to which to pay attention regarding feminist propaganda: don't fall for their rhetorical trick of saying the intend to "dismantle gender roles". They do not. They intend to dismantle only those gender roles that are penalizing to women. You won't see this program teaching girls that they too can be waste collectors, roofers or coal miners, because those professions are neither personally nor socially desirable.

And just to make sure that, again, people don't get the idea this is just run-of-the-mill gender equality stuff that might have been taught decades ago, here's the radical feminism curriculum in all its might:

In high school, students will be taught the meaning of terms including pansexual, cisgender and transsexual and the concept of male privilege.

A guide for the Year 7 and 8 curriculum states: "Being born a male, you have advantages - such as being overly represented in the public sphere - and this will be true whether you personally approve or think you are entitled to this privilege."

It describes privilege as "automatic, unearned benefits bestowed upon dominant groups" based on "gender, sexuality, race or socio-economic class".

Year 11 and 12 students are introduced to the concept of "hegemonic masculinity" which "requires boys and men to be heterosexual, tough, athletic and emotionless, and encourages the control and dominance of men over women".

Everything remarks, as it must, on two supreme principles: that women must be given maximum sexual and personal freedom, and that men must be inoculated with shame for their own existence and a continued fear of their violent, despicable nature.

799

UPVOTES

Female nature.

4ktx · 18 November 2020 · Archived copy · Reddit

Pull this off of a youtube comments no credits to me.

About four years after my divorce I (43m) met a woman (40) and after a year of dating we started talking about marriage. She had a son who was 13 years old at the time. While having dinner after ring shopping one evening we started talking about her son's schooling and where we were going to live. I was still renting a house after my divorce but I wanted to purchase a nice new home for us. The following day she sends me a text saying she wasn't going to compromise on sending her son to a private Catholic high school which is the second most expensive school in our area (\$11k a year). This woman made \$32k a year before taxes at the time.

I tried to have a conversation with her about how she was going to afford this school. She became irate during the texting conversation. I wasn't completely opposed to the school because I was raised Catholic and also attended a private Catholic high school. My issue was that after we started discussing marriage she was already making financial decisions on her own that were going to affect me. I thought that was completely wrong.

The argument escalated to the point that I told her to come to my house (we lived separate) and get her shit. I was done arguing with her. Now she wants to talk about it. She comes over and I explain my viewpoint, and I tell her. What if for instance, a week before our wedding I show up with a new \$125k Porsche? How would that make you feel knowing you were about to marry me and now WE had to pay for this expensive car loan? The light finally went off in her head.

Guys, I'm sorry to tell you this, but many women won't love you. Not the way you want to be loved anyway. They are incapable of loving you the way you love them. They love the idea of the life they will have with you. There are good women out there but there are also a glut of vampires. When you are younger and find love you plan to build a life together. Once over 30 too many are looking for a fix for their failed life; an upgrade to the life they feel entitled to and one which they are not willing to work for themselves.

To briefly wrap up this story we got back together. We got engaged and after she had the ring on her finger she thought she "had me", she had won. She changed, our sex slowed down, she became argumentative during the house shopping and generally became irrational about where we were going to live and about the small wedding we were going to have. She had issues about the house purchasing and the wedding which made me realize this woman was in this relationship for what she could get out of it. I finally broke it off with her two weeks before the wedding because she hadn't seen me for the prior two weeks because she "didn't want to fight about the wedding."

These women are out there in vast numbers. They have an internal monologue that differs from how they act. They have a mask on and if you don't see through it you will pay an emotional and likely financial toll. Also in closing, through a twist of fate my ex-wife ended up working in the same building as my ex-fiance shortly after we separated. Those two started talking. I need to mention that my ex-fiance lived with her parents. They had a large home and it just made financial sense for her to live with them. Anyway, my ex-wife sends me a photo of a text message where my ex-fiance tells her that I was just a means to an end. She wanted a house and I was getting us one. WTF right?

My takes.

Learn female nature and how they operate and you will naturally alpha.

If you want more of these post, let me know. You need to condition your mind, to truly become redpilled.

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UPVOTES

The #1 problem most men don't even realize they have is that they treat and talk to women as if they cognitively function the same as a man.

Trenchunit · 31 March 2019 · Archived copy · Reddit

Women are not stupid, but emotionally they are teenagers. There's a reason that the saying "the oldest teenager in the house" exists.

Women find it much harder than men to think logically and apply logic to any given situation. It's always about how they feel in the moment and that can change at any second because of a million different reasons.

Most men today don't understand this, or are bluepilled soylent lovers who refuse to believe this, and they try approaching women with the mindset that they're operating with the same wiring as a man.

They're not.

Stop taking women seriously. Oh she only likes 6'4 guys? No, she's a woman and she's just saying some stupid bullshit. I guarantee most of the men she's fucked are under 6'0 considering they're only 14% of the population.

Oh she's totally gonna start up her own business soon? Probably not. She's a woman and likes the *idea* of owning a business — 90% chance she doesn't have what it takes to bring it to fruition.

She says she doesn't find you attractive? Weird cause I've been told the same thing and then ended up fucking them like a pornstar.

TL:DR - Stop taking what women say seriously.

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UPVOTES

15 Books You Need To Read

cleomenthese · 21 May 2017 · Archived copy · Reddit

Yo RPer! I have put a lot of time in picking some of the world's most excellent personal development books. I hope you enjoy the list.

Here are 15 personal development books that may aid you in moving in a direction of progression rather than generation my bros. Please give me your recommendations too, or anything else i've missed.

1 The Slight Edge

Turning Simple Disciplines into Massive Success and Happiness

The Slight Edge is not only a book title, it is a way of thinking, a complete philosophy. The Slight Edge gives a unique perspective on your actions. This perspective enables you to make certain choices, choices to either push towards progression, success and happiness or failure. Through the book Jeff Olson explains the ins and outs of why some people actualize their dreams and some have their whole lives experienced to actualize the dreams of others. These tools that you use to achieve this success are already in you, according to Olson. All you need is the ability to recognize them.

2 Mastery

Robert Greene is well known for his personal development books. I especially hold his best seller Mastery in high regard. Greene has a solid belief that every single human being has the innate potential to be a master of a specific field. Through lessons in apprenticeship, you will understand how to surpass others in brilliance, understand your own behavioral patterns, learn from yourself. Greene's writing will give you this knowledge through studying the behaviors of some of the most well renowned masters of human history, including: Albert Einstein, Charles Darwin, Leonardo da Vinci and many more.

3 The 4-Hour Workweek

Escape 9-5, Live Anywhere and Join the New Rich

Timothy Ferriss has made a huge name for himself and for good reason. A New York Times bestselling author, Ferriss's incredible book on how to escape the normal mundane 9-5 life of today and live on your own terms to achieve financial freedom is a must read. Just on a personal note, this book is amazing. The Four Hour Work Week will give you everything you need to know from how to create businesses, manage them and how to eliminate 50% of your work load. A must read for any upcoming entrepreneur.

4 The Art of Power

Power is something everyone wants. But what exactly is power? Thich Nhat Hanh goes into depth on what true power is. He is a world-renowned zen/spiritual leader and a best selling author. In a very simple summary the The Art of Power goes into detail on the fact that what we seek, we already have. A new perspective on what power truly is, a must read for anybody who appreciates the spiritual side of life. Turning our conventional understanding of power on its head, The Art of Power reveals how true power comes from within.

5 Thinking, Fast, and Slow

Thinking, Fast and slow is an international best seller. Daniel Kaheman is a well respected psychologist and Nobel Prize winner of economics. The book is basically broken down into describing the two planes of thought processes humans have. One is fast based on emotional reactions and the second is one based on logic and factual deliberation. Why read this book? To better understand our thought processes means your strategies for decisions you make in life can be understood better allowing you to make your decisions for the right reasons. To understand Kahneman's principle's is beneficial and enlightening for our personal and business lives.

6 The 7 Habits of Highly Effective People

Powerful Lessons in Personal Change

Stephen Covey's 7 Habits of Highly Effective people has been around for 25 years and nothing has come close to surpassing its status. It is one of the world's greatest personal development books. The book is incredible not only because of the 7 habits, which are thought provoking, introspective and genius. What really makes the book great is that these habits can be applied to any person on earth. Changing lives of leaders, teachers, parents, educators, of all age and all backgrounds.

7 The Power of Now

A Guide to Spiritual Enlightenment

The Power of Now has sold well over 2 million copies in over 30 languages. This book is inspiring, simple as that. Eckhart Tolle is an incredible author who takes you on a journey of self discovery to understand your true and deepest self. The Power of Now will transform you into a spiritually aware person. Through understanding the natural enemy; the mind and the importance of being present and grounded throughout life you will come closer to spiritual enlightenment.

8 The Power of Habit

Why We Do What We Do in Life and Business

The Power of Habit is one for the curious mind. Charles Duhigg helps us understand, through science based research, why we do what we do. Why do we all have certain habits? By reading The Power Habit, you will gain a greater understanding of true human nature at its core. Understand these fundamentals allows you to understand why you act in certain ways and have certain habits. This knowledge crosses over to businesses, personal success or wherever your intentions lie in.

9 Whatcha Gonna Do with That Duck?

Seth Godin is the author of the famous book The Dip, which is further down in this list and is actually one of my favourite books. Watcha Gonna Do With That Duck is a great book, besides the odd but thought provoking name. "Getting your ducks in a row is a fine thing to do, but deciding what you are going to do with that duck is a far more important issue". Simply, this book is all about understanding what to do with what you have, rather than aiming to obtain what you don't have. A similar concept to The Simple Edge, I'd suggest to read these two books back to back for a deep introspection on the small decisions you make in life.

10 The 48 Laws of Power

The New York Times Bestseller

The 48 Laws of Power is not for the soft heart. Robert Greene's The 48 Laws of Power is a manual for people to gain control, defend and observe. To fully understand this book is to understand certain 'powers' which can be used to your advantage either for good or bad, this is why it is a very powerful and of course, popular book. It has been described as amoral, cunning, ruthless, and instructive. Every law in this book has one underlying intention and that is to dominate whatever you choose to pursue. This is one of the personal development books that is perfect if your goal is one of total conquest.

11 Your True Home

The Everyday Wisdom of Thich Nhat Hanh

Present energy is the key to living to the fullest. As simple as it is being present has the ability to manifest enormous change in our lives. This book does, especially with regards to today's heavily attention deficit lifestyle may seem a bit woo woo. If you focus and really listen to Thich Nhat Hanh and his 365 daily wisdom from one of our lifetime's greatest Buddhist influences. In finishing this piece of literature you may come to understand how

present energy is a power tool to provoke change in every area of your life, if patience and practice is worked at.

12 Ego Is the Enemy

The general consensus on the hindrance of a successful life is on the outside world. Our ego is the cause of any shortcomings. Talent is not cultivated early enough because of our ego and with that our faults and aptitudes are hidden from us, leading to future problems. Each time the ego manifests itself the issues become bigger.

Today we are sucked into social media, every single day. Holiday writes “you will be less invested in the story you tell about your own importance and as a result, you will be liberated to accomplish the world-changing work you’ve set out to achieve.” Leaving the ego aside will allow you to add value and this you will have an easier time going out to set the mission you have for yourself; ego deflated.

13 The 4 Hour Body

An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman

This is not just another diet and fitness book.

First of all, what I like about The 4-Hour Body is that it’s based on a quest to figure out how we can hack our own bodies and master all things physical in an effective and efficient manner. Through the collaboration of dozens of MDs, personal experimentation, this information comes together in one book. The 4-Hour Body is a fundamental tool to understand how both men and women can master their bodies. In the gym, in the bedroom and most importantly for the long term. All by utilizing the smallest increments of change for the largest results.

14 The UltraMind Solution

The Simple Way to Defeat Depression, Overcome Anxiety, and Sharpen Your Mind

If you find it difficult to concentrate and focus and have a lack of general drive or motivation, you may have a ‘broken brain’. Don’t lose hope, Ultramind Solution written by Mark Hyman shows us that the fix is in food. Dr Hyman gives you a simple easy to follow 6 week plan that is scientifically backed and proven to restore health to the function of your brain and body. I highly recommend this book if you are seeking confidence, a peaceful state of mind and general vitality. Hence if you lack vibrancy in your energy, chance are it’s down to your diet.

15 The Dip

A Little Book That Teaches You When to Quit (and When to Stick)

The Dip is iconic. Seth Godin is a popular blogger and author who shows us that those who succeed quit and quit often. The difference is that they stop quitting once the right dip is found.

All new projects are fun and exciting. The success which can potentially evolve from these projects comes from breaking through the hard part. In whichever endeavour you are in you may possibly be in a dip. The successful people in this world can distinguish between a dip and failure. The dip by Seth Godin will allow you to determine whether a chosen path is worth your time.

How To Read More Consistently

As a result — “winners do quit, and quitters do win.”

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UPVOTES

The Red Pill is not about team-man, but about you

CainPrice · 10 December 2019 · Archived copy · Reddit

Summary: Physical fitness, professional success, social aptitude and connections, useful skills, interesting hobbies, and game. These are the things that make you fuckable for women, and valuable in general as a human being. If you are spending any amount of time or emotional energy worrying about stupid shit, like the evils of feminism, Jordan Peterson's latest video, or the mental health and suicide rates of men, you're wasting time. Most men are losers. Being on team-man is aligning yourself with losers instead of improving.

The Red Pill, as a “manosphere” movement, often gets lumped in with a bunch of other advocate groups and political agendas. In fact, the entire manosphere pretty much gets lumped together as some kind of political pro-man group.

Men's rights, anti-feminists, traditional conservatives, men “going their own way” by obsessing over women, superfans who want to give Jordan Peterson a blowjob, alt-right wackos who think the entire universe is secretly controlled by the Jews, The Red Pill, and dozens of start-up bloggers and authors desperately trying to grab their piece of the masculinity pie and try to make some fame and money off of all of you.

While The Red Pill provides you with a lot of information that will help you in the love, sex, and relationships game, and even with life in general, it is not a men's group. We are not team-man. We are not a united front against women. We love women and want them to have sex with us and like it when they enjoy having sex with us and want to do it again.

We're not on your team. We're not on men's team.

The fact is, most men are absolute garbage. Most men are losers. Most men will never amount to anything worth a shit. Some have potential they'll never achieve. Some don't have any potential. But most men are absolute garbage.

Most men are out of shape. Most men underachieve educationally, professionally, and socially. Most men are boring and useless and have shit hobbies and shit skills. Some men are even fucked in the head. For example, if we replaced every single preschool teacher and daycare worker in America with a man, it is undeniable that incidents of child molestation would skyrocket. Undeniable. Even the men's rights crazies can't deny this – if you replaced every daycare worker in America with a man, there would absolutely, positively be more kids getting raped and fondled by sicko men.

That's a tough one to swallow, right? Hard to read? You're already rushing to type an angry response? Because it's definitely true, and it's not pro-man. It's anti-man. And as a man, you feel like anything that is anti-man is against you, personally. An attack on your team. Because you're not a piece of shit. Your friends aren't pieces of shit. Any one man, individually, probably isn't a piece of shit. But men, as a whole? Most men? Absolute pieces of shit. Not child rapists, necessarily. But as general human beings? They're losers. Most men are shit.

You are a member of a sex where the overwhelming majority are losers. They don't work out. They eat like shit. They underachieve. They're boring and useless. Many drink too much or use drugs. Most men suck.

If you are emotionally invested in team-man – if you waste time and energy railing against feminists, advocating for men, hating on women, debating the merits of the male sex – you are living in a fantasy world. Most men are worthless sacks of shit. Stop defending them. They're not on your team. They'd sell you out in 3 seconds for money or a girlfriend.

Individually, you can vet for good men and add them to your circle. There are lots of good men out there. But men as a whole? Debating, fighting, advocating for team-man? That's a fantasy. Men as a whole suck. Sure, women, too, but this post isn't about how much women suck. You've been reading all about that for the past 3 hours while you shit around on Reddit wasting time. You don't need to read any more about how much women suck.

Get your ass off of any and all Men's Rights websites and forums, abandon those MGTOW losers, stop debating about feminism on the internet, and quit treating your life like a team sport. The Red Pill isn't about team-man. It's about you.

You, personally, can get into great physical shape, reach your professional and social potential, learn useful skills, practice constructive hobbies, master the game, live a great life, and fuck a lot of women.

The reason you can do this is because most men are shit. With a gym membership and some actual discipline, you can surpass all of team-man. You can become the guy they're pointing at and trying to drag down with their pretend-conservative values, their pretend-elitism as they act like they don't want women, their pretend woke-ness about the "real Red Pill" being some weird socialist Jew thing – let those losers waste their time debating bullshit on the internet. They're garbage. The Red Pill's not about them. We just got lumped in with them. The Red Pill is about you.

All it takes to get laid is enough gym time to not be fat or scrawny, enough discipline to get your shit together and get a job, and enough social skills to have conversations with people without being a weirdo. That is literally all it takes to rise above the masses of shit men and become fuckable to women.

Any time you feel tempted to debate something stupid on the internet or defend team-man, go eat a chicken breast and head to the gym. Go read a book. Do something off the internet and in the real world. I haven't been the best about this myself – it's easy to get drawn into debates when you think about the sex and relationships game as much as we do, but I'm about to take my own advice. Give up on team-man. Fuck team-man. They're shit. They're every bit as much the enemy as women, if not more. They'll sell you out for money, for women, and drag you down with their pretend-superiority.

Guys who get laid don't debate on the internet or worry about men's rights issues, feminism, Peterson's latest video, or who's going whose way. If you're here at The Red Pill subreddit, you're here to improve your sexual strategy. So do it:

Physical fitness. Professional success. Social aptitude and connections. Useful skills. Interesting hobbies. Game. Nowhere on that list is internet debates, awareness about team-man issues, or being some kind of invested pro-male anti-feminist. Give that shit up and focus on what actually benefits you.

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UPVOTES

We Don't Hate Sluts; We Just Recognize Their Low Value

Ronin11A · 6 June 2016 · Archived copy · Reddit

Summary

One of the common criticisms of the Red Pill philosophy is the supposed contradiction that results from our simultaneous disdain for sluts but willingness to still have sex with them. This "contradiction" is false, and the result of failure to understand what's really going on.

What is a slut?

A slut is commonly defined as a woman who has too many sexual partners. However, this is a superficial perspective. What really makes a slut so despised is their disregard for their own inherent value, and the fact that they give it away so freely.

Women are the gatekeepers of sex, something inherently valuable to men. Men have built and destroyed great empires and many lives in pursuit of the sexual pleasures of beautiful women. We assign (often foolishly) great value to sex. We view it as something worthy of conquest, of effort, and acknowledge that women have the right to withhold it for only the men that have proved themselves as deserving of it.

In this sense, we view sex as a marker of merit. A man who has ample sexual access to beautiful women, whether he's amassed great wealth, chiseled his body into a physical masterpiece, or simply honed his linguistic and social skills to their peak, has clearly done something to deserve the bounty of sex he reaps.

A slut, however, disregards all of this. We expect a woman to evaluate men carefully and be discriminating in her choice of sexual company. Instead, a slut gives that value freely to many different men based on fickle "feelz" and fleeting emotions. In doing so, her sex becomes less valuable because it's given so freely. Why would we work hard for something that's given away easily to so many?

What about men?

This is where it gets interesting. Women, because they're the gatekeepers of sex, don't value it as highly as we do. Instead, they place the most value on commitment, the *one thing men have control of*. This makes the the White Knight, the FriendZoned, the Nice Guy, the male equivalent of the slut. Why? Because this guy comes to her aid, offers valiant defense, resources, and his protection based solely on the fact she's a woman and has a vagina.

Deep down, women inherently know that they have to earn a good man's commitment by being feminine and fucking his brains out to the point he can't get enough and wants to commit on his own accord. Just as men want to be the one that bagged that tight ass and perky tits, women want to be the one that bagged the high-quality guy. It's why, in the beginning of the relationship, the sex is plentiful, naughty, and things like breakfast in bed are common, as the woman is putting in effort to earn that commitment. In contrast, the White Knight/Nice Guy offers all of the commitment, without making the woman prove herself first as a quality woman. In doing so, he reveals that his commitment is of little value since, surprise, it's given so freely to any woman that walks by.

Nobody Respects a Slut!

Unsurprisingly, women get very upset by the manner in which men treat sluts while remaining oblivious to the fact they treat White Knights/Nice Guys with the same disregard and disdain. How many times have you heard a woman talk about how a guy was just "too nice" or "too good a friend" to have sex with? If, like Neo, you can see the code, you realize what she's really saying is, "He's too emotionally easy, and I don't respect or value his commitment because of it." It's quite literally the same thought process as a man who says, "She's a great bang, but she's not girlfriend material." As men, we don't hate sluts; we simply recognize their offering as low-quality and low value, and unworthy of commitment. *We use them for the easy sex that they are, just as women use the Nice Guys as emotional tampons and ATMs for free drinks.*

The irony is women understand this, even if it's on a subconscious, almost biological level. It's why they never date the Nice Guys until their physical currency begins to wane. It's why they get so upset when they're pumped and dumped or called sluts, as they recognize they're being accurately identified as being disposable and of low value to high-quality men. It's also why women are the first to call each other "sluts," as they know it cuts deeply. It's why women hate prostitution; if men can simply pay for sex, the whole girlfriend package is less appealing and women that offer it less valuable. It's competition, but at the price point they can't match.

In contrast, "slut walks" and "feminist empowerment" are the social equivalent of unions, essentially trying to lower the standards bar while raising the asking price simultaneously. If the value of slutty women is artificially raised, girls won't have to try so hard to be feminine, charming, actually got to the gym to maintain an attractive figure.

Lessons Learned

- Both men and women value most what the opposite controls, and all sexual interaction that follows is essentially a power struggle.
- Like in economics, value is determined by scarcity.
- A slut will go have sex with dozens of men, then try to make the next man "wait" because she's "not like that anymore."
- By having sex with so many men, she's devalued her brand equity and made her offering low-quality.
- Attempting to make the next man then wait and "earn" that sexual reward she gave so easily to other men is charging premium prices for what is now a bargain good.
- Women are physical sluts; men are emotional sluts.
- Women treat emotional sluts with the same disdain that we treat physical sluts. If men are hypocrites for pumping and dumping sluts, then women are the same for using and abusing Nice Guys.
- Don't be a slut, and understand your own value.

EDITED for typos and clarity.

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UPVOTES

Good guys finish last always.

babybopp · 8 November 2020 · Archived copy · Reddit

So yesterday one of my top plates calls me and asks to meet up for lunch. Calendar empty, why not? So we meet up at this nice restaurant and she arrives ten minutes after me. She is dropped off by some dude literally. So we get to talking how she has been. Hadn't seen her in like three weeks. Get some drinks and lunch.

Now here is the funny thing, about an hour in, she gets a call from a delivery driver, a package at the door. Hmmmm, curious as to what it is... she goes out and comes back with a bouquet of red and white roses. Like 30 of them plus chocolates. The dude who dropped her at the door, sent them as a romantic gesture. She told him she is meeting some good friends for lunch.

She comes back with the roses and chocolate. I was like "heck yeah, you finally landed a romantic dude to take care of you." She was half smiling. Then she said something that shocked even me. She told me, **"don't you think this is kinda creepy??!"** then put them on the floor. I told her not to be too harsh on the dude as he was trying to impress her. She proceeded to say how he had been getting her things and now was starting to get creeped out. And asked why dude was well off, 30 years and didn't have a girlfriend? She was basically writing the sidebar herself as I sat there intrigued. She used words like "seems weak" and "doesn't seem to be in charge" and "she wants a man who would dominate her"... am guessing his idea was to impress her friends she was meeting.

Listened to her ramble for a bit and proceeded to take her to a salsa dance place then took her to my place and fucked her brains out. She left me one rose as I called her an Uber. Texted me to say dude is taking her out of town for an overnight staycation at some resort. Asked me if she should bring me a bottle of whiskey as dude likes to buy. Sure...

I was this dude some years back. Dropping off a chic at a restaurant as she goes in to meet her friends after spending money on her. I was into the romance game. Now am on the other side of the curtain and one thing is for sure, it is fun to watch.

Edit: forgot to mention, she still hasn't fucked him.

Because some of y'all are skeptics, **here is the rose she left in my couch struggle is real and out there, just came across this poor dude**

Stay safe

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UPVOTES

Long-Term Relationship Game Theory: A Beginner's Guide to Managing Your Bitches

HumanSockPuppet · 16 February 2015 · Archived copy · Reddit

Preface

[/r/TheRedPill](#) has been talking a lot about long-term relationships recently. In response, I have created this helpful guide for newbies on how to manage your bitches by turning your relationship into a game she plays - winning prizes of intimacy for good behaviour, and getting punished with demotion or exile if she fails.

This guide will begin with some basic theory, describing why men are the arbitrators of relationships. It will then establish some common definitions and lay the groundwork for the strategy section afterwards.

As you read this guide, bear in mind that it is not meant to be absolute. It is a **model** that I've made which works for me. You are free (and encouraged) to modify any part of it to suit you. But for the most part, the principles outlined here should be fairly universal.

We say AWALT for a reason.

Two Disclaimers

1) In order to make and sustain a prosperous long-term relationship with a woman, you *MUST* be comfortable with bossing her around - being a *bonafide Patriarch™*.

You don't have to be a master of your emotions yet. But at the very least, you must be willing to be firm with her, give her orders, and tell her "no", even against a flood of her tears.

A woman cannot feel comfortable in a LTR unless she feels like someone other than her is in control. That someone (naturally) is you.

2) A long-term relationship *CANNOT* be your end goal. You can only be *OPEN* to the possibility of having one.

When you WANT a LTR, you place your focus on the idea of having a relationship rather than on assessing the woman herself (which is what you should be doing). You become fixated on your fantasy relationship and you selectively ignore the things happening right in front of you: her deep character flaws, her indiscretions, and the red flags.

Remember, women are candidates applying to be your girlfriend. Don't just hire someone because you want the position filled. Make sure you vet your candidates fiercely and hire the right one for the job.

This guide will help you do just that.

The Fundamental Principle of Sex and Relationships (FPoSAR)

This Fundamental Principle states that women are the gatekeepers of sex, and men are the gatekeepers of relationships. You should be familiar with it by now. If not, educate your ass [here](#).

Beyond a man's Relationship Gate lies a paradise that every woman wants to inhabit. It is a magical realm where pickle jars are opened, spiders are squished, rides are given, appliances are fixed, cuddles are administered, encouragement is provided, and order is firmly established. And all of that takes time and effort.

As a man, your time and effort is your most valuable asset. You use it to get shit done. When time and effort is self-directed, it is used to accomplish Your Mission. When it is given to someone else, it is a tremendous gift which should be appreciated and respected.

Some men are too liberal with who they let through their Relationship Gate. They've got no border patrol, no

review process. Just a country full of free benefits for anyone who crosses over. These are the beta-orbiters, and they are beset by every panhandling pussy that bats its attached eyelashes.

Some men are too strict about admission. They only issue temporary sex visas, and they end up deporting any woman without notice. These are the uninterested lone-alphas, and they have chosen their current lifestyle of banging and then flying solo.

YOU, on the other hand, are open to a LTR. Managing LTRs comes down to finding the right balance between these two extremes. You must giveth and you must taketh away in moderation.

You can achieve this balance by assigning "ranks" to your women and dividing your time among them based on the rank they have earned.

An Overview of "Ranks"

We use a lot of terms for describing a relationship with a woman: girlfriend, fiancée, one-night stand (ONS), plate, friend-with-benefits (FWB), etc.

But what do they really mean?

From a male perspective, each term implies a different *level of investment* in the woman - an investment of time, effort, emotions, and other precious male resources. As such, I believe they can be ordered in a roughly linear scale based on the level of investment they imply.

Here's a list that we will use (along with working definitions) ordered from least to greatest in terms of investment level.

Level 0: One-Night Stand -or- Pump and Dump. You throw a fuck into this girl and never see her again (unless she reaches out to you). It is a single encounter that is casual, sexual, and impersonal. You may or may not have met her before the encounter, and you may or may not even know her name. She is a one-time answer to a physical necessity - nothing more.

Requires no maintenance and a very low investment of time.

Level 1: Plate -or- Fuck Buddy. You have sex with this girl more than once. You will know her name and just enough about her life so you can schedule sexual encounters. You may also know a little bit about her personally, so you can help her rationalize being your fucktoy (if she's uncomfortable about the idea of being one). Otherwise, she's down with it and you're both satisfied with being casual. She is a temporary answer to a physical necessity.

Requires some maintenance and a low investment of time.

Level 2: Friends with Benefits. You have sex with this girl more than once - typically as often as mutual convenience allows, but perhaps even when it's not completely convenient for her (because she likes you enough to go out of her way). You also spend non-sexual time with this girl, like eating out or pursuing activities of mutual interest. You know more about her personal life, and she knows more about yours, and as a result the two of you exchange mutual, non-sexual favours from time to time. You will most certainly have good memories of non-sexual time spent with this girl, which will lead to positive emotional investment in her, making her more than just an answer to a physical necessity.

Requires moderate maintenance and a moderate investment of time.

Level 3: Significant Other -or- Girlfriend. The highest level of intimacy a woman can earn. You have sex with this girl often, usually more often than you do any of your other girls. You also spend a considerable amount of non-sexual time with this girl, resulting in many shared memories and a deeper emotional investment. At this level, there is significant mutual concern for the other's well-being. The girl in particular will feel a great *dependence* on your direct and involved guidance in her life (rather than simple stoicism and confidence). Emotions are strongly felt at this level: affection is especially sweet, and betrayal can be especially bitter.

Requires significant maintenance and a significant investment of time.

How She Plays the Game

The game itself is quite simple:

A girl begins the game at Level 0 or Level 1, depending on the context in which you two met.

If you met in a club, or began as total strangers grinding against each other at a house party, she's **Level 0**.

If you two met in a slightly more sociable manner - perhaps introduced by mutual friends, or she impressed you with her pleasant demeanour after you opened her at the local cafe, she's **Level 1**. She can also bump up from Level 0 to Level 1 if she reaches out and maintains pleasant and reasonable contact with you after your first sexual encounter.

From that point on, a woman must perform NON-SEXUAL services for you in order to advance in rank.

These services can include, but are not limited to:

- **Cooking you a healthy meal.** Either at your place or by invitation to her's.
- **Treating you out some place.** A restaurant or an activity of interest to YOU. Bonus points if you've never done the activity but it looks like fun - that means she's really thinking about you.
- **Buying you a well-thought-out gift.** Not just a random thing, but a gift which demonstrates an effort to understand your life and interests (example: therapeutic shoe insoles for a guy who likes running, or high-quality ear buds for a music-lover). The accuracy of her insight is more important than the cost.
- **Hand-making you an artistic gift.** These might include a picture or painting, a poem, a knitted scarf, a calendar of her photography, and the like. The more personalized the gift, the better. A hand-made gift doesn't have to be highly useful (since making useful things is tough), as long as the gift shows patience, diligence, and an attention to detail.

The greater her investment of time and effort in the gesture, the more credit she earns with you. Eventually, if she shows a consistent pattern of investing effort in you, she can advance in rank by one level.

The pattern should be obvious by now. **A woman must invest time and effort in you in order to get your time and effort in return.**

There's no concrete number of favours she must do to go up a rank, so use your own discretion and judgement when deciding how to reward her. But always observe **Roissy's Fifth Commandment of Poon**:

V. Adhere to the golden ratio

Give your woman 2/3 of everything she gives you. For every three calls or texts, give her two back. Three declarations of love earn two in return. Three gifts; two nights out. Give her two displays of affection and stop until she has answered with three more. When she speaks, you reply with fewer words. When she emotes, you emote less. The idea behind the golden ratio is twofold — it establishes your greater value by making her chase you, and it demonstrates that you have the self-restraint to avoid getting swept up in her personal dramas. Refraining from reciprocating everything she does for you in equal measure instills in her the proper attitude of belief in your higher status. In her deepest loins it is what she truly wants.

Giving her slightly less than she gives you is critical to maintaining your superiority in her mind. The material imbalance in this scheme is rebalanced by her hamster. Because your effort appears less than hers, she believes you to be her superior, and that she must continue to work in order to earn your approval and continued commitment.

A slow trickle of correctly-administered rewards will keep your woman happy and working for the duration of your relationship together. With dedication on her part, that relationship can be quite a long time.

Why Do the Services Have to Be Non-Sexual?

Simple. Because a girl doesn't have to exert any effort at all to have sex. This game only rewards effort with effort.

If she's pretty enough to appear on your radar, then she can get fucked just by showing up. Any random slut can satisfy the task of emptying your balls.

You should also remember this: sex is the most fundamental pre-requisite of any non-platonic interaction between a guy and a girl. You'll never find yourself in a situation where a girl is giving you gifts and cooking you meals, but NOT having sex with you. If sex isn't happening, then something is terribly amiss and you must either correct it or next her. Which brings us to our next section...

Punishment and Demotion

There are many ways in which a girl can make a mistake and upset you. Maybe she starches your shirts too much, or she burns the dinner she was making for you. These kinds of mistakes should not be punished with demotion because, despite her mistake, she is investing time and effort in you. You can think of a suitable punishment and repayment for your lost shirt without going to the extreme of knocking her down a rank.

Instead, demotable offenses should be offenses that are an affront to your dignity, your authority, or to the time and effort you have invested in her.

Offenses can be **intentional** or **unintentional**.

Unintentional offenses will usually come in the form of some indiscretion on her part, as she slowly loses attraction for you, her conscious effort wanes, and she slips back into her natural hypergamous state.

Some examples of unintentional offenses are:

- Unconsciously being too flirty with another guy (shit-test, can occur at any level).
- Failing to keep an important promise (usually by neglect or poor-planning), the consequences of which cost you a substantial amount of money or ANY amount of reputation (failing of respect, this offense will happen at Level 2 or above, since you don't entrust these matters to girls below Level 2).
- Neglecting some important duty that you have assigned to her (failing of respect, typically occurs at Level 3).
- Frequency of sex decreases, and she absently evades when you try to initiate sex (loss of attraction, can occur at any level).

Committing an unintentional offense should typically result in the demotion of the girl by one (1) rank.

Intentional offenses are far more vulgar than their counterparts. Intentional offenses are usually targeted shit-tests meant to re-assess your fitness. In some extreme cases they might even occur in the presence of friends and family, making them **vindictive** attacks against your reputation or dignity

Some examples of intentional offenses are:

- Consciously flirting with another guy, trying to arouse jealousy in you (shit-test, can occur at any level).
- Openly insulting you (shit-test, can occur at any level).
- Frequency of sex decreases, and she consciously and vehemently evades when you try to initiate sex or talk about it (loss of attraction, can occur at any level).

Committing an intentional offense should result in the demotion of the girl by two (2) ranks. Committing a vindictive attack against your reputation should result in a loss of three (3) ranks.

Now, here's the important bit:

Once a girl has been demoted, her current level becomes the maximum level she can ever be. She can only

climb the ladder as long as she is flawless in the execution of her womanly duties. Once she commits a serious offense, she is demoted, and she can never rise again.

A friend-with-benefits who remorselessly loses your expensive digital camera becomes a plate forevermore.

A plate who fails to provide sex drops to 0, and she is replaced by a plate who will.

A girlfriend who drunkenly humiliates you in front of your friends at a party drops to 0, and she quietly disappears from your life.

It may seem like some of these punishments are quite severe. But you must remember that hypergamy shows no mercy to the weak. The purpose of meting out such uncompromising punishment is to keep you in Abundance Mentality. With so many eligible bachelorettes out there looking desperately for a strong man like you, no single one of them is worth your grief.

An uncompromising approach helps you to avoid the risk of developing oneitis, and it prevents you from being manipulated by women who are all too good at tugging at your sympathy to get *just one/two/five more chances*.

"WTF Is This Shit", or Naturalizing the Process

At this point, you might be thinking to yourself, "What the fuck did I just read? What's all this ranks shit? That was dense, and abstract, and needlessly complicated. I'm not Alex fucking Trebek, I'm just a dude trying to find a decent girl."

The process certainly seems complicated when you write it all down.

What you should know: I like designing games. I like picking shit apart, finding patterns, and abstracting those patterns into discrete rules. And many things in life tend to work this way.

Like I said in my disclaimer, this is a model. Use any part of it that aids your understanding of human relationships. Substitute your own observations and rules if you think yours work better. If you think reading all this was a waste of your time, send me an angry message and I'll have some fun laughing at it later.

The greater your comprehension of human sexuality, the better a relationship you can have. And the more you practice it, the more **naturally** you can achieve your results. Don't tell your bitch "You're losing a rank for that shit!" Just drift away, disinterested with your relationship, and let her figure it out.

Focus on the human interaction and save the game theory for late nights with reddit and your favourite sock.

Not me, though. I may be a sock, but I ain't into that.

Final Thoughts

The key trait of the modern western woman is her absolute lack of concern for the desires of men. Our cuckold state has all but replaced men as husbands and providers, and so it would seem like the traditional relationship is basically obsolete.

Nothing could be further from the truth.

While a woman can subsist off the benefits paid for by our taxes, the government cannot give her the love, the attention, the stability, the masculine reassurance, and direct intervention that are so crucial to her emotional well-being. A woman feels vulnerable in a role of leadership, and she feels lost without a masculine leader to boldly claim responsibility for confronting all of the challenges that terrify her. No government can provide that for her. For that, she must come to us.

And for that, we must demand a price.

The purpose of this guide, and of the Red Pill at large, is not to effect social change on a broad scale. The broad

scale is too distant and too nebulous to impact our personal lives in any meaningfully positive way - a fact that women are become all too aware of.

Rather, it is about finding pragmatic ways of improving your life quickly. Your life matters to you, and it is your duty to improve it.

You have more leverage than you may realize. Let this guide help you to capitalize on it - for your happiness, and for the happiness of any woman who works hard enough to earn your time and effort.

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UPVOTES

Guy Turns 6 Figure Down Job at Google for Girlfriend, She Dumps Him Anyway

uiuc_throwaway9 · 24 November 2015 · Archived copy · Reddit

TL;DR

A guy at my college had a girlfriend who threatened to break up with him if he took a high paying job at Google, out in California. He decided to work at a small company in the Midwest instead, only for her to break up with him a few months later.

BODY

My college is home to one of the top Computer Science programs in the world (I'm currently in finance but took plenty of CS courses, transferring into the department next semester), and it is common for graduates from the program to get very lucrative job offers, both from the biggest names in the industry, as well as successful startups. One senior at our university, and a brilliant student, was dating a freshman. This guy received a job offer from Google, which is widely regarded as the greatest major company that you can work for. The salary and benefits associated with the job, as well as the location, are something that plenty of people across the nation would dream of.

Problem is, his girlfriend wouldn't have it. She said that she didn't want to try a long distance relationship, and that if he took the job and moved to California, she would break up with him. For most people on this sub, the decision would be painfully obvious; bring the relationship to a close, take the job at Google, and enjoy a new level of luxury in life.

Sadly, this guy didn't make the obvious choice. He instead turned down a job that many of people would die for, and took one at a smaller company in Chicago instead, all to be closer to her. The story up to this point is plenty for a BP example; someone choosing a girl over a prestigious job with a starting salary averaging 130k. Here's the kicker: a few of months into the start of this semester, she broke up with him, claiming that she's "only 19" and needs to "experience new things". And so the hero of our tale ends up with no job at Google, no aptment in California, and no girlfriend. The end.

Lessons Learned

What do you want me to say? Its obvious that you should never let a girl have any level of control over your life. If he hadn't given a single inch in the past, I doubt she'd even consider making such a demand. Overall, just an example of the lengths some people will go to for a girl, and why its never worth it.

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UPVOTES

Millionaire spends his life donating to charity and helping his wife battle cancer. She beats it and divorces him because he's spent all his money.

nbrnay · 21 September 2014 · Archived copy · Reddit

This story makes me angry. Millionaire spends his life giving to others and above all, giving his wife everything she could ever want. He sells his fortune in order to help her beat cancer and still be able to give to charity. She gets better and divorces him because she doesn't want to live in a smaller house.

<http://www.dailymail.co.uk/news/article-2763983/Multi-millionaire-happy-wife-survived-cancer-gave-away-entire-fortune-help-patients-left-fed-up.html>

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UPVOTES

A Beginners Guide: Being a Red-Pill Male

Yepbro · 17 April 2016 · Archived copy · Reddit

Summary

I often find myself talking to my close male friends about The Red Pill and trying to outline the teachings.

I'm going to outline what TRP is, and how you can use this knowledge to your advantage.

What is TRP?

I want to sum it up in a paragraph.

The Red Pill is a philosophy based on the cold, hard, reality of the sexual market place. Women are at their prime in their 20s, and their sexual value starts declining at around 28. Men, on the other hand, get into their prime in their 30s. Women will spend their 20s fucking bad-boy alphas (those guys with the full sleeve tattoos, snapback caps on and a tan, who we like to call Chad Thundercock(s)), and then reach 30 and realise that Chad Thundercock won't fuck her anymore. So, she looks for a beta provider. This is a man who will happily put this woman on a pedestal. He will make this woman his absolute mission and priority, and he will pay for everything. The woman now gets the best of both worlds. She gets her pussy filled in her prime, then gets everything easy in her 30s. When we understand this cold, hard reality, we are able to make certain changes in our own life to take advantage of the current situation of the world.

With this knowledge, how can we use this to our advantage and learn how to fuck multiple girls?

Let me break this down for you.

Lift.

You'll find that this sub-reddit talks about lifting so fucking much. Every man should have a gym membership.

Why?

- You will be physically stronger.
- You will have more confidence.
- You will look MILES better.
- You will have a new sense of purpose and meaning in your life.
- You will make new, male friends in the gym.
- You have a steady stream of new women you are able to meet.
- You learn to handle difficult situations. (Loading 200 kilograms onto your neck and squatting your ass to the floor makes handling your dick head manager a doddle, trust me).
- Stress relief.
- Improved posture.
- Teaches you discipline and work ethic.

How do I begin?

- Compound lifts. Stick with what works. Bench press, squat, deadlift, pull ups, bent over rows, shoulder press, tricep dips. Go on YouTube and look at how to perform these lifts.
- Start with a 5 x 5 strength training program. (This is recommended not just by myself, but my strength and conditioning coach). Check out Rippetoe's Starting Strength or Stronglifts.
- Sleep 8 hours per night.

Nutrition

Putting the right fuel in your body will do wonders for your performance inside and outside of the gym. You will have more energy to tackle your tasks and you will reach your fitness goals, whether it's gaining muscle or losing fat, much faster. Some people say 60% nutrition, 30% training, 10% supplementation. I say it's 100% training and 100% nutrition. No slacking.

If you're 18+ years of age, and you're still regularly eating fast food and you don't know how to cook, trust me, you're missing out on a resourceful skill that will add years onto your life expectancy, save you money, and as mentioned, improve your performance.

If you are trying to add muscle in the beginning, you need to eat more calories than your body requires.

If you are trying to lose fat in the beginning, you need to eat less calories than your body requires.

Protein should be at a high amount (1g per pound of bodyweight), and come from natural sources, such as chicken breast, minced beef, tuna (tinned or steak), beef steak, turkey mince, salmon, eggs and nuts.

Carbohydrates should be high if you're adding muscle, low if you're cutting body fat. Sources should include, white or brown rice, white potatoes, sweet potatoes, pasta, quinoa and oatmeal.

Fats should be moderate. 50-100g per day. Sources should include olive oil, the fats from the meat, nuts, egg yolks, oily fish, avocados, cheese and greek yoghurt.

Game

What is game?

Game is your ability to attract and get women in your bed - something that a lot of us here at TRP only used to dream about. Game is another skill that men should learn. Once you have worked on it for a while and started seeing some success in this area, you're never going to look back.

How do you work on game?

I remember at 20 years of age, I hadn't been laid in 18 months. I was smoking cigarettes, drinking, taking drugs, you name it.

I watched this video of this pick up artist do this:

<https://www.youtube.com/watch?v=ddjZf7Nqbo0>

I couldn't believe my eyes. This ugly sack of shit was chatting to girls in the street, doing whatever the hell he wanted, and the girls were LOVING it.

Do you know why they were loving it? Because it never happens...

So how do you approach a girl?

You see a girl. Before that voice in your head says any of the following:

- I'm not tall enough
- She looks bitchy
- She probably has a boyfriend
- She's in a rush
- She's texting
- I feel a little tired today
- I need to go to work
- I can't pull my car over to approach!
- I need to.....

You approach.

You walk up to that girl and say any of the following:

“Hey, you looked cute and I really wanted to meet you” or “Hey, I made a deal with myself today. The first hot girl I saw, I was going to meet, and you’re the lucky girl”.

I’m telling you, it’s that simple to start a conversation with a girl.

Ask her some questions about herself. See what she’s doing in the area, see where she comes from. You’ve just made this girl’s day. You are probably the cause for the most exciting thing that’s happened to her in MONTHS. Once the conversation has gone on for 3 minutes or so, tell her you have to get back to your friends and ASK FOR HER NUMBER. Always ask for the girl’s number. The worst she can say is no.

Men will look at you in admiration for doing something like this.

And guess what, girls will think you are from another planet.

And it works.

When saving her number, save it as something that you can remember from the conversation. “Hannah Espanyol Chemistry” or some shit. Make sure she sees this, and then text her later:

“Hey Hannah Espanyol Chemistry. Cool to meet you - yepbro”.

She will text you back.

“Great to meet you yepbro”

Now, the trick is here, don’t waste any fucking time doing back and forth texts. Text her this.

“Let’s meet for a drink this week. How’s Wednesday evening?”

You can’t create attraction through texts, neither can you touch her through texts. Texts are used for setting up dates and nothing else.

When you meet her for a drink, sit next to her, not opposite. Remember, it’s your job to escalate, go for the kiss, and take her home. You are the man, you are the leader.

So, you sit next to the girl. You can grab her hand, make jokes and whatever. Go for the kiss in the first 5-10 minutes. It really doesn’t matter if she rejects you the first time. The golden rule, is 2 steps forward, 1 step back. Try again in a few minutes. She can’t resist forever.

After kissing and flirting for a good period of time, and she sees turned on, the line i always use is an old PUA tactic - that’s “shock and awe”. I say things like: Jesus, I’m a man, and when you kiss my like that, I can’t help myself, I just want to throw you over my shoulder and take you home”. They love it, and it’s never once let me down.

Appearance

Let’s just go two steps back.

You’re lifting and on your strong lifts program. Your diet is on point and your cooking your meals. Your looking like a fucking God. You’ve managed to approach a few hot chips and got their numbers. One of them has agreed to go on a date with you.

Now it’s time to maximise your looks.

Let’s keep this guide as simple as possible.

You need:

- 1 x pair of dark jeans
- 1 x well fitting shirt
- 1 x blazer
- 1 x pair of Oxford Brogues
- 1 x belt
- 1 x watch
- 1 x Cologne

If you're in the UK, check out TK Maxx for jackets, shirts and jeans and Clarks for footwear.

Most men don't know how to throw together a decent outfit. It's not hard. Buy expensive clothes at discounted stores. That's been my tactic for years.

Don't be afraid to go on a sun-bed three times a week for 6-9 minutes either. You will look miles better with a tan.

If you look good, you will do so much better. Girls will find you more attractive, people will treat you better, and you will feel ten times more confident.

Summary

What makes a man valuable to a woman is his perceived sexual market value. What makes a woman valuable to a man, is her appearance and her age. She will want to be seen with a guy cooler, or as cool as her. That means getting yourself a gym membership, start approaching girls, throw a decent outfit together and start socialising more. If you want to get the hottest girls, you are going to have to increase your SMV.

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UPVOTES

The Great Banning of 2017

redpillschool · 13 June 2017 · Archived copy · Reddit

As you are reading this, our mod team is hard at work banning a few hundred members en masse over what can only be labeled *severe retardation* or a case of runaway Asperger's.

If you recently found yourself banned and you just don't know why, here's the reason:

- If you read [/u/gaylubeoil](#)'s latest post and saw his analogy to how culture is treating [/r/the_donald](#) but ignored the analogy and conflated that with politics has suddenly taken over TRP, you're gone.
- If you purposefully misunderstand the point of what's written, or are legitimately that stupid not to get it, you're gone.
- If you don't care to grow your own power or help others here build tools for [/r/theredpill](#), you can always just ignore it. If you instead complained and whined, and tried to stop progress like a god damn feminist, you're gone.
- If you complained that the content here is getting worse, but your submission history is all in [/r/deadbedrooms](#), you're gone.
- If you're annoying or don't understand that respect here is earned, not given out like gold stars in kindergarten, you're gone.
- If you want to complain in this thread and test your luck, you're gone.

This purge was long overdue.

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UPVOTES

I'll keep this short and sweet- Woman's definition of love...

GunsGermsAndSteel · 11 March 2015 · Archived copy · Reddit

I was thinking about it today (of course I was, I'm getting divorced), and I think I boiled down \"womanly love\" to one single, simple, easily digested sentence.

When a woman says \"I love you\", what she means is \"I need you\".

At any time, if that NEED vaporizes (you become incapable of providing, she find a better provider, you become injured and unable to work, she wants a baby and you find you are infertile, etc), she will be gone with the first puff of wind.

When a man says \"I love you\", he means \"I am firmly committed to you\".

That's why about 75-80% of divorces are initiated by the wife.

In the past, I have been very excited when a woman said she loved me. In the future, I will remember how to properly translate her words. I would like to be loved. But I won't take it to mean anything other than \"I need you right now\".

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UPVOTES

Thoughts after being diagnosed with cancer

Gilgamesh-23 · 28 August 2017 · Archived copy · Reddit

Hi TRP community, long time lurker here. I wanted to share with you the story of me being diagnosed with lymphoma cancer, through a red pill lense.

A little bit about myself : I'm a 25 years old dude, I work as a freelancer in web development. Found out about the illness 3 months ago. I don't have any Health Insurance, nor the funds necessary to afford the treatment. I'm just waiting for the end at this point. I don't know if this is the right place to post, but at this point this is the only community I feel at ease in. Here are some conclusions I came to with this experience:

- **Without the Red pill I would have died a virgin:**

Like most in my teenage years I was as blue pill as it gets , put girls on a pedestal, got cheated on etc. I'm very thankful for having discovered this community, I always appreciated truth and TRP is as true as it gets like most of you know by now. Worked on myself, tried to change my mindset about sexuality and attraction and my life changed. This shit works if you put in the work.

- **Ultimately family are the only ones who really care about you.**

Once people know you're dying every conversation becomes awkward af. People whom I considered my best friends now do their best to avoid me, rarely ask about me or come visit. My parents are devastated, coming from a poor family there's not much they can do but they tried everything without much success. So never put anyone before your family, when shit hits the fan they'll be the only ones supporting you.

- **LTR are not what you think they are. AWALT.**

Before my diagnosis I was dating a girl for three months while having ONS and some plates. When she knew I was sick, she got depressed at first then just disappeared. Women will feel the weakness no matter the circumstances. Was not disappointed as I knew my sidebar. Still feels weird to experience it firsthand.

Conclusion: I know I'm not saying anything new here, all this had been said multiple times. The RP made me live a good few years. I wish I could have discovered it sooner. Please everyone reading this, live life to fullest and get health insurance :D .

Thank you TRP community for your inspiration and hard work.

PS: I'm sorry for my elementary english, it's not my mother tongue.

edit: When I first posted this I didn't think it would cause much traction. The community was amazing with many insightful comments and encouraging stuff. I now feel accompanied by an army in this battle. This is more than a subreddit it's a brotherhood.

Many people offered to help me financially with the treatment, I don't know if this is the right way to do this. Mods please fix it if there is any problem. I made a bitcoin wallet and can also get funds through western union/money gram cash delivery.

Bitcoin wallet : 14KZ35YRrwjWYydbTpd5qJb9SE16mdGNvV

For doxxing myself or personal info please feel free to PM me. I can't thank you guys enough.

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UPVOTES

Two Words That Can Change Your Life/Game

JaspersChest · 23 October 2017 · Archived copy · Reddit

The only regret I have is that I didn't internalize what my father was telling me all of my life.

Toughen Up.

These two words will change your life, these two words will change your mind.

These two words are the kick in the ass towards masculinity, so simple but so powerful if applied.

I could be going through the shittiest of times, not want to move, not want to work, not want to speak, I just want to sleep all fucking day and wallow in my pain. These two words will ring in the back of my head and I realize, that it's not the situation, but how I handle the situation that defines me.

No matter how horrible it can be, I could catch my girlfriend cheating with my best friend. The anger, frustration, embarrassment, and rage comes, I hear the voice say "Toughen Up", then my priorities are set in the right place.

For us men, we have a natural drive to conquer and take the victory by force, then fall on the battle ground and breathe in the freedom. We take pride in our strength and ability to stand tall in the midst of trial. "Toughen Up", is more than it seems. It's a challenge! And I fucking love challenges.

When shit hits the fan, tell yourself to toughen up and see how great you feel once you do and overcome the obstacle like a man. It's not the outward attention and admiration that makes it worth doing, it's the inward satisfaction of knowing that you could pull yourself up by your boot straps and fight tooth and nail for what you believe in, and come out victorious.

Next time some shit comes your way, whether it be a shit test, something physically painful or mentally painful, see it as a challenge to go deeper into yourself and call upon the strength within. The fulfillment you get from victory is worth every ounce of trouble you endured.

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UPVOTES

Women don't actually want their men to "be in touch with their feelings". Men don't show emotion or share their feelings because there is no benefit for them to do so in society or their relationships.

AutoModerator · 14 March 2019 · Archived copy · Reddit

[deleted]

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UPVOTES

35 year old single mom and her regrets. After 20 years in the friend zone, her backup plan used her for sex and dumped her.

asdf333aza · 31 May 2021 · Archived copy · Reddit

So I just watched a live stream on ig of this thotty 35 year old single mom from my home town. It was RP gold.

She goes on to talk about how only guys in their 20s (me) follow her and match her on tinder. Cause they fall for her thirst traps, but she wants a relationship and she has nothing to offer them guys that age. Guys her own age don't match her. And this has forced her to start looking at men who are much older. She is 35 and being forced to date guys in their 40s and 50s. Cause those men don't expect any kids from her. And if they're that old and still dating she expects them to have messed up their lives just like she did. So she usually dates these older guys. She mentions the one chap, who is also 35 who she managed to date. He was the needle in the haystack she was looking for.

Well after a year with him, he is now her ex. She was streaming cause her ex bf(the guy her age) dumped her for a younger girl. For a little context. She has known this guy for 20 years. However, she was doing the party girl thing the whole time. Drugs, hook up and the cc. She now calls herself a "reformed party girl". Oh did we mention she has a kid from some random guy from her party girl days. And that is the ONLY kid she can have. She can't have anymore for some reason. And the baby daddy? She lives with him. Yes, she lives with her baby daddy and is trying to have a serious relationship with other men.

Well this guy, came back into her life and he is successful now. He dates this older thot for a about a year and then he dumps her leading to her live stream break down complaining about how he could do this to her. She stated his reason for dumping her was because of her past. She was and still is a thot. Her source of income is onlyfans and some regular 40 hour job that doesn't pay enough for her to leave her baby daddy's home. And all that income is drained by her kid. And then all the drugs she did when she was younger. She herself admitted that at 25, she wouldn't care if he dumped her, it would just be "on to the next", but at 35 it hurts more as she has more expectations and hopes than when she was younger. Her priorities have changed. She had her hopes up that he would change her life. She thought he would help her leave her baby daddy's place. She thought he would be step daddy to her kid. She expected all of this from him because they've known each other for 20 years and he knew about her lifestyle. She thought because he knew about her lifestyle he accepted it. Surely he must accept her past since he is willing to have sex with her. She found out the hard way, that just cause a guy will sleep with you doesn't mean he accepts your past. Per her own words, it turns out he just used her for sex, and the second a younger and less crazy female came along she got dumped. And now she's back where she started, a year older, living with her baby daddy, cause as a single mom she couldn't live on her own. Still doing drugs, and posting thirst traps on IG to get her onlyfans up. And now she's crying on ig.

I was PURE gold. She had 20 years to lock guy down. Yet she didn't give him a chance until she was a single mom, working a dead end job, with a failing onlyfans, and not making enough money to move out of her baby daddy's home and support her drug habit. She hasn't quite hit the wall yet, but it's coming. And she thought with the last ounce of youth or sex appeal she had, she would trick this guy into wifeing her up and saving her from her own mistakes. And all he did was hit it for a year to make up for lost time and then dumped her when he was done with her for a younger girl with less baggage.

It was Gold. Perfect start to my day. Just thought I'd share that with you guys.

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UPVOTES

How I Changed My Life & How You Can Change Yours:

Avid_Hiker98 · 11 June 2021 · Archived copy · Reddit

We are halfway through 2021 and this has been, by far, the best year of my life. I'm excelling at my dream job, I've made more money in 6 months than the past 5 years combined, and I've reached the best physical shape I've ever been in.

1. Hit the Gym and exercise -

this affects other people's immediate perception of you, your self-esteem, and your capabilities. Do not underestimate this ability. I use this treadmill for my morning runs, but I also do lots of hiking. Be sure to walk/run at least 5 miles per day and be sure to hydrate.

1. Dress well -

Lose the jerseys with other men's names' on them. Lose the sandals and crocs. Stick to timeless pieces that fit well and look classy. Watch how people instantly treat you better.

1. Be assertive -

Stand up straight. Look people in the eye. Speak confidently and slowly. Make your words meaningful and people will listen. Shake hands firmly. Always be polite, but assertive.

1. Pick Better Friends and Cut Out the Losers -

Get rid of toxic losers who obsess over drinking and drugs. They're holding you back. Find friends who share positive hobbies with you such as biking or a sport. Find people who have drive.

1. Stop Playing Video Games -

you say you don't have time to workout or cook a healthy meal, yet you somehow find time to level up a virtual character in a game. Focus on real life if you want real changes.

1. Eat Real Food -

No energy? Overweight? Unhealthy? Change your diet and change your life. Eat natural food like meat, veggies and nuts. Throw out the processed garbage and watch your mood and sense of well-being improve.

1. Have Some Self-Respect -

Stop drooling over instathots and literal whores online parading as "models." Stop paying to see online girls and go out in the real world. Chase your goals, not girls.

1. Stop Being Stingy -

Tip well. Dress well. Eat well. Drink well. Buy better and buy less. Quality over quantity. Become a connoisseur, not a mindless consumer. The more you give, the more life gives you back.

1. Have Some Resiliency -

A man is tough and can take the punches this life gives. Failure is just a learning opportunity on the way to a life of excellence. Show me a man that never fails, and I'll show you a man that never pushes the envelope.

1. Stop Watching Porn -

It is toxic. It is a waste of time, and it's fucking up your mind. It gives you a false sense of accomplishment. Make yourself a better man and go out in the real world to find a real woman.

1. Start Writing -

Writing is a great habit to learn more about yourself and to delve deep into your psyche. It will keep you sane. It will organize your thoughts. It will show you your mission in life.

1. Write Down Your Goals and Visualize Them -

Check them periodically & stick with them. Write down how you will accomplish them. Don't create a dream. Create a path. You cannot create anything in life without speaking it into existence.

1. Read More Books -

Too many people waste time with Netflix and video games. Reading books will make you more interesting and expand your vocabulary as well as your knowledge. This will also help with your writing.

1. Stop Gossiping -

You're not Samantha from Sex and the City. So don't act like a 40 year New York suburbanite. Don't engage others who gossip. Find something more meaningful to talk about.

1. Challenge Yourself -

What can't you do? Build up to it.

Run farther

Lift heavier

Write longer

Push yourself past your limits. Reclaim your manhood!

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UPVOTES

If your SMV is low, EG: you're fat, poor, unpopular or whatever then forget women/socialising/doing pointless shit for a good year 6 months to a year - just be utterly selfish forget everyone else and go do your own thing.

IllimitableMan · 25 March 2014 · Archived copy · Reddit

If your SMV is low, go your own way for a bit. You get horny and need a release? Jack off to porn to get your release. Chasing poon with low SMV is just a disaster waiting to happen and it sets you back, a lot. I'm all for guys "overcoming approach anxiety" and getting good at game, but I wouldn't recommend anyone practices game until they're on a solid footing in life. Game is a "a less immediate need" than making sure your mental health is good and that you're in control of your finances and have some general life direction. Without a strong sense of self as a foundation at the bottom, it's a fools errand to pursue higher levels of need like sexual satisfaction, self-satisfaction should always take priority over sexual satisfaction.

Practicing game when you're dirt poor, suffering from low self-esteem/depression/lack of confidence, don't have enough food in the fridge or whatever is retarded, you're placing a "less immediate need" higher in priority than the shit that matters. You need a good foundation to build a strong empire, if you're focusing on getting laid and getting good with women before you have any sort of stability in your life, you're lacking disposable income, your mind isn't thinking healthy/productive/positive etc then you really need to take time out to fix yourself before you start trying to go and get other people to like you. You'll find it hard to make friends, let alone get laid, if your life is a fucking state because you're a fucking state.

Make money, learn some shit, go to the gym. Too scared to go the gym because it's full of guys twenty times your size? Try to get over it. Can't get over it? Get a weight set and work out at home, use a fitness program from the internet, once you have acquired some fitness and seen some gains and got a bit of confidence you won't be so bothered about entering an actual gym. Small steps. Everyones at different stages, some low value guys have crippling social anxiety as a result of their lack of value, other guys don't find doing normal things like going out and talking to people or entering a gym and working out there a big deal, whatever, this advice is here for those who need it, it'd be pretty obnoxious to disregard common issues low value men have "because it's beta" remember most people in this sub start beta, some even omega, everyone's on a quest to become more alpha/masculine. Don't forget your roots if you're not a natural, don't scoff at the new guy if he's trying, respect that. Not just on the sub, but in real life too.

Often self-improvement means other shit has to go on hold. If you're a fat guy or an omega WoW player who aimlessly jacks off all over the hotkeys and has no direction in life, you stumbled on TRP and you message me asking me for advice on "how to incorporate TRP into your life" I would say forget bitches for about 6 months to a year and go work on yourself. You have to like yourself so other people can like you. Make sure you're in a job that doesn't have you working with people that make you want to cut your own wrists on a daily, better to lower your income and work with people you enjoy working with, rather than earn more but be stuck with thunder cunts who make you contemplate the merits of self-harming. If you have no source of income, get one. You need one. Money = freedom. More money equals more freedom.

Have direction, have projects. Focus on things. Lack of focus = failure. Myself included, I've known many people full of talent who lack the proclivity to apply themselves. You can be a brain box but if you don't feel motivated or see a point in anything then you'll just fulfill your immediate needs and end up a failure rather than build yourself into a success. Fear is relevant, fear of the unknown. Something 50 Cent says is "Those who are afraid of change stop themselves from becoming great" it's true. Potential can be wasted. Don't waste your life away. The younger you are the better, but fuck even if you're 40 - better to turn around now than turn around at 50. Once you hit 50 you only would have said "shit I've known this since 40, I should have done something then" and then compounded your own sense of frustration even further. Control the time you have left and make it valuable.

Remember, nobody gives a fuck about you except your parents (assuming your parents aren't cunts too or you're not so old that they've gone and died.) Most of your friends are more associates than they are friends, they won't give much of a fuck about you they're so busy doing their own shit the only time they think about you is when they want you for something that benefits them - need company to go drinking or some crap like that.

You're practically invisible to girls if you have low SMV so don't even bother. Don't resent them, you don't like low smv girls yourself, just become better to become noticeable. You don't even like yourself. Go give yourself a reason to like yourself. Try to do at least **TWO THINGS** everyday that make you a better person. Jog, read an interesting book, earn some money. Learn to be funny, surround yourself with funny people. I make it a habit to talk to people with wit/sense of humour, I watch a lot of stand up comedy. Comedy is important to me, comedy is medicine. Comedy can stop a man in pain turning insane, watch that shit. Not taking serious things seriously is a great coping mechanism for dealing with the bullshit life throws at you. Keep your mind healthy by working on yourself, use comedy as a painkiller to assist in that if you need to.

I believe a lot of guys who are really bottom of the barrel whether they're flat out undesirable or just ridiculously poor (and thus need to get money on lockdown) need to take a serious hiatus from the sexual/social game and just focus on improving their situation, their money, their inner game/sense of self. It's like sports, sometimes a player has gotta go on the bench when he's too worn out or injured. Get on the bench and fix yourself and then you can fight to live another day.

Keep at it, you can make it.

-IM

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In one season of the Dutch version of "Survivor," the men and women were split and given their own islands. At the end of 8 days, the men had a "Cafe on the beach," while the women were stealing from each other and had not yet built a hut; the women approved of a tribe merger.

Mosin_999 · 10 July 2015 · Archived copy · Reddit

TLDR: When woman get put head to head with men, the truth comes out and it's a painful truth.

<https://www.youtube.com/watch?v=tqfAt7TshLw&app=desktop>

Thought this was a very interesting video, the men work together and build a cafe on the beach and the woman hadn't even built shelter yet and were busy sat stealing from each other. So much for feminism and girl power. Men seem to constantly be portrayed as useless by the media but when you put woman and men head to head the truth becomes painfully obvious.

There were also other posts here following bear grylls the island when he put woman and men head to head and a similar thing occurred.

Lessons learned: Men are not inferior to woman as feminism tries to make out.

Edit: <http://i.imgur.com/i6gKGp3.jpg> Found this image too thought it was funny so I'll include it.

Edit2: Apparently the USA version also had similar results.

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UPVOTES

"The Red Pill's Guide to Online Dating"

OmLaLa · 15 September 2015 · Archived copy · Reddit

TL;DR- This is a concise and heavily updated guide on how to approach dating sites. Most of this guide has been altered based upon which strategies worked the most frequently and consistently from beginning to end.

"The Red Pill's Guide to Online Dating"

Almost all of the women I've slept with/plated in the past several months I've met on dating sites.

I'm going to explain how.

For the previous version of this guide, please see "The Comprehensive RP Guide to Dating Sites". If you've read the previous version, I'd highly recommend you read this one as most of its content has changed.

Note: Several Addendums have been added since this article's original posting.

Key Notes

- *Don't start until you're ready.* A strong frame, attractive figure and abundance mentality are **REQUIRED** prior to attempting this guide. If you don't have these 3 qualities yet or you feel that they could use improvement, handle that first. A lot of how you'll be judged as an alpha from here on will be based solely on perception and not necessarily the reality of your situation. Because of this, these qualities need to become second nature and aspects of yourself you don't have to think about. You need to know your frame is strong, know you're attractive and know you could move on if you had to.
- *All women on dating sites are not innately serious about meeting you in-person.* Women use dating sites purely for validation. It is your goal to pull them from this mindset and into your frame. Once this has occurred, the rest becomes easy.
- *Understand your opponent.* Always think from the LSSW's (Local Sexy Single Woman's) perspective: they receive up to 50 messages a day, don't respond to most of them, but something about your profile picture and bios caught her attention. Find out what that something is and exploit it. Also, if you're noticing a point in the guide where a lot of LSSWs are dropping off, find out why and repair it.
- *Understand your SMV.* The hotter she is the higher her SMV range will be. You may be considered an 8 amongst the women you frequently see, but remember that if these women are less attractive compared to the LSSW you're pursuing, then that 8 will drop comparatively. For example, what I find hot *and attainable* is completely different compared to Brad Pitt.

- *Understand your competition.* Even if you're in the top 20% in your area, there are always hotter guys out there. Thanks to the globalization of the internet, women can see and judge any guy within a 100-mile radius. She is always weighing her options. Should one of these more-attractive guys reciprocate her interest, it's likely she'll suddenly drop off the face of the earth. Most times she's only picking you over the hotter guy because of limitations like range. Never over-invest, never forget hypergamy. Don't take it personally. Move on.
- *Learn from your opponent.* A lot of the successes from the strategies in this guide were inspired by how hot women reply to men they're not attracted to. You will be using their strategy against them. The key to understanding this guide is understanding the importance of fleeting investment and why overinvestment is often the silent killer to most of your attempts.
- *Be attractive.* Again, this is very important. This is a late-game strategy and can ONLY be implemented successfully if your body is in the right place. Physique is the main driving point of this strategy; most women I've encountered don't even read my bio or even open my profile (you get notified when they do). They'll look at my profile picture and decide from there.
- *Insecurity shows.* If you go into any encounter thinking, "this woman's *waay* out of my league, I hope I don't mess this up", you're going to mess it up. It's best to picture the woman you're messaging as fat or unattractive to keep your mind planted in a position of higher SMV.
- *Less is more.* Though we'll cover this more in the actual guide, the *less* you say in both messages and texts, the *less* you initiate as opposed to her, the more likely you are to succeed.
- *Don't creep.* Most dating sites will inform you when you have a visitor. Don't be that guy that visits her profile every hour. She will notice and it will put her off.
- *Approach dating sites like baking.* You don't begin baking a cake without all the necessary ingredients, you don't bake as soon as your starving and you don't only bake one cake in case something goes wrong. Approach multiple women at once, only approach women you'd be excited to fuck and be ready to let them "bake" for at least a few hours to days. Abundance mentality is a prerequisite to success.
- *Be ready to drop out at any time.* This is very important. I don't care how hot she was. I don't care how well it was going. I don't care how it seemed like a sure thing. Women and LSSWs are fickle, and remember that you are not real to them until you're standing in front of them. They don't feel the need to hamster or explain their actions to someone who doesn't exist. So until you're sitting in their living room sipping on whiskey and coke, don't expect any compassion or mercy from them.
- *Don't settle.* You'll notice that the higher your SMV appears on your profile, the more subpar women will begin outright chasing you. Do not engage. If you settle for less than you're capable of, more often than not you'll end up mistranslating the subpar women as "your league" and your *actual* league as unattainable. Long term this does more harm than good.
- *Don't be afraid of WonderTits™ one-word responses.* If she's responding to you at all, she's interested to some degree and the guide still stands. This goes double for WonderTits™, who probably get 10x the messages compared to ordinary women.
- *Don't flash.* Don't talk on how much you make or flash around your wealth. She'll perceive it as compensation for something else or perceive you as a potential provider, both of which you don't want.
- *Be wary of the "easy lay".* If something came too easy, there's usually a reason. If she messages you first, quickly becomes sexual, gives out her number much faster than expected, begs to visit you with no shit tests or in a short amount of time, be skeptical. Ask for a picture, ask to Skype, whatever it takes to confirm her identity. You'd be surprised how many catfish there are.

- *Turn off those pesky notifications.* This one I'd also highly recommend. A watched pot never boils. If you see pending messages from POF, Tinder or OKC every time you check your phone, you're pretty likely to respond too soon. Go into your phone's settings and turn off those pesky notification pop-ups so pending messages can be addressed at your leisure.
- *Dicks don't attract chicks.* Women don't want to see your dick. Women are aroused by the high SMV man attached to your dick. Don't go waving your dick around unless it's explicitly asked for. Don't be that dick. Dicks are like pens. Everyone's got one, most people'll loan you one if you ask for it and unless it's super unique, nobody cares about it.
- *Know what signs to look for.* If her figure isn't clearly shown in any pictures, if her pictures are taken at an obscure angle, if her pictures look dated and blurry, if all of her pictures are of just her face or in one post or just her ass, there's a reason. You may think an LSSW has the traits you'd like in a woman, yet if you're unsure you open yourself to being catfished by an unattractive woman with good photography skills.
- *Text carefully.* Read over your texts very carefully before sending them. Without the ability to read your body language to understand you on a covert level, women will attempt to do so through the texts you send. Small things give out huge messages to women if you're not careful (more on this later). I'm not sure about iPhones, but on Androids there's a "Text Delay" setting where you can type and send a text and it'll give you up to 30 seconds to alter or change it before it's actually sent out. I would highly recommend this to anyone attempting this guide.
- *Let convos die.* More on this in the guide, but if she's attempting to push a subject matter that bores you, stop the conversation there and leave her be. Most likely she'll message you again in several days with a much more erotic disposition.
- *Learn from your mistakes.* I've dropped the ball countless times and so will you. Figure out what you said, how you said it and why you said whatever you said that lost her interest. Maybe you responded too soon? Maybe you came off as insecure or desperate? Remember, for this to work her perception of you is what matters. I'll be repeating this a lot.

And now for what's been removed since the last version of the guide:

- *Organization is key.* Drop this advice. Documentation of various LSSWs you'll encounter both a) causes overinvestment in any particular interaction with an LSSW and b) subconsciously causes you to approach LSSWs differently based on SMV, race, locale, etc.
- *Avoid single mothers.* While I'd highly advise caution when dealing with single mothers, complete avoidance is unnecessary so long as nothing other than sexual promiscuity is established between the two of you.
- *The entire calling section.* Calling can work for some people, but for others –especially the younger RPer's- it's wildly inconsistent and may communicate an overinvestment on the RPer's part. This guide will aim to avoid calling altogether.

PART 1: DATING SITES

LSSWs aren't serious about meeting any of the guys they see online in-person. It's like a game to them; the more men in their inbox, the more attractive they perceive themselves and the more confident they feel.

You are not real to her until you are standing in front of her.

The goal of this guide is to make that happen in as short a time span as possible while cutting out as much “shit-test”, “I have to get to know you first”, “I’m not that type of girl” BS as possible.

The goal of this section will be to get her number as effortlessly as possible ALL WHILE MAINTAINING YOUR FRAME. I stress this because getting a number is meaningless if the LSSW’s perception of you is beta or a validation resource. Until you’re standing right in front of her, perception is all you have - false or otherwise. She must perceive you as alpha all the way through for this to succeed or else you’ll all fall on your ass in Part 2.

--Building Your Profile--

1. When fishing for bass, use the right bait.

Minnows are a better bait for catching bass than worms. On the same note, shirtless, attractive pictures are a better bait when fishing for purely sexual encounters with women.

The idea here is selective marketing. If you own a restaurant and you want to attract hungry people, do you put a nuclear scientist conducting research as your commercial? No, as that would either attract the wrong demographic or misrepresent the goals and intentions of your restaurant.

The same applies for shirtless pictures. The key is to tap into the reptilian side of her mind. **Any LSSW that messages or responds to a message to a guy with a good shirtless picture has made it clear that your physique piqued her interest.**

Look confident. Relaxed posture, relaxed shoulders, relaxed palms, no head tilt, no deer in headlights stare.

Making your profile picture shirtless is making sexuality and physicality your thesis statement; most women typically don’t look past the profile picture anyway, so she’ll draw as much as she can from the profile picture alone. Make it a summation not of you or what you are but what you want and what you expect. A profile picture of you riding in a race car? “He’s interesting and fun, but he’s looking for women who also like that sort of thing and I don’t care about cars.” A shirtless picture in low-waist jeans at some beach in Maui? “He’s attractive and comfortable with himself.”

This will establish you as attractive, a woman’s first alpha prerequisite.

NOTE: *I’m not implying that having pictures of you doing interesting things is a bad thing. Quite the opposite, I’d encourage it. What I am saying is that if sex is what you want from an LSSW, shirtless pictures will make that message clear.*

2. Pre-selection is powerful. Use it.

The second most potent statement one can make through pictures is displayed/”unintentional” pre-selection.

Preselection basically boils down to any evidence supporting you as a hot commodity, or in this case,

pictures with women genuinely enjoying your company.

I've posted pictures of myself from the Toyko nightlife with a swarm of 8-10 women. I don't remember their names or how we'd met that night, but in reality, for what I use them for, that doesn't matter. All that matters is that by reading their body language in the pictures it was clear that they were having a good time and I was the cause. While they don't need to be Tonk Stark-esque pictures, you should post pictures like these.

NOTE: *Do not post pictures of you near women or with women where interest or attraction isn't blatantly displayed. The women need to seem enthralled just by being in your company. The truth of what's really happening in the picture doesn't matter, only how it appears. More pictures like [this](#) but none like [this](#) or [this](#) or [this](#). Watch for body language. That "they've probably boned before" look.*

3. Write about how you're the shit.

Juxtapose the vain shirtless selfies with a bio that tells about all the amazing hobbies, interests and accomplishments that represent you. Go as in depth as you can. Be cocky. Describe your life as the best thing since sliced bread.

This extravagant regaling of your life will be contrasted nicely by your short and rare responses while chatting with the LSSWs, causing them to hamster into thinking maybe they're not good enough for you. Why would this attractive, interesting, smart alpha want to spend time with a boring woman like me? And all this will come without you having to lift a finger.

This will establish you as higher value than her, a woman's second alpha prerequisite.

NOTE: *DO NOT talk about how much money you make, your high-paying corporate job, your nice car, your big house, etc. Only boast about YOU and things that can only be found within YOU. Otherwise, the LSSWs will immediately peg you as a potential high-SMV provider, the shit tests will get insane and same-night/short-term sex will be near impossible.*

4. Real you vs. digital you.

If you've continuously floundered on the first date every time you've met an LSSW in person, this could be your problem. If you're more attractive in your profile picture than you appear now, she'll brand you a liar.

And she's not wrong in feeling that way.

If a HB9 agreed to meet you for coffee and a HB4 walked through the door, you would feel cheated.

Humble yourself a bit, be honest; are you as attractive as you're making yourself look? 1,000 numbers means nothing with 0 lays. **Attracting them is only the first step.** Maintaining their intrigue is the rest.

--Messaging--

Before we delve into messaging on dating sites, let's briefly discuss "baking".

Baking is the process of leaving messages or text messages unanswered for long periods of time to invoke intrigue.

Just like in actual baking, LSSWs can be left to bake for too long or not long enough.

Over-baking is leaving a text or message for too long, often leading to an unintended “soft” next. The resulting soft next isn’t the same as one towards a known woman, however, and future interactions with the LSSW may be lost as you have yet to exist to her i.e. have yet to enter her perception.

Under-baking is how most guys handle messaging on dating sites; as soon as the notification of a new message arrives, they jump on the sight and reply on the spot. This invokes over-investment in her and significantly weakens your chances of success in any form. Remember, women watch actions over words; if you’re responding to her immediately every time she messages you no matter the hour or day, she’ll notice your over-abundance of interest and be put off.

You should bake a minimum of 15 minutes and a maximum of 24 hours. The more attractive you consider her, the longer you bake.

Why? Attractive women expect a certain level of investment from men. By separating yourself from this expectation, you effortlessly invoke intrigue putting you above whomever else she’s considering.

Now back to the matter at hand.

5. Succinct and selective.

The shorter the message the better. Nowadays, I begin all encounters by sending “Hi” to every woman I’d enjoy fucking. No punctuations, no double messages, no questions.

This is the proverbial “casting of the net”; this part of the process is purely a numbers game.

You only engage the women who reply back. Those that don’t have their reasons which you don’t have time to dwell in.

Your physique increases the number of initial responses, your frame increases the number of in-person meets, your SMV increases the number of sexual encounters.

If you’re having trouble in any of these areas, check their corresponding causes.

Her first response will almost always be “Hey”, “Hi”, “Hello”, etc. Follow it up with “What’re you looking for” (no punctuation).

Starting a conversation with “Hi” and following with “Whatre you looking for” has rarely changed for me. It’s pretty standard.

Oh no, did she asked “How’re you?” or “How’re you doing?”

Respond with “Good you” (no punctuation).

Seems overly short and uninterested, right? That’s the point. We want her to feel as though you’ve got better people to message with. Too preoccupied to pay her any attention. She’ll say “good”, you say “What’re you looking for” and move forward.

6. “What’re you looking for” and the wonderful letter K.

This is the best point to judge her investment in you.

If she gives you some long-winded explanation about how she wants guy whose sweet, funny, caring, blah blah blah, you're officially under-invested in comparison. That makes the rest of this guide very easy.

If she responds with one word like "Friends", she's still under-invested, but no problem. We'll use the rest of the guide to appear even less invested than her.

No matter what her response is, I reply with the wonderful letter "K" (no punctuation).

Here's an actual exchange:

- *"I want a man would loves me for me and will be by my side no matter what."*
- *"K"*
- *"So, what about you? What're you looking for?"*

The fact that I completely ignored her desires for a man didn't bother her in the slightest.

If you're ever in a bind and don't know how to respond, always always use the wonderful letter K.

Most times, because this mundane response is such a farcry from what they're accustomed to, the LSSW will continue the conversation of her own volition. She desperately wants to get inside your head and see what makes you so different from the others.

And you'll notice this *a lot*. It'll seem like she's having a conversation with herself. Just let it happen.

I was on Skype the other night with an LSSW and I played with my phone the entire time. I rarely looked at the screen.

She used this technique I like to call **"blind firing"** where she'd jump from topic to topic to see what grabbed my attention.

She brought up sex, I finally looked at the screen.

It's sort of like a reverse psychology version of classical conditioning. Let her feel like she naturally reached the conclusion. Mind games through silence and succinctness.

NOTE: *"K cool" and "K good" and "K great" (no punctuation) work as less-succinct variations. The K is what matters. It's such an unimpressed and pedantic response, it's hard not to use it.*

7. "Friends"

Nobody joins on a dating site looking for friends. **"Friends" on dating sites is slang for sex partners. Remember that.**

If she asks what you're looking for –especially after she just described her Prince Charming- respond with "Friends" or "Friends maybe more" (no punctuation).

In the last guide I made the mistake of advising "I can manage that much" as an acceptable response. That implies interest in becoming whatever lollipop definition of a guy she described previously and invokes an over investment. Remember, Friends means sex buddies. You want friends for now.

NOTE: *If she says "Friends and you?", you respond with "Same" (no punctuation).*

NOTE: "Nothing serious right now" is an equally -if not more- effective response. [Addendum]

8. "Whats your number"

You want to keep going until you get to the point where she has nothing left to say or the conversations hit an end. If she responds with "yeah" or "okay" or "cool" or anything that ends that arch of the conversation, respond with "Whats your number" (no punctuation).

If she follows up with "What do you do?" or "What's your favorite color?" or "What's your favorite movie?" respond with "Only in person" and keep going.

If she doesn't respond to your number request, fuck it and move on. If multiple LSSWs are non-responsive at this point, check the level of SMV you're displaying both in your pics and in your bios ad make some adjustments. Be honest and be objective.

If she gives you some schpeel about how "It's too early to give out her number" or "she doesn't give out her number after the first conversation" or she wants to "talk more on here more first to get to know you" or any other possible excuse, she either sees you as a potential provider, as a lower SMV compared to her or as desperate/sexually-depraved (comes across by responding too quickly; scarce mentality). This cake is bad, move on and work on yourself more.

PART 2: TEXTING

Unlike conversing on dating sites, texting is a bit trickier with someone you've never met, simply because this is usually when the real shit tests start. On top of that, ignoring, combating or brushing off these shit tests will usually lead to her cutting you off in an instant because **remember: you don't exist to her until you're standing in front of her.**

The goal of this section will be to establish your existence (and your frame) within her world by meeting in person, all-the-while avoiding those game-ending shit tests most people encounter at this stage.

Also, be very very succinct. Shorter the better. Think of what you want to say then shorten it as much as possible without using unnecessary abbreviations (u for you, wyd for what're you doing, ur for your, etc.)

NOTE: *Some phones (all Androids I believe) have a text setting called "Text Delay". It allows you to edit any text you send out 30 seconds after pressing send before the text completely leaves your phone. I highly recommend altering these settings in your phone to prevent premature text responses.*

9. Make her remember you.

Once you've received her number, start off by texting "Name's ____" with a picture of your profile picture attached to the text. Do this so that after you leave this conversation to "bake", she'll remember what you look like.

Women rarely save the numbers of guys they haven't met. **Sending your picture solidifies a reference to your physique should a great deal of time pass and she choose to reach out to you again.**

Do this soon after receiving her number to keep it relevant.

10. Give her a taste.

If she responds, reply back with a "What're you up to" (no punctuation) to invoke a small level of interest.

This may sound odd, but start a conversation with the sole purpose of leaving her hanging mid-way through. For example, start talking about movies, ask what hers are, and when she responds drop the conversation for the day. After baking, do not continue or acknowledge this conversation.

This'll cause her to hamster, but the direction she hammers isn't really important. What's important is that now you've become relevant to her.

11. Bake at 450 degrees.

Bake for however long you deem appropriate do not continue or acknowledge the conversation you were having previously. Simply tell her "Hey" and move on to the next step.

12. "You free any this week"

Your variation may change from mine, but I've found "You free any this week" (no punctuation) after baking to be the best way to get an LSSW out the front door.

If she says she's free on a particular day, don't say "Let's [blank]" or "We should [blank]".

Say "Im free after " (no punctuation) or " __[time/day] works" (no punctuation).

Remember, women don't too much care for blunt, direct conversation. Imply what you want without outright saying it.

You asking if she's free is implication enough that you're interested, you're attracted to her and you want to meet her.

If she asks what you two will be doing, dance around it but stay succinct. "Whatever I want", "Whatever I feel like", "Things", "Crazy shit", "Cool stuff" are all evasive-type answers that can build up intrigue.

If she asks when to meet up, either say "Whenever" (no punctuation) or just give a number, like "6". If she asks where, just send the address.

As short and sweet as possible.

NOTE: "Variations like "hows your week look" are just as effective. [Addendum]

13. Make her ass worry you flaked.

Whether you've decided to meet back at her place or at some coffee shop, once the date/time has been finalized and the address decided, don't bring it up again and if possible, stop texting her until that date (unless she reaches out).

Do not double-check the time you're meeting, don't check if she can still make it, don't call her to say you're on your way, etc.

She'll do that for you and you need to allow her to. It'll further her investment in meeting you.

NOTE: *I've noticed that reconfirming dates will increase an LSSW's likelihood to flake, even if this guide is implemented perfectly. By not reconfirming and letting her reach out first, I've yet to see an LSSW flake.*

14. Flakes will happen.

For flaking, I like to use the College 20 rule. If she doesn't show or contact me in 20 minutes after our arranged time, I'm gone.

Don't get mad. Don't get upset. Don't reach out. Simply drive off and go do something else.

You'd be surprised how surprised they get when you don't passive-aggressively call after being stood up.

If she calls later, act like it didn't faze you.

Or even better, tell her you didn't show up either! Show control of your emotions and she'll repay you in kind.

An LSSW was supposed to meet me and my friends one weekend to attend a rave. She never showed nor called. I dropped it and we had a good time.

Two days later I get a half page message of how sorry she was that she'd forgotten. She invited me over as recompense. Maintain frame.

Don't be shaken.

Always expect a flake and always have a back-up strategy.

A fun thing you can do should she not show up. This will keep you from making your happiness dependent on her arrival; sure having her around would be cool, but the mall is 5 minutes from here.

Lesson Learned

Behavioural patterns of LSSWs can be controlled for the experimenter's best possible outcome through a concise, repeatable cause-and-effect method developed through behavioural experimentation and approach modification.

For any further questions, I'm open to talking over Skype under Skype username OmLaLa2015. Please message me set up a meeting.

Addendum

This should **suffice** as proof of the usefulness of the wonderful letter K and succinct grammar when dealing with LSSWs.

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UPVOTES

Screw Motivation, You need Discipline!

010 - 1 January 2016 · Archived copy · Reddit

This is a blog article zbyhnev that meshes well with RP core truths.

If you want to get anything done, there are two basic ways to get yourself to do it.

The first, more popular and devastatingly wrong option is to try to motivate yourself.

The second, somewhat unpopular and entirely correct choice is to cultivate discipline.

This is one of these situations where adopting a different perspective immediately results in superior outcomes. Few uses of the term “paradigm shift” are actually legitimate, but this one is. It’s a lightbulb moment.

What’s the difference?

Motivation, broadly speaking, operates on the erroneous assumption that a particular mental or emotional state is necessary to complete a task.

That’s completely the wrong way around.

Discipline, by contrast, separates outwards functioning from moods and feelings and thereby ironically circumvents the problem by consistently improving them.

The implications are huge.

Successful completion of tasks brings about the inner states that chronic procrastinators think they need to initiate tasks in the first place.

Put in simpler form, you don’t wait until you’re in olympic form to start training. You train to get into olympic form.

If action is conditional on feelings, waiting for the right mood becomes a particularly insidious form of procrastination. I know that too well, and wish somebody pointed it out for me twenty, fifteen or ten years ago before I learned the difference the hard way.

If you wait until you feel like doing stuff, you’re fucked . That’s precisely how the dreaded procrastinatory loops come about.

Source of picture

At its core, chasing motivation is insistence on the infantile fantasy that we should only be doing things we feel like doing. The problem is then framed thus: “How do I get myself to feel like doing what I have rationally decided to do?”. Bad.

The proper question is “How do I make my feelings inconsequential and do the things I consciously want to do without being a little bitch about it?”.

The point is to cut the link between feelings and actions, and do it anyway. You get to feel good and buzzed and energetic and eager afterwards.

Motivation has is the wrong way around. I am utterly 100% convinced that this faulty frame is the main driver of the “sitting about in underwear playing Xbox, and with yourself” epidemic currently sweeping developed countries.

There are psychological problems with relying on motivation as well.

Because real life in the real world occasionally requires people do things that nobody in their right mind can be massively enthusiastic about, “motivation” runs into the insurmountable obstacle of trying to elicit enthusiasm for things that objectively do not merit it. The only solution besides slackery, then, is to put people out of their right minds. That’s a horrible, and fortunately fallacious, dilemma.

Trying to drum up enthusiasm for fundamentally dull and soul crushing activities is literally a form of deliberate psychological self-harm, a voluntary insanity: "I AM SO PASSIONATE ABOUT THESE SPREADSHEETS, I CAN'T WAIT TO FILL OUT THE EQUATION FOR FUTURE VALUE OF ANNUITY, I LOVE MY JOB SOOO MUCH!"

I do not consider self-inflicted episodes of hypomania the optimal driver of human activity. A thymic compensation via depressive episodes is inevitable, since the human brain will not tolerate abuse indefinitely. There are stops and safety valves. There are hormonal hangovers.

The worst thing that can happen is succeeding at the wrong thing – temporarily. A far superior scenario is retaining sanity, which unfortunately tends to be misinterpreted as moral failure: "I still don't love my pointless paper-shuffling job, I must be doing something wrong." "I still prefer cake to broccoli and can't lose weight, maybe I'm just weak". "I should buy another book about motivation". Bullshit. The critical error is even approaching those issues in terms of motivation or lack thereof. The answer is discipline, not motivation.

There is another, practical problem with motivation. It has a tiny shelf life, and needs constant refreshing.

Motivation is like manually winding up a crank to deliver a burst of force. At best, it stores and converts energy to a particular purpose. There are situations where it is the correct attitude, one-offs where getting psyched and spring-loading a metric fuckton of mental energy upfront is the best course of action. Olympic races and prison breaks come to mind. But it is a horrible basis for regular day-to-day functioning, and anything like consistent long-term results.

By contrast, discipline is like an engine that, once kickstarted, actually supplies energy to the system.

Productivity has no requisite mental states. For consistent, long-term results, discipline trumps motivation, runs circles around it, bangs its mom and eats its lunch.

In summary, motivation is trying to feel like doing stuff. Discipline is doing it even if you don't feel like it.

You get to feel good afterwards.

Discipline, in short, is a system, whereas motivation is analogous to goals. There is a symmetry. Discipline is more or less self-perpetuating and constant, whereas motivation is a bursty kind of thing.

How do you cultivate discipline? By building habits – starting as small as you can manage, even microscopic, and gathering momentum, reinvesting it in progressively bigger changes to your routine, and building a positive feedback loop.

Motivation is a counterproductive attitude to productivity. What counts is discipline.

From:

<http://www.wisdomination.com/screw-motivation-what-you-need-is-discipline/>

Part two:

<http://www.wisdomination.com/practical-discipline/>

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UPVOTES

"Thai porn star, who married elderly American millionaire after turning to Buddhism, gets a divorce and plans boob job to make a career comeback."

Mackland · 8 March 2017 · Archived copy · Reddit

Came across [this gem here](#) today and thought you all might enjoy a good laugh as much I did.

Asian beauty Nong Nat, 31, quit X-rated movies and converted to Buddhism - crediting meditation and good deeds for her landing Harold Nesland, 72, whom **she fell 'instantly in love with'**

Could she smell the Beta Bucks on ol' Harold? I think so..

They married in 2012 but Nat previously admitted that it was beset with problems and she **had a series of other lovers in the early days**

Things were a little rocky in the beginning because she was still banging a few Chads, and Harold wasn't too happy about that. Why you ask...?

Nat had previously complained **the couple never had sex** because she worried about Mr. Nesland having a heart attack in the bedroom.

Ahhhhhh, that's why Harold was so bitter. The only thing of his she was riding was his wallet.

Me and Harold are separated now. **He doesn't want a divorce but I'll start the proceedings.**

Looks like Harold has been trying to hold off the divorce rape, but it's inevitable at this point.

But I'm going back to do sexy films and photographs. There's a magazine deal arranged and sexy shows. I have diamonds already and enough money. **I don't want to work but I have to, to support myself.**

Whatever amount she ends up bleeding from Harold just isn't enough. She needs more than that, she wants to be the center of attention again.

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UPVOTES

Be the Man You Want To Be. Let the Pieces Fall Where They May.

biggerbetterjobs · 27 August 2017 · Archived copy · Reddit

Intro:

I remember around 2012 I had just got dumped and cheated on by my girlfriend while we were on vacation together and wound up in a relationship with some local alpha bro who was a much better catch than me. I was angry, sad, feeling hopeless and full of self-hatred. I had nothing other than a minimum wage job. My mother a narcissistic alcoholic who I lived with and took advantage of my good nature, and a father who would treat me like an emotional punching bag and also take advantage of my good nature. My friends were all losers too who didn't respect me and the ones that weren't losers distanced themselves from me. I was depressed hardcore, and borderline feeling quite suicidal. It seemed like no one respected or cared for me. Every girl I ever gained the interest of quickly left me. I started to finally realize why all those psychos who go postal.. The unbearable weight of social isolation. Then I found TRP.

Body:

In my time since then, I have grown so much as a person. I went through the anger phase where I read a bunch of garbage about going MGTOW, the struggles of incel-dom, and blame women for not wanting to date my pathetic ass.. For a while I even enjoyed the isolation and found comfort in posting and reading misogynistic rants.. But then I got a gym membership and learned to lift and the practice/therapy of lifting helped ease the pain of my depression, lose my beer gut and get some muscle tone-age (note: lifting didn't make my depression magically go away.. It merely takes your mind off it and overtime will condition you to simply just focus on the now rather than dwelling on every misfortune in your life.. The hours I spent at the gym were just hours of mental clarity and focus on the present) and also reinforce the mindset of "I am not a victim." I re-enrolled in college, and got my Associate's degree while working full time in a restaurant so I could pay by the month for my classes on no debt and transferred to a prestigious school I never thought would accept me with a generous scholarship and additional grants. I started to get a better taste in fashion and dress better despite my peers making dumb "that shirts gay" comments because it's not a black tee shirt with a death metal band logo on it. I started pushing my limits with exercising and ran a mile just shy of 6:30 as a personal record; while not olympian standard-I never thought in my life I would be able to do this. I always saw myself as a "victim of circumstance". I started to get more confident with physicality.. This summer I climbed the highest mountain I had ever climbed-6,300 feet. I recently got back into skateboarding-a childhood/teenage hobby of mine and learning through youtube videos and I've progressed at it more in a few months approaching it via a red pill mindset than all my years skating around as a chubby depressed teenager.. I'm also more ballsy with doing tricks and less of a bitch about getting hurt. I've been pushing myself in my artistic pursuits for the past 5 years or so (what I study in college) and have reached heights in my creative ability/career I never thought would exist for a person like me. I recently decided to go vegan because I don't like the politics of the meat industry, animal torture, and using animals' reproductive systems in manufacturing products. I've been getting SO MUCH better at cooking, living a healthier lifestyle consuming a plant based diet and it's opened up a new dating market for me- hipster vegan chicks.

I became my "confident self". I finally learned what it feels like to be happy with ones' self and content in ones' skin. Other peoples' opinions of me and what I do with my life don't matter cause most of them are crab ass haters anyway. This weird epiphany happened to me the other night as I was skating and bombing down a hill trying to get more comfortable on my board. It was a moment of pure joy. Something money can't buy, something a wicked ex-wife/ex-partner can't take from you in a divorce. I think it might be what the buddhists call "nirvana". I just felt suspended in this ongoing wave of existence.. Simply acknowledging the nature of the essence and riding it out in peaceful harmony and balance. Realizing that no matter what happens to me riches, poverty, divorce, happily-ever-after.. I will survive and prosper as the man I want to be and be able to smile in any circumstance. I felt tears as I rode down the hill. I felt like I've found that feeling or esoteric understanding I've been seeking all my life..

Whatever it is.

As a result, I've noticed a HUGE spike in female attraction/attention in the last few years. Most of the chicks I've gamed are somewhere in the 5-7 range which is okay for me I don't need a super model looking girlfriend.. I'm happy with a cute face, big butt, feminine grace/demeanor, and cooking skills. I've had plenty of flings, short term girlfriends, one night stands etc.. So much to the point where I don't really seek those relationships out anymore and just let them happen when I'm horny or just naturally let a relationship flourish toward commitment with a girl I enjoy hanging out and having sex with rather than labeling things and feeling disappointed when I mislabel them or things don't pan out to my expectations (a no reservation approach I guess?). I stopped thinking about "alpha vs. beta" or thinking about how I'm 5'8" and my handsome friend who is 6'2" could easily steal that chick from me and similar insecurities that lurk in the depths of our minds. I simply just began living in the moment and doing things I enjoy that in turn are attractive to women. Instead of sugar coating everything or pretending something doesn't bother me, I state my mind clearly and honestly to women without feeling the need to insult or reprimand them like my ego would suggest before.

I am the person I wish to be. I like myself. I think I'm a catch compared to most guys and if a woman doesn't like me for who I am? That's fine, there's probably some guy she's more compatible with for her and a woman who's more compatible for me. Some chicks want to go in their boyfriend's giant pickup truck to country fest and some want to see some noise band play in the basement of some hipster pad clouded in weed smoke.

Conclusion:

Let the pieces fall where they may and blaze your own trail up Mt. Alpha. The view into my lifestyle might not resonate with a lot of red pillers here.. And that's fine because we're all unique little snowflake millennials who have different interests, pursuits, passions, from different cultural and national backgrounds. I skateboard, am an avid lover of music and art, an artist, musician, and am passionate about veganism. Most of you would probably call me a faggot and that's fine because for every feminist banging tofu eating art fag riding his skateboard through campus there's a bud light chugging chad thundercock frat bro who has slooty stacy (beta bob's GF) roped to the bedpost begging for permission to cum.

You might be a frat bro, a skater dude, a sheltered indian kid, an oboe player in a jazz quintet.. Whatever, just own it! Fear and insecurities-constantly asking "what should I say?" "how should I act?!" is totally dodging the point of learning from experience in the field.. These are the type of questions where sensei whacks you on the noggin with his bamboo cane and tells you to go meditate for 3 more hours and come back. Insecurity is a useless emotions that stem from one having no personal convictions in life (e.g.. instead of fearing your girlfriend is cheating on you, your mindset should be "I don't commit to women or stay with women I can't trust"). You need to get metaphorically kicked in the balls and dumped in the mud by your ex girlfriend, delete that number and go NC. You need to lose in order to learn how to win. To focus on things step by step and take joy in every slight improvement. What you and I have gone through is what every man goes through in life-rich or poor, pain and suffering is good for you. It makes you tough, smart, and resilient. It causes you to think and stand for things or deal with the unfortunate circumstances of being a spineless coward and getting cuck'd one way or another or even worse, not ever reaching your true potential in life or spending your days in this mortal life doing what you were meant to do.

Then women just naturally float in and out of your romantic life depending on how social you are.. No matter if you're a broke ass loser living in your car or a wall street executive.

PS: I've been thinking about making this post for a while and wanted to get it out there before the oncoming tidal wave of fall semester coursework. To all the incoming college freshman, welcome to the beginning of your adult life! To all returning for the fall semester.. Give it hell! Good luck folks.

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UPVOTES

"What are we?" A very brief field report

somebullshitrp · 29 July 2018 · Archived copy · Reddit

One of my plates is starting to get antsy and asked me the question, "what are we?" over text the other day. I deflected and told her we'd discuss it in person the next time we met up. She came over a couple days later, we fucked, and didn't talk about it. Then she sent me a similar [text](#)

Often times it is difficult to see an immediate positive result when applying TRP principals, as the majority of results require a significant investment of time. While there isn't anything new here, this is one example, encompassing several tenets, that can be easily observed in a single short text chain.

- Women would rather share a high value male than have a low value male to themselves.
- Don't ever answer her questions about your relationship in a serious manner. Keep her uncertain about her place in your life.
- Keep yourself busy / scarce. Absence truly does make the heart grow fonder (hamster go faster).

This experience, along with so many others, just solidifies my belief in the principals of TRP.

Keep yourself healthy and attractive, understand TRP, and women will fall all over themselves (including ignoring their own boundaries) to be with you.

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UPVOTES

Behavioral Loops

KeffirLime · 30 January 2019 · Archived copy · Reddit

The Slump

A few years ago I hit a period of abundance and prosperity. I sold my business, took an extended break and decided it was time to enjoy myself. I had just bought myself a new place and didn't have to roll out of bed if I didn't want to, things were really looking up. What I wasn't aware of at the time, was that this would be the catalyst for one of the biggest slumps of my life.

Prior to all this I was relentlessly diligent. I woke up at 6AM every day, worked out, worked, meditated, read, cooked and cleaned and went to bed on time. I built my business through dedication, hard work, commitment and a single minded approach. Friends and family were in awe of my work ethic. I had set myself a goal and I achieved it, I was right where I wanted to be. I sold up, got out and looked ahead to enjoy the fruits of my labor.

Upon my newfound freedom, I could spend my time doing whatever the hell I wanted. I traveled for a period before heading home and settling in. When I did, I had nothing in particular to work towards. There were no real responsibilities or tasks for the day that needed completing, no strict deadlines and almost no work. In the beginning I'd still wake up early, do my daily routines but over time they slowly started to slip.

I started rolling out of bed at 11. I started to skip gym days, I started to skip meditation days and I started to leave my shit lying around for days on end. I had so much time on my hands that I thought with every task that came up, what's the rush, I can do it later, and so I did. This became progressively worse as time went on.

With no clear direction of where I was going or what I was working towards I filled my days with going out, smoking weed, poker, video games, shitty food and porn. I think part of it was a hectic release after years of intense work and part of it was me simply over indulging. I started to feel like crap, I was cloudy, bogged down and unmotivated for pretty much anything. From a previously upbeat, confident individual, I was unrecognizable.

Eventually, an opportunity came along that really interested me. It resonated with my every fiber and I wanted to give it a crack. The time had come to put all this lounging around behind me and put my head down, there was just one issue....**I could not bring myself to do it.** Every time I wanted to get going I'd flake. I absolutely wanted to do the project, but when push came to shove I'd end up playing more video games, smoking a little more weed and fucking around some more. Its like there was some sort of wall between me and productivity, combined with a spectacular ability to rationalize procrastination.

Introspection

As a previously disciplined work horse, this started to really bug the shit out of me. I had completely lost my work ethic. What happened? What changed? I took a step back and did some introspection. I evaluated what was going on with me internally and how it had all gone to shit.

The first, obvious point that stood out was my complete lack of direction during my unemployment. I was floating around from one day to the next without much thought as to where it was all going. I had no goals or plans and this allowed me to hit cruise-mode. I was left to be drawn to whatever cheap in the moment, feel good dopamine hits were available. I never had to suppress my short term desires because there were no long term consequences for doing so, or so I thought.

What this spawned over time was an instant gratification machine built for short term satisfaction. I started making short term choices and it formed an insidious habit which had become an ingrained operating system. Then, when I had to execute a long term project that required discipline, attention and a delayed reward center, I was simply unable to do it. The habits I had built were simply in congruent with executing a successful long term project.

I realized the only way to get my mojo back was to breakdown my cancerous habitual loops while building up positive ones once again. I put together a plan for the coming weeks that I would try and stick to. I started

exceptionally small and progressively built myself up. I wanted to make it simple, I wanted to make it manageable, but most of all I wanted it to stick.

Course Correction

First, I started waking up a bit earlier every week. First at 9AM, then 8:30AM, then 8AM, and so on. I started smoking less weed, going from daily puff ups to every second day, to just one day a week. I cut back on playing video games, from 3 hours a day in the first week, to 2 hours a day the second week to one hour to every second day etc. You get the idea.

While this was going on, I began to incorporate and build up some more positive habits. I started meditating again. 5 minutes everyday for a week, then 6 the next, then 7, then 8. I started to gym more diligently, twice a week, then 3 times, then 4, then 5. I started to read everyday again, 10 pages a day for the first week, 15 pages a day the second week, 20 pages a day the third week and so on.

Over the course of the next few months my entire life routine began to change. I slowly but surely started to burn the bad habits while simultaneously sticking to the fruitful ones. Executing anything was hard as shit in the beginning, the resistance was strong. Every time I'd come home the urge to suck in a breathe of dopamine was kicking every corner of my soul, but I stuck to it, I resisted the temptation. Over time it slowly became easier and easier and eventually It got to a point where I barely had to think about it.

Somewhere during this process, I started to feel more energized and motivated again. The accomplishments of my small tasks began to snowball. My ventures grew larger and larger until eventually I had made enough of a mind shift to get stuck into my project. I hopped on board and got truly involved. It consumed me and I loved every minute of it. I lead it competently, with passion and direction and today it sits firmly as one of my most successful endeavors.

Summary

I could never have achieved anything of worth trapped by the mindset I had slipped into. My shit mindset only bred and produced more shit. I felt like crap and couldn't propel myself in the direction I wanted. The more concerning issue is that my slump mirrors the upbringing and lifestyle of millions of millenials and Gen Z's. A lifestyle of abundant comfort, with excess availability of cheap dopamine hits while baron of any meaningful direction.

What this leads to is hordes of men hitting adulthood incapable of competing. They feel shit, empty and devoid of any purpose and don't have a clue how to fix it. They haven't built the tools, they haven't built the habits and they haven't built the routines. This leaves them stuck in an endless rut of porn, social media and job hopping.

I was fortunate enough to have a prior, successful blueprint to pull myself out of my slump, but for most youngsters today they're simply stumbling through the dark and the ones who aren't are too dependent on quick fix's to make anything stick.

If you want to make meaningful change, you have to be in it for the long haul, you've got to do it from the bottom up. You've got to have a plan and you've got to stick to it. You have to break down your shitty habits and build up new ones, slowly, over a long period, one step at a time. There are no shortcuts, it will take years, but the pay off is a lifetime of abundance and prosperity because you've built a disciplined, effective, well oiled machine that works for you. **We are what we repeatedly do.**

Lessons

- **Cognitive Retraining** - My process was a form of therapy, breaking down negative patterns and building up more positive patterns in their place.
- **Goals** - They are your beacon in the distance. They're the reason you endure a bit of shit today, because you know it has a pay off down the line. Without them you'll be gripping at short term satisfaction time and time again.

- **Habits** - You are the sum total of all your habitual loops. The more we engage in these habits, the more dependent on them we become, the harder it becomes to alter. This is why it's vitally important to build up habits that aid your goals instead of inhibiting them.
- **Routines** - Your various habits that you engage in throughout the day become your overall daily routine. Your daily routine is your comfort zone, your repeatable operating practice. You want to ensure you're engaging in a routine that directs you towards where you want to be. The longer you stray, the harder and more uncomfortable it will be to divert yourself back onto a favorable path.
- **Small Changes** - Cold Turkey may work for some, but I personally prefer to slowly make changes. It makes the entire process more manageable and reduces the odds of a full relapse. You build up your foundations slowly while your neural pathways adjust.
- **Patience** - Changes take time. As long as it took you to get into bad habits, it will take you just as long if not longer to get out. There will be days of struggles and difficulty along the way, but that is where your goals come into effect, it's the resource that fuels the fire that keeps you on track.
- **Feelz**- Human beings are built to compete, our desire to rise is our fuel. As we grow and conquer further we feel more accomplished, competent and powerful. While I lounged around, I was losing ground and I felt it, I was empty. When I got the ball rolling again, I had a direction and a purpose. It lit a fire inside of me that brought my life meaning.

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UPVOTES

The Direction of The Red Pill and a Welcome Message to Newcomers

redpillschool · 1 July 2014 · Archived copy · Reddit

We've certainly been a popular topic around reddit this week, so I thought I'd pop in to welcome the newcomers and talk a little about what we're doing here to keep us on course.

As the sidebar says, we're a discussion on sexual strategy in a culture increasingly lacking a positive identity for men. This has been our point since we started, and it continues to be our topic of discussion. What does this mean? Why do we post so much about hating women?

- What is sexual strategy?

Why do we talk about men's rights, women's behavior, and other things when this is supposedly "sexual strategy?" Sexual strategy refers to developing an action plan to achieve one's goals. In this case, the goals are specifically goals for men. This includes things as simple as "how does one actually get a woman to have sex with him" and goes so far as to discuss some of the following:

- How do I protect myself as a man?
- How do I ensure a future with maximum prospects?
- What long term qualities give me best access to sexual prospects or long term happiness?
- Is sex good for long-term happiness?
- How do I navigate this social and political climate as a man?

Obviously, a lot of this seems unrelated to the act of sex itself, but make no mistake these questions have entirely different answers for women as they do men. They are, in effect, strategies for men. And they all intertwine. Sex, career, family, safety, and happiness are all branches off the same tree.

- Posts about Women's Behavior

It sure seems like we're just bashing women and getting our kicks from it. A lot of people even say that we're blaming women for our woes so we don't have to take personal responsibility. So what's this victim stuff? Are we just man children? What's going on?

One of the major problems that gives rise to people needing the red pill is that society tells absolute lies about women. Our culture repeats the pervasive myth that women are pure, good, and honorable, and that it is men that are the corruptive force. Women are so objectified in mainstream culture that they lack even the agency to take responsibility for the sex they have- when one has sex with a pickup artist, it's because he was manipulative and devious, not because she was attracted to him. She was simply tricked.

Consider for a second that this is actually a belief people hold- that there is a way to *trick* a woman into sleeping with you.

It's a thought that rarely promotes deeper thought into the subject, but when you parse out this idea, it directly implies that women want to have sex with somebody who is attractive to them, but not somebody who had to work to become attractive.

But when they repeat the thought terminating cliché, what typically follows is the negative stigma of dirty, bad men who are devious and cunning enough to confuse poor helpless women into sleeping with them.

So, why do we post about women's behavior? Because we're exposing the truth. Not the truth that women are worse *than men*- but instead that women are worse than our culture's idealistic view of women.

You might think some of the phrases we use are offensive, but that doesn't change their meanings and definitions. A woman can be a **slut** and ride the **cock-carousel** until she **hits the wall** and lands some **beta-bux**. Sounds like we

hate women, does it? Well, that's their sexual strategy-- take it or leave it. *A rose by any other name.*

We remind ourselves that women are not perfect creatures, and we remind ourselves another fact that's easy to miss: women *are not men!* And that's a quick one feminism has been trying to pull on society for a while. That women are exactly the same as men. They go so far as to adopt the same words. "I'm a strong, independent woman!" Is she, though? Is she truly strong? Doubtful. The fact is, women are not as strong as men. "Women like equal relationships where both partners communicate, just like men do!" Again, another lie. Women do not communicate like men, and when you attempt overt communication, and start *negotiating attraction*, you quickly find that you will fail.

Attraction with a woman is *covert*. You cannot **tell** a woman "I'm high status and good looking, people like me. Now you should like me." Instead you must convey via covert communication. When other women appear to like you, you might spark her interest due to a thing we call "preselection." It's just one step in the large red pill handbook towards learning that women do not communicate like men. And again, this is why we point out countless times when women *say one thing* and then *do another*.

Maybe we should just clean up the message a little, so people understand...

Absolutely not, no way, no how. The fact is, women cannot stand the idea of men getting together like this and discussing what we do. It doesn't matter what the subject, or how politically correct we make it- women want to infiltrate male spaces and ensure they can define the tone, moderate the text, and modify our message. It's already well accepted that men's rights is a group that tries as hard as it can to be politically correct so women don't get mad at them. And guess what- it doesn't work. They're still considered a hate group. The men there go so far to supplicate women, they tell them "women are welcome! Let's modify our tone so that women feel more welcome!!" And no matter how far you push, and no matter how much you change- women will never be happy with it. Because women aren't looking for satisfaction, **they're looking for control.**

Anybody with experience with women and shit tests can tell you- they're not pushing the boundaries because they will be happier with more freedom and control. They're pushing the boundaries because they want somebody or something to push back. They want structure. They want rules. And by god, the west failed this major shit test by giving feminism a blank check. **Water takes the shape of the container it's in.**

So, no, we will not be modifying our tone to appease the unappeasable. We will not be censored or policed into a nicer tone so others are more comfortable with us. And for fuck's sake, we won't just focus on "self improvement" like that's all the red pill is. It's not. Stop trying to paint the red pill with pastel colors. That's just another politically correct half-truth. Yes, the red pill is about self improvement. But it's also about understanding the dark and sometimes unfriendly nature of the real world so you can adapt properly. It's not improvement for improvement's sake. It's improvement to gain better footing for success- sexually, professionally, and in any other endeavors you take. Do not sugar coat this truth- many of our improvements are not politically correct, and you shouldn't give a fuck otherwise.

As always, anybody trying to police tone or show concern that there's "too much of xyz" going on.. they'll be deleted and banned immediately. I don't have time for that shit. Anybody who says we've focused too much on one thing lately and things "used to be better" doesn't know shit and hasn't been here long enough to know fuck all. Men's rights, red and blue pill examples, and field reports are all core content that belong here.

Injustice is your morning shower, pain is your breakfast, and understanding is your cup of coffee. Internalize it. Stay awake to it. This is how you sharpen the sword. Not because it's whinging, but because you must accept reality before you can make informed decisions to best achieve your goals.

Welcome to The Red Pill. You'll get out of it what you put in. Sit down, shut up, read the side bar.

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UPVOTES

Dominance Manifesto

Bigjohnthug · 10 December 2017 · Archived copy · Reddit

PREAMBLE

This post is long. I could split it into more but I have never been a fan of multi-part posts because I feel like it interrupts the flow and thus the learning. Instead, read at your own pace. There is a lot in here to digest so feel free to come back to it later. I tried to make it easier to 'chunk' this time by researching some Reddit formatting and using hyperlinks more.

This post contains a fair amount of hyperlinks. Most are to my personal blog for short stories which elucidate a particular point. As far as I know this isn't against the rules and when asked, the mods didn't tell me it was. If it is I'll screencap the posts and host them on IMGUR. The reason I've included them is to make this a better article. I don't make any money from you visiting my blog. If I need to take them out then mods, please message me and I'll do so.

An Introduction

I used to be the poster child for this movement. I got into game at 14 or 15, I was pulling consistently by the time I hit 17. I was 'popular' in a few friends but plenty of invites type of way. That's because back then we lacked substance. The PUA teachings were 'do this, it works' with no consideration to the *why*. We were told to approach until our anxiety faded, but the explanations of our nervousness were pseudoscience and conjecture. No one even got over AA back then by the way. They used to say you'd fear forever and get used to it.

A counter-culture to the counter-culture started developing years later, during a time when I'd left the scene entirely. I was inactive and in love for two years while Goodlooking Loser and later, The Red Pill, started coming into fruition. When I came back I found a mix of things I'd already adopted (I'd been lifting for nearly a decade already) along with things I'd never heard of. Some of them were just rephrasing theories I'd already gathered, some falling victim to overly complex explanations and methodologies. I believe because of the roots in PUA, some of the- quite frankly- toxic elements seeped through. The issue with them was *the theories came from men who struggled with women as they piddled into success*. For the most part, the gifted writers and orators were either marketing wizards (David D) or physically gifted losers (Mystery). They had *no* idea what worked and what didn't. When Mystery said "Negging works, trust me, I'm 6'5 and very good looking" people bought that shit hook, line and sinker. When Style said "DHV's are where it's at homies, trust me, I'm wealthy and very well connected in a desirable scene" people bought *that* shit. The reality is of course A) looks matter and B) status matters.

I criticise the reliance on tradition and the ignorant avoidance of contradictory information. Critical thinking seems to be sorely lacking in most movements although this one is among the most rational. Of course, a lot of figures who are *still* popular are arm-chair experts. I'm not going to go on a witch hunt, but some of the biggest names in PUA are absolute duds. I've met a lot of them and only a minority stand out as 'getting it'. It shines through in writing when someone 'gets it'. See, an expert will write about the *big picture* in terms of strategies: Live your life like this, believe in this, work on this. A secondary-guru (IE a gifted reposter living vicariously through the first group) will then latch onto specific examples and say: Do this, this and this! Three simple tips!

The second has innate appeal in that it, falsely, appears simpler. The reality is that when those directions do work not knowing why they worked is an arrow to the knee because *you can't improvise*. Socializing is absolute chaos, which is why the adage used to be "1000 approaches until you're not a beginner" The thing is, you don't *need* 1000 approaches; what you *need* is to realize the true foundations of your success. Beliefs, values and lifestyle. The 1000 approaches were required to teach the dancing monkeys most of the reactions they'd face, **they still couldn't act in the face of novelty**. Whereas the ""naturals"" who were looked upon with awe and/or derided as 'lucky' would just fucking do it. Because they 'got it'.

This article is about transitioning from someone who does it to someone who has it. It's about becoming the act you've learned. This article isn't for absolute beginners- if you have difficulty approaching a hot girl, go elsewhere. It's for those men who can get results, but aren't happy with them. It isn't *just* about women, but I use women a lot as an example for a few reasons. Quite frankly, girls are easy. They *want* to have sex with attractive men and that's why they go out a good portion of the time. It's more about *not fucking up* than anything else. They are also a great litmus test: they're either into you or they're not and you can use that feedback to grow *quickly*. Being rejected 100 times in a row could be accomplished in a week and give you all the feedback 10 years in the wrong career would. Rejection *saves* pain because it's the quickest accurate signal for change you can find.

This article is an example of thinking small for big results. It is the little things you stick to consistently which breed success, not the lofty targets or epic endeavours. It's easier to grasp the small stuff and as such, I refer often to examples with women. As is often said here though: no one girl matters. It isn't about your oneitis falling in love with you, it's about being someone who women will love. It's about being attractive, not attracting Jenny from accounting. When you're reading this, remember that it is **never about the girl** and it's **always about you**. Girls are the example for the aforementioned reasons, as well as being relatable, easy to improve with and easy to find. They're not a good focus for your life but they're a very good indicator for how well you're doing overall, since they seem to have a sixth sense beyond us men when it comes to success and potential.

CONTENT

Part A

Intrinsic. Developing dominance within and of yourself. *Your* life begins and ends with you: the most important component of developing any trait.

Part B

Extrinsic. Looks, status and money. The tangible qualities which display worth, the proof of dominance and the tools which will lead to acceptance of your frame.

Part C

Interaction with others. You *offer* your reality, not force conformity. You display an enticing frame, you don't try to

push others into it. Influence beats control.

Part A: The Root of Dominance: Beliefs, Values, Desires and Self-Mastery

Self-mastery is the first step to true dominance. You can muster swagger, but you can't exude calm confidence when you're the grasshopper. Self-mastery is a holistic concept. It doesn't mean being the best at any one thing or being the mostly manly man- at least, not necessarily. What it means is that you align all decisions to your true beliefs and desires. That you bypass the easy path to climb higher instead.

Managing your beliefs, values and desires is what it means to be a man. They are entirely under your control and they are the largest deciding factor within your life. Good beliefs breed good results, bad beliefs breed bad outcomes. Good values attract good people, bad values spiral you into shitty situations. Desiring the greater good puts you into a greater place, whereas desiring 'good for now' is settling into mediocrity.

Good beliefs include: *"I am the cause of all of my limitations."* A painful belief to hold, it would be easier to drop that burden and blame someone else. I've wanted to, but when I feel blame shift away I pull it back jealously because it's the fuel for the fire of improvement. *"What matters most is what I do, I cannot control others."* and *"Others perception of me is as much an indicator of themselves as of me."* are two others.

Good values include honesty and respect. As a man, your word is your bond. It is the spiritual projection of your character and as true a representation of *you* as your physical presence. A weak word is like a weak body. A mean word is an emotional disfigurement. As surely as an apple-sized cyst is a malformation, so too is the asshole who tries to hurt others emotionally deformed. Feeling the need to say rude things to people is a sign of inner issues which need to be conquered.

Good desires are obvious: If it makes you better overall, it's positive. If it makes you worse off, it's negative. Thus smoking is a bad desire, while exercise is a good one. Desires stem from your world-view, which is controlled by the other two. If you value improvement, you won't want to do drugs in excess. If you value achievement, you won't want to sleep 14 hours a day. Controlling your desires is a large component of self-mastery.

Self-mastery includes the following: Discipline, confidence, and openness. They crossover and each develops the others.

Discipline

- Sacrifice. Save for the future. Don't go out this weekend so you can work more. Conversely, doing all your study in two days so you can go out for five and finally get your dick wet. Sacrifice. What will have to be sacrificed and for what gain is an important decision.
- Deep improvement within facet/s of your life which hold 'universal' appeal. These include health/fitness, money, status, etc. The things which intelligent people will debate the *how* of, but only idiots will debate the *why*.
- Responsibility. Blaming others won't get you anywhere because you can't change them. Society is not the cause of your problems, neither is your family. You are the sole author of your discontent or pleasure. You make the choices

which burden or free you.

Confidence

- Self-belief which pre-empts your belief in or pursuit towards anything or anyone else.
- Confidence that you will make the right choices, take the right steps and achieve your goals as long as you stick to your guns.
- Persistence in the face of failure. You'll miss more shots than you make. You must keep striving to improve and keep trying again.

Open-mindedness

- Broad novelty seeking. Expanding your comfort zone is easier in all directions than one, at least if you look at it as a skill within itself. A simple thing I do is try one new thing a month.
- Willingness to change your mind. Spoiler alert: it's almost a guarantee that eventually, the way society is doing most things will be laughably inadequate.
- Flexibility. Any given person makes more mistakes than successes, along with persistence as per above *you need to learn to change your approach* or you'll end up smashing into a wall instead of through one.

I'm going to describe how to develop each. Consider this like you would fiction. What works for me may not for you and thus when I write specific examples it isn't me *prescribing* that action to you, it's me *describing* the belief to you. You need to imagine yourself acting from the place where *that is your truth* to implement. It isn't "in this scenario, do this!" it is more "if you believe this, you may respond like this."

Discipline

Nearly every time you make a decision, **you already know what the right answer is**. Give yourself the discipline to stick to it, be true to what you *really* want and do that. Don't give in to petty temptations.

There is only one choice in life a lot of the time. It appears like there are more, but usually the choice is between good for now and better for later. The choice is, do you stay in Friday night for some FPS and anime titties, or do you go out and get some? Do you watch trashy TV to distract from reality, or do you grab your balls and carpe the diem out of the gym? Do you subsist on vicarious satisfaction from 'famous' people whose only talent is that they're willing to put their nuts and necks on the line, or do you put *your* cards on the table and seize your own fate?

Discipline is easier if you're obsessed. Every morning, get up and make a conscious decision to spend the first few minutes of the new day on your most important goal. Write the goal down on a piece of paper and make one contribution towards it. If your goal is to be ripped for Summer, write down "I am getting ripped" and then do twenty pushups. If your goal is to write a book, brainstorm ideas and write at least one line every morning- regardless of what your creative process is. It's about always making small, manageable steps to keep momentum. With saving, contributing \$1 to your savings every single day (on top of normal savings) gets you into the habit of doing it better than anything. It makes you think about what you want regularly, it keeps you from slipping into bad habits out of complacency.

One warning: **never motivate with extrinsic rewards.** It has been extensively researched and shown to be the *worst* way to motivate. It removes the fulfilment and pleasure from the activity itself, so instead of being intrinsically inspired towards affirming actions you require stimulus to continue. If you 'reward' yourself for the gym with a massage, you'll never learn to love the gym. If you 'reward' yourself for approaching a girl, you'll never learn to love the thrill of the chase. You need to grow appreciation for the attributes you wish to build or they will lack foundation.

Another aspect is judgement. You need to know *what* will improve you. Some things are steps on the right path even if they seem unrelated. Others seem like the right direction but aren't. To a certain extent I would say getting laid is one of the most affirming and life-altering things a man can do. Being in control of your own sex-life is something women take for granted, something they'll never understand the importance of. For a man though it is liberating because it means you're joining the uppermost crust of our society. Realistically, the amount of men who choose whether they want to fuck on any given night is microscopic, even those in relationships usually have no say.

At the same time pushing your count into triple digits is pointless. I've realized recently that the less women I sleep with, the more I appreciate them. I know that's obvious, but I sometimes look back and think "**Wow, that girl was really cool. I should have kept hanging out with her. She was smart, fun and hot. Rare. Pity I dropped her to fuck a new girl whose name I don't remember.**" I'm saying don't obsess over your lays. It means nothing in the end, what matters is your confidence that you *can* do it when you want.

Confidence

Be confident because *you're* the island of independence, you rely on no one and nothing to make you feel confident. Be confident because you're competent, you're good at what you're doing and will get it done. Be confident that if you're not already good, you will be, because what's holding you back is knowledge you can learn and experience you can gain. "Good judgements come from experience. Experience comes from bad judgements."

The real lesson though: **Nothing is ever more fun than when you're scared.** I'd give my left-nut to get back that gut-wrenching feeling when talking to a ten. Those moments which make you grab your balls and go for it are what make life worth living. Courage is what you need to do things in the face of fear, you need to make that decision every single time. Eventually, consistency breeds competence and then the hurdle you must overcome is apathy. You motivate yourself to not be lazy because you know you *could do it* but do you *really* want to? That's not as fun, trust me. The most vivid memories in my life include: The first time I stood up to a bully; I was 13 and he ran away. The first time I got hit in real life; he was six years and twenty kilos on me, but I remember thinking "this doesn't hurt so bad" and giving as good as I got. The first time I ever approached a girl cold; my only knowledge of pickup was through Mens Health and I was shaking so bad she probably thought I had Parkinsons.

There is still satisfaction to being disciplined and taking right action, but there is fun by far in the thrill of overcoming your own limitations. The further along you get, the less of the latter you'll see, so savour every step along the way.

Openness

Then there comes a point where you need to find new ways to grow. If you develop your character to The Red Pill ideals, you'll have a good base. But a ripped body, able mind and strong will aren't a personality. They're a framework.

Again: you need to be true to you and do things you really do want to do. Try them, regardless of what others will think. The more you push your boundaries the better. I've tried a shitload of sports, some of which stuck and all of which taught me tangible lessons. About half of them got me laid too. I've done arts classes which were massive wastes of time, except I did learn how to draw something that resembles a face and got my dick sucked. Novelty is the spice of life and if you're the adventurous type, you appeal to women. They want you to expand their realities because chicks get bored easily. You stand out in an amazing way if you're the most masculine guy doing something non-masculine. Unless it's getting butt-fucked while wearing a dress, no one will even question your sexuality over it. I've literally never been asked (by someone who isn't a hopeful homo) if I'm gay, yet I have done dance, drawing, cooking, Body balance and still do yoga. None of these are stereotypically manly. The insecurities of others have no bearing on you. Just because some guys can't comprehend being masculine is about doing what you want to do *instead* of living to another's standards, doesn't mean you can't.

You need to be flexible so you don't snap. Life will occasionally throw things at you; if you're strong but brittle they can shatter you. You can't force your way through life for long. You need to have passion for what you do and do what you have passion for to stick with it. Passion can be learned, obsession can be cultivated and when you harness those energies you tend to see things in perspective of the big picture more easily. Meaning you're less likely to be rocked or misstep.

Emotional Mastery

I've written a whole piece about this, [go and read it if you need to](#). What I want to say on the topic here is this: be in control of your emotions. Sometimes that means supressing them to assess a situation clearly and make a rational decision. Most of the time though it means feeling them and deciding how to use them. If you need to act on them, against them, use them as motivation, use them as a deterrent... usually your emotional feedback is valid communication from your subconscious about the *right* decision in situations where information is scarce. Socio-sexual situations come to mind immediately, where the timeliness of a choice matters as much as the choice. Trusting your instincts are correct trains you to use them, which breeds confidence, as well as improves them which enhances future judgement calls.

Anything in life where complexities exceed conscious management benefits from emotional intelligence. At any one time you're capable of accessing about 1% of the input you're receiving and will be actively engaged with <0.1%. In other words, the thoughts you have right now- your consciousness- are 0.1% of information you're processing. 99.9% of it resides in your subconscious, which compiles and analyses the input based on heuristics and models you've developed throughout your life. [It's trainable, which is why athletes have superhuman reflexes.](#)

Often it's better to make the wrong decision at the right time than the right decision too late. Pulling the trigger and committing to a path is one of our most masculine traits because stepping onto virgin soil is scary. That's why explorers are romanticized so highly.

Precision improves much the same on an instinctive level: experience improves heuristics improves judgements.

There is the cognitive aspect to address as well however. You need to build critical thinking skills, which our society seems geared towards destroying. You need to learn to assess the value of a source, the application of the information and the integrity of it. You need to be able to address that to yourself personally as well as on a wider level. You need to be able to identify and negate the effects of confounding variables.

On a broader level, you need to learn *how* to gain information. Knowledge is power. You need to *learn* how to learn. Everyone has a different brain, with different circuitry, which means you experiment to achieve success. An example of this would be the approach of some artists, who will lock themselves into a piece until it is finished- Banksy or Basquiat- while others will work on many different pieces at once- like Da Vinci. Even the time intervals differ. I personally study a topic for a few hours, take a long break, then go back for a few more hours. I also break up each 20 minutes into 15min study, 2min revision of that 15min then a 3min break. If I'm writing something though (normally fiction) I'll spend anywhere between a minute and five hours on it at a time. I'll just keep writing until the words stop flowing, then leave it mid-sentence so it's easier to start next time. It overcomes the inertia, since the first thing to do is complete a sentence. The hardest part about most things is starting and many motivational tools are about making the first step easier.

When you set goals, set the bar low. The idea is to have the bar so you'd have to try harder to miss it. If you want to lose 10kg, make a commitment to step foot in the gym every day. You don't have to train. Walk into the gym and walk out if you want. Having that goal will make you go though. Getting into the habit of going is more important than any specifics of what you do once you're there.

Part B: The Indicators of Alpha

THE PATH

The roadmap to 'alpha' is as follows: Be disciplined and achieve mastery. Women and men both will respect that, which leads to social proof. It will develop your character in the process, meaning you will authentically *be* the act others might try. Be open and accepting: mainly of the fact that most people don't fucking matter. The opinions of random strangers are irrelevant. A girl who calls you creepy, a dude who calls you a douche or anyone without a valid opinion offering criticism is worthless. You don't need to pander to the masses so don't.

Strive on your path and follow the non-aggression principle. Don't try to convert, convince or suppress others but also don't accept those actions. Don't be offensive but don't step down when you're speaking the truth.

Embrace chaos. Accept that you have no idea what reactions you will achieve. Accept that you have no idea if it will go well or not. Accept that when it does go bad, it doesn't matter and has no bearing on you as a person. An alpha male defines himself by his own values, whereas a beta male defines himself by others perceptions.

Everything else is words on the page.

Extrinsic Displays of Dominance

The three biggest things you should try and master *assuming you want to fuck a lot of high quality women* are looks,

status/fame and money. That's in order of my personal recommendation. Why?

Looks are very easy to develop

Five hours in the gym a week, conscious control of what you eat and of your posture will bump you up a point. Skincare, grooming and better hygiene will give a glow that will bump you up another. A style which matches your vibe and smaller improvements- growing your dick, getting a better haircut- will add increments. It's all incremental, it is easy to track and the results are rapid.

IE looks are so easy *you may as well* work on them first because they make everything else even easier.

Status is a mixed bag

There are a lot of paths. I recommend the path of mastering something and achieving status within a scene because my friends who have done that have better results than me. I did not do that however. I chose to spend a lot of time maxing out my social media, messaging people constantly and nurturing a very active social life. It chewed up *a lot* of time and honestly, the results weren't as good as my friends get. It would have taken a lot of work to maintain and I ended up just dropping it completely, deleting most of my social media and cutting off all the "friends" that I was only partying with.

Status needs to be displayed. That's a huge detriment compared to looks. Having it within a scene will somewhat alleviate that- everyone will *know* you're the guy- but to an extent, the perceptions of others will be defining you.

Fame is extreme status which doesn't need to be demonstrated and will nearly always be the culmination of the pursuit of excellence within a field. A top singer, athlete or businessperson will have it. The rest won't ever approach it.

Money

Money will get a girl to open her legs, but won't get her wet. Money can buy time, but not friendships. Money can solve problems, but can't buy happiness.

Money is fucking awesome, don't get me wrong. I spent the first 19 years of my life painfully poor- to the point of missing meals and moving between so many friends couches I was basically a bedbug- but I was happy. Some of the happiest memories I have were when I was so poor girls used to bring me food, when I had 'starving artist' appeal because I wrote, was intelligent and otherwise degenerate. I remember when I finally did get a place, I used to have parties in a fibre board shed with asbestos openly leaking out of the ceiling. They were great.

While I do think being in the middle-class is 100x better, the improvements the others offer are far superior. In honesty the only reason I make good coin now is because A) I was good-looking enough to have a halo-effect B) I attracted the right people (values, confidence, charisma, looks) and C) I took the opportunities given to me by those connections. D) Hustling and working hard is always quoted as the most important. It isn't. That's the sad truth of the world we live in: nepotism beats merit in most areas. Be that business, social or sexual life. Your friends are more likely your friends because they 'like you' for some nebulous reason than because you have a good GPA, job and ripped abs. Your boss is more likely to promote you because he sees himself in you than because you are the most qualified. Choose values which others respect because respect is a more universal currency than cash.

Part C: Five Lessons on How to Treat Others

The Golden Rule

Treat others how you want to be treated. With respect. Don't be excessively late to catch up. Don't insult- negging is for the insecure spinsters. Don't try to exert possession over people. Treat others as their own persons and be grateful for them, because there should be a reason you picked them to be in your life over others.

At the same time, have self-respect. Make rules for behaviour, tolerate but don't accommodate. For me personally I have a three-strike policy. If someone does three things to me which I wouldn't do to them- say they lie to me, they're forty minutes late and they try to insult me- then I cut them off. Done, no looking back. It's worked well for me, but it has flaws. Sometimes I'll judge something as small, then reflect later and realize it was important. Little things can be red flags and while I normally won't hold something like "looked at message on my phone screen" against someone, it may later turn out that girl is dangerously nosy and tries to hack into my phone regularly.

Another consideration is that in longer-term friendships, you need to make allowances. I have one friend who runs an hour late *everywhere*. I now just tell her we're meeting 90 minutes prior to the actual time, because in all other ways she is a great friend. She's helped me out a lot in life and I don't want to drop her over that, so I cater to it. Another friend I have is a great mate, except when girls are around he starts boasting and becomes kind of a douche. Therefore, I don't invite him on my sarging adventures to chase HB8+'s and DMDV (Demonstrate My Dick Value).

Govern by decision, not control.

True power doesn't have to be exerted. Being powerful is something which permeates your life in all aspects. It isn't a button you push, an action you take or a belief you have. It isn't how others treat you. It effects all of those however because **It is everything about you.** *You* are either powerful or not powerful. It isn't in relation to others; it is an aspect of yourself. You can't 'dominate' people with mind-trickery, that falls apart after a few hours unless the other person wants it. More importantly, you won't be improving yourself. You're fooling others into temporarily believing you have influence, not being or becoming a person who deserves it.

The best way to have 'power' over other people is to have them willingly choose to let you lead. **You give people the choice of stepping into and enjoying your reality, or being away from it.** Women will want this 99% of the time without fail because despite social justice warrior bullshit, they nearly all want to be fucked raw into puddles of pleasure. **If I had a dollar for every load of mein nut a 'real feminist' has either swallowed or worn like makeup I'd be a very rich man.** The issue with trying to control them is that they will test that control constantly. If you make them choose, they will either align themselves to your persona or walk away. You don't have to deal with 'dominance struggles' or manufactured drama. **Alphas are those who possess such an appealing reality that others will choose to conform to it.**

Be powerful in the sense of a muscle, not a metal. You need to be capable of being rigid to your core if the situation requires, while being able to compromise if that's necessary. If you never change, you'll grow evermore brittle. True strength is being able to accept criticism and rejection as a signal for what to work on. Strength comes with flexibility, you must be able to adapt to difference circumstances and change your approach in both specific situations as well as more holistically, on a macro-scale to alter your life course for the better.

Leverage

When someone is trying to manipulate you into doing something you wouldn't want to do the most potent tool at your disposal is the one they're using. People apply the filter of their lives to everything, so when a person is trying to exploit you they're going to use the tools which would influence them. If someone preys on a certain insecurity, that's probably their biggest insecurity. If someone appeals to a certain value, that's probably what they hold dearest.

Instead of trying to argue from your perspective, shift to theirs and use their tools to prove your case. Instead of 'fighting back' and correcting them on the level of values, accept that their value is important to them and appeal to it. If someone says, "You have to help me with this, *you're so smart*" then tell them they're smart enough to do it alone. Or help them. Be conscious of what you actually want to do before you blindly say "yes" to every request but don't think helping someone makes you weak.

If a girl asks you to buy her a drink, say "Ok, you get the next round." You're not stingy but you're not her provider. If a girl tells you "We can't have sex tonight, I'm not a slut" say "What I like about you is how you balance being a good girl with being adventurous."

I'll stress that this is too high context to use as manipulation. It must be authentic to the moment and context because you can't just plug in lines and have them work. You must cater to the person whilst still expressing yourself, so it must be spontaneous.

Praise

Short-term, pain beats pleasure. We're more addicted to avoiding fears than embracing the fruits of conquering them. Therefore, the massive inertia to overcome in learning new traits or beliefs. At the same time, giving or withdrawing positive reinforcement is a more powerful stimulus than negative reinforcement *in the long run*. People may alter their behaviour short term because you criticise it or get mad, but eventually they'll forget or stop caring. The best way to stop those behaviours which offend you is to show your disapproval and withdraw the signs of your pleasure. The best way to encourage 'good' is to reward it.

The reason this works better is because people grow accustomed to negativity. If your girlfriend is always late and it makes you yell at her, any time she feels bored or like you're not paying attention, she'll run late to get a reaction. It gives people a handle to move you by when you have strong negative reactions. If instead you withdraw a little- not in a prissy way- then you encourage her to make the effort to fix it. She can't argue if you're calmly distanced, anything she says to get a bite you aren't reacting to and are showing more disappointment towards. No leverage in that case for her to create drama. Instead she will have to reflect on her behaviour.

In the short term, you can yell a girl into cleaning your house or whatever. If instead you say "I value traditional relationships" (which isn't sexist BPer, everyone has preferences and this is a shared value within my relationship/s) and reward her when she conforms to that, then you will encourage the behaviour long term. If you don't flip when she doesn't do it, but show her a lot of affection when she does, then she is motivated to do it *especially* when she wants to make you react. Which is a lot of the time- like I said, women get bored easily and

thrive on attention. So, give them positive avenues to get it.

Girls will often do shit to test you by the way- a phrase I believe to be the origin of 'shit test'. The absolute best girls will say things which completely contradict their personality otherwise just to see how you respond. The secret is: don't. In most cases giving a girl a weird look that communicates "why the fuck are you saying that" goes further than special line #449.

An example: If a girl says to me "Are you gay?" I'd say "Fo real?" and just look at her strange. The one time this actually happened, the girl said "Oh nah haha I was hoping you weren't haha" and was *incredibly* nervous that she'd offended me. I've seen PUA types say something super-smooth like "No, but don't tell my boyfriend!" The issue is that while you may think it's mildly funny, really it buys into her frame. You're entertaining now, you're rewarding bad behaviour. Now if she wants a funny from you then she knows saying "Are you a player?" or "I bet you say that to all the girls!" will get one. IE, you're rewarding bad behaviour.

For those who learn by examples:

Are you a player?

I used to say "Nope, I'm very honest with all of my girlfriends." With a smirk. This is good because it's a multi-level joke. Level one, she thinks it's a joke. Level two, you do have multiple girlfriends. Level three, she knows you probably have multiple girlfriends, but you said it like a joke...

I bet you say this to all the girls!

This is another "Really?" one. The reason is because she is generally saying this in a way which questions the vibe, the intensity and authenticity of your connection. The biggest roadblock for me is usually comfort, so anything which could contradict that is a no-go. Thus I'll never give an elaborate response to this because it's buying into the frame that we have a connection worth questioning. Instead I'd prefer to look at her like "are you fucking serious right now?" and make her consider the fact that doubting this chemistry is retarded.

Closing Thoughts

Dominance is the alignment of your behaviours to your beliefs, of your beliefs to your desires, of your desires to your goals and of your behaviours to your goals. Dominance is a way of life, not a series of actions or phrases. You can be more alpha getting your buttfucked because you want to then Billy Beta is fucking a THOT so his friends will think he's cool. Few things are inherently 'right' or 'wrong'. Most are simply personal choices of how you want your life to look, of what you want to align yourself with. Live for yourself because no one else will.

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UPVOTES

Please DON'T Be this guy

circlelightyears · 4 May 2018 · Archived copy · Reddit

I know this dude who I hang out with among a group of friends and sometimes chill with to take a couple of hits, since he lives a street away.

He's ALWAYS on his phone, texting a girl from his class at college, and sometimes even takes long calls from said girl no matter how much it could disrupt the current situation. Doesn't matter if he's hanging out with someone, or with a group of friends somewhere. About to eat? "Oh shit another message. Damn", as if there's no other choice but to reply to her. About to take a couple of bong hits? "Gimme 5 mins man I'm really sorry, this is important."

Of course, I got curious and asked him if that's the person he's dating. Turns out THAT'S NOT EVEN HIS GIRLFRIEND. Digest that. I mean, this scenario is ridiculous even with someone you're dating. You have to learn to have your own time and tell someone you're busy right now and will call them once you're home, whoever it may be. This dude's being used as an emotional tampon and actually hopes to be dating this girl soon, but yeah, that's not happening pal.

I even had a conversation about something where I implied that I never take calls or text if I'm doing something or if I'm hanging out with someone, unless it's a really, really important or an emergency. His reply? He does that too but there certain things which he doesn't wanna screw up and are "important", apparently. Guys, DON'T BE THIS GUY.

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UPVOTES

If you find yourself arguing with women, you are a weak target.

RogerNorvell · 25 May 2018 · Archived copy · Reddit

Men and women are DIFFERENT.

This seems like such a forehead slappingly obvious statement.

Here's the problem.... When we hold men to the female metric of femininity, we fail.

No shit, right?

But that's a BAD THING in the eye of women... Why can't my man cry with me about that sad movie? Why can't he express his feelings? Why are you so emotionally unavailable? Your masculinity is so toxic!

All trying to slot you into that platonic best girlfriend box. We're men. MEN.

Women don't understand that if we're weak enough to bend over and appease you by becoming that big forever absorbent expanding emotional tampon, then our value as a man has diminished because we've decided the the rules we'll live our lives by are a women's rules, which by definition makes us less of a man.

Other foot - when we try to hold women to the masculine rules of being a man, they fail.

Every guy reading this knows there is a line. If you talk shit or go out on a limb or over this line, you KNOW you're going to get the shit kicked out of you. It's different for every guy, but every guy has a line. It's the underlying basis for mutual respect and largely subtextual, but you know at some point if you continue to be an asshole you're going to get, and deserve, a punch in the mouth. Which is why big scary motherfuckers tend to garner more automatic respect and deference... you want a flailing 120lb goth boy angry, or a 240lb MMA motherfucker with cauliflower ears pissed at you?

You think the average bluehair fat feminist cunt even understands there's a line?

No, she hides behind her sex when shit gets real. You can't hit a girl!!!

You've been screaming about equal treatment for years, bitch.. here's to equality...

But you can't do that. You are in actuality hitting a girl. A deluded, hypocritical shell of a female, but when it comes down to it, she's just a girl, and you're a man. She's just LARPing equality to men, swinging her foam sword.

Women, primarily those who identify as feminists/strong independent womyn, love this illusion of control and mastery. It appeases their need to feel validated, strong and "right". Toxic femininity.

So, they don't give a shit about the opinions of a beta male who won't stand up for themselves and just rolls over - there's no fun nor "win" in that. No challenge.

An alpha will not even put up with her shit and refuse to engage or acknowledge her point of view or even that she has any bearing on the conversation whatsoever. There's no "win" there either. Won't even play the game.

She wants a weak target. Something that pushes back a little, she's going to try discredit you and shut you down, thereby "winning over a man" in her mind.

Don't be a weak target.

Stop arguing with women.

Stop giving a shit.

Men and women are NOT equal.

There is NO equality, the sexes operate under different sets of rules.

There is a male spectrum, and a female spectrum. We don't fit on the same graph.

They way it always was.

789

UPVOTES

How getting cancer, having my dreams crushed and being paralysed for 4 months made me a into man.

lckeSvensk · 10 July 2018 · Archived copy · Reddit

I was born in 1997 to a loving small indian family in Norway, needless to say I was not not the most athletic kid (curry doesn't do that to you). Since the age of three years old I had a passion for soccer, I grew up improving my skills to become a better player playing with older boys. At the age of 14 I played with the domestic big teams academy, I was being matched with players two times my own size and up to three years older than me. I was scouted and brought to England for one month to try in a big team. My tryout went well and they advised me to start working out with my own bodyweight, I was only around 4'7" and weighed around 90 lbs. I was sent home during a Norwegian championship cup for under 16 year old boys as I was tackled and had to go out with an injury to my knee. I was the youngest player to ever participate in that tournament and I was named man of the match in 4 games of the 6 I played in. I won the top score trophy of the cup and played to the top three finalist. I was later sent to a hospital for a full checkup because who I had my current youth contract with had received a small bid for me from the English team academy I tried out for, they wanted to make sure everything was alright with me physically.

My mother quit her job and started looking for an apartment in England, my father sold one of his cars so we would have the money. He decided to stay in Norway because he had a business there, but was going to visit us often. When I reached the hospital, I had several tests done. Some of them pretty weird, but I didn't think much of what they were trying to do and I was just trying to get through the tests so that I could travel to England and do my best for my dream. I was talked about in the local newspapers and they said to 'watch out for me'. I was described as a 'clinical finisher', and a 'skillfull dribbler with good vision for passes'. My father was so proud that he bought and framed several of those newspapers and because of my low weight and height he called me his "little Messi" (Messi is a short footballer).

The day before I was going to meet with the English club about the contract proposal, the hospital results came in. I decided to go by myself, I figured it was only gonna be some papers I had to bring back to the club and nothing else as my knee felt better and I had been back on the field training. I got there and they asked me where my parents were. When I told them where they were, they gave me some water and told me to go to a seperate waiting room. I went there and played on my phone while waiting for the doctor to come back with the results. After an hour I got bored and went and asked how much longer I would have to wait. To my big surprise I walked in and saw my mother and father crying in the hallway. I ran over to my mother and hugged her, I asked her whats wrong. She didnt reply.

My doctor brought us to the waiting room where he sat me down and told me I had Lymphotic Leukemia. I didnt really know what it meant, but when he started to describe the chemotherapy I would have to undergo before I was allowed to play football again I was devastated. I called my head coach and told him to meet me at the academy. With my mother and father I told him that I was forced to quit to the the cancer and could therefore not sign a new contract.

I fought cancer for three years. I lost so much weight and my height didn't change much, I was fragile, skinny and hairless. I hated myself. I didn't have many friends outside of football, so I was also a loner in class. I decided to study hard and get good grades will undergoing chemo. I got straight As on my exams and finished at the age of 17.

Due to some bad nurse a needle in my back to extract bone marrow tissue went wrong and I lost all the feeling below my waist for 4 months (as if things could get any worse). I couldn't even control my pissing and shitting and I couldn't walk. When I finally had won against the cancer I was 5'1 and 75 lbs. Nothing but skin and bones. A broken human with no desire to live. I had to learn how to walk again, I had to learn how to stand, the muscles in my legs were gone. The hospital followed up with me with a nutrient expert and physiotherapist. By the end of my first year at the hospital I had grown to almost 5'4 and around 105 lbs. I was working out and tried my best to

achieve my initial dream of becoming a footballer but **I failed** due to being physically and mentally drained by the cancer, I decided to let go of that dream and focus on my future.

I was now 5'6 at 115 lbs, 18 years old. Still small but I was trying to get bigger. My schoolgrades were improving, I was feeling better about myself and I started looking into the manosphere, stoicism and positive masculinity. While in the hospital bed I read everything I could and I felt something light up inside me that I hadn't felt since my football days. I wanted to become big, I wanted to become strong, I wanted to improve my self in all aspects and prove to myself that I was still a man. During the next two years I started to workout and improving myself and my confidence while going to school. I never played football again but I managed to get a first class managing license.

Today

Today I am 5'8, 170 lbs 21 years old, lean and athletic with hopes to become bigger and stronger. Im going to law school to pursue my dream, I have a pretty and feminine girlfriend that does everything for me, we both live together, she is studying to become a nurse. Im a head coach of a local football team, consisting of boys ages 9 on the side of my studying and work. I also workout 6 times per week. I only eat healthy, no smoke and no alcohol (cancer was fun once but would be pretty lame to experience twice). The manosphere and Stoicism has helped me in such a way I cant even begin to describe how thankful I am for every man that has contributed to this space. I have a rock solid frame from the hardships I had to go through, nothing phases me anymore and I get the shit that needs to be done, done, without crying or whining about why it happened to me and why I am a victim and have it worse than everyone else. Because that is what men do. And I can finally say without being ashamed that I am a man. Thanks again for helping me become the man I am today, sorry for the sob story, but I wanted to share my experience with you to show that no matter how bad you think you have it, all you have to do is stay grounded, maintain your frame and focus on the solutions to the problems you have, solving them one by one until you succeed. Success is so much sweeter when you have been through hardships. Thank you again.

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UPVOTES

Massive outrage after wife files for divorce in UK on "cheating partner" the MAN gets paid £2MILLION from court order!

forgotton123 · 8 January 2018 · Archived copy · Reddit

I just had to share this, as usually we hear the opposite

I was listening to LBC (Leading Britains Conversation) earlier today, and it was discussing a recent divorce story of a man who was cheating on his wife, the wife files for divorce, the high court orders her to give £2MILLION to the 'Husband' to settle the divorce! The wife earned over £10m in bonuses over their 4 years of the relationship. No children involved.

I find this astonishing, I see so many horror stories on here about how the man gets divorce raped for everything he has but this seems to be one of those rare cases where the tables were dramatically turned

Of course, there was a massive outrage about this, with people saying how it isn't fair and blah blah blah, but if this was the other way around, it would not have even been mentioned. We all know the score.

This guy is the luckiest man alive. Gets out of his shit marriage, has another plate on the go (perhaps multiple) and now has £2MILLION extra to his name for it

Madness!

I guess the divorce rape situation can (sometimes) swing both ways.

I'm grateful I've found this sub at a young age, and i know never to get married, which is the moral of this story yet again. But perhaps for women with lots of wealth, maybe they shouldn't either as she obviously made a costly mistake here

Thoughts

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UPVOTES

Always assume attraction - A.A.A.

4nt43us · 13 October 2019 · Archived copy · Reddit

If there is one thing that has improved my interaction and success with women by 10 fold it was a simple change in my beliefs and therefore my behavior- always assuming attraction.

The moment you begin your interaction with a woman and straight away assume attraction, your whole body language changes, the way you talk, the way you walk and the way you act is on a whole new level. Here are some thoughts.

1. NEVER assume she doesn't like you until she PHYSICALLY walks away or pushes you away. EVEN if she says she is not into you. If she is still standing there flirting with you, talking to you she is still into you. It is a simple TRP philosophy - never listen to what a girl says, just how she acts. Therefore, whenever you approach a girl, you assume she is into you, until she acts otherwise. When she walks away and you get the point she is not into you, move on.
2. This mindset will encourage you to ALWAYS be escalating. When you assume a girl is into you, men always escalate because they know she will reciprocate, it's like easy mode. As such, you will be escalating, becoming more physical and this will be working in your favor subconsciously.
3. STOP OVERTHINKING when you first meet a woman, you are wasting your time. Most guys are super shit at reading women. If history is anything to go by, we are our own worst enemy. How many times have we been told months/years later that the chick we didn't escalate with was into us? Men are shit at reading women, we overthink things and make our lives fucking hard and end up ruining the interaction. It is just easier for us if 100% of the time we assume attraction until otherwise and then we will succeed way more. 99% of the time women don't even know how they are feeling or what they want. Moreover, women are way better at reading men, so put the idea in their mind that they are into you.
4. I am a true believer that our thoughts become reality if you believe them enough. When you meet a woman, if straight off the bat you believe you are not good enough, and believe she already dislikes you, your thoughts will manifest into reality and your beliefs will come true. You will be nervous, you will feel depressed and sad (she doesn't like me so why bother), you won't flirt (I don't want her to think I am a creep) and basically fuck up the interaction. Likewise, if you meet a woman and straight away believe she is into you, you will be confident, shoulders high, deep voice, become flirtatious with her, be a bit cocky, and straight away she will be receptive with your behavior. (Seriously think about it on a simpler level. You think sad, depressing and negative thoughts, you will hang your head, slump your shoulders and be miserable to everyone around you and everyone around you will feel this. If you are happy, confident and enjoying life, you will walk around with a level of joy on your face, shoulders held high and a skip in your step, and everyone around you will start to feel happy and be happy. We have all been here.)
5. You start approaching and picking up WAY hotter girls. All of a sudden everyone becomes in your league because pretty much you believe 99% of the girls are into you off the bat. You begin to approach girls who previously you thought were too hot for you and actually end up fucking them because hey, they end up liking you. Girls have the weirdest tastes, and you know what, the tall blonde might be into your brown, asian, black, white, short or tall ass and find you super hot. If you don't assume attraction you will never, EVER have a shot at them. With this mind set, your beliefs will eventually come true.
6. We on TRP encourage lifting weights, getting fit, getting a nice haircut and wearing good clothes because then it becomes easier to assume attraction. Keep going to the gym, keep lifting weights, always dress good, and it will be easier to believe your own bullshit and assume attraction.

787

UPVOTES

Stop torturing yourself, just fuck her or don't.

2stepp · 19 July 2018 · Archived copy · Reddit

I probably don't have a whole lot of room to talk on this forum, but I've definitely earned my stripes out there in the real world.

I've tried to save strippers, suicidal girls, watched my own high school sweetheart get pumped and dumped by Chad not once, but twice (baby daddies and all, and yeah, we talked about having kids one day), had to pay hookers just to feel normal. Just to feel like there's not something horribly fucking wrong with me.

I've fallen truly and deeply in love with women who couldn't be faithful. I cared about them...wanted better for them. Protected them. Provided for them. This forum does a pretty good job killing the blue pill but honestly it dresses shit up and tries to find a happy median too often.

Women will never be faithful forever. I don't care how tight your game is. They CAN'T. Don't expect it and you won't get burned.

All that marriage, house, kids, long term relationship goals, the fairy tale ending?? It's HER job to worry about that shit.

Your job as a man is to build and enjoy your life and to fuck her. That's all.

Stop putting your heart out there, foreal. You don't have anything if you aren't fucking, there's nothing to talk about or waste your time thinking about. So care about fucking her first (and only) and let these little girls worry about all that other shit.

TL:DR Stop building castles in the sky. We get it, you're a good guy and you want a family one day. Stop holding onto that mushy shit and do your goddamn job. Stop torturing yourself, just fuck her or don't.

787

UPVOTES

How having a good father helped me..

PurpleLemon4de · 13 August 2020 · Archived copy · Reddit

My father is a complete alpha male. He worked his ass off coming from a third world country riddled with civil war. It was so bad that at times he had to eat grass to survive. He came to America and got a scholarship, worked his way up a high position in a popular airline company. Needless to say, he knows how the world works and didn't take shit from ANYONE. He is a gym rat who is tall and has a booming voice, if he talks you will sit down and listen. He has a keen eye for bullshit and is the reason why I already had a majority of these red pill concepts buried deep in my mind, he is an authoritative male who set an example for my life. If my grades were slipping, he would sit down and teach me the subjects himself. He forced me to join a sport since I was a child. I go to the gym with him on occasion and having good physique is now a priority because HE SET THE EXAMPLE. He's the type of man who would drop my mom without blinking if there was any infidelity. No exceptions. Many times my mother would feed me bluepill nonsense about how you must be a nice guy and wait for a girl to come, my father overheard and shut it the fuck down. A lot the things I've read on this subreddit he had already taught me, I just couldn't put it in words. Please, father your damn son. It's a difference between a life of misery and one of happiness. The red pill is dying at an accelerated rate. Don't abandon your sons, teach them the way of life and they'll remember you forever.

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UPVOTES

Do not let her waste your time. Use your power to walk away.

Patriot29 · 27 July 2017 · Archived copy · Reddit

Foreword

I've lurked this sub for long time now – over four years. I believe I'm finally at a point where I've amassed enough knowledge, observation, and experience to contribute some good content and give back to this community. I certainly don't profess to be a guru; rejecting the blue pill is a mental battle I have with myself every single day. There is so much more to learn and to improve. A sincere thank you to the OGs, endorsed contributors, and quality posters here that keep me on the forward track.

My plan was to originally make a theory post, however I recently had an experience that is still fresh on my mind. So as my first post I instead present to you a field report.

TL;DR: Potential plate toys with me, tries to waste my time and relegate me to orbiter status over the course of 3 dates. I recognize her ultimate shit test and respond with the nuclear option of walking away. Positive results ensued.

First Date

I am in my late 20s and live on a very nice property by myself in the summer. I linked up with a 20 year old HB8.5 who was home from college through a dating app. She is very attractive and exactly my type – blonde, short, tight body and innocent face. We meet up for sushi since she's not old enough to drink and I was craving it after the gym. At dinner, she immediately throws me shit tests about my age and how I'm significantly older than her. I make her laugh by agreeing and amplifying (e.g. "Yea, I hope you're good at mouth-to-mouth I could croak at any minute"). She insinuates that the age gap is kind of creepy. I was genuinely curious as to why she felt that way so I asked and she gave the typical feminist response, "Because it makes me wonder why you can't get women your own age." To that I thought to myself, if only you knew how unfortunately easy it is to do that. But I responded frankly and asked, "Do I look like the kind of guy who can't get women his own age?" My SMV is high enough that she had to coyly respond with a no. "Younger women are just more attractive. You don't need me to explain that to you." Funny thing is after she felt comfortable with me she admitted to having dated guys my age previously. Ha. We have a grade-A shitter on our hands.

When we went back to my place for some drinks the barrage of tests and mind games continued. We started to make out heavily, but her ASD/LMR was strong and I couldn't break it with any technique (e.g. escalate, back off, re-escalate). She was intent on maintaining some sort of innocent image that I know was not there due to TRP and the fact that she had already dated older guys. I held my frame and deflected all her skeptical remarks, negs, and borderline insults. Nevertheless she went home and I felt a bit defeated, though I could tell she was aroused and she promised to text me. So I didn't contact her at all, and sure enough a week later she asks to hang out.

Second Date

We have some drinks at my place and the heavy making out begins again, this time with her hand down my pants. Then, suddenly, she stops and climbs off me saying that she doesn't "want to lead me on." I gotta admit I was dumbstruck by the statement and how quickly she made the mood change. I knew from the moment I heard it that this was a monumental shit test but my brain scrambled for ways to respond. I basically said "Ok??" with a slight grin and look on my face that says you sound kind of psycho right now. It wasn't a good response and I resigned to thinking I blew my chances for the night. I was in damage control after that point and made every effort to not seem butt hurt by what she just said. However I knew not all was lost as she seemed to have left my place happy and

eager to see me again. After all, I knew this was a case where “judge a woman by her actions, not by her words” was in my favor; she claimed we weren’t going to do anything further but she was getting uncontrollably physical with me. I went no contact and had a feeling she’d text me again soon. She did.

Third Date

This time I picked her up and brought her back to my place. Per usual there were shit tests left and right, but this time she’s also acting weird. We make out for a bit and then she quickly retracts. She jumps me again, then retracts. Her body language is tight and closed and she’s being cold physically, completely shutting down any and all of my attempts to escalate. But we’re still talking and watching Netflix getting along. I’m trying not to think too much of it just yet. Then, again out of nowhere, while keeping her distance from me on the couch, she drops that I’ll need to take her back home soon. It was still relatively early in the night. Wtf. Now how I handled this, what I later recognized as, epic shit test is the takeaway from this field report: **If you feel your time is being wasted, walk away.** Those who read *The Millionaire Fastlane* understand that time is man’s most valuable asset. Money is potentially unlimited, but time is very finite. If you have raised yourself to a man of worth, a man who has options, you should never give away your time cheaply. I believe Rollo (correct me if I’m wrong) wrote that a male version of a slut is someone who gives his time away easily as female sluts do their sex (i.e. male orbiters). This is all racing through my head as I start to get angry. She thinks she has the power to play serious games with me and I’ve about had enough. I would not be relegated to some orbiter who gets thrown a makeout session here and there as a way to keep me in check with a false sense of hope. I’m wasting my time with this one when I have other things and plates I could be doing. Granted they’re not as young or as hot, but at least they’re all over me when I see them.

Before the criticisms erupt, I am not suggesting that any time you spend with a girl that doesn’t involve sex is a waste of time. In this instance, she was wasting my time by doing exactly what she warned of: leading me on. Going hot and then going cold and playing with me like a cat does mice - not killing me but not letting me live either. So I channeled my inner stoic masculine energy and responded without emotion, “Why wait? I’ll just take you home now” and gently slapped her thigh as I got up from the couch. She didn’t get up immediately, looked up at me like a kid, and sadly mentioned that the show wasn’t even over yet. I told her the show was kind of boring and I was getting a bit tired anyways so we might as well just go now. Again, did everything to make sure I didn’t sound bitter when saying this, but she obviously sensed I was done with her bullshit and that I’d likely never see her again. I grabbed the remote and shut off the TV.

"But I don't want to go home yet :("

"Come on I already got up. Don't forget to grab your phone off the charger."

I put on my shoes and grabbed my keys and she realized I was serious. I also started texting my friend, knowing that she’d see this and run her hamster. Dread. Sure enough, we pass my bedroom on the way to the door and she suddenly stops and asks to see more of the inside. She sits on my bed and you can fill in the rest. Plated.

Lessons Learned:

- **Always be willing to walk away.** The source of your power in any relationship stems from the ability to walk away. A corollary lesson is: embrace your internal anger and channel it in a cool, collected manner. Anger is healthy masculine energy that should shake those bluepill tendencies out of your body. However on the outside you should calm yourself, hold frame, and act stoic. One of the most BP things I could’ve responded with when she said she needed to go home soon is, “Really? Why? It’s still so earlyyy.” Like a sad bitch seeking approval. Get angry with the fact that this person, who happens to be very cute and has the halo effect, is playing with you and wasting your time. I’m not saying you should let stuff like this phase you - as a man with high SMV and

options, one girl's actions should never break your inner mental frame and throw you back in the anger phase. In other words, channel that instinctual anger deep within you to reject the BP programming that leads you to be a pushover with beautiful women. Walk away with *genuine* indifference like an alpha because you should have better things and people to do. **You can't negotiate desire anyways.** Not only will you minimize wasted time, but you actually increase your chances of her coming around.

- Recognize shit tests and don't get discouraged by them. If she's purposefully or instinctually firing questions at you to determine your worth, it means she's giving you a chance to take her. Don't mess up the opportunities. But if you do, do not try to overcompensate. When I pretty much failed her shit test of "I don't want to lead you on," I made sure to not be the first to contact her afterwards because that would've placed me further in the beta bucket. Make yourself more aloof and scarce if slipups occur.
- And to tie it together: **Walking away is the nuclear-option tactic to pass an epic shit test.** It exudes abundance mentality *when done properly* (you can't come off as bitter) and instills a serious sense of dread in a woman. Potential plate toying with you and denying any possibility of sex? Time to walk away. Girl you're talking to at the bar calls you a creep? Walk away and talk to other girls, hotter ones if available. Your LTR blatantly flirting with another guy right in front of you? Epic shit test that can only be matched with walking away from the relationship altogether. In each of these scenarios, you retain the power and you cut your losses with respect to wasted time. It's also likely in these scenarios that the women in question will develop attraction and try to reel you back (which is great in all but the LTR scenario, where she should be promptly demoted to plate status).
- Tits or GTFO

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UPVOTES

A man must be less prone to being lonely

FemtoG · 3 September 2018 · Archived copy · Reddit

A big reason why women seek men is simply because they don't like being alone, and get lonely.

This is obviously ingrained in them biologically because a million years ago they frankly couldn't survive without a man's support, and would be more inclined to getting raped. Men get lonely for a similar reason of garnering the strength of a tribe behind them, but to a lesser degree because they are a bit more self sufficient.

When you are in a relationship typically this comes into powerful view. There are many moments you just want to be left alone.

Or should I say, there **SHOULD BE** many moments you just want to be left alone. This creates the push/pull mechanism.

See, the push/pull mechanism works because you are tangling the bait of easing loneliness to a girl, and therefore you must let her feel lonely. If you are too forward with your affection, then she will never feel that need to ease her loneliness, and therefore take you for granted. The purpose of man is to dangle this shit on them, they obviously like it too because they enjoy the feeling of being **ATTRACTED** to something.

Anyway, the bottom line is all you pathetic dweebs out there "yearning" for friendship or romance are doing it all wrong. A man of resource and strength has much greater tolerance for loneliness. This is strength, because now you gain the power to ease other people's loneliness, without needing their power to ease yours.

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UPVOTES

I fucked up. Don't be like me.
[deleted] · 23 September 2016 · Archived copy · Reddit

[removed]

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UPVOTES

Focus on you first. And second. And third. And...blah blah...Worry about women seventh.

Archwinger · 24 July 2014 · Archived copy · Reddit

A lot of people (especially new people) show up on The Red Pill wondering “What *specifically* do I do to improve my life?” They’re not looking for academic theory about women and power-talk and discussions about how shitty women are and how alpha and beta various examples of men are. They’re looking for concrete help. Advice they can implement *today* to make their lives better.

First, join a gym, or start going if you already joined but don’t go regularly. Or go back if you used to work out and stopped. Make time for this. Every day. Or maybe 6 days a week. Or every other day if you have shit to do. But minimum 3 times per week and preferably more. Do strength training. Look up stronglifts 5x5 or something comparable, and fucking do it. Cardio in between if you’re going every day. This is your time. Don’t talk to girls. Don’t talk to guys. Don’t waste your gym hour. Just work out. It will suck at first but get easier. Here’s the key: It doesn’t matter if you get stronger or look different after a month. (You will, but it doesn’t matter.) The way you walk, talk, and carry yourself will become better, in a way you won’t notice but others will, if you know that you’ve done all you can to prepare your body to face the day, every day. And it’s just plain good for you to grow some fucking muscle.

Second, eat well and get enough sleep. Staying up until 4:AM drinking beer is fine when you’re 19 and in college studying for an exam, but you’re a real person now, and you wake up at 5:AM to work out. So eat real food (not bars and shakes), cut out soft drinks and energy drinks and other bullshit, limit alcohol to social drinking, learn to cook, and buy actual shit from an actual healthy grocery store. And sleep 8-9 hours per night. You have nothing to prove to anybody by staying up until midnight. You have a job, a workout regimen, and a life to live. Lack of sleep hinders all of that and makes you a less efficient and a less attractive human.

Third, get a job if you don’t have one. Get a good job if you already have a shitty job. Get ahead at your good job if you already have one of those. You can look on indeed.com or monster or any other job site, but be forewarned – every job posting you see on the internet will get a thousand resumes. Do a general search for companies in your industry and just send them letters and a copy of your resume. Follow up within the week. By phone, not e-mail. Talk to everyone you know and get hooked up at places you never would have thought to approach. Networking is the best way to get a job, and having a day job and steady income affects the way you walk and talk. Even if you don’t notice this, others will. Even if you’re in school now, get a part time job doing something cool. It’s a great conversation piece, and when you’re finally out of school, the fact that you did something besides go to school the last 4 years sets you apart from other college graduates first starting to send their resumes to employers.

Fourth, talk to strangers. All the fucking time. Are you in line somewhere? A coffee shop? The student union at your university? Are you on a street or in a building, or at the gym or anywhere else where other people exist and aren’t busy working? Just chat with strangers. You’re not trying to make a new best friend or get a date. You’re just chatting with people, both men and women, 30-60 seconds tops, maybe 10 people a day. Most of this will go nowhere and be super-awkward, but maybe you meet someone you can add to your network and contact later. More importantly, however, you get over the inherent fear we all have of rejection. You talk to strangers without caring what they’ll say or think, it’s awkward and stupid, it sucks and you look dumb and have nothing to talk about. But six months from now, you’ll realize that you’re actually good at talking to people, strangers are as afraid of you as you are of them, and you develop a knack for getting other people to seek your approval, rather than vice versa. This translates into more success meeting women, more confidence at job interviews and business/social functions, and the like.

Fifth, join some professional societies, hobbyist groups, start taking guitar or martial art lessons, or something that interests you, not related to your day job. You need shit to do besides work, cook dinner, and sleep. Otherwise, you’re a boring little shit. Be interested in something and look into it. Cooking? Making soap? Making explosives?

Going to the shooting range? I don't care. But if you're a man, you've at least passively been interested in lots of things over the years. Pick a few items of the greatest interest to you and actually look into them. You won't live forever.

Sixth, study up on game. It doesn't matter how fit, healthy, successful, social, and interesting you are. Women and talking them into fucking you is something different from all of that. If you don't know how to talk to girls in a sexual way, you'll die a rich, super hawt, very interesting virgin who didn't have game. You have to learn how to treat women like anybody else, be outcome independent, talk subtly sexually, touch in a non-awkward way, and escalate the situation to a sexual encounter. This is a learned skill, not something that "just happens" naturally the way women will tell you it does. For them, it just happens. For you, it's a practiced skill, and making this happen is something that is completely independent from looks/fitness, success, hobbies, and social skills. Having all of that makes game a lot easier (which is why game comes as sixth on this list), but all of that without game won't get you laid, and game without all of that will make your life a lot harder.

Finally, start going out every weekend, and/or maybe one weeknight a week, and approach women. Constantly, the same way you talked to strangers above. Note how this is seventh on my list, and not all that important. Women don't matter if you haven't done 1-6. And you can be *happy* and successful just doing 1-6 and forgetting all about women. That's actually key. If you're not happy, all on your own, just with who you are, what you've done, and what you're capable of, then you'll never land a woman (not a worthwhile one anyway). If you're physically fit or at least confident about your gym routine, healthy and well-rested, professionally successful, socially not awkward, have hobbies and interests, and are at least decently versed in game, you finally have a decent chance of not being blown off by the average woman. As noted above, treat women like talking to strangers. Just chat with them like anybody else, in a non-awkward way, and you're already leagues beyond the normal loser, who doesn't have the courage to walk up and talk (and when he does, he's an awkward loser). Just talking to women and coming across like a non-awkward, non-loser puts you in the top 25% of men. Being subtly sexual and escalating via touch puts you in the top 20%, give or take. Not caring whether you're turned down or not and moving on to the next woman like the one who just pissed on you doesn't count puts you in the top 15. Being fit, successful, socially apt, and interesting, on top of good game, puts you in the top 10.

The top 10 percent gets laid every weekend. Maybe not by every single woman they approach, but by the end of the night, you'll have a fuck buddy lined up. But this comes after a few weeks or months of hard work becoming worth a shit. The key is being *happy without women*. If you're fit, successful, socially apt, and in possession of useful and interesting skills and hobbies, you should be able to have a decent life without women. Women would rather line up to be the gravy on your awesome life than be the main course, featured on the otherwise empty plate of a loser.

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Instant grat and Delayed grat activities, how they can change your life.

BPtoRP · 18 March 2015 · Archived copy · Reddit

It's 5:30AM, just woke up to another notification asking to elaborate on this. I consider this dichotomy the foundation to my TRP journey, been focusing on it for a few months and already seeing major results. It is pretty simple so skip if you think you're already pushing yourself to your hardest on a daily basis.

In a nutshell, you want to reprogram your brain, to reinstall the idea that in order to get a reward, your brain must work first. This provides you with a natural biological force of willpower/discipline and a natural biological happiness of well-regulated dopamine fixes.

Porn is the epitome of this, you're taking something that is extremely complex in nature (getting a girl naked, visual sexual stimulation), something that your ancestry and evolutionary genes consider high risk/work high reward and shoving a burst of that reward to the brain without it having to do a thing. That fucks your brain up literally (in terms of dopamine receptors/connections), your brain gets used to this heightened level of stimulation and so you want more instant grat activities. The worst part, you ~~want~~ need more extreme versions of them to sustain the level of dopamine spikes you keep experiencing. The double whammy: your brain is more deterred to the idea of working at connecting to a girl to eventually get her into bed in the physical world. Sex is now redefined as your lonely tight grip's feeling on your dick as opposed to a warm body interacting with you touching you everywhere. NoFap take it too far no doubt but that's how I experienced it first hand.

The more you avoid instant grat activities and gradually implement more delayed grat, the more your brain WANTS to do hard shit because it knows the reward is always at the end and it feels like constant applause for hours and days as opposed to fireworks for a few minutes. I WANT to go to the gym to feel so fucking beast at the end, to study so I can ace exams and feel like a genius, to meditate so I can be the rock staring into a girl's fragile soul...my dopamine receptors get re-programmed every day to "do more tough shit, get more happiness".

Instant grat activities: 1) All social media: instant, brain-dead meaningless validation where you don't interact with another human. I leave out 30 mins a day to reply to notifications but rarely browse. Anything worth watching/reading will be shown to you when your friends/dates talk about it. 2) Gaming: Cold turkey, don't give your brain its dopamine fix of accomplishment in a fake yet realistic as fuck environment. 3) Watching TV shows and online videos: Cut any passive non-stimulating material that you can text while watching and not miss a thing. (Example: Friends, BBT, Modern Family) I make exceptions for fast-paced stimulating shows like Sherlock, House of Cards, How to Get Away with Murder every weekend or so. It's not delayed grat but it's a reasonable guilty pleasure. 4) Porn: already discussed, I personally still fantasize from time to time but I never touch my dick, I imagine real-life scenarios with real-life girls where interaction and touch is the main factor. 5) Complaining or validation-seeking: you'll feel the urge to suck energy from people when you're sad or tired or bored or whatever, to text them and get "support". None of that, constant positivity and emotional resilience. Have your ego laugh it off and come back for more. 6) Drugs/alcohol obviously: Recreational but controlled. Any kind of bingeing or loss in control, stop immediately. Always ask yourself: Does this next activity hurt? If yes, does it give me benefit later? If yes, jump into it without another thought. The more you delay something, the more your brain fears it. Walk out the door and approach the first girl you see and it's cake. Make excuse over excuse and you start thinking approaching is a daunting task because you've avoided it so many times. Same deal with procrastination.

Delayed grat activities: 1) Lifting. 2) Working on your career, keeping it a priority, and having at least one side project running. 3) Eating healthy: you'd be surprised how easy this is. Pack greens and superfoods in a daily smoothie for all your vitamins and minerals and be aware of your macros in your meals. Remove anything too sugary, too salty, too un-homey. Fast-food is unthinkable of course. 4) Cold showers: many benefits, mainly metabolism and testosterone boosting. 5) Sleeping on the floor: harder to go to sleep but (anecdotally, no real scientific backup) deeper sleep and better posture. 6) Meditation: Can't recommend this enough, it was the last part

in my equation of gaming girls, you just radiate calmness, your moves get smoother, your brain is clearer, and you're more focused on the now and less outcome-dependent. 7) Reading, sudoku, and language lessons on the subway or in gaps of free time. Reading is especially delayed-grat as it's much less stimulating than all the action in videos that we're so used to right now. Your brain is so used to constant stimulation that having to imagine the words itself can be pretty boring at first but magical as you do it more. 8) Socializing is delayed-grat to me as my introvert self would always rather do passive shit alone. I try to engage strangers in conversation and socialize as much as I can.

You'd be amazed how much delayed grat you can introduce to your life. The more you add them, the more they'll take the time of instant grat and you'll find the day just ended and you've only done productive things all day. This may seem like a very harsh life if you're too spoiled but you get used to appreciating the finer rewards of life and I see people even more dedicated than I am. The quote "Happiness is a byproduct of achievement" holds true, so fucking true. Every reward is more enjoyable after hard work.

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UPVOTES

Red Pill Primer - Sidebar Made Simple

bsutansalt · 30 December 2016 · Archived copy · Reddit

Mod note: It's been over a year since I originally posted this, but it's worth posting it again for new members and for updated feedback as a lots happened since then.

New here? Read the following threads below. If you've read the rules, then you know this is required before posting anyway.

Introduction

What is The Red Pill

This thread explains why we are here and what our mission focus is. The short version is we're help each other understand and leverage to our advantage:

- [Game](#)
- Acknowledging reality for what it is
- Men and women's sexual strategies and how they differ

Glossary and Terms

In addition to glossary and terms, this thread also includes some key theory pieces you'll need to understand if you're going to spend any time here.

Background Reading

The entries below serve as the backdrop of why we're here and over the years have helped shape our mission focus.

Men Are Not Happy

The Misandry Bubble

Michael's Story <- CTRL-F "Michael"

Confessions of a reformed incel

The Manipulated Man

The Polygamous Sex

Gender Studies is Nonsense

Theory Reading

Once you've fully digested the above material move on to the theory reading below. Each section is broken down into phases to help you better understand and reinforce the core concepts and philosophies TRP espouses.

Phase 1: The essential differences between how men and women love.

Women In Love and Men In Love

These articles do a great job at contrasting the differences in how romance is expressed by men and women. We now know, contrary to popular belief, it's men who are the true romantics of society. A follow-up to this is [Of Love and War](#), which is best summarized with the line "women's concept of love isn't what men would be led to believe

it is."

Schedules of Mating

Anyone familiar with women's monthly cycles knows full well that women's preferences change. So too does their desires and attraction to masculine and effeminate men. The main takeaway here is that during ovulation women show more skin and tend to prefer more dominant and "alpha" traits in men. It's also a great read because it's one of the manophers's first great delves into women's pluralistic mating strategy.

Two principle types of love

An early dive into frame control, a topic that Rollo Tomassi has since expanded upon greatly over the last couple years at his blog The Rational Male.

Phase 2: Women's pluralistic and mercenary approach to relationships.

Briffault's Law

This thread delves deeper into **Briffault's Law**, a core concept, and some corollaries that describe how women do not express loyalty to beta men for provisioning and protection previously provided by the male.

On Value and the Value of Women

The value men and women bring to the table is different, an artifact of how our sexual strategies differ. Women's value is from *being* whereas men's value is from *doing*. For a woman to have sex, she just has to show up and men will throw themselves at her. For a man, he has to dance to her tune and be high status and this and that and the other. Men seek sex from women, not the other way around. Instead women *screen* for which man she'll have sex with of the myriad of men seeking to have sex with her.

Hypergamy 101: Women view men how men see jobs

Hypergamy 102: Her Perception and Context Means Everything

Phase 3: Freeing your mind of "blue pill" social programming.

Power talk 101

This is a great primer on the mental gymnastics and power plays in language and how subterfuge can be employed by women to dupe men who are not aware of the subtext being intoned.

Red Pill Antibiotic Nuke and Red Pill Video Compilation Nuke

This further expands on some of the concepts found in the Glossary and Terms thread above.

Sexual Strategy is Amoral

Game/sexual strategy itself doesn't have intrinsic moral value; it's all about how you use it.

Phase 4: Understanding power, agency, and the tyranny of hypoagency.

Sexual Utopia in Power

This article discusses how marriage and monogamy constrained women's hypergamy to the benefit of civilization. For those not familiar with history, Henry IV once said, "I want there to be no peasant in my realm so poor that he will not have a chicken in his pot every Sunday." Hoover later used that same line in his presidential campaign. Marriage and monogamy and social mores limiting women to one partner served to provide for men a sexual equivalent of "a chicken in every pot". Doing so was good because it served as the incentive that drove men to create civilization as we know it. Where harems for elite men exist and large swaths of men go without sexual access, societal upheaval follows.

The Covert Reason Women Hate Male Spaces

The internet has given rise to a new kind of support group or men's club, where men can compare notes and figure out for themselves if a woman is being shady or not. This takes away power women have enjoyed and instead empowers men, in many cases for the first time in their lives. On the larger social scale this threatens women as so they attack and shame us as their way of trying to put the information genie back in the bottle.

Women: The Most Responsible Teenager In The House

There thread has created a lot of butthurt since it was made, but the theories in which it espouses are sound, particularly in dealing with women's shit testing in long term relationships (LTR), the roles men and women are naturally predisposed to, and the establishment and enforcement of boundaries. [This is the article](#) that the thread is in response to.

Applying Red Pill Concepts To Your Daily Lives

48 Day of Power Supethread

48 Laws of Power from a Red Pill perspective.

All-in-One Legal Compilation Guide For Men

An unfortunately necessity in this day and age.

All-in-One Red Pill 101

This thread is a great primer of the Game aspect of TRP as described in the Introduction above. It also expands upon the core concepts found in the Glossary and Terms.

Feminist Shaming Tactics and What You Can't Say

It's important to familiarize yourself with the logical fallacies and bad faith arguments feminists use when discussing gender issues online and in the media, and how the media is controlled/constrained by those in power to service the feminine imperative. Note: The essay is linked in the What You Can't Say thread, and is not the thread itself.

Goals

A how-to guide for creating goals and staying on track.

LTR Checklist and Unicorn Hunting

A great list of red (and green) flags to help you ascertain if a woman is worthy of your commitment.

Self-Acceptance

Life is short so make it a good one. And don't sweat the small stuff.

Shit Tests 101

Comprehensive introduction to shit tests.

Shit Tests 201

In effect this was a follow-up to the above thread on Shit Tests.

The Red Pill Interacting With Other Subreddits

This thread offers some practical advice for dealing with other subreddits that are vehemently "blue pull" and their alternatives.

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UPVOTES

What happens when women are given absolute power? Find out in the ancient Greek comedy “Assemblywomen”

Arty777 · 7 May 2018 · Archived copy · Reddit

“Assemblywomen” is a play written by the Greek play-wright Aristophanes. In this dark comedy, the women of Athens (who have taken to wearing their husbands’ clothes and stopped shaving their armpits) convince the men of the city to hand power over to them. According to Wikipedia “The play invents a scenario where the women of Athens assume control of the government and instate pseudo-communist reforms that ban private wealth and enforce sexual equality for the old and unattractive.”

The predictive power of this play is almost unbelievable. Among other things, the women abolish private wealth, shut down the courts (since they assume there will be no theft without private property), knock down all the walls (fences) between homes to make more of a communal atmosphere, and outlaw prostitution. Any man and woman can have sex, but only if the man first has sex with an ugly woman. Because men no longer know who their children are, women give responsibility for parenting to the state. With no more family or civic responsibility, the men start sleeping in late. I assume if Greek mothers had basements they would stay there.

This mirrors pretty much exactly what women have done given the partial control they now have in reality, and it’s not that hard to imagine them actually trying to implement the more outlandish parts if they had full control. It’s pretty incredible to see just how obvious it was to pre-modern people that women were unsuited for power. We may laugh at their lack of scientific knowledge and primitive nature in many areas, but they would be absolutely dumbfounded by our naivety over such simple matters as the differences between men and women.

As funny as the play is, it’s also pretty horrifying when you realize that this guy imagined a dystopia that seemed so outlandish and ridiculous that it could be the subject of a comedy, and you’re living in it.

<https://en.m.wikipedia.org/wiki/Assemblywomen>

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UPVOTES

[FR] Banged some chick from TBP

Heathcliff-- · 28 November 2016 · Archived copy · Reddit

I'll try and keep this short.

A while back, I enjoyed being a faggot and arguing with the shrieking landwhales over at PPD. For some reason I thought I could reason them into a more logical position (WRONG), redpill them on gender dynamics/current affairs (WRONG) and save some of the cucked nu-males on that sub (WRONG WRONG WRONG).

It was stupid of me and showed a distinct misunderstanding of TRP. You cannot save anyone, they must save themselves, and you cannot use logic to debate feminists; they do not have the capability to process it.

In fact, thinking about how I was wasting my time with women who I would not even give a second glance at any day makes me cringe. I was arguing gender dynamics with blue haired butterhuffers while I could have been improving myself and working on my mission. The hambeasts are not worth any of my time and shouldn't be worth yours. They are lost causes.

Anyway there was a comment I made on PurplePillDebate where I said something along the lines of (paraphrased): "You think we're all ugly neckbeards but we're not and I can prove it. PM me and I'll give you my snapchat".

4 users messaged me over the next day and we swapped snaps. I demanded pics of them before I sent anything. 2 of them never replied. One was a fatty, I sent her a face pic and topless photo and she screenshotted them (probably to share in their super secret Blue Pill group chat) and then we stopped talking.

The last was some hipster/alt chick who wasn't round and had a decent face, like a 5/6. I sent her the face/ab pic and she gives me a "wow" and then we don't talk for a while.

I notice she has been viewing my snapchat stories and so I start watching hers and lo and behold she lives in my city (to be fair I mentioned where I lived in earlier PPD posts so maybe she was more interested in me because of it).

She keeps posting weed shit so I reply to her weed shit with my own weed shit and that's all we did for a while until I posted a pic of me wearing my MAGA hat and she messaged me with "you're delusional if you think he's going to win".

So I say to her "bet you 20bag he does". At this point I've already decided to try and get into her pants and knowing trump is gonna win I'm setting up for a meeting. Of course she takes the offer and on the 9th I don't even need to message her as she messages me first acting all surprised and shit. I tell her she owes me weed and I say we can share it at her place. She says okay.

That's the bang locked in. She's invited a stranger she met on the internet who she knows has a bad attitude to women over to her apartment. This is pretty much broadcasting "I want you to fuck me".

Day of the bang, I go climbing (to get a decent pump) and then visit her place. She opens the door and she's wearing like hippy/goth shit and got too many peircings and her hair is all fuckt up in that kind of trashy way idk how to explain it but it was kinda hot.

I find out she's older than me (but her young-ish face will save her for a while) and that she works and lives at apartment with other "alt" flatmates. She's got a fuckin che gavuera poster hanging on the wall and has like feminist shit in her room and we talk about weed and psychedelics and she tells me she didn't expect me to be so "normal" (her words) and asked me "why I needed TRP if I'm so attractive". (Bitch didn't understand, if she'd met me pre-TRP she'd be singing a different tune).

So eventually she asks if we should go smoke and I say "Nah I'd prefer we fucked first blazing is always better post-nut" and this makes her double take a bit and go red and she's all like "that's not why I asked you to come" and I say "bullshit you know exactly what you were doing" and then went in for a kiss and she doesn't resist so I screw her in multiple different positions and pull her hair leave bruises on her ass the usual shit. Body was okay, very skinny and

tight ass but had those flat saggy titties girls get when they don't wear bras their whole life.

After we smoke and listen to tame impala and I make her suck me off and we talk about Reddit and TRP. She found reddit cos her ex introduced her (what a surprise) and she tells me "I'm an exception, I'm nothing like what real redpillers are like (Hamster Hamster Hamster) and that I must have been a jock/got girls in highschool (WRONG, i was a skinny beta nerd weeb in highschool)."

So she keeps hamstering away about how I'm not a real redpiller and that obviously I respect women cos I talk to her like an adult and bla bla bla and I tell her to read my post history and pack up. I say "i'm gonna write a field report about you" as I'm leaving and she's like "omg no *giggle*" but I bet she's dying to read what I wrote about her.

I make sure to text her later on "so you want me to fuck you again" and she replies "yes please" and I screenshot that shit with the phone number at the top. A trick i learnt from here to make sure she don't get any accusatory ideas.

Anyway if this doesn't go to show that a girl will drop all her ideologies and long-held beliefs in order to get some chad dick then Idk what will. This chick *knew* I was a "misognyist", she *knew* I was just out to fuck her, and she *knew* that I was gonna screw her and leave. She's got all my comments and post history to back up the fact I think women are children yet she hamstered away all my game and pedestals me into some chad-tier alpha god cos I got abs and made her laugh and slapped her in the face while fucking her.

And of course every time I called her a slut or a whore while my dick was inside her she'd suck on it 10 times more eagerly or furiously rub at her clit.

Women like to be objectified and used as sex objects by high tier men they find attractive; even the pierced hippy goth feminist SJWs.

Yeah I know there'll be some bloopers in here like "r that happened". I'm sorry ladies that you can't get the alpha cock on the reg you'll just have to lose a few hundred pounds.

And Ana when you eventually read this hmu I'll bring some md next time and put my dick in your butt.

Lessons Learned;

- They will betray their ideals for alpha cawk
- They will hamster away evidence of their own betrayal to keep them on top of their cognitive dissonance
- What they say online/to their friends/to betas is completely different to what they do when a large penis is in their face
- Look at what they do, not what they say
- Hipster feminist chicks are wild in bed and you can treat them even worse than your normal thots

EDIT: lol she mad I called her a 5 with saggy tits haha...

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UPVOTES

Hypergamy isn't your biggest enemy. Obesity is.

Spicychickenaholic · 16 September 2019 · Archived copy · Reddit

Sup bitches, so I'm an American who for the last two years has been traveling the world (with about four months back home) and obsessing over TRP concepts abroad. I'm a people watcher too, almost the point of it being a hobby as its one of the few things you always can do in public when you don't speak the language, so I'm always peeping how TRP is expressed across the world (spoiler alert: it's universal). Anyways, this privileged perspective has given me some insights that that I think are worth sharing with you gentlemen today. Plainly speaking, out of every country in the world I've been to, the US is by far the most misandrous and sexist of the bunch (followed closely by Germany and the UK). I started noticing this when I would have a plate back in the US after leaving my first harem abroad. I felt a bit like I had been cheated at a used car dealership. With a plate who's just certain that she's a great catch, but somehow doesn't compete with my Vietnamese plate who would insist on doing my laundry immediately after blowing me. Anyways, America being shitty towards men is pretty well known throughout TRP, but I don't see the root cause of it being discussed here often enough. The TL;DR of this is **you need to go fucking travel**, for an extended time, none of this "two weeks in paradise" bullshit. If you really want to take the Red Pill, get the fuck out of the Matrix for while. This applies even moreso the more butthurt/angry you are (looking at you MGTOW/incels). I can sit here and tell you everything I've seen, but it will never compare to you internalizing it by *doing it yourself*. It took me about year and half before I really saw how crazy the SMP is back home and that was WITH already being redpilled. Be forewarned that if you do travel extensively, you will probably end up unwilling to even plate western women again, which can be a lifestyle complication for sure. For some related material I highly suggest **15 things I've noticed about American women**. I can attest that 15/15 of those points are dead accurate and in the right order of significance (I am not the author). When you're trying to figure out why unconventional social changes are having such a negative impact on your quality of life you **need** to understand those 15 points.

Part 1. Culture shock

When I first got off the plane in Thailand, I noticed something strange right off the bat, **Hot girls were nice to me**. I'm talking 9s/10s being eerily *normal* when dealing with me and treating me with *human decency* instead of trying to interest-shame me without provocation or act terrified of me like I could be some rapist. This was mostly mirrored in every country I would go to. My first thought was, since I'm a foreigner I've just stacked +1.5 onto my SMV, WRONG. Enough people watching showed me that even in cases where some knockout barista is talking with the grossest, most beta, beta, they were *always* treating them with respect and decency. Something else was going on. The second big thing I noticed about *most countries* was that **Hot girls are everywhere**. At any gathering of women under 35, I'm always hard pressed to find a girl under a 6/10. Literally 80% of the aged women are approachable. Sounds like paradise right?

Part 2. Analysis

I started trying to distill down exactly what the differences in typical interactions from back home. The first thing that sticks out with almost all the regular day-to-day interactions with strangers I see abroad, is they are **genuinely platonic**. At first I noticed how women treated me naturally, but after watching local men I started realizing that they usually behave much differently then men back home as well. Notably, **men abroad aren't thirsty**. In much of Europe, gorgeous women dressed provocatively get only the most casual of long looks from local men and if a man is at all flustered by a 10/10 it's uncommon enough to get strange looks from people. There's also a lack of any detectable *shame or guilt* men express when noticing a pretty woman. At the same time, **men abroad still ignore unattractive women**, its not so much that no one sees women as sexual objects, its more that high quality gorgeous women are so common, that its not a noteworthy opportunity to meet one. It occurs to me that the longer I've traveled, the more platonic I treat beautiful women and the less reactive I am to them as well. For me specifically, this is a complete 180 from my BP cringey adolescence of barely being able to get a sentence out to a cute girl. Sure enough though, on every trip back to the US, I would instantly be *right back* to where I started. But when your

SMV and general sense of self worth changes so dramatically, so quickly, by merely getting on an airplane, it makes you think twice about why. And herein lies the root cause.

Part 3. Horror

Why is it that seemingly everywhere else in the world I can have platonic discussions with stunningly beautiful women, but at home I get evil eyed by the 6 working at the counter of Starbucks unless I'm intentionally gaming her? **Obesity**. Consider this.. Anywhere in the world, *women are women and men are men*. Women in America are so shitty because they're being over valued (ridiculously so) by American men and the reason this happens is because of there are **so few women that are not fat in the US**. Another hard to swallow pill about that is that ultimately **this is our fault as men too**, we're the ones giving the constant stream of validation to the few women left who aren't obese. Neither side can change their behaviors, its just a shitty situation. When obesity levels rise, the playbook for women doesn't change that much. She's hypergamous, and looking for someone +1/+2 her SMV, but with less of an emphasis on physical fitness and more of a emphasis on social status in comparison to her current/past mates. Men on the other hand, are selective on physical fitness almost exclusively. What this means is that **when a countries obesity rate goes up, the SMV of women as a whole is disproportionately effected**. We all already know what this does. When 80% of the men are fighting for 20% of the women we get into exactly the sort of climates that many in TRP are choking on. Sure enough I noticed a pattern in my travels. Universally, **the countries with the fewer attractive women are more misandrous**. The only other factor I've ever seen to come close to effecting a culture's SMP as dramatically as obesity does, is prostitution, but that's a post for another day.

Part 4. Retribution

After internalizing this, I sort of have a new found sense of pity for my past self and for American men as a whole. Now when I look back on my old life I can see how women in the US really treat men. **Abusively**. To the point of accepting and even identifying as a SJW now. So many of the interpersonal struggles I used to have with holding frame, eye contact, not being nervous around gorgeous women in general, I now see came from years and years of **abusive microaggressions** from passingly attractive women I didn't even know, and who didn't know me. I used to bleat relentlessly that "there is no such thing as a platonic relationship between a man and a woman", but what I was really saying was there's no such thing as a platonic *acquaintance* even between men and women. In the west, **I still believe that's true**, but NOT EVERYWHERE.

So consider this, you can sit back, and enjoy the decline. OR, you can get outside your comfort zone and see if there's greener pastures somewhere else. I assure you, there is.

<https://renewbariatrics.com/obesity-rank-by-countries/>

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UPVOTES

The Red Pill Finance Thread - redux

TheRedPillFinance · 23 January 2020 · Archived copy · Reddit

Introduction:

Some may be wondering how this applies to the community. My answer to that is to consider guys like Hugh Hefner and Gianluca Vacchi. They built empires for themselves that created lifestyles most guys can only dream of having. Yes women find powerful men attractive, but that's more of a side benefit of having a killer lifestyle, and it's wealth that unlocks it.

So who the hell am I and why should you care? Think of me as being a bit like Trump from the perspective of the loudmouth "amateur" who kicked in the door and accomplished what the "experts" who've been at this their entire lives said wasn't possible. Now I'm not exactly new to investing having been in the game for about 15 years, but last year I absolutely crushed the market getting over 60% growth (as well as 50% growth in my dividend portfolio). This inevitably gives CPAs, CFPs, CFAs, fund managers a healthy dose of cognitive dissonance because Average Joes like me aren't supposed to do that, which is why you're going to see *crab bucket mentality* in this very thread, I guarantee it. They'll tell you my advice is no good, blah blah blah. Mmmhmm. The proof is in the pudding. Remember the joke of the woman telling the man if he'd saved all the money he spent on beer he could have bought a Ferrari by now? His retort... *Where is your Ferrari then?*

Why am I here telling you all of this? Part of making your mission yourself is ensuring you have your personal finances in order. I've been through the ringer and have a lifetime of experience, both good and bad, that anyone can learn from. Even if you don't build a monumental empire or sell a software company for millions, and I want to impart those life lessons to the community. While money doesn't buy happiness it does pay for your healthcare and peace of mind, especially once you have "F-U Money". And to paraphrase a line from Bruce Lee, money helps you *live a life worth remembering, which is the key to immortality*. Guys like Hugh Hefner and Vacchi will never be forgotten, especially by those they influenced, and for good reason.

Similarly, if you want to have a great lifestyle well into old age, then frankly you are going to need to be wealthy. Pensions are largely a thing of the past and so it's incumbent on YOU to build wealth and save for retirement. This is just the way the world works now. Even a military retirement and social security won't cut it. They're good starts, but IMO you should strive for more. Especially wrt social security. You younger guys may not even get it, and those of us who will, it's just not nearly enough.

Building your empire and developing multiple streams of *passive income* through entrepreneurship, investing, etc. is where it's at. Again, the moonshot goal is to wind up like Hugh Hefner and **Gianluca Vacchi, who should be a role model for all of us**, but even if you fall short and "only" wind up with 2 or 3 million dollars saved up for retirement, you'll still be in great financial shape.

The sad fact is that 57% of Americans don't even have \$1000 saved up, and 39% have zero savings at all. Younger Millennials have it even worse with 67% not having \$1000 saved, and 46% having no savings whatsoever.

Step 1: The Reading List

IMO the "must reads" are:

- **Bachelor Pad Economics** by Aaron Clarey. This is *THE* book for single guys just getting started on their own.
- **Intelligent Investor** by Benjamin Graham
- **Rule 1 Investing** by Phil Town
- **The Snowball** by Warren Buffett
- **Rich Dad Poor Dad** by Robert Kiyosaki <-- This and the following were eye openers to what's possible with

personal finance, regular day jobs, and why side hustles are so critical for long-term passive income

- **Margin of Safety** by Seth Klarman (you can find the PDF online)
- **The Little Book That Still Beats The Market** by Joel Greenblatt <-- his "Magic Formula" is pretty damn good and probably a lot easier to do long-term for most people compared to straight value investing like Warren Buffett, Seth Klarman, and Charlie Munger

Intelligent Investor and *Rule 1 Investing* above are largely what educated me on what's known as "value investing". More on that later...

Step 2: The Budget

Why is this important? Well, you need to know where your money is going to minimize waste to enhance your savings. This will ultimately keep you out of trouble and help you stay focused on what's important. When people ask me about finances my first question is usually "what are your goals?"

If you don't know why you're saving, then I can't really help you. It's like pulling over and asking, "Could you give me directions?" "Sure, where you headed?", and you say, "I have no idea." Don't be that guy. Have an idea of what your long-term plans are.

As for the budget itself, you need to know where your money is going every month. Track your expenses in exquisite detail for 1 or 2 months. Every single dollar needs to be accounted for. THEN and only then can you really start carving out money to save by either getting a side hustle or pay increase to increase how much you can save, or trimming the fat from your expenses to free up some extra money to put away. In some cases you may have to do both if you aren't hitting your goals for how much you want to be able to save every month.

Step 3: Building Wealth

This is when you take that budget you've created and start putting that excess cash to work for you. 74% of building wealth with investments is simply *starting* the process of investing. If you're more than 10 years out from retirement, then time in market > timing the market. Fees, returns, all of that is secondary to actually starting the process of investing. And it's never been easier! The best time to invest was yesterday. The second best time to invest is today! As Einstein famously once said, compounding interest is the 8th wonder of the world. Those who don't understand interest pay it, and those who do, earn it.

M1 Finance, **Robinhood**, **Schwab**, and almost all of the other big brokerages now offer free trades and fractional shares, or will soon enough. You're a fool not to take advantage of the opportunities this creates. ***Especially with M1 Finance as they're offering double referral bonuses until Jan 31st!***

To wit, the typical millionaire has several income streams, most of which are passive. The most common income streams are Interest, Dividends, Capital Gains, Royalties, Rental Income (from real estate), and Business Income (from startups they created). Other viable options today are courses you put together and sell on Udemy, a YouTube channel. The most accessible income stream with the best ROI for Joe Sixpack is probably going to real estate combined with active or passive investing in the stock market.

I mentioned value investing above. What you need to know about that is that it's how Warren Buffett became a billionaire, which interestingly enough he didn't become a billionaire until he was in his 50s. Just something to think about when it comes to playing the long game.

The core principles of value investing are finding good companies that are:

- In your circle of competence
- Have a big "moat", aka competitive advantage
- Provide a 50% margin of safety
- They have good management
- You're comfortable holding onto them for 10 years or more

Regarding "margin of safety", it just means the company's price is currently about half of what they should be valued. This happens frequently because the market is *emotional*. Some companies core functions, values, and performance may not change, but an external event could push down their price making them a good buy. An example of this was when Chipotle was getting people sick a few years back because of a supply chain issue or the market as a whole taking a giant dump like it did during Q4 2018.

Re: Chipotle, what happened was a couple of their suppliers sourced them tainted ingredients which got people sick and the news knocked their price down from about \$750 a share to a low of about \$250 in January 2018. You know what they're worth today? \$880.85 at the time of this writing. The company itself didn't change, it was just a couple of shady suppliers that they quickly replaced and were back to business as usual. But... people are emotional and sold their stock that drove prices down lower and lower. Their dumbass losses could have been your gain.

Step 4: Continuing Education

I'm a big fan of personal finance YouTube channels and the ones I watch the most frequently are (in no particular order):

- **The Red Pill of Finance**
- Ryan Scribner
- Graham Stephan
- Dave Ramsey
- Andrei Jikh
- Minority Mindset
- Chris Hogan
- Wealth Hacker Jeff Rose
- The Money Guy Show

Step 5: The Financial Order of Operations

This is right out of The Money Guy show on YouTube:

<https://www.moneyguy.com/2018/08/financial-order-of-operations-how-to-prioritize-your-financial-goals/>

- 1. Deductibles Covered:** You need to have enough money saved to cover basic emergencies
 - 2. Match from Employer:** Everyone who has access to a retirement plan that provides a match should work to take advantage of that "free money"
 - 3. Credit Card:** The order of priority between employer match and credit card debt is a coin toss. Consumer credit card debt and punitive interest rates charged should be avoided if you are going to be on the path to financial independence.
 - 4. Emergency Reserves:** You need to save three to six months of living expenses for a rainy day and the unexpected events that can make life scary.
-

Roth and HSA Contributions: The thought of tax “free” growth is exciting. Currently, for 2020 you’re allowed to save \$6000 in an IRA (Roth is preferred) if you’re under 50, and if you’re 50+ you can save up to \$7000

5. Max-Out Retirement Options: Retirement accounts are great for building wealth for the future. We share the max-out numbers for each type of account in this episode

6. Hyper-Accumulation: You should aspire to reach hyper-saver status by saving 15-20% of your gross annual income

7. Pre-paid future expenses: You need to make sure you have your retirement squared away FIRST and then prioritize the other financial goals you can prepay and fund

8. Debt Prepayment: ~~The desire to be master of your financial life includes being completely debt free. We share exactly how you can do this and how to prioritize which debts to pay off first.~~

8. Debt Repayment: My preferred take on the last point... Now is the time to start pouring more money into those really long-term low interest debts like a home mortgage. Generally speaking you will get a far better bang for your buck by doing the above steps and investing than you will by paying off your mortgage early, so only do this once the above steps are fully funded.

If all this sounds familiar, it's probably because there's a flowchart similar to this over on another sub.

<https://i.imgur.com/ISoUQr2.jpg>

Summary:

The intention of this thread was to give you a quick primer on personal finance and provide some critical food for thought as it's incumbent on each and every one of us to get our financial houses in order.

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UPVOTES

For the sake of this sub's future and yours, do NOT post unless you are sexually successful

Auvergnat · 11 July 2017 · Archived copy · Reddit

If you are not getting poon, do not post on this sub.

I do not care if you *think* you have a serious grasp of TRP theory, or if you have a nice FR you want to share, or a story about a woman being evil you need to vent on. If you are not anywhere close to where you wanna be, you should be lifting, reading, opening girls, and **shutting up**.

When you post on this sub, you take the centre stage of a classroom made up of 200,000+ students who in their great majority can't tell (yet) the difference between accurate theory and wishful thinking, between effective practical content and wishful thinking. How can you be **sure** that what you say to that crowd about female nature and sexual strategies is accurate theory or effective practical tips?

You probably remember being deluded before.

During your blue pill period, you were dead sure women wanted a nice guy. People told you so! Turned out it didn't work.

During your PUA phase, you were dead sure that using canned material would get you long-term happiness. People told you so! Turned out it didn't work.

Now "red pill aware", you are dead sure that it works. People are telling you so! **How can you be sure this time it works??**

The only proof possible that "red pill" works is **when you get laid**, get laid more than before, are spinning plates, or turned around your dead bedroom relationship into a happy, sexual one. **Sex is the only proof you're finally on the right track.**

Until you have this proof, you can doubt whether your current opinion on what to do is actually valid.

Until you have this proof, any time you write a post on this sub, you run the risk of giving wrong advice that gets upvoted simply because what you stated just fits the pre-existing opinion of your equally-clueless audience, resulting in a fantastic display of a blind man leading the blind. And as the blind leader, the cheers of your blind fellows will make you gleefully believe you're on the right path when you're actually straying away from it further and further.

Until you have this proof, any post of yours is possibly another step in the direction of denaturing this sub towards one that gives inaccurate theory and inefficient practical advice.

Leave the classroom stage to the wise teacher. Just sit, listen, take notes and do your homework. Do not fucking speak until you have the credentials of a teacher, which in our case, is that you effectively turned your life around.

And if you're so weak-minded that you're one of those who "decided" to not deal with women anymore because they're so bad (newsflash: you didn't decide anything, it's **a buffer to avoid rejection**), then you are in the situation of never being able to prove TRP "works". You should therefore refrain from giving your opinion here, so as not to mislead all your brothers who have not given up on their sexual strategy yet.

The people who "make it" here are those **who know that they know nothing yet**. They lurk, learn, apply, research old posts. They go to the gym and they approach. They read Manosphere blogs, recommended book and PUA material. They know that the sidebar and the Rational Male blogs are the purest source of TRP knowledge so they read them several times. They test theories by reflecting on their experience and test practical tips on the field. When they have specific questions, they search the sub for an answer, or post on asktrp, or write their question in a comment, or they PM an EC whose opinion they value. **And if they are not where they want to be yet, they sure as hell don't write their unproven opinion in a post on the main sub.** Do you want to make it? Or do you just

want some fake internet points?

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UPVOTES

Head-swiveling, prolonged stares, and commenting/liking/PMing women's social media is a demonstration of low value and fucks up the SMP.

dr_warlock · 4 August 2017 · Archived copy · Reddit

Introduction/Story

Social media (the biggest reason for the title) allows you to receive contact from people outside your immediate vicinity (The entire planet to be exact). The average female can receive the attention of a male rockstar from parent's bathroom mirror selfies taken from her cellphone (before she had to use a real camera and upload the photos to her PC with an SD card). Beta males then flood her with a tsunami of compliments, likes, and PM's in hopes of sex, but because they're beta, they think just her acknowledging his existence with a *"thank you :)"* is a viable substitute. This all takes place in the palm of her hand from several apps opened simultaneously.

If you had sisters or looked at a high school/college girl's phone, you know what I'm talking about. It's such an awe-inspiring experience to see all the texts and app notifications, then they deny these men's intentions. **I once saw a girl who had over 300 unread texts from dudes.** She said she eventually stopped answering them. Then she showed me her Skype, same thing. I read through the convos. They write several sentences, she writes a few non/fake enthusiastic words back. So many dudes with no game it made me sick. It was so pathetic how desperate they were. To think I used to be these guys feels shameful. It's the same situation in every app after every status and pic.

- Sidenote: this is not uncommon for women to be flooded with so many messages and friend requests that they just simply stop replying, stop using the app, or make a new profile.

History Lesson for you Youngsters

You readers may be too young to remember, but texting used to be something for logistics only for three reasons:

- 1) It was new. It did not have a chance to evolve
- 2) Time. No touch screen and mostly flip phones with pull out antennae. We had letters going left to right, top to bottom arranged in chunks for the numeric pad. You had to cycle through each chunk by clicking to corresponding number multiple times to get to your desired letter. 2 had 'abc'. 3 had 'def'. 4 had 'ghi' (i think) etc. Before smart phones, you had to use a real camera and upload the photos to your PC with an SD card. For this reason, phones were used for logistics only and photo uploading wasn't as frequent by men and women alike.
- 3) There was no social media or smart phones. The best things to do on your Windows XP computer were MSN messenger/AIM and Limewire (torrent software). Your phone wasn't even capable of e-mail. There were no secondary means of communicating other than e-mail on your PC or a "pager".

People used to call one another and actually pick up the phone or call back promptly, including women. They (women) may not have said much, but they picked up. Today, women purposely ignore it, then text saying *"omg, lolz, sorry I missed your call, I was busy."* People are distracted by other means of communication and women are by nature scaredy cats and avoid direct means of communication like a phone call if at all possible.

Social media has ruined many many people's ability to communicate. They're afraid of the 'responsibility' implied when calling or answering a phone call. They feel 'trapped' because of the decision to speak or choosing when to hang up, especially when they no longer feel like talking.

Women didn't used to receive many phone calls from hordes of betas like they do IM's and texts today for the same reason women don't answer the phone today, they were scared. Social media didn't ruin women, social media unlocked the gate blocking beta males from smothering women in validation. You used to have to be with a woman in person and have to call her to communicate with her. That barrier, that Great Wall of China, that nuclear bunker keeping beta attention at bay? ==> confidence. Confidence barriers alone excluded 100's of millions of men from the SMP. Not just with women within the beta perpetrator's own SMV, but the women he wouldn't otherwise speak to or even be in the same building as way out of his league. When people talk about the 'glory 80's, 90's, early 2000's', this is what they were talking about. Smart phones, texting, and social media allow beta males to 'approach' from the safety and ease of behind touch-screen phones and keyboards that provides a psychological buffer to real life rejection and/or anonymity.

Female validation seeking drives and beta male validation are a symbiotic relationship that feed off eachother. The women get validation via attention, compliments, gifts, money, and status. The beta gets validated by a simple *"thanks :)"* or sometimes less, anything that acknowledges that he exists by a woman.

Facebook, the proof of concept of social media and the beginning of the social media revolution + the smart phone, were a deadly SMP fusion, a binary explosive. Women then started unexpectedly getting attention in much greater quantities than they're used to, then women picked up the pattern and it became a national epidemic and is now spreading across the world (westernizing other cultures).

Calling women today is now "weird". Doesn't matter what you think about how it 'separates you from everyone else'. She most likely wont pick up. Don't bother unless she's your gf. Calling is not as validating as it used to be. Now you're just a drop in the validation/stimulus bucket. By waiting for or answering your call, she's not gaining any extra dopamine spikes as opposed to all the other stimuli. Detached non-in person communication is better.

The Point of This Post

Head-swiveling, prolonged stares (without her initiation or reciprocation), and commenting/liking/PMing women's social media is a demonstration of low value and fucks up the SMP. You must stop this. Most men are looking for validation in the form of female reciprocation of a stare.

"Yay a woman acknowledged my existence as a sexual being."

Glances, phone numbers, text messages, and kisses don't mean shit. It's all about that bang. Woman dress up and go

out for the sole purpose of being looked at with desire **with no intention of sex whatsoever**. All you do by checking her out is elevating her ego and thus her entitlement and bitchy behavior. **If the sight or presence of an attractive woman makes your day, you're a loser**. Unless you plan and DO approach her, don't even glance her way. I understand that even a woman in your peripheral vision activates an urge to glance but you've got to ignore it.

Do you ever see women's head on a swivel? Especially hot women? I don't think so. They keep their head straight to purpose with no hesitation. They will walk and stand in a way to attract attention but ignore them. You're not a person or even people, you're a validation wave to sooth their ego. You need to do some of the same. Head straight to purpose, especially at the gym. Never check out women at the gym. Stare at the wall, the floor, into space or yourself in the mirror. **I promise you, you will never get laid by staring at a woman**. She just goes *"teehee, i got a glance, I win"* and disregards you. Every other guy will do it, but you won't. I've seen women try to get my attention and focus on me when I go out of my way not to even look their way. I find it rather humorous.

Q: If you don't look at women, how do you know if she's interested?

A: If a woman likes you, she will initiate IOIs via her face or body language that can be detected with a 'pass-over glance' or your peripheral vision. Women that are attracted are the male equivalent of beta males. They're easy to spot. The problem is most men aren't exposed to attractive women (or women in general) in their day to day lives, so when they finally see one, they have a scarcity mindset. This is a 'proximity problem' which will be addressed in a later post.

I can already hear it, *"muh alpha eye contact that moistens panties."*

Shut up.

It should be noted doing a quick/periodic scan of the room for situational awareness is not what I'm talking about. That should always be done. But ask yourself, if you the knew your location was 100% dudes and that wasn't going to change anytime soon, how would you act? Would you scan the room? **No, you wouldn't**. You'll catch yourself doing it without thinking; it's instinctual, specifically if you're not getting any or not around women a lot. Always act like you have abundance even if you dont have any.

Interacting With Women On Social Media

Unless a girl posts a photo of you or talks about you, NEVER EVER compliment/like any photo or status of hers. Don't even read her Snapchat stories that shows who read them. Give her absolutely nothing. Merely existing is not praiseworthy. Being good looking is not an accomplishment. **Never PM a woman unless you've approached or spoken in person and she expects your friend request**.

Notice when you watch porn, you have a virtually unlimited selection of dopamine inducing material to choose from. You scroll mindlessly through video after video. Probably have multiple tabs opened unable to decide which virtual woman to jerk off too. **Women have the exact same thing except the virtual women are real life men competing for her attention on every app**. She simply pulls out her phone and gets a bombardment of sexual selection. **But there's a one main difference, VALIDATION IS SEX TO WOMEN**. Every man she sees on her screen liking, commenting, messaging, or staring at her is like a man jacking off to a single video. She feels like a celebrity because, in a way, she is, **but her SMV remains the same**. She thinks because her options have increased, it must be because her SMV increased, but that's not true. Socioeconomic status doesn't increase her SMV, it just places her in closer proximity to higher status guys. Now you have a bunch of 5's thinking they're 7's and so forth. —

Think about that last point. A girl uploads the same photo to 5 different apps. Then each guy she's 'friends' with likes or upvotes it on every app + maybe another comment. It's like a girl is living 5 lives of praise simultaneously, a parallel universe of validation *for years*.

Conclusion

Head-swiveling, prolonged stares (without her initiation or reciprocation), and commenting/liking/PMing women's social media is a demonstration of low value and fucks up the SMP. You must stop this.

Validation is something you must withhold to keep women in check. They fish for it in the highest metaphorical sense with erogenous region revealing bait or *"i'm so sad"* bait, or virtue signaling bait such as *"I wish people didn't hurt the horsies"* (standing_next_to_a_horse_in_bootyshorts.jpg), *any* attention they can garner because **it's like sex to them**. In other words, women will substitute validation for the physical pleasure of sex with you. The second you give it away, she no longer feels the need to put in effort.

If you experienced the waves of attention women hold in the palm of their hand, you would act more similar to today's women (entitled bitches with inflated standards) than you think. It's horrible for the soul. The validation of a male rockstar for a meh woman with just a couple bedroom-selfies sitting on her ass watching TV eating ice cream.

Always talk to attractive women like they're not hot. Even sometimes like they're a dude. You need to keep their egos down and make them work for that gender specific treatment. I promise they will notice and take a higher interest in you for doing so. The hotter they are, the more they notice

Stop giving free validation. You're just fucking yourself out of a fuck.

End transmission.

Website: <http://www.redpilldoctor.com/>

Twitter: https://twitter.com/dr_warlockTRP

TRP.red: https://www.forums.red/u/dr_warlock

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UPVOTES

Farewell BSA: The Death of a Great Male Space

reverend_kalakov · 3 May 2018 · Archived copy · Reddit

Hello fellow woke gentlemen,

I'm a lurker when it comes to reddit, but TRP has truly helped me a lot in life and the material I've shared with friends has had very positive and tangible effects on their lives as well. Moderators, I know my account is a bit inactive, but please acknowledge this post. Thank you's aside, something has very recently occurred that I need to share, and this appears the place to do it.

That event:

<https://www.washingtonpost.com/news/business/wp/2018/05/02/boy-scouts-drop-the-boy-as-they-welcome-girls-to-scouts-bsa/?noredirect=on>

A few days ago, it was announced that the Boy Scouts of America is dropping "Boy" from its name, as it allows girls to enter its cub and boy scout ranks. The campaign to allow in girls has been raging for years now, from my perspective beginning because some girls (or more likely their parents) want the prestigious title of Eagle Scout, the highest rank and honor of the former BSA, on their resume. It has already lost a bit of its shine in recent years as standards/checks have faltered, but just wait to see how it will diminish going forward. Mommy's little girl will get that rank, or else.

There does exist the Girl Scouts, a comparatively boring and uncool organization, as well as Venture Scouts, an excellent organization under the same people that's coed and is often involved in BSA activities, sharing resources (They are the ones that wear the green uniforms). The Girl Scouts complained the other day about their membership being stolen. I don't blame them, maybe they should let boys in!

This is, above all, an invasion of male space on a new level. This organization will not survive it: it WILL fundamentally change because of girls' entry. Some of the involved activities; construction service projects, shooting sports and training, war games, survival endurance competitions and tests, hands-on first aid training, peculiar, near fraternal, initiation rites among internal troops and OA groups; are doomed with the inflow of girls. They, particularly the resume-builders, will not want any part of these 'difficult' and 'testing' things. They will critique them, embarrass the boys doing them, and make them unpopular. The coming of age rituals, at least what's left of them, will be interrupted. That's how females operate in society. We have just opened the BSA and its young, developing males to be closely judged. The BSA is no longer a place for young guys to be themselves and relax in the outdoors with other males.

It will now devolve into a messy, coed summer camp with drama and worry. Uniforms will become mere fashion statements. Just look at the picture circulating now of the girl cub scout with an untucked dress-uniform shirt, ridiculous. Imagine how the summer camps will need to segregate the showers, tents, and changing areas; prevent underage intercourse or even the extreme of statutory rape (13 YO's and 18 YO's in same troop); and how awkward in general inter-troop dynamics will become. Things will go from tribes of boys to conflicts between tribes of both sexes. Let your mind run wild for a sec. Why add this confusion and upset to a happy organization? Welcome to corrosive progressivism.

Some may ask if the current BSA leadership will enforce strict rules and hold the girls up to the male standard. I will say now that this will not happen. The leadership, many of whom are the parents of these little snowflakes, will cave to the crying girl every time. We have already had the problem of female adult leadership in the Scouts, which has often led to issues involving the vested interests of mothers and the weaknesses of their momma's boys.

There are a few alternatives for boys now, but none are as national, respected, and funded as the BSA. I do not know how I will ensure my future sons will have the experiences, training, and wholesome fun I have had as a scout. The BSA has existed for the past 100 years to provide military/draft-ready men, with traditional values, who could survive on their own in a variety of situations, from infrastructure collapses to small emergency situations.

The motto is "Be Prepared."

As an Eagle Scout and Brotherhood member of the OA, less than two years out of the organization, I am beyond disheartened by this. One of the last bastions of hope fell this week. We know how impossible it is for things to regress these days. America has just lost one of her finest institutions. I guess I'm just old patriarchal history now. I will forever be a proud former member of the BSA, but never of the 'Scouts BSA.'

EDIT: (fixed some grammar) It is nice to see so many old scouters on TRP, thank you for giving my thoughts a read! It's very true, some of the most intense, nostalgic experiences thousands of others and I have had have been in scouting; some of my closest friends are old troop buddies. Those nights in the woods and myriad of injuries/challenges made me tough. Also, I learned to appreciate the trades, something forgotten about in our "everyone goes to college" society. We all can hardly wait to see the female response to the lifesaving, wilderness survival, pioneering, and automotive maintenance merit badges. Or the fact that the cooking one is mandatory...

My grief begins with the lack of a fight against this change. The Mormons are allegedly withdrawing 180k boys, but otherwise the majority of the membership is against it, yet no one is very audibly speaking out. Is there censorship? Hidden interests? Very possibly, and our male youth will lose out on a hell of a lot of the needed seeds of virility as a result. A point was made in the comments that needs to be repeated: this decision came as a demand from above. Local councils, scoutmasters, the scouts themselves were never asked for their say. This was an order from the progressive executives on top of the organization. A scary metaphor for what could come in our other institutions...

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UPVOTES

Men aren't taught how to be attractive. Women are born into it.

[deleted] · 1 October 2015 · Archived copy · Reddit

[deleted]

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UPVOTES

Enough About Women. Let's talk money... the TRP way. If you have alternative revenue streams, are in an unconventional occupation, or live an unconventional life style... SHARE IT! [Discussion]

dr_warlock · 28 February 2016 · Archived copy · Reddit

edit: Good thread developing below just as I predicted. If you have questions, don't be afraid to ask these guys. They're taking time out of their day to contribute FOR FREE. Take advantage of it.

Summary

Title. I will not be posting any advice or information about myself in the OP.

- Relevance
- The types of questions that would be helpful to answer.
- The general formatting you should construct your answers

IMPORTANT: This discussion shall remain amoral. If your strategy is immoral by conventional standards, it doesn't matter. Share it, then the readers will decide whether or not it fits within their values to replicate it. You have a strategy, it works for you, that's all.

If any of you don't like another's strategy, keep scrolling. If you must, downvote and move on. TRP is a buffet. Take what you like and leave the rest.

However, if you think someone's full of shit, by all means say it. If you think someone could go about their strategy more efficiently, let them know. If you want to know more information, ask or send them a PM.

Relevance

The red pill extends far beyond sexual strategy and female nature. You've been lied to about *every* facet of life, this includes making money and supporting yourself. **Financial freedom is key to independence.** Having mobile/transferable skill set and living in abundance is powerful. And if you must know, will effect your sexual strategy. Why not ask this in a finance sub you ask? Because I, along with many others, want to know the real shit. I want information uncluttered with blue pill nonsense that will hold me back or have me exploited by others along the way.

The conventional path is to go to university, get a degree, get a 9-5, get married, have children, buy a house & minivan, work until retirement, the end. Community college (or no school at all), not getting married, not having children, and alternative paths are stigmatized to the max (even if you're successful).

We want to hear how there exists many avenues of approach to success. By sharing, you would be helping a lot of people, and I guarantee you'll learn something. I know we have a few millionaires that lurk here.

Through out my ~2 years here, I've seen many high quality comments about this subject, but they're scattered. It's helpful to have a compilation people can read through. Who knows, you may even get some contacts.

Potential Questions to Answer

The purpose of many of these questions is to reveal that you're not limited to one path in life, to give someone a starting point. Much of men's ignorance today is not their fault, the mental prison they've been conditioned to live in makes them not even know what questions to ask. Help them out. Help expand their thinking. You don't need to spell out your life, just give us a rundown and if possible, provide a few links to help those interested conduct further research and get started.

Most importantly, point out any harsh realities that the mainstream doesn't like to cover. Discuss sacrifices, the stress, the failures, etc. Give us the real deal. Destroy the fantasy and delusion. We've had more than enough of that, that's why most of us are here.

Obviously, you're going to answer with what you're comfortable telling. I should remind you to keep it as anonymous as possible because SJWs lurk here all the time.

What is your alternative revenue stream/unconventional occupation/unconventional lifestyle?

- Are you an independent contractor?
- Are you a garbage man?
- Do you work from home?
- Are you a blogger?
- Do you work a trade?
- You in a local band?
- Are you an inventor?
- Are you an online retailer?
- You do buy in bulk and sell on Ebay?
- Do you freelance?
- Do you own a physical business?
- Do you couch surf?
- Are you a political shill designed to derail conversation?
- Do you live off passive income?
- Do you live a modest lifestyle using unique ways to get by?
- Are you an investor?
- Are you a landlord?
- Are you a pimp or drug dealer?
- Did you expatriate, denounce your citizenship, or just bailed out the country?
- Are you a male stripper or prostitute?

How did you start out?

- Are you from a rich family?
- Were you dirt poor?
- Were you kicked out of the house? (especially from a young age)

- Was your home environment terrible?
 - Did you leave early? If so, how did you manage to leave at an early age and get by?
- Are you a high school drop out?
- Did you go to community college, university or receive graduate or doctoral education?
 - Was the education helpful/needed for your success? Was it a complete waste of time and money?
 - Are you a community college, or university drop-out?
- Did you find everything you needed on the internet?
- Did you have a 9-5 already?
 - Did start your alternative revenue streaming on the side of you 9-5? Did you just quit and go for it?
 - Did your 9-5 aid you in your alternative endeavors?
- Did you get a bank loan, capital investments, or receive money from family and friends? (even steal)
- Did you have to work multiple jobs to save up?
- Did you work a job(s) while attending school?
- Did you have to sell many of your belongings to make money?

Where did you acquire the information you needed to get started and become successful?

- Family? Friend? Mentor? Colleague? Classmate? Acquaintance? Lawyer and other professionals?
 - Was anything special needed to encounter this individual?
- What books? (Readers can find free pdfs online)
- Which websites? (or subreddits)
- What videos? (Who would you recommend following?)
- What groups or events?

Note: If you can find a compilation, even better. Information is often scattered across the net, deep in forums.

What were the struggles/obstacles? What is the reality that most get wrong or need to prepare for?

- Social obstacles to expect?
- An unexpected change in mindset?
- Did people shame you or not believe you?
- Does the government get in the way? (Assuming it's legal)
- Taxation realities?

What strategy did you implement?

- Tax reduction methods most people don't know about?
 - Do you have ways to prevent Uncle Sam from taking your money?
- Was any Machiavellian tactics/48 Laws of Power used?
- Did you use any pre-selection?
- Do you prey on beta males? (i.e. make fake female profiles to get sent free things)
- Do you play both sides against each other?

Where do you look for customers? (Such as when you're a freelancer)

- Did you start door-to-door?
- Did you make a big scene for attention to your product?
- What websites?
- Social media?
 - Which ones?
 - Did you try and find out it wasn't useful?

How long have you been at it? Do you enjoy it?

If you feel anything else is important to discuss, feel free to discuss it. Rant if necessary. It's the comments section; go nuts.

Formatting of your response

All responses should begin with your alternative revenue stream/unconventional occupation/unconventional lifestyle and should be in bold as follows...

Example

Occupation: Freelance Webdesigner

Occupation: Revenue generating, harem managerial agent

Occupation: Big Data

Share.

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UPVOTES

The best sex I ever had was after I stopped giving a fuck about them

G_Petronius · 4 June 2017 · Archived copy · Reddit

The Red Pill is a journey down the rabbit hole of a new reality. After digging a while, you reach pretty dark places.

That's what happened to me too. At some point, I realized that the nature of the game truly was amoral: that things like caring and niceness were not needed at *any* level, even the subconscious one. I realized that I could do and get whatever I wanted if I knew how, with next to no negative consequences. No universal justice was there to punish me, no karma, no retribution.

I've always been a romantic at heart. Even after swallowing the pill, I used to think that a baseline of "decency" was not only moral but necessary. That's not just not true, but a sad limiting belief that hurts you *both*: you do *not* understand decency while you're still thinking like that.

I experimented with total selfishness, pushing things as far as I could get them to go, putting what I wanted front and center. I consciously deadened any instincts towards "caring"; in hindsight, I now realize I wasn't "caring" at all, I was protecting my own worldview and my emotional attachment to it, and in so doing underserving both me and the girl.

The best sex I've ever had came after that; after realizing that the union of male and female is supposed to come about a certain way, which is not the way mainstream culture depicts *at all*. The male principle is strength, direction, dominance; the female principle caring, following, submission.

Where before I had self-limited or even had to force out my dominance, I just let it flow freely. Where before I had been in my head worried about *what to do*, I just went with *what I wanted to do*. Where I used to worry, before and after, about the quality of my performance, I simply didn't.

The difference was night and day. I went from feeling as if sex was as much work as it was pleasure, to pure primal pleasure. I went from worrying too much to not worrying at all. I went from doubting my results to being assured of them. I went from inconstant results to constant ones.

For a good while, observing this reality unfolding before me was depressing. It made me think that there was something wrong: if women and I enjoyed sex the most if I treated them, as I perceived it, like worthless pieces of fuckmeat, then something must have been wrong. Right?

Of course not. Absolutely not. I only understood it in hindsight. You are not showing appreciation for a woman when you're behaving like a supplicant beta male, not in the slightest. The height of appreciation for a woman is receiving the attention, even passing, of a valuable alpha male; being treated "like a worthless piece of fuckmeat" means receiving the attention of a male who is at the top of the sexual desirability scale, which is the very best appreciation you could ever shower on a woman. No woman I ever treated like this complained about it, or looked to be feeling devalued.

You give a fuck by not giving a fuck. By being true to your male role, you honor her female role.

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UPVOTES

Fight for her!

CaptainCringeworthy · 26 December 2016 · Archived copy · Reddit

You've seen it before in the movies: the boy loses the girl, then musters up the courage to fight for her, giving her some profound speech about how much she means to him, making her break down in tears and fall into his arms.

It is a blue pill fantasy that Hollywood likes to propagate and peddle as something men should be doing. The truth is, by the time you've lost her, it is way too late for you to do anything. You should be moving on with your life and leaving her alone.

When a woman breaks up with me, I break up with her. Seriously. I politely walk her to the door then slam it shut, never to hear from her again. No more bullshit. No promises of getting back together, or the so-called "breakup sex". None of that shit.

We live in a world of abundance. Abundance of food, abundance of information, abundance of time. And most importantly: abundance of women. There are just so many women out there to date, it is a real shame when a man confines himself to one individual.

There is no fighting to get her back. She is long gone. And instead of moping around and degrading your manhood by begging her to take you back, you should be building yourself up for a new challenge, a new quest, a new woman.

Conclusion: Hollywood got it wrong. There is no fighting to get her back, no elaborate speeches that will woo her, no knocking on her bedroom window and whisking her away. This is real life, and in real life there are consequences to actions. Meaning that it is time to move on.

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UPVOTES

Article: Man loses custody battle for kids living with sex offender.

ldmc · 20 August 2016 · Archived copy · Reddit

The title of the article pretty much sums up how hard it is for a man to have custody of his children.

Father gets divorced, ex-wife remarries a sex offender who spent 4 years in jail for sexually assaulting a 15yo step daughter from a previous marriage. Ex-wife takes the girls to live with the sex offender. Father gets worried for his girls safety. Goes to court to get custody.

Court asks ex-wife if it's safe for the girls. Ex-wife says "it's totally safe for the girls to live with my sex offender new husband". Provides evidence of safety (he went to rehab and hadn't been convicted of assault in last 13yrs). Courts responds, "good enough for us". Court rules living with sex offender poses "NO SIGNIFICANT RISK to his daughters"!

Father gets mad, goes to court again to appeal the verdict. Appeals Court upholds initial finding. Girls have to stay with mom and sex offender.

The state says it is a significant risk to leave children alone unsupervised with sex offenders (no shit). However, if the custodial parent (almost always the mom) can show "evidence" that it's safe then presumption of risk DISAPPEARS! link: <http://tinyurl.com/jqvby6d>

Still think that as a father you have a chance of getting custody? So far this month I've read from local-ish midwest USA newspapers: a mother has kids live with sex offender, a mother put in mental hospital and a mother being arrested for doing meth. In all 3 cases the Father fought for more custody and in all 3 cases the mother retained full custody. (fyi in the mental hospital case the mom was released, then she killed the kids)

Let it sink in...

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UPVOTES

Remind yourself during the date you have nothing to lose. Try, try, try and see what happens.

bobbobbitybob · 11 December 2017 · Archived copy · Reddit

Summary: I was frustrated after a few dates - applying game, following TRP advise on abundance/mindset (I thought) and getting nowhere. After reading a lot about awareness and emotional investment, I decided to change my approach 180. And oh boy it works...

Body First date on Saturday, went for a coffee. Something was wrong, it just never felt "right". I realised why - I was emotionally attached to the desired outcome of the date - having sex. I would skip the whole stage where I have to actually stay on top of my game to make it happen. I got excited about it, my mind was in a different place and suddenly I wanted to play it "right". Left home absolutely annoyed.

On Sunday I had another date, and at some point I decided to play it completely different. Keep myself detached emotionally - I decided to be borderline aware of my surrounding. I parked my car and focused on every step I take. I was aware of my emotions, but never let them out - they were there, like a fog. I would just observe. She was getting late, usually I would be excited and a little bit stressed. I was chatting to other girl on the phone, completely focused on this. We met, and I decided to:

- Have fun in the moment,
- not giving any emotional attachment to possible outcome of a date,
- completely ignore thoughts that were running around the question of "am I playing it right",
- Push the boundaries and see what happens,

I have never felt so relaxed and had so much fun at the same time. Escalated from the start. Someone posted here that eye contact is enough and they will break the silence. I was blown away that first two seconds were a bit awkward and then she would smile and start talking about something. All I had to do was listen.

We ended up at mine, she said she never expected this to happen and she said that "she couldn't resist any more".

The most valuable lesson that I've learned from yesterday is this:

No matter how good your game is, how good you look and how high SMV you have - as soon as you get emotionally attached to the particular outcome (either career wise/dating wise), you are already mentally blocking yourself. Practice awareness, be present in the moment and find joy in every single second of it. This opens all the profits of abundance and keeps your mind opened to any potential outcome. Don't be afraid of pushing the boundaries, what's the worse that can happen? Nothing that could threaten your life.

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UPVOTES

Becoming Interested will make you Interesting

St31nway · 1 August 2020 · Archived copy · Reddit

If you decided to write down your thoughts for one whole day, 95% of those thoughts would be about **you**:

I want a hamburger.

I gotta take a shit.

I should probably go mow the lawn.

What time is my barber appointment?

Et cetera Et cetera you get the point. Everyone in the world is thinking "**Me. Me. Me.**"

With this in mind, everyone is also dying to tell someone about themselves. **Anyone.** Who doesn't like talking about themselves? Why do people buy Rolex watches, rent Lamborghinis and wear Gucci belts? Because they're expensive and they want everyone to know how successful and/or cool **ME** is. Now there are the few who appreciate the design of Rolex, the speed of Lamborghinis and the style the gucci belts add to their wardrobe, but that's for another discussion.

Now think about the last time you saw anything over the top like a Rolex, Lamborghini, etc. You thought, "damn that's an interesting (insert nice ass gadget, toy, or buttplug here)," and moved on with your (**MY**) day.

The truth is that **nobody gives a shit.** Nobody is constantly thinking about the guy they saw with the Rolex at Whole Foods or the Lamborghini driver at the cars and coffee. This should be a well known fact if you've been lurking here for a while, but if you're new then you should know that **nobody** but your friends, family and maybe your dog **gives a shit about you.**

So flip the script. Start developing a genuine interest in people and you will be amazed. Go ask the dude with the Rolex what drove him to buying such an expensive watch and observe his face light up and his thoughts regurgitate as if they've been sitting in his head waiting all day to come out. I've had some of the best conversations of my life by simply being interested and wanting to know more about someone else.

How does this make you interesting you ask?

- By wanting to know more, you develop an open mind to *learning* more, and knowledge gives you the tools and resources to be an interesting person.

- People will see you as someone "different." Not a lot of people are genuinely interested in others which is what makes this mind shift so remarkable, along with the fact that people absolutely love talking about themselves.

If you haven't read it already, "How to Win Friends and Influence People," by Dale Carnegie was where this post got it's inspiration from. I highly recommend it for anyone and everyone.

Develop this interest but expect nothing in return. By doing this, you're becoming interested for the sake of wanting to know more about everyone, and people pick up on it. It's very easy to recognize when someone is talking to you because they want something from you, so expect nothing but a great conversation with someone new.

pce

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UPVOTES

The Core of Alpha - 9 Keys To Ultimate Self Improvement

MuffinSnatcher14 · 28 August 2015 · Archived copy · Reddit

Summary: The road to self-actualization is long and brutal. There are 9 keys that are essential to becoming a successful alpha male that is capable of achieving self actualization. The 9 Keys are: **Audacity, Assertiveness, Frame, Confidence, Dominance, Freedom, Drive, Consciousness, Peace.**

Body:

This community is brilliant and dynamic in that it discusses a broad range of topics in great depth, but today I am doing the opposite. I reduced, simplified, and condensed the traits of the alpha male into 9 essential points. The purpose of this post is to serve as an inclusive refresher (or introduction) for the many aspiring alphas. Personally, I've come a long way, but I still have a long way to go. The biggest catalyst in my improvement was writing down the most meaningful ideas from this subreddit/the manosphere and reading them daily. I've since taken many of those ideas and compacted them into this list.

When you lift weights, you can't expect to do a squat here and there and look like Arnold Schwarzenegger. Similarly, you can't read a few posts about confidence or dealing with women and expect to be some kind of pimp alpha lord. Like lifting, *it requires sustained, daily effort to see improvement.* You have to read, re-read, and actively apply the principles of TRP for them to become internalized. There are many posts that explain the following concepts in much greater detail; this will help you drill these vital points into your head. These are not quick tricks. It will take a long time to fully embody them. I provided examples for a few concepts to further iterate them, but a few are self-explanatory. I'd suggest trying to focus on one every week (i.e. focus on being assertive one week, focus on holding frame next week, etc)

Without further bullshitting, here they are:

● Be Audacious.

Make bold moves. Be out there and seen. Speak up and be heard. Never half-commit. Enter action with 100% boldness or not at all. Society wants you to blend in and follow your social conditioning - doing so is fatal. Challenge the status quo. Take a risk, cross the line. Win big or go down with conviction. Success is impossible without audacity. A fulfilling life is beyond the reach of one who is not audacious. If you don't make an attempt, you have failed. Therefore, making an attempt at something can only reap positive benefits, since if you do not succeed, you'll be in the same place you started but you'll have learned something new. Say "fuck it" and do something legendary.

Example: This [article from Danger & Play](#) sums up audacity perfectly.

● Be Assertive.

Get exactly what you want. Never ask for permission (always assume the answer is "Yes!") or fear what others may think. Don't do anything to appease others. Fuck them, fuck the rules, you answer to no one. If you want something, ask for it or go get it. Only do exactly what is in your explicit self interests. It's your life, you should be living it exactly how you want to.

● Be In Frame

Never explain yourself, apologize, make excuses, take shit, or argue with idiots or women. Command respect, call wrongdoers out, and don't take bullshit seriously. It's all a game. Have fun with it. Be witty, absurd, irrelevant, what ever you want. Be mindful of everyone's constant shit tests and diffuse them accordingly. Control and be mindful of the frame. How you are treated ultimately depends on how you frame yourself.

Example: Donald Trump. Whether you agree with the guy or not, there's little doubt that there are many lessons to

be learned from the man. He has an impenetrable frame. The media throws a constant stream of shit at him but it just bounces right off of him. He could say the stupidest shit but he would stand by it with such iron conviction that it would seem like the word of God.

● Be Confident.

Be delusionally overconfident. Accept yourself. Set your ego aside. Stop trying to get validation and attention from others. You don't need to impress them. You are the prize, they should be trying to impress you. If someone doesn't like you, it's their loss and there is probably something wrong with them. Don't change for your environment (i.e. the people around you), make your environment change to accommodate you. Convey positive emotion to those around you. Go over the top. Believe everything you do will work. Believe nothing you do is wrong. You are the greatest. Optimism will take you a long way. If you don't believe in yourself, no one else will. Visualize yourself at the top of your game, keep your chin up and never let yourself feel defeated. Embrace failure, learn from it, and use it to ascend to overwhelming success.

Example: Ettore Bugatti. Known to be an extremely confident person. You know his name because he created an incredible automobile company. He said, "even before the start, I was sure of winning." If you adopt that same mindset, you will one day be seeing his name on your steering wheel.

● Be Dominant

Dominance is expressed covertly, through body language. Always be aware of your body. Head up, chin above horizontal plane, good posture, shoulders back, and take big, wide steps. Act like you own the place and slow the fuck down. No quick, ditzy beta movements. Keep your legs spread wide (not in a gay way), and make sure your balls are never being crushed. Always have open body posture (i.e. don't cross your arms, don't have a concave posture, etc.) Use big, smooth, powerful gestures. Speak with your body. Be compelling and the center of attention. Take up space and have a massive presence. Don't quickly glance, instead, slowly turn your head. Make people move for you. Don't talk over others or try to get their attention. They owe you the respect to shut up and listen. Hold super strong eye contact, and be the last to break it off. Have a very firm handshake. Breathe deeply and deepen your voice. See yourself dominating other men [violence] and women [sex]. Lastly, smirk instead of smiling like an idiot. Or smile like an idiot if you want to. You're the alpha, start calling the shots.

● Be Free

Just let go. Be free. Fuck what everyone else thinks. It's not about them. Love you for who you are. Try something new. There are opportunities all around. Take everything the universe has to offer. Don't try to be James Bond to impress people. If you can't make a funny face and do a silly, childish dance in front of other people, it means you care too much about what everyone else thinks. That doesn't mean you should try to look like an idiot, but you should be comfortable enough that you don't care if people think of you as one. All you have to do is survive, the rest is made up. Laugh, have fun, and live life. Don't worry so much about keeping up appearances, it's all just a game. If you're not having fun, something is wrong. Why does everyone want to be so dead serious all the time? Life is too short to be taken seriously. Who gives a shit? Everyone else tries to fit in and live normal lives. But you, you just don't give a fuck. You will never be free unless you drop the dead weight that is your ego, be willing to fail, and do exactly what makes you happy.

● Be Driven

This is the most important point here. If you possess an unyielding drive, everything else will follow. You must be internally driven; you must have fire in you. If you need motivation, you are doomed to failure. You have to want it so badly that it almost kills you. You're going to sacrifice everything that won't take you where you want to go. You're going to suffer every day pushing yourself to the limit. You're going to fail many times and spend many nights breaking down, screaming and crying. But, you will gladly endure all of that because you know where you're going and therefore you cannot be stopped. "Just DO IT" - Shia LaBeouf

Audacity is taking the risk, drive is what makes it pay off. Determine what you want. Money, love, sex, power, whatever. Pursue it relentlessly. Do whatever you have to. Don't be afraid to introduce some chaos into your life. Destroy your doubts, abandon your fear, let nothing stop you. Seize the day. Cut out the bullshit and energy drains. Do everything with a purpose. Dedicate yourself fully to attaining your self actualization. You know what will take you there. Have a vision, believe in it. Do the work. There are no excuses, no variables. It comes down to you. You will make your own resources and create your own opportunities and luck. If you truly want it, you will have it. Never give up. Persevere. Raise hell. "Be careful what you set your heart upon, for it surely shall be yours"

Examples: Steve Jobs is an excellent example. The guy wore the same clothes every day, drove a beat up little put-put car, and cut all distractions out of his life. This was all so he could focus 100% of his energy on creating something incredible. He failed constantly but quitting was not an option. You know the rest. Simon Sinek has a great **ted talk** that shifts to discussing how people who have a powerful and definite purpose achieve overwhelming success.

●Be Conscious

Walk what Owen Cook refers to as "The Narrow Road." He has a **video** about how people bounce between states of uncontrollably high energy and pathetically low energy and how neither state is productive. Instead one must walk the "narrow road" by constantly being in an upbeat but productive and focused state.

Most people run on autopilot (unconscious) and just cruise through life. To be successful, one must be conscious and present to the moment. Think critically, constantly engage your mind. Come to definite decisions on everything. Pay attention. Take control of your emotions, do not let the opposite occur. Be wary of outside influences, make sure your thoughts are your own. Find the truth and perceive things for what they really are. Understand why people do what they do... look for intent. Don't accept what is forced down your throat - find the real truth. Society, the government, everyone lies to you. Cut the bullshit. Everyone is just trying to advance their own self interests. Trust no one. Heighten your perspective. Know yourself and your surroundings.

Example: The Red Pill. The most significant focus of TRP is unplugging to become conscious about the true nature of women and the world. As a community, we raise our consciousness by understanding women, power, society, life, and so on.

● Be At Peace

It doesn't matter if you have a billion dollars and a bunch of slammin hot girlfriends if you can't look yourself in the mirror at the end of the day. Being in an anxious or beta state is being suppressed. If something is weighing you down, destroy it or accept it. Take whatever may bother you and accept it, laugh at it, smile and move on as a better and stronger man. Enjoy every moment for what it is. No time to worry. Whatever happens happens. Love your fate and accept it. Fight like hell and smile until the bitter end.

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The paradoxical state of the redpill. Newbies must read.

redpillthrowaway34 · 29 January 2017 · Archived copy · Reddit

There's two kinds of redpillers: those who get it, and those who try.

This post is for the latter. The redpill is about your own happiness and nothing else. We tend to see things as they are, have logical and no-bullshit discussions about the many difficult issues that men face.

Naturally, we tend to talk about women. I want to make you understand that women are not the goal. A bitch, 10 bitches, or 100 bitches will never make you as happy as you can make yourself. You are the most important thing in your life, and women are only objects for you to enjoy as you see fit.

Yes, objects. Think of them like a trophy for a job well done. You're the star, but they're the little shiny thing you get to show for it. Women know this better than anyone. That's why they go for winners and identify themselves as "Trophy Wives."

So if you're doing too much of this:

- Studying what a woman is attracted to
- Learning game and manipulation tactics for gaming women
- Circlejerk about shitty woman behavior
- Bragging about successful fucks
- Doing things in order to become attractive to women.

You will never develop an unbreakable frame if you do these things I've listed above. By doing these things, you are absolutely living inside of their frame and not your own. You are placing too much importance on a woman and that's the kind of behavior that led you here in the first place.

Listen, you're missing the entire point. The entire point is YOUR HAPPINESS. you are putting too much time and energy into women. Focusing on women too much is the same thing as allowing them to control you. Break free of their control over your thoughts and actions.

Instead, I want to challenge each and every one of you to focus on yourselves. We have already established that bitches ain't shit. If you don't know that by now, you're in the wrong place.

Instead of women, your goals should be:

- Lifting/ health
- Success
- Wealth
- Status
- Meaningful interactions with other human beings
- Power
- Knowledge/ reading
- Skills
- Experiences

- Doing things for yourself and nobody else.

If you make these your goals, you will naturally achieve:

- Confidence
- Unbreakable frame
- HAPPINESS
- (yes, bitches too, but fuck them anyway. Confidence and happiness are better than any bitch.)

If you follow these goals and live for yourself, you WILL develop confidence, happiness, and frame, and you WILL get women by living this way. There is 0 chance that you won't.

I am not asking us to change the way we discuss women, or anything else. I'm not concern trolling. I'm just making a point. Focusing on women goes against the core redpill ideology. You must completely devalue women in order to take your next step. Give absolutely zero fucks about them. Don't even waste time hating them. Devalue them completely. Read the sidebar again if you don't believe me.

Instead of focusing on women, focus on yourself and your own happiness. Herein lies the true essence of the redpill.

I am not asking you to go MGTOW. Have fun with women! Just don't make them your goal.

TL;DR Fuck bitches. You're better than her.

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The Coward's Glance: A Common Folly of Men New to Red Pill Philosophy.

il_Pater · 18 May 2017 · Archived copy · Reddit

The Coward's Glance

Summary: The typical beta method of attracting initial female attention is a losing proposition, and should be avoided at all cost. It should instead be replaced with confident, Alpha behavior.

A beta enters a grocery store on a routine errand. He's not just here for a bag of finely shredded mozzarella and a six pack of overpriced "craft" beer manufactured by Budwiser under a different label; his cooter-obsessed mind turns even this day-to-day chore into a hunt for a potential mate.

As he traverses the aisles, taking the longest path possible to the dairy section so as to maximize the possibility for an oft-dreamt-of chance encounter with his one true soul mate, he spots a woman purposely browsing the coffee selection. At last! This will be the one! The extreme SMV deficit in her favor be damned!

The beta initiates a process all men universally refer to as "checking her out". He appreciates her assets: her round bottom, her narrow waist, her ample (but not oversized!) bosom as seen from the side while she reaches into the topstock for her selection. Then, when his gaze is somewhere between her tits and her neck, the beta's intended target sniffs the air. She smells a unique combination of misplaced enthusiasm, egregious self-overestimation, and desperation; this scent alerts her to the presence of our beta. She turns her head to find him.

This is the moment that separates a beta from an Alpha. To those readers new to Red Pill philosophy, do not be ashamed if the following describes you; it is how we have all been enculturated by this society since we were children. It is important, however, to recognize this pattern, absorb it, and examine it in a new light. As the woman turns her head to seek out the source of the offending stench, the beta will do one of two things:

The bravest of betas will avert their eyes, though not their entire gaze, and favor the woman with a smile intended to convey friendliness and approachability, though it only comes off as the macrocephalic lovechild of awkward and cringy.

Our beta, however, is a more typical beta, in that his spine is more akin to taffeta than steel. He tries to look away quickly, in an attempt to not offend his better; if he's caught treating her as an object for his sexual gratification, the International Beta Society will make him shave his neckbeard. Unfortunately, with human reaction time being what it is (and especially since 70% of his blood supply is not in his brain, but pooling in his grotesquely swollen testicles), he will never quite be quick enough. The woman will easily see his sudden, frightened movement and ken his intentions.

The beta thinks himself to be quite sneaky, and will repeat this process ad nauseum, quickly earning him the epithet of "creepy". Not because he's checking her out, but because his furtive, prey-like attitude is entirely disgusting.

The beta will ultimately run out of excuses to continue lamely stalking his victim, and finally acquire his hippy beer and economy bag of cheese. This beta will go home and fap to outlandish, impossible fantasies of doing naughty, shameful, sexist things to the woman whose path he crossed. A braver beta, the one who tried to smile, will sulk his way home, fuming over his perceived rejection; with one hand, he will tweet or blog about how girls are so mean to nice guys, and with the other hand, he will furiously beat his micropenis to console himself over his own immense loserdom.

Let's examine this interaction, shall we? What was gained? What was lost?

The benefits for the woman:

1. The beta's wild-eyed antics have affirmed that she is sexually desirable,

2. The beta's aversion to being caught (or his submissive smile) has affirmed that she is indeed the superior creature, a goddess for whom care must be taken not to offend. (This sense of superiority affects not just our hapless beta, but all men who have the misfortune to enter the woman's sphere in the immediate future. In effect, he has raised the difficulty level for any following Alpha hoping to work his magic.)

The detriments for the woman:

None. She has lost nothing, spent nothing, exchanged nothing.

The benefits for the beta:

1. The privilege of catching sly glances out of the corner of his eye of assets he will never have the opportunity to touch
2. A three-inch hardon.

The detriments for the beta:

1. Losing up to half an hour of his life to an inevitably fruitless pursuit,
2. An inescapable sense of rejection; he may not recognize it as such consciously, but his frequently-ignored lizard brain will gleefully inform him of it all the same.
3. A sense of cultural shame, for behaving in such a sexist, troglodytic manner and possibly causing discomfort or fear to such a perfect goddess; he will be forced to go to Reddit and do penance for his unnecessary guilt by whiteknighting in TwoXChromosomes.

As you can see, in this interaction the beta has suffered greatly, sacrificed much of whatever is left of his dignity and self-worth in order to provide a random stranger with a head rush of power and authority. This is not good.

But what would an Alpha do? Let's watch.

An Alpha enters the same grocery store. He seeks only to powerwalk to the fruit section, pick up a pair of kiwis and maybe a box of blueberries before striding over to dairy aisle for a pint of heavy cream. Clearly, he has plans and is not overly interested in trolling for low-hanging pomegranates. Even so, while waiting his turn to open the cooler adjacent to the milk display, he spots the same woman. As she has clearly dressed and made up herself to be on display, he peruses the goods.

He appreciates her round bottom, her narrow waist, and her ample (but not oversized!) bosom. Somewhere between her tits and her face, she senses the weight of a predator's gaze upon her. She turns her head to seek him out.

The Alpha, however, doesn't flinch. His eyes meet hers as she turns. He may, if he is so inclined, favor her with a half-smile of acknowledgement... or he may maintain a neutral expression, depending on his mood. What is important is that he will hold her gaze until she drops her own.

She is faced with a direct, uncompromising stare, which admits shamelessly and confidently: "Yes, I was sexually objectifying you. What of it?" The most dominant of women will hold that eye contact for a second or two; the rest will fold immediately, often with a blush, and hurry on their way.

Should the Alpha be so inclined, he might then approach her directly and engage her in small talk to begin his game. Maybe he needs another plate to spin, or perhaps his purchases are just for his own more-or-less healthy dessert after a fine meal of grass-fed steak. This Alpha, however, definitely has plans and is well-appointed for tableware. He completes his business and leaves.

In this situation, the woman gains:

1. Affirmation that she is sexually desirable.
2. Nothing else.

The Alpha gains:

1. Affirmation that he is dominant in all such interactions
2. The opportunity to begin working his game, should he so chose
3. Confidence in future encounters with women in neutral territory.

What does the Alpha lose? Not a damn thing.

For a beta who wishes to begin his journey towards Alpha status, this is the easiest way to change his behavior from sycophantic to self-assured. The opportunity to practice occurs frequently, there are no potential social repercussions, it builds confidence, and costs nothing.

That's not to say it's easy. Men have been trained in this society to defer to women, to avoid at all costs taking actions they might perceive as "threatening" or "creepy", and to at all times allow them to dictate the terms of any interaction in everyday spaces. It can be hard to subsume the impulse to break eye contact first, to give her the dominant position, to allow her to reject you wordlessly and effortlessly like the worm you've been told you are. But hold fast. Practice. The first time you succeed will produce a rush of the kind you've likely never before experienced.

Conclusion: Practice the Alpha's gaze at every opportunity, and drop the Coward's Glance like an ant-covered ham salad sandwich. You'll thank yourself soon enough.

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Go spent some time with your family. Get off the internet
PaperStreetVilla · 25 December 2017 · Archived copy · Reddit

No posts today.

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The Essence of Stoicism

mindset_warrior · 20 June 2018 · Archived copy · Reddit

What does it mean to be a man?

If you asked this question of Marcus Aurelius, Seneca, or Epictetus they would answer that it means to live with virtue. In fact, vir is the Latin word for “man”. The word “virtue” finds its roots in the Latin word for manliness, which is “virtus”.

There are 4 cardinal virtues that the ancient Stoics abided by:

1. Wisdom
2. Justice
3. Fortitude
4. Temperance.

It is these 4 virtues that I have strived (and continue to strive) to embody more of in my life to narrow the gap between the man I am and the man I know I’m capable of being. Hopefully they can help you do the same.

Virtue #1 - Wisdom (Knowledge of life)

The word philosopher literally translates to “lover of wisdom”. The ancient Stoic philosophers were in love with learning and understanding the process of how to live optimally. Whether you look at Seneca (who was a statesman, playwright, and tied in to the upper echelon of Roman society) or Epictetus (a former slave who won his freedom, became a Stoic, and was eventually one of the biggest influences on Marcus Aurelius) or Marcus Aurelius (the most powerful man in the world during his time) - the ancient Stoics were active members of society. This is contrary to how philosophy is taught through the modern education system whereby students are taught to become mere “librarians of the mind” rather than “warriors of the mind” - as were the ancient Stoics.

The fundamental Stoic wisdom is to concern yourself only with that which is within your control. As Epictetus puts it:

The chief task in life is simply this: to identify and separate matters so that I can say clearly to myself which are externals not under my control, and which have to do with the choices I actually control.

There are only two things that we have control over - our thoughts and our behaviors. Run an honest audit of your day. How many of your decisions were a series of pre-programmed patterns and how many of your decisions were planned and deliberate?

As men, the ultimate wisdom we can embody is clarity of our path and purpose. Seneca uses the word “euthymia” or “energized tranquility” to describe this:

Believing in yourself and trusting that you are on the right path, and not being in doubt by following the myriad footpaths of those wandering in every direction.

Your thoughts and behaviors need to be directed towards some end, some purpose, for them to have any meaning. As Seneca puts it:

Let all your efforts be directed to something, let it keep that end in view. It's not activity that disturbs people, but false conceptions of things that drive them mad.

If you’re currently lacking clarity in your path and purpose as a man, write your own eulogy. This is a daunting task but, trust me, doing so will provide massive insight towards the type of man you wish to become.

Take out a pen and paper, imagine yourself at your own funeral, and journal your answers to questions as such:

- What do the people in attendance have to say about you?
- How do they describe you?
- What will others miss about you?

The more deep the questions, the better. 99.99% of you won't do this, but if you do, it will provide massive clarity in your life.

Virtue #2 - Justice (Integrity)

To live with justice means to live in integrity with your highest ideals. Are you consistently acting in accordance with what you deem valuable or are you stuck in the perpetual cycle of going through the motions and procrastination?

The ancient Stoics used the term “Eudaimonia,” which describes the state of being best friends with your inner daemon. The daemon can be visualized as your inner guide, the highest version of you that is eternally present and taking notes on every single thing that you do. To experience a state of inner flourishing, you have to be on good terms with your inner daemon. Because at the end of the day, what matters most is what you think of yourself when you are by yourself.

How to build integrity:

- Keep a to-do list every single day and complete it.
- Set deadlines for your goals.
- Make commitments and live up to them.
- Do what you say you're going to do; don't say you'll do something you won't.

Virtue #3 - Fortitude (Courage)

The word “courage” comes from the Latin word for heart. Courage is the virtue that vitalizes all your other virtues just like your heart vitalizes all your other organs.

We all feel fear, but the ability to act in spite of fear, i.e. courage, is a large part of what makes a man manly. By definition, growth in any area of your life requires you to do something you've never done before, i.e. to step outside of your comfort zone.

If you've been holding off on something, it's time for you to take Nike's advice and just fucking do it.

How to build courage:

- Cold showers
- Cold approach women
- Strive to set personal records in the gym
- Practice a martial art

Also keep in mind that you are only entitled to the action and not the fruits of your action. The Stoics always used a reserve clause, *Deo valente*, i.e. if fate shall have it. The struggle is guaranteed but the results aren't. Having a reserve clause in place instills a frame of calmness and levelness because you are not overly attached to the outcome.

Virtue #4 - Temperance (Self-mastery)

There are two freedoms - the false, where a man is free to do what he likes; the true, where he is free to do what he ought.

- Charles Kingsley

Self-mastery is simply a matter of doing what needs to get done regardless of whether you feel like it or not. It is about striving to consistently narrow the gap between the man you are and the man you know you are capable of being. There is no end to this journey. There is only moving toward the ideal or moving away from it. The ideal can never be achieved, but it is always there to indicate whether or not we are moving in the right direction.

How to develop self-mastery:

- 30-day challenges
- Track your habits
- Build momentum on your habits

Remember that if you ever begin to believe that you've reached your potential, you strip away your power in taking it to the next level. There is no finish line. Self-mastery is a journey in discovering what you're truly capable of. And your potential as a man is a moving target.

Conclusion

The ancient Stoics tell us that to be a man means to know your path, to have the courage to walk it, to consistently strive for improvement, and to live with your lips pressed against your fears. These are the 4 cardinal virtues of Stoicism and working on integrating them into your own life will help transform you into a more grounded and powerful version of yourself.

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A Simple Path To Success For Those Starting Out

DoubleOsiete · 17 July 2018 · Archived copy · Reddit

A Simple Path To Success For Those Starting Out

Step 1

Life Sucks

Fat fuck

Bad nutrition

Lethargic

Video games/internet addiction

Porn/incel

Step 2

Set goals for:

Weight loss

Diet

Fitness

Reading Books

Stop watching porn unless a woman is watching it with you while having sex

Scheduling

Socializing

Step 3

Research:

Eating below caloric need to lose weight. Estimate your body's caloric need with online calculators.

Whole Foods and why they are preferable to processed foods and the dangers of fructose and High Fructose Corn Syrup. **Keto, Paleo, Vegan, vegetarian, and whole foods diets with the sugar and HFCS removed.**

5x5 strong lifts, Starting Strength, Madcow, and any other beginner linear progression programs concentrating on the **main lifts** and increasing strength and **Central Nervous System adaptation. High Intensity Interval Training** for conditioning and testosterone increase (Sprints, hill sprints). Research steady state cardio vs HIIT training and the pros and Cons. **Stronglifts has an app, he does not deserve credit for the workout, he ripped it off from others and just built a nice website and app. It works, very well.**

Start scheduling all activities for the week on Sunday and creating **realistic goals** that can be achieved. Learn how those more successful than you plan their time. Tim Ferris book *Tools of Titans* is great for understanding people's behaviors who are highly successful in their fields.

Start talking to everyone. I mean everyone. No more awkward silence in checkout lines or gas stations. Everywhere you go is an opportunity. Everyone you meet is practice for your ultimate goal, and that is gaming women with the intent to sleep with them.

Step 4

Implementation:

Eat **300-500** calories **below** bodies caloric need.

Eat a whole food, vegetable based diet that promotes healthy fats and proteins (meat is not bad, neither are healthy fats). No sugar in any of its forms. **Sugar is poison** and should be treated as such.

Start strong lifts 5x5, download app and stay consistent. Go to the gym or buy a **squat rack/Power rack** and **Olympic Weight Set**. **Watch Dr. Layne Norton's videos on proper form for Squat, Deadlift, and Bench**. Consider buying weight belt and knee sleeves (forget the wraps to assist with grip, you want your grip to strengthen.)

Start planning meals for the week on Sunday, and make sure you allocate enough time for Lifting Monday, Wednesday, Friday (workouts can take 1.5 hrs+). **Do not skip workouts**. Do sprints/HIIT at least 3 times a week(Maximum effort is required for HIIT. **Don't be a pussy, PUSH YOURSELF**).

Start talking to people in the gym. **Trust me dedicate yourself to the iron, it always pays its debts**. People will start commenting on your improvements, use this as an invitation to start a conversation. **Talk to everyone about anything** (you are sharpening your verbal and mental ability to converse with others in multiple different scenarios.) Things will get less awkward with time. The more attractive you get the more receptive people will be to you. The more well read you are the more people will listen to you and more opportunities to have your voice heard will present themselves.

Read the sidebar, there is a ton of useful information.

TLDR; Invest in yourself, in all facets of your life and you will prosper more than you could ever imagine.

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Goodbye to Good Men

ShrinkingShadows · 21 April 2017 · Archived copy · Reddit

<https://www.youtube.com/watch?v=OeL-Fn0V8iU>

Jordan Peterson, a Clinical Psychologist and professor at the University of Toronto who recently became famous for speaking out against political correctness, delivered a send off message on a Canadian news program back in 2011 that's packed full of too many Red Pill insights to count. He argues that the good men of yesterday, now considered male chauvinists, are being replaced today by two types of men today: shiftless, low status males (AKA blue pill betas) and archetypal bad boys (AKA dark triad alphas). He explains how modern feminized society demonizes testosterone and punishes boys for their masculine instincts. All the while women can't help being most attracted to the men with most testosterone. So good-natured, well-meaning boys are growing up to become timid men, confused about their natural masculinity they have been subtly punished for. At the same time, they watch and see how women are giving all the sexual rewards to dark triad alphas, the ones who were too far out on the psychopath spectrum to give a shit about the feelings of adults and peers who socialized them during childhood. So they grew up into confident, high testosterone alphas. Thus, even though feminists demonize testosterone and have tried to lower it, they are actually increasing testosterone by creating a society where dark triad men pump and dump, get the women pregnant and get the hell out of dodge, while the truly good men have less success, refuse to get married, or go their own way. Dr. Peterson is heavily influenced by Evolutionary Psychology, and I think this video shows how deeply rooted TRP philosophy is in Evolutionary Psychology.

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[Mod] Make the community worth a fuck by not acting like a cunt.

PaperStreetVilla · 28 June 2017 · Archived copy · Reddit

Original

The mod team doesn't care if you think a poster is a "little beta" or a "fucking cuck" or any other bullshit that involves negging another forum user. We encourage you to keep it real, this isn't a "safe space" for the weak, but at the same time it is not a battleground where "whoever speaks the most edgy shit wins." Nah, we don't want that shit here. We'll leave that bullshit to the perpetual adolescents who give more fucks about seeming cool than learning.

When all people do is disrespect one another, substantive conversation cannot be had and the topic devolves into a battle of egos.

We really don't give a shit about your ego here, how popular you are, what you make, the kind of level you're at in society, the car you drive ad nauseam. We give a massive number of negative fucks about your real life, the only thing important to us when you come in here is your knowledge. So don't posture, because we don't care and we don't want you to tell us shit we don't give a fuck about.

When you feel the need to tell someone how pathetic they probably are and how awesome you are in comparison, nobody learns anything. All you do is lower the signal and increase the noise.

RESULT? You give the mods more work to do, and people who give us more work to do are people we want to kick in the head. But because we can't do that, we just ban 'em instead. The mod team does not give a fuck if you need to shit on other people to feel like you exist, we don't tolerate that immature "LOOK I'M SUPERIOR, WATCH ME GO ASSERT MYSELF TO PROVE IT" bullshit here. Anybody behaving in this manner will be given the flair "worthless tramp" to give everybody a laugh the next time they instigate in the never ending quest for drama, that or we'll just ban you.

This is a forum to discuss ideas pertaining to masculine self-improvement and sexual strategy, we can only do this if a basic level of decency and respect are maintained. This predominantly means:

- Show a basic level of common decency to all posters
- Attack the opinion, not the poster

You are talking to other dudes anonymously over a machine, you're not trying to impress a hot girl by deploying "AMOG EVERYBODY Donald Trump caveman game." You don't need to neg all the guys around you and then flirt-neg the hot girl to show how ALPHA AS FUARRRK #winning you are. This narcissistic posturing bullshit shit is for getting your dick wet with soulless bitches, not for talking to dudes about sexual strategy and self-improvement.

Treat your fellow red pillers with respect and refrain from petty internet bullshit, or the fraternity doesn't want you. It's that simple. People who behave like this drive people away who are actually worth a fuck.

As for our more mature users who don't endorse nor encourage this nonsense, we'd like you to report comment chains where people are simply putting one another down or bickering over net worth, notch count and other unverifiable offline bullshit. If you want this place to be worth a fuck, you have to play your part in defending the community from bullshit by reporting it whenever it crops up.

People like to bitch "why haven't the mods removed X?" like we're fucking minimum wage janitors that aren't doing our jobs properly. Truth is, we probably haven't noticed it, we get a few thousand comments per day and there are only a dozen or so moderators. We cannot read every topic, low karma doesn't mean a topic is bad, and some bad topics have good titles.

If you've noticed some crap that needs cleaning, you can do your bit by spending literally 5 seconds to report it. DO

THAT, do not spend a minute writing out a post bemoaning how TRP has gone to shit, just report the post and keep quiet - THIS IS THE BEST THING YOU CAN DO FOR THE BOARD.

By reporting a post, you bring it to our attention and heavily increase the chances the offending post will be removed. Every comment has a report button under it, use it when you spot nonsense and we'll all be the better for it. Less complaining about "why have the mods not done X?" and more helping us the fuck out by reporting stuff. For a community this size and this active we do not get enough comment reports.

With a forum this size, a dozen dudes cannot be everywhere at once to clean up the epic amounts of bullshit that get posted, you have to do your bit to help us. See it as your civic duty, the more people who adopt this attitude, the less crap there will be in the forum and the more you will enjoy coming here.

One more thing: do not talk shit to endorsed, senior endorsed and vanguards - chances of you being kicked out for trying to be an edgy fuckwit with these guys is about 99.9%. And then we'll ignore you when you blow up our mailboxes screaming insults demanding to know why you're banned.

The red pill is a resource, not a crab bucket. There is no competition here, so act right, treat each other well, boost each other up and don't make me post rants.

TLDR:

Show common decency

More substance, less fluff. Maturity > Immaturity

Report comments/users who seem incapable of the prior

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UPVOTES

Disney Has Been Poisoning Men And Women For Decades

duke442games · 17 June 2018 · Archived copy · Reddit

THEORY: The stories told by Walt Disney from very early on through to today, are poisoning the way both men and women see themselves, their responsibilities (or the lack of responsibilities), the way we interact, and deal with the consequences for our actions.

PROPOSITION: Through story telling, Disney has slowly been manipulating and brainwashing their audiences toward their own internal, some would say radical, notions of where the future needs to go. Audiences were once very aware of the affects of story telling on the collective nature of a society and would fight against any narrative that had a destructive influence. For many reasons, the push back against these types of themes have significantly dwindled through the years.

CONDITIONING: Some of the very first shows on the Disney channel started to directly corrupt the way children respect or listen to their parents, with a special emphasis on down playing the competency and importance of fathers. This constant narrative in all of the Disney shows depicted parents as ignorant and incompetent. It taught children that not only should they NOT listen to or respect their parents, but that they should also ignore any adult or person in power. This was emphasized by casting the majority of each show's villains with men in positions that would historically be associated with respect and power. In each case, the kids were nearly always right, the adults were always wrong, and the moral of the story was always passed from child to child, and never from adult to child. This first phase of indoctrination worked to create a break from children listening to anyone in classical authority positions to make them open to influence from others from within their peer circle. Worse, the consequences for actions were never expressed within the story and glorified making irresponsible decisions.

DISNEY PRINCESS MENTALITY: These concepts were extended as increasing numbers of movies began to focus around Disney Princesses. Much the same way boys see themselves as Captain America or Spiderman when they go see a super hero movie, girls saw themselves taking on the role of princess. In a super hero movie, the hero is fighting an evil power and success or failure impacts everyone. The Princess movies now use a major 'bad guy' to mask the real message of female dominance, irresponsibility and male incompetence.

EXAMPLE- MOANA: In Moana, a demi-god named Maui stole a magic stone and cast the world into darkness. The young princess Moana must ignore her father's experience and sail across the great ocean to return the magic stone.

The story starts by focusing on this young girl ignoring her fathers knowledge and wisdom about the extreme difficulties of open ocean sailing. The story clearly illustrates how lethal and unforgiving the ocean can be by nearly killing Moana and telling the tale of the death of the last person to attempt this. Without any additional training, in a fit of rage, Moana sails out onto the ocean without facing any consequences for not taking the time to plan significantly for this mission.

Moana then finds Maui an extremely strong (he pulled up all islands in the sea) demi-god with thousands of years of experience fighting monsters (ripped the leg off of a 50ft tall monster) and helping people (created coconut trees). Moana easily shows up Maui at every turn to show that a small girl is much more capable than the most successful man at everything.

The story ends with a big dual between a Lava Monster vs Moana and Maui. We see that strength, speed and endurance ('the male') is overcome by love and the power of understanding yourself ('the female').

HYPOTHESIS: All of these stories are creating conflict between men and women by purposefully making men look bad, women look good and destroying the trust for anyone that might have the wisdom or experience to contradict these ideas. These stories have shaped the worst personality and political qualities that we have seen within people from 15-35 who have been most influenced by the Disney engine as the Disney channel became widely available in the late 90's and early 00's.

NARRATIVE: I have been seeing this trend with-in the entertainment industry for years, but I have seen little written about this or talked about the negative impact that specifically Disney is having on society. We are seeing this happen increasingly in some of our most beloved franchises. Star Wars has become unwatchable with the now open feminist movement and open mocking and abuse of men. As a society, we need to become more aware of the stories that are being told and more mindful of the ramifications. 100 years ago, the only time anyone took for stories were from attending church. These stories, nearly always, focused around how we can live and interact better to have a better world. When people abused the positions of power from within religion wars and bad things happened. Now nearly all religions are looked on with scorn. The time has come for us to hold the entertainment industry accountable in the same way.

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UPVOTES

Why do we lift?

KeffirLime · 23 August 2018 · Archived copy · Reddit

I recently stumbled across a question on ask/TRP:

"Why do we lift?"

The responses were a bit of a mishmash, mostly that women find it attractive, build strength, people think you're a bad ass. The majority of the answers centered on an improved perception of you from **another persons perspective**, and for a sub centered on this philosophy seemed to miss the point entirely.

None of those answers were wrong per se, however, the benefit for me is the change an individual sees in themselves over their lifting journey. The way you view yourself in relation to the world is where the true value lies.

There's not much to answer that question on the sidebar, and as one of the core concepts of TRP I feel it's worth expanding on. So my reply has become a post.

Here's the journey:

Over the course of 7 years I went from: An ironing board 6ft1 67kg 8% bf to a fairly beefy peak of 87kg 5-6% bf.

The physical changes are obvious but the mental changes are far more important, and therein lies the answer to *"Why we lift?"*

I started out about as far down the spectrum as you can. I was athletic, but skinny. Abs on skinny guy is like tits on a fat chick, In clothes it meant nothing. If you looked at me from a side view you might have missed me entirely. I got by fine like this in high school but stepping out into the wilderness, beside men, I was aware my timid appearance needed an upgrade.

The beginning

At first you feel like a bit of a tool at the gym, feeling your way through equipment, being one of the smaller guys there next to these seasoned gorillas. Watching guys pump out heavy sets of 50kg dumbbell chest presses was all the motivation I needed. I immediately respected these guys, in this environment, they were the Alphas and I wanted to get there. The first 6 weeks is the hardest in terms of dragging yourself there. Building your gym routine into your life. Once you get that out the way, going to the gym becomes second nature, after a while it was so core to my everyday life I couldn't think of going without it.

Appearance

In the beginning the gains are quick. You put on a decent amount of size in a pretty short amount of time. You notice the differences and the scale agrees too. Other people notice too, friends and family comment on your gains. The validation feels good, it leaves you wanting more.

Mood

At this point you're sleeping better due to increased work load during the day. Your moods are better with increased serotonin and endorphin output. You've got a solid outlet for all the stresses in you life. Your testosterone levels are increased and your libido steadily rises. Physically and mentally your body starts feeling a whole lot better.

Phase 2

Diet

This was a few months into my lifting career. I had made steady gains but diet started to become much more of a feature. I started eating cleaner foods. Cut out all processed goods and stuck to whole proteins and whole veg. 90%

of my diet was strict and 10% was a little leeway to pig out and enjoy a meal. The combination of exercise and a clean healthy diet made me far more energized. I had more mental clarity than I had experienced in years. A previous smoker, my breathing was clearer than ever too.

Supplementation

Now that I had the foundations waxed I started adding supplementation into the mix. As a hard gainer I got a carb heavy protein shake and started drinking it daily, supplementing my diet. I added in Creatine, BCAA's and L-Glutamine. I picked up weight fairly quickly, most of it muscle some of it fat.

Strength

My strength gains were gaining momentum. My lifts were increasing slowly but surely week on week. From where I had started I had doubled a lot of my lifts. This spilled out into all aspects of my life. When you get stronger you feel stronger. The feeling of being strong is far more important than being strong. You back yourself more. Your internal strength starts to express itself outwardly. You're more confident in interactions. The sub conscious primal nature of increased strength is projected outwards into interactions.

Phase 3

By this point in my Iron journey I had made leaps and bounds. I was much stronger and much bigger.

Health

I had been to the doctor before I got into this to see how I would compare further down the line. Upon my follow up appointment the results were nothing but positive. My blood pressure had come down. My Lung capacity had gone up. My resting heart rate was at it's lowest point ever. Overall I was sleeping well, felt energized, moods were positive. Then due to these factors there's also the long term benefits of increased life span and reduced risk of cancer.

Fashion

My skinny face had filled out. My body had filled out too. Pecs, Biceps, quads were all noticeably bigger. Even in clothes it was evident that i lifted. Instead of swimming in my jeans and shirts like i used to, normal shirts were tight, jeans were tight, I had to replace my entire wardrobe to accommodate my new size. My body fitted clothes so much better. Fit is half the job when it comes to fashion.

Attraction

By this point I had noticed that I was getting far more attention from women. As I package I looked a lot more attractive. When I would go out, walk the street or go to the beach I would get a ton of looks. Woman would sneak a peak out the corner of her eye. I'd also get approached by woman quite often, commenting on my physique. Once again the validation feels good, it builds your confidence. With increased IOI's from woman you feel far more calm and confident going into encounters with them. Physical prominence also puts you on the front foot. A woman feels more timid encountering a bigger guy. I noticed they would submit far quicker than before. See [u/Heathcliffs's](#) post on woman wanting to feel small.

Phase 4

At this point I was pretty jacked. I stood out in a crowd. I was one of the bigger guys at the gym and in most situations the biggest guy in the room(in terms of muscle mass)

Respect

Both men and woman have a completely different level of respect for you. Men would be somewhat intimidated by my appearance. Fairly cocky guys I knew previously would be so tame speaking to me, often looking down to avoid eye contact. In business meetings the tone I was approached with was very different, polite and respectful. When I

spoke people listened. From women, where I would get the occasional bitchy rejection before, was almost non-existent now. They were mostly giggly and even if it wasn't a positive outcome, they would be sweet, cute and shy in the way they dealt with the interaction.

Discipline

Through hard work and tireless dedication you've built something that you carry with you everywhere. Dieting, constant lifting, supplementation, getting enough sleep. You've made sacrifices in terms of lifestyle in order to achieve this. It's a project that takes day in, day out commitment over a very long period of time in order to achieve what you want. The value of this lesson could not be quantified. It ingrained in me a work ethic that spills out into all aspects of my life. In bodybuilding results don't come easy and more often than not they don't come easy in life either. You learn to push yourself. There's many days you don't want to lift, there's many times you want to cheat on your diet, there's times you just want to let loose and have a party. Resisting temptation and pushing yourself to do the boring and monotonous tasks well for long term gain is often what separates success from failure. Patience and trusting the process. These lessons can be applied to any goal worth achieving.

Biology

Despite being the most advanced beings on this earth and having advanced exceptionally fast, Our biological evolution doesn't quite happen as fast. We still have our cave brain biology. And our cave brains still register the biggest, strongest guy as a good potential mate. If she were to select a prime mate to pass on her genetic material, the biggest and the strongest would be a great option as her offspring would obtain these big strong genes to survive in the wild.

He would also be the best protector during her vulnerable state of pregnancy. From other predators or other tribes. After birth while she has to care for and nurture her young, a big strong Alpha would be able to look after her and his child and provide food and shelter for them.

In today's terms a female brain still sub consciously registers these factors when she sees a big, strong, well built man.

Summary

The above factors are a profound catalyst for the change in the way you view yourself especially with regards to how you interact with other people. You feel strong and powerful going into any interaction. Your size commands a presence. People notice you when you walk in a room. When you talk to people, your physical dominance leads to emotional dominance of the interaction. I used to be skinny. walking into interactions I always felt I was on the back foot talking to bigger guys, almost like a boy speaking to a man. With increased size and strength I felt confident. I felt like I had the upper hand in the power play.

Talking to women you know you have a physique they find desirable. They automatically respect you. They notice you first. Opening and conversing with them on the front foot lubes the interaction more than you could know. Your abundance mentality is internalized by the vast amount of increased attention you get from women. You feel more sure of yourself. You feel more energized. Your moods are better. You sleep better. These factor have a profound impact on your interactions with other people.

Progress is slow, it's steady, but it's certainly worth it. If there's one piece of advice on here that you shouldn't skimp on, its **LIFT**.

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UPVOTES

SJW reaction to an anti-PC event co-hosted by Milo Yiannopoulos at my university

Dustin_Bromain · 28 April 2016 · Archived copy · Reddit

Summary: SJW's have an epic meltdown over an anti-PC event that took place at my university.

Hello Red Pill. This is my first post. This is an incredible community and i'm forever indebted to this subreddit for all of the knowledge that it has provided me. Now, on to the story at hand:

On April 25th, 2016, The University of Massachusetts Amherst hosted an **event** that was designed to be an informative, thought-provoking, and insightful discussion into the intricacies of political correctness and attempted to examine whether or not the culture of political correctness was getting out of hand. In response, a horde of angry, triggered SJW's showed up and chaos quickly ensued.

The SJW's wheelbarrowed out their most **formidable warrior**; a "girl" who has now involuntarily adopted the campus-wide nickname "Trigglypuff" (which stands for "Triggered Jigglypuff"). She was the main SJW protester during the event who caused the most disruptions during the lecture.

Here is another rare sighting of the infamous Trigglypuff.

This is an article that accurately summarizes how the lecture unfolded. These are the highlights of the event, as portrayed by the article:

1.)

Students at the University of Massachusetts, Amherst set a new high for hysteria Monday night at an event featuring Christina Hoff Sommers, Milo Yiannopoulos, and Steven Crowder. The event was intended to be a forum and discussion about the use of political correctness on campus, but degenerated into a shouting match as protesters sought to drown out the speakers with cries of "hate speech" and, less imaginatively, "fuck you."

In fact, I could barely hear the speakers because the SJW's were screaming incoherent nonsense the entire time.

2.)

One of the protesters took it upon herself to pass out literature expressing her concern for the "triggering" event, claiming the speakers "all demonstrate either that you don't give a shit about people's trauma and pain and think it's funny to thrust people into states of panic and distress OR that you fundamentally do not understand what a trigger is, what it means to be triggered, and what a trigger warning is meant to prevent."

In addition, anyone who refused to take her flyer would be accused (by her and her fellow SJW cronies) of being "narrow-minded" and "bigoted".

3.)

Crowder also evoked the rage of the protesters, in his case by discussing the Qur'an, which inspired a female student wearing Islamic garb to demand, "Don't speak on my behalf!"

"I didn't speak on your behalf ... I talked about the Qur'an", Crowder states incredulously. "I wasn't there for the French Revolution, but I can talk about it."

Here we see a religious SJW using her religion as a method of attempting to silence discussion. How clever. /s

All in all, the event was constantly impeded by SJW hysteria and nothing productive came out of it. The events that took place during this lecture seem to provide further evidence to the notion that the typical SJW's weapon of choice is to ruthlessly adhere to their own hypocritical agenda, and when all else fails, spout ad-hominem attacks

until their faces turn red (literally).

Also: [Milo's reaction](#) to the SJW's. You can also watch the full lecture [here](#).

Lessons learned (TL:DR):

- Social Justice Warriors/Ultra Feminists have no coherent method of logically debating conflicting points of interest and will usually resort to abrasive behavior in order to try and get their way.

Edit: Formatting

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UPVOTES

Field Report: Fucking my former oneitis and what it made me realize

HannibalBacara · 7 July 2018 · Archived copy · Reddit

I'm gonna keep this short and sweet for you guys. No fluff or fanfiction-style overly descriptive sex paragraphs. Just my simple description of events and the knowledge I gained.

Back in high school I had severe oneitis for a girl (let's call her Julia) and thought that being a nice guy™ was the way to win her heart. Obviously, it failed miserably leading to her rejecting me when I declared my love for her. We lost touch for the most part and a few years pass. In those few years I've gained probably 25 lbs of muscle, revamped my fashion, and have adopted TRP principles when dealing with women. All of these combined have made me a lot more attractive to them than before.

So this past spring break I was in Miami with a few friends when I get a text from Julia out of the blue. She saw my snapstory of me in Miami and it just so happens that she and her college friends have rented an Airbnb there as well. She invites me and my friends to go clubbing and crash at her house. We arrive at the Airbnb and I start flirting with a few of her friends. Not because I want to make her jealous but because why not. I could tell she was expecting me to be falling head over heels for her like back in high school but I really couldn't care less. Yeah she's still hot and all but I've fucked hotter at college.

We go out to the club, yadda yadda yadda, flirt and dance. I use TRP techniques like push/pull to make her even more interested. We all go back to the Airbnb. I scoop her off her feet once we get inside, take her into her bedroom, and we fuck. And while I'm fucking her I just start thinking to myself **"THIS is what I spent months and months agonizing over back in high school? Below-average pussy?"** Seventeen-year-old me would have creamed his pants if he'd known that a few years later I'd be fucking Julia with a fistful of her hair in my hand but all I was thinking was that it was nothing special. I think it was at this precise moment that I knew my viewpoint on women had changed for good.

I understand this is common knowledge to TRP veterans but for all the newbies out there with severe cases of oneitis listen up. Your mind is doing mental gymnastics to prove to itself that she's "the one" or "special" when realistically there are 10's of thousands of girls like her out there for you. TRP recommends going out and fucking other girls to deal with your oneitis because it works. Oneitis usually comes from a place of pussy scarcity so the solution is simple, increase your pussy supply by going out and fucking different women.

TL;DR: Get over your oneitis by fucking other women.

I understand I'm not really providing any new information with this FR but I think it's good to remind the newer guys on here of the basics sometimes. I don't claim to be an expert on TRP, and definitely I have a ways still to go. But when this happened I knew I had come a long way since my beta days in high school.

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UPVOTES

Remain Unreactive

MAureliusTRP · 28 May 2019 · Archived copy · Reddit

"As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble."

- **Harrington Emerson**

Lately I have been considering a principal I see come up time and time again: **Become Unreactive.**

From my readings on stoicism:

"You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing things with logic. True power is restraint. If words control you that means everyone else can control you. Breathe and allow things to pass."

- **Warren Buffett**

"There is only one way to happiness, and that is to cease worrying about things which are beyond our control."

- **Seneca**

"If you are distressed by anything external, your pain is not due to the thing itself, but due to your estimate of it; and this you have the power to revoke at any time."

- **Marcus Aurelius**

From my readings on **Charisma**:

From: The Charisma Myth, By Olivia Fox Cabane, Page 10

"In fact, charisma will make you more attractive. When instructed to exhibit specific charismatic behaviors in controlled experiments, participants' levels of attractiveness were rated significantly higher than before." "Three quick ways to gain an instant charisma boost in conversation:

- Lower the intonation of your voice at the end of your sentences.
- **Reduce how quickly and how often you nod**
- **Pause for two full seconds before you speak"**

Later, in the same book:

From: How To Talk To Anyone: 92 Little Tricks for Big Success in Relationships, By Leil Lowndes, Assorted Pages

- **Flooding Smile** - "Smiles that are too quick are usually seen as disingenuous. If you allow your smile to erupt gradually into a big, warm smile, you will be seen as much more sincere and personable. The person you are talking to will feel special, as if the big smile was made just for them. Over the next few days, observe the smiles of those around you. Who are the people usually seen as the most credible? These people will almost always have a slow, sincere smile."
- **Limit the Fidget** - "Whenever your conversation really counts, let your nose itch, your ear tingle, or your foot prickle. Do not fidget, twitch, wiggle, squirm, or scratch. And above all, keep your paws away from your puss. Hand motions near your face and all fidgeting can give your listener the gut feeling you're fibbing."

From my readings on **Power**:

From: The 48 Laws Of Power, By Robert Greene, From Preface, Page xix

"Learning the game of power.... Certain basic skills are required..." "The most important of these skills, and power's crucial foundation, is the ability to master your emotions. An emotional response to a situation is the single greatest barrier to power, a mistake that will cost you a lot more than any temporary satisfaction you might gain by expressing your feelings. Emotions cloud reason, and if you cannot see the situation clearly, you cannot prepare for and respond to it with any degree of control."

"Anger is the most destructive of emotional responses, for it clouds your vision the most."

From my readings on **Game**:

From: "The Shit Test Encyclopedia, by The Illimitable Man" Link: <http://archive.is/w8RYY>

"Why are they called shit tests? Well when somebody “gives you shit” and fucks with your head **to see how you will react.**" "It's an unavoidable part of human interaction. **We use shit tests to make value judgements about people, likewise they can be used to determine how people cope under pressure. The underlying mechanism of shit tests is to test your mettle.**"

Shit tests are used to “determine your frame.”

"If you can keep composure/seem unfazed and/or assert your boundaries despite a shit test, generally speaking you will be considered to have passed the shit test. If you get upset, offended, doubt yourself or show weakness in any discernible way when shit tested, it will be generally considered that you failed the test."

From: "How To Get Laid Like A Warlord" Link: <http://archive.is/8Vq7F>

"Women are attracted to you because you have a stronger frame than they do. That's all."

"What is a strong frame? Fundamentally, it's a sense of certainty in everything you do. This certainty manifests itself as calmness in the face of social pressure. Simply put, in a cold approach pickup, the woman becomes attracted to you because you're more relaxed than she is. That's all."

What does it all mean?

Simply put, every single one of these quotes, from a variety of sources, from a variety of fields all get at the same core principal: **Remain unreactive.**

Don't fidget. Don't touch your face. Don't glance your eyes away. Don't fret about things. Don't let your emotions overtake you. Don't constant give re-assurances by nodding frequently, or by saying "uh-huh" while talking. Don't rush to speak. Don't smile too quickly or too frequently.

It all boils down to that one simple concept: **Remain unreactive.**

How do I Remain Unreactive?

That will be a posting for another time, but i would recommend to start by meditate daily. we've taken up enough space here. I'm interested in hearing feedback from the community on their thoughts, and how they've gone about cultivating these principals.

MAureliusTRP

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UPVOTES

One woman's take on "nice guys"

Ramadillo · 12 September 2019 · Archived copy · Reddit

I came across this question on Quora and found this answer. Confirms a lot of things re. Making the most of yourself in life, personal responsibility, mission, etc etc. Enjoy.

When will girls begin to notice the nice guys? Emily Payton Emily Payton, Psychology student, baby neuropsychologist, disappointment. Answered 14h ago Let me ask you a different question: When will guys begin to notice the nice girls?

Some facts about me: I'm 5'3", with short legs and an arse so flat you could play bowls on it. My breasts are small, just like the rest of me, and they adorn a bony, birdcage chest that makes a hollow sound when you tap it. My elbows are pointy, knees knobbly and arms twiggy; I am the antithesis of thicc. My hair doesn't shine, but rather floofs, in whatever direction it pleases. I was late to the puberty party, so my acne still hasn't cleared up, even though I'm approaching twenty one. No matter how hard I try, I can't seem to get my smile symmetrical, and when I do smile, my eyes (also small) shrivel up like raisins, forming cheery little squints. The only part of me that is big is my Roman nose, which sticks, beak-like, out of my undersized face, and throws the whole minuscule ensemble into disarray.

I'm not hideous, by any means, but I'm hardly the image of feminine perfection. I'm not the heterosexual-male-fantasy that I spent most of my teenage years trying to be.

I don't get noticed a lot by men. I've never been asked out in the street, or hit on in a club. No one has ever used a clumsy line on me, or come up with an excuse to get my phone number. People don't beg their friends for an introduction. I don't get stared at, my pictures aren't popular on social media, and my existence goes largely unnoticed.

But I would like to consider myself a nice person. I'm empathetic, understanding, and I like helping people. I'm positive, give compliments freely, and I always see the best in people.

Is it fair, then, that me, a nice girl, gets overlooked because of my bony bum and bird nose? Probably not. Am I happy about it? Not particularly.

But do I blame men for it? Absolutely not.

Do I expect some poor bloke to settle, to force themselves into a relationship, just to boost my ego? Of course not.

No one can help who they're attracted to. Biologically, historically, and socially, people are programmed to want certain physical attributes. It's almost impossible for a man to overcome millennia of evolution, decades of social conditioning and good ol' peer pressure to force themselves to become attracted to someone they aren't. Most men are going to have an image of perfection, and if given the choice between her and me, without any intervening personality info, they are going to choose her.

And why shouldn't they? Why shouldn't they approach the gorgeous girl in the club? The only reason they'd avoid the gorgeous girl in favour of the plain one is because they assume, based on some outdated 90's stereotype, that all beautiful girls are bitches. Now, if the gorgeous girl was a bitch, and he knew it, then maybe I'd think less of him for choosing her, but in a club situation, where there is next-to-no chance for conversation and no way of assessing morality, he's bound to choose the one he thinks is sexier.

In the street, he's going to steal a look at the hotter girl, because he's not checking her out for her personality. On Insta, he's going to slide into the DMs of the girl with the best selfies, because there's a chance they might click, and wouldn't that be awesome? If he's going to swipe right, he's only going to do it for the girls he thinks are fit, because where would be the point in matching with a girl he doesn't fancy, on the off-chance that she's a great person?

No moral imperative is going to change attraction. I don't expect it to.

So, with that in mind, why the fuck do people keep demanding that women notice nice guys?

The annoying thing is, I do notice nice guys. If they're hot. If they're funny, and intelligent, and they dress well and look good, then I notice them. And I do notice their kindness, and it's a big tick in their favour — probably bigger than most other things.

But if that's all they're bringing to the table — they're just nice — then what's the point? Nice is dime a dozen; I've got scores of friends who are nice. What I want is exciting, attractive, purposeful. How am I meant to select amongst the nice guys without looking at other attributes? Why should I settle for just nice?

And why should I settle for just nice when I would never expect any man to do the same?

I get really pissed off seeing this question constantly come up. Not because it's a bad question, but because it's only ever directed one way. People act like men never get into bad relationships, never choose the wrong girl just because she's good looking. It's just accepted that men are going to pick pretty, sexy women, even though there are plenty of nice, ugly women. It's accepted because everyone understands the laws of attraction, and that morality cannot be magically gleaned from appearances.

But when one man gets friendzoned, it's like ALL women are suddenly shallow Staceys, who are deliberately ignoring good men for no other reason than to spite the Y chromosome. I wish people would get off their whiny, self-victimising high horses long enough to see the illogic of it.

The truth is, women start noticing nice guys at the same time as men start noticing nice women; when they offer more.

And if you think that's unfair, well, it is. But that's life. Get used to it.

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UPVOTES

Stop caring about her. Start caring about yourself.

PemBayliss · 23 September 2015 · Archived copy · Reddit

This will sting a bit for some of you. But it needs to be said. And if it's already been said, then a few of you need to be reminded.

TL;DR: Stop caring about that one girl, because (1) she doesn't care about you, (2) it's not good for you, (3) she's fucking someone else, and (4) you can't change any of that. Care about yourself by doing and pursuing what you want.

We all have one. A girl you used to know. Yeah, that one. Things ended between you two at some point. Sometimes it ended amicably. More often, it ended badly, and she ended things with you. You didn't want it to end, but it did, and she's not in your life anymore. There's been no contact for some time - a few months, or even more than a year.

But you still think about her now and then. She pops into your head. You regret. A part of you wants her back, because she was nice to you, the sex was so good, or whatever. And that's because you CARE. You care about her.

I understand. You're hardwired to care about a woman you were intimate with. You're hardwired to give a shit. It just is.

But you need to stop caring about this woman. Because she doesn't care about you.

She moved on with her life. She is working at her job or taking care of her kids. She's fucking someone else, married to someone else, or not in a relationship. She's going out with her friends, enjoying her life, and generally doing what she wants to with her life. That doesn't include you.

And she doesn't care about you. She doesn't think about you. She doesn't wonder what you're doing or how you're feeling. She doesn't think about you because she gives no fucks. Your life has no effect on hers at all. She cannot care, because the moment she ended it with you she had to move on to other men, other situations and other pastimes that would offer her what she wanted/needed at that time. For whatever reason, she decided that you couldn't give her what she wanted or needed.

Read this next paragraph carefully, because despite the antiseptic sting, it'll be good for you. This is the key to the whole thing.

Right now, she is fucking someone else. And she isn't thinking about you at all while she's fucking him. She doesn't care about you, because if she did care about you, she'd be fucking you and not him. She cares about him. She does not care about you.

Or, maybe she didn't move on. Maybe she regrets ending it with you. Maybe she thinks about you a lot. Maybe she's in therapy. Maybe she gets drunk or high because she's so consumed with regret and remorse. Maybe she drowns her sorrows in Haagen-Dazs. I doubt that any of those things have much at all to do with you, but who knows? Even in that situation, she doesn't care about you. She cares about herself -- her pain, her regret, her problems, her issues. If she's not looking to you to fix them, she's looking to someone else, probably not herself.

The point is that there is absolutely nothing you can do about any of this now. Since it's very likely she cares not even a little bit about you or how you feel, your emotional investment and energy will not change the situation one bit, or move her one jot towards caring about you. So don't. Just stop.

And let's say she's in the second situation -- she regrets breaking up and wants you bad. She's probably a basket case, a total mess. Reuniting with her will not help her. It will make you much, much worse, both when the breakup happens again and in lost opportunities with other women and other situations.

Stop caring about her. Because she doesn't care about you. And if she does care about you, there's nothing you can do about that.

Do yourself a favor. Start caring about yourself. Start working out. Start making money. Start doing things for you. Start doing things you want to do with no regard for what others think you should do. Start pursuing what you want. Start spending some of your time doing what you want to do instead of spending all your time doing what you or others believe you need to do. Stop trying to rescue basket cases. Stop playing Captain Save A Ho. Stop caring about women who don't care about you.

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UPVOTES

The Cycle Of Female Inclusivity (Courtesy Of MGTOW Reddit)

Darth_Sin · 14 May 2016 · Archived copy · Reddit

Step One: We demand you include us in your space.

Step Two: We demand you change your space to accommodate us.

Step Three: We demand you stop harassing us because you don't like our demands.

Step Four: We demand new laws or rules be enacted to remove "you" from the space "we've" created as you don't fall in line with our vision of what the space should be.

Step Five: Why don't you go off and create your own space if you don't like it? :)

Step Six: We demand you not create your own space after we have kicked you out of "our" space as men having their own space is inherently misogynistic.

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UPVOTES

Uncle Vasya's Guide to Outcome Independence or Welcome to Level 99 DGAF

VasiliiZaitzev · 8 July 2018 · Archived copy · Reddit

Uncle Vasya's Guide to Outcome Independence or Welcome to Level 99 DGAF

I sometimes say that I operate at "Level 99 DGAF", which is a more casual way of saying that I have Outcome Independence. Think of it as *opposite* of "One-itis." What is it, how did I get here and how do you get here, too.

Something [/u/SirKolbath](#) recently posted in a comment resonated with me. *"By the time you get to fifty {approaches} you'll stop caring about how attractive they are. By the time you get to a hundred {approaches} you'll be trying to see how fucked up you can approach."* I thought about it, and realized, yeah, that's true. I do that shit all the time. Not "fucked up" like autistic, but just telling them the truth, packaged correctly, as to what you want, and what you are going to do to them.

I like **tying girls up** – mostly because I learned that that's what women who like me seem to want from me and it puts me on the Express Train to Poundtown – so I tell them, basically, that (a) I'm going to seduce them, and (b) I'm going to tie them up, caress and tease them until they are *WILD* with desire, and then climax them until they BEG to be permitted to stop...or they pass out, whichever happens first.

Of course, it works better if you **pre-qualify your girls**, then build rapport, and put things in the right context, but once you do, you have a lot more options than you think.

You can feed Hamster Chow to the Hamster. I'm giving the Hamster cocaine. And heroin. Mixed together.¹ I can't tell you how many times I get a tingly *"OMG! No guy has ever talked to me like this before!"* out of them. And a lot of them wind up *"tangled in my ropes"*. It's fun, for me and for them. And if a girls doesn't? So what? Another girl will.

So evidently, a fuck ton of guys are **terrified of approaching women**. What if she says "No!" What if she laughs at you? What if she's a total cunt?

What if she does? What if she is? So what? Then, at least, you know. And you have eliminated variables, and you can carry on with other approaches. Girls are not evil alien creatures – well, most of them aren't – they understand that guys are going to hit on them, and the overwhelming majority aren't going to be bitchy about it. Some will be, either because their own social skills aren't developed enough yet, or, yes, because some of them are bitches. That's how it goes.

You know what hell is, in the Matrix? Hell is being a "nice guy" who continuously invests and invests time, attention and resources into a woman who "only likes him as a friend". He's too terrified that she might reject him, so he hangs around, hoping that she will "get it" that they were "meant to be together." As if she's some day going to say to him, *"After all the times you've held a door for me, gotten my coat, or carried my books, you've FINALLY gotten that 10th Stamp on your 'Nice Guy' Card™ and I can FINALLY give you all the sex you DESERVE!"*

You wanna know what I'm going to do to Mr. Nice Guy – who, let's face it, ain't so 'nice'² – while he's mate-guarding his "One Special Girl"TM? I'm going ask her, *"Oh, is he your boyfriend?"* like I give a shit that I might be hitting on 'his' girl. She's going to say *"Noooo! {giggle}"*

And then I'm going to watch his balls shrivel up into tiny little raisins, and then disappear altogether.

Why? Because he's invested MONTHS if not YEARS of his time being 'nice' to Sexy Fiona, hoping she will 'get it', only to have me, or some other baller, walk up and crush his dreams inside of 5 minutes. How? Because he's got little gerbil balls, and mine are gigantic, made out of brass and go *"KLANK!"* when I walk.

Women do not OWE you sex, just like you don't OWE them your attention and resources. Bluepills sometimes have trouble with that last bit, like we're supposed to fall down and worship the pussy and beg for it.

Fuck that noise. **Women should never be the end goal, but simply a happy accompaniment to a life well lived.** Younger guys don't always get that right away because you want sex more than you want to stay alive, but you will come to realize its truth.

So how do you get from where you are to the Mountaintop?

1. **Stop Being Afraid of Shit.** You approach enough women and you stop being "afraid", although why should anyone be afraid of a half-nekkid 100# primate is beyond me.³ Faint heart never fucked fair lady.
2. **Always remember YOU are the Prize.** My OLTR2 is one of the hottest girls I have ever banged, 5'11", rockin' body, legs that go on forever, amazing cheekbones, DSLs and hair down to her (perfect) ass – srsly, I look at that ass and think *"That ass wasn't born, it was made...in an underground laboratory in Switzerland...by my favorite Jewish doctor, Dr. Finetush."* She's 22, I'm 50. Guess which one of us is *terrified* of losing the other one? Hint: Not me. Why? She knows I'm confident, I'm a good mixer and, fuck, I got *her* so why would I not be able to get any of the other million pretty girls out there. I realize she gets offered dick 25 times a day, but I have abundance, amused mastery and I operate at Lvl 99 DGAF – in other words, I can *see* the Matrix.
3. **"Confidence" is the Key to Everything.** I basically piss out a quart of confidence when I get up in the morning. Why? Because I have made myself exceptional at a couple of things. You can, too. Confidence is often expresses as "Amused Mastery". Go watch the old James Bond films. They are a master class in **Amused Mastery**. Rock out with your cock out.⁴
4. **Abundance Mentality.** Stop acting like Sexy Fiona is the Last Girl You Will EVER Talk To. A man with options is a man who cannot be fucked with. Now go forth and *SLAY!*

¹ That's called a 'speedball'. It's what killed Belushi, Chris Farley, River Phoenix, Layne Staley, Phillip Seymour Hoffman and one half of Kriss Kross. So yeah, kids, don't do drugs. And stay in school, n' shit.

² Being a "Nice Guy" is an alternative pussy-getting strategy that doesn't work. Nice guys aren't "nice", they're trying to use covert contracts and creepy behavior to get pussy. Women want winners, not supplicating creeps. **Women actually LOATHE White Knights.** Now, in fairness to Nice Guys, they are taught shitty lessons by media and movies, etc. *"Be quiet, take what you're given and just keep being a nice guy and you will win in the end"* - when what they should be told is *"Look, you need to put YOURSELF first, and do what's good for you. You can either sit around bitching that girls always go for jerks or you can be the jerk that women go for."* That's why we tell you to lift, fix your diet, dress better, etc.

³ And anyone who wants to go on about the vicious Macaques (or whatever) that live on Gibraltar and steal shit out of your car, if you're trying to *fuck* one of those, there is something seriously wrong with you. A couple of things actually.

⁴ Not *LITERALLY* with your cock out. Stop being stupid.

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UPVOTES

My Single Favorite Nightclub Story: Fiancee and the Rich Arab.

TheeRyanGrey · 30 November 2014 · Archived copy · Reddit

As I've discussed before, I do a variety of...things for a couple high end night clubs. As such, I see shit that would make the average man, even the ones here, skin crawl. The things women are willing to do, the desperation, it's absolutely disturbing.

This is one of those stories.

So a couple months ago our Staff had Been informed that we would be hosting an Arabian prince and his traveling party---these guys have a group of like 15 People who exist to travel with them and keep their fucking mouths shut.

So we spend the entire night on top of our game looking for things that could ruin this whale's good time. These guys spend lavishly but are notoriously fickle about their environment. Throughout the night I notice this very cute blonde dancing with her obvious military boyfriend. His posture, stance, and general demeanor gave him away. They're smiling, laughing, dancing, and generally being the center of attention with how happy they are. Also, her sister looked jealous as shit so that was funny.

Then outta fucking nowhere, he proposes to her. In the middle of the club. She is now the center of attention. People cheering her on. People buying them drinks. Women notice this handsome soldier and scoot near him when his now fiancee isn't looking. All around funny scene.

Call on the radio. Prince is here. Party of 10 guys. No girls. This means they're going to want girls. Activate protocol: Call the bIG guns. See, high end night clubs have a guy in staff. He's a specific guy whose name nobody knows but whose face is very familiar. He magically shows up with 5 of the hottest women in Earth right around the time rich clients show up. He's running late. We have to stall.

So this prince sits down and before I can start playing the game, he looks at me, hands me cash and points at blonde fiancée. One of my jobs is to never say no to people like this so I of course go ask.

I assume this girl is going to tell me fuck off and this prince is going to stop giving me cash. I'm pissed. I mean I've seen women do filthy shit but this girl had just been proposed to and the guy is here. No way she goes with me...right?

Wrong. She sees where I'm coming from and the second I come up to her she says in a gleeful tone "They chose me didn't they!". I informed her about the rules, that she could have whatever she wanted but she'd have to work for it. I was very blunt. I was trying to scare her away.

She couldn't have been more enthused and for good reason, within seconds these guys had been delivered hundreds of thousands of dollars worth of booze and party favors. It was some Caligula shit and she was at the epicenter. Anything she ordered they paid for. She danced and took off clothes and rubbed cocks, the kind of girl guys like me make alot of money from.

Only I couldn't enjoy it because her fiancee is standing there screaming for her to come back. He's going from pissed to devastated to crushed. Even worse the prince demands me to remove him or his staff will. So I have to fucking toss this god damn hero out of the area. I got the bartender to cover his tab but it still felt awful. Her sister is yelling, screaming things to the military guy like "I told you she's always been like this, you're too good for her. Let's just leave her."

Just then...The Man shows up with I shit you not, 10 of the most retardedly attractive women I've ever seen. Nothing below 9. In a club full of babes these women made the rest invisible.

Want to know what the prince told me right in front of old blonde fiancee: Get this trash outta here.

The look on her face when she realized she'd been used, that she was simply entertainment until the real girls

arrived, that she was the equivalent to a zoo animal rich men tossing money to see what she would do for it, that she had left the only man in the club who actually gave a fuck about her for ten minutes of hypergamy, it was absolutely hilarious if I didn't feel so bad for military guy.

I knew what would happen. I knew she would go running back to him and kiss the ring and play the sympathy card. I couldn't let it happen. So I had security kick her out. They didn't even ask me why. They saw her. They knew what I was doing.

I go find military guy, inform him and sister girl that all their drinks are paid for and they can have any open table. I introduce him to every club skank I have on staff, but it's clear him and sister girl are perfectly happy with each other. They're ignoring his fiancée's calls and grinding on each other like nothing had ever happened.

I don't know what became of them but I hope he took the ring back that night.

As always, female hypergamy knows no bounds. It is a biological imperative. This is a brave new world we live in, hypergamy unleashed.

The more ya know.

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On Attraction

lzz546 · 7 December 2015 · Archived copy · Reddit

Summary: Just like guys love nice tits and skinny women but aren't looking for the skinniest woman or the woman with biggest tits, women are the same. Women are attracted to a few non-negotiable alpha traits. They are not looking for the biggest guy, they are not looking for the most aggressive guy, they aren't even necessarily looking for the leader of the group. They are looking for their favorite **out of everyone who has these non-negotiable traits**. As a guy, you would never be attracted to a fat chick. However, once a girl is skinny, whether or not you like her is **no longer dependent on skinniness, and it now depends on other traits**.

Body:

This is something I've been thinking over for a while and wanted to write a bit on. There is an idea among guys that because women are attracted to certain traits, you need to have the highest level of those traits possible. This is untrue.

What Guys Want

Imagine the stupidity of a girl hearing "guys like skinny girls", and deciding to be as skinny as humanly possible, and then expecting you to see her as the most attractive.

Out of 50 skinny girls, who are you going to be the most attracted to? Is the answer "the skinniest one"? Of course not. **Once the girl is skinny, it all comes down to preference**. Maybe you like brunettes. Maybe you like blondes. Maybe you like girls with huge tits, maybe you like small tits, maybe you want a submissive girl, who cares what the fuck you want.

But my point is that there is a non-negotiable trait, and for guys that trait is appearance. She has to be of a certain weight, and that's it. When guys talk about their preference, the words "skinny girls" don't need to be said. You say you have a fantasy for gamer chicks? I am not imagining a fat gamer chick. I'm imagining a skinny one.

The fact that a hot girl will be skinny is not up to discussion, it is non-negotiable and is not up to preference. The preference is to do with WHICH skinny girl you will like.

That is the world of men, now we'll continue to the world of women.

What Women Want

The collection of women's non-negotiable traits are what we call "alpha". These traits involve appearance, but are actually more focused on personality and behavior. We talk a lot about what these traits are, but let's just sum it down to: confidence, charm, dominance, physical fitness, etc.

There's a few more, but you get the picture. The point I want to make is that these traits are non-negotiable for women, and when women talk about attractive men, **they also assume that these traits are a given, just like we assume that any attractive woman would be skinny**.

How many times have you heard a girl saying "I really like nerdy guys!" and thought that she's a liar? She's not lying. She really does like nerdy guys.

But her definition of nerdy guys PRESUMES that they have the non-negotiable traits. She doesn't mean fat basement-dwelling neckbeards that lack any basic social skills.

She means a confident, charming, dominant, physically fit guy, *who happens to be into whatever nerdy stuff she's into*.

I can't stress this enough: it is the same as guys being attracted to a girl. When you say "I am attracted to brunettes", you are actually saying "I am attracted to brunettes given that they are already skinny girls with good bodies and a nice face."

My next point relates to the idiotic assumption guys have that girls will flock to the most muscular or manly guy around.

You Only Need to be Alpha, You Don't Need to be the MOST Alpha.

Being manly and muscular are just non-negotiable traits. They are not the only metric. They are your BARRIER OF ENTRY. When entering the sexual market place, there is an entrance exam that tests these traits. If you fail, you do not qualify as a fuckable guy.

However, once you pass, **you are no longer judged by those traits**. It no longer matters if you're bigger than some other dude, it no longer matters if you're more aggressive or dominant than some other dude. At this point, women will pick entirely based on their own individual preference, and what matters is whether you fit whatever arbitrary preference she has. Maybe to her the hottest dudes are CEO business types, maybe it's musicians, maybe it's actors, maybe it's bodybuilders, maybe it's guys with long hair, maybe it's hairy dudes, maybe it's guys with a pretty face, there's a million brands of alpha and thanks to hypergamy she can pick her favorite. She can also change her preference, today she's attracted to you, and tomorrow she'll realize some other alpha is more attractive to her. **But it won't be because he's more alpha than you, he only needs to be alpha enough to be attractive.** You could be the most alpha guy and she'll still find someone less dominant, someone less confident, someone smaller than you, just because that guy clicked her right buttons. Just like with you: some girl will attract you not because she's skinnier or has nicer tits than your current girl. She'll attract you because she's at least pretty enough, and beyond that it'll be some arbitrary reason depending on your own personal taste.

Some Examples for the Non-Believers

- A study has shown that the bodies girls find the most attractive are much leaner than what men think. This is mostly because of their fantasy where they want everything to be totally natural, you need to be a natural alpha, you need to be naturally charming and confident, and **yes, they also expect you to be naturally muscular**. Their definition of naturally muscular is fucking retarded -- seeing as they think Brad Pitt in Fight Club is the ideal body -- but the point is that they aren't looking for The Rock. They're just looking for a hot guy.
- The star of the Fast & Furious series is Paul Walker. He's not the biggest guy there, that's the Rock. He isn't the alpha of the group by any definition, that's Vin Diesel. How come he's seen as the most attractive of the group by most females? Because they don't care if someone is manlier than Paul Walker. Paul Walker is already manly enough. At that point, it doesn't matter.
- Who are the hottest men who ever lived? Body builders? Nope. James Dean, Brad Pitt, George Clooney, DiCaprio, whatever name you can think of who is associated with sex appeal *is not the biggest guy around*. But you know what? That guy will always be confident. He will always have a nice body. He will always be charming. He will always be dominant.
- What about the most popular male pornstar among females? James Deen, *by far*. Doesn't have the biggest cock, doesn't have the nicest body. He's also 5'8. He isn't the most alpha in any way. You can argue he has a more pleasant face, but even if that was the metric, there's enough pornstars with virtually flawless faces that aren't more popular than him. Why him? Probably because he is the most charming dude there, he is more than dominant enough, ultimately it really doesn't matter why. **The point is that he is not the manliest guy in porn by any stretch of the imagination, but he's also not a beta. He undeniably has all of the non-negotiable**

traits, and that's all he needs. From that point, he becomes the best literally just through personality and charm.

Lessons Learned:

1. AWALT. They are all attracted to a few non-negotiable traits. It's crazy that in the anger phase we have a hard time accepting this, because guys **are also universally attracted to a few very specific non-negotiable traits.**
 2. The non-negotiable traits for women to be attracted to you are "Alpha", that's all being Alpha is. Nothing more. Therefore...
 3. ...Being Alpha is only a non-negotiable prerequisite to attract women, it's not the metric. Just like guys don't need the skinniest girl, girls don't need the biggest guy. They just want *a* big guy.
-

tl;dr: Stop obsessing whether you're the biggest manliest guy around. Women don't care who is the biggest or manliest. All they want is someone who is big and manly enough. Once you have reached that point, you are your own brand of alpha. It no longer matters whether someone is more alpha than you.

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UPVOTES

How to Defend Yourself Like Trump: 11 Pro Strategies

iamGale · 1 March 2016 · Archived copy · Reddit

Summary:

You need to learn how to defend yourself. If you can't defend your image, you're destined to get crushed in the world. This post will show you exactly how Donald Trump handles these high stakes situations.

For context, this post examines the 11 ways Trump defended himself in Republican Debate in Houston a couple days ago. I created a video that highlights each moment and I recommend you watch it first then read this analysis.

Here's the video:

HIGHLIGHT VIDEO OF TRUMP DEFENDING HIMSELF

The Houston debate was particularly difficult for Mr. Trump. He was leading in all the polls beforehand meaning that in this debate, his opponents were looking to do one thing to him...

Yup, they were out for blood.

This was their last chance at taking down the giant that's been revolutionizing American politics.

Their one shot.

In this post, I'm going to show you the story behind how Trump can handle himself with clear ease against two highly trained debaters.

For him to win this, all he had to do was survive, but nothing was spared in this debate. Rubio and Cruz, the two other republican candidates, and the moderators all went at him viciously on hiring illegal workers, his tax plan, tax return, his Hispanic support, and anything else they could think of.

But in typical Trump fashion, he destroyed his opposition and kept his lead.

This guide is for you. If you're ever in a corporate meeting, or in a high-stakes negotiation situation. You need to know how to defend yourself. It's great to have an amazing pitch, but if you're not able to defend your position, it's just going to crumble.

Here are the 11 tactics Trump used to defend himself:

1. Re-Framing

Reframing is a popular Neuro Linguistic Programming (NLP) Technique in Therapy. Where you take one negative scenario and change the context to show it in a positive light.

That's exactly what Trump does when Rubio drops a bomb on him:

Acknowledge that, for example, you're the only person this stage that's ever been fined for hiring people to work on your projects illegally

But Trump replies:

No, I'm the only one on this stage that's hired people.

Trump saw this coming, interrupted Rubio's claim and reframed it to show him as a successful businessman. He changes the frame from an attack into a compliment. Brilliant.

2. Emphasize Your Strengths

You'll see that Donald Trump is constantly re-affirming the fact that he's hired tens of thousands of workers. He's

been doing it all throughout his campaign and the more times he repeats his slogan, the more familiar you become with Trump as a Character. It's good branding.

So when Rubio mentions that he hired illegal immigrants, Trump immediately and throughout his rebuttal repeats that he's hired tens of thousands of people and no one else had done that.

3. Attack Back

Right away he starts criticizing Rubio for his credit card problems. It's extremely important that you attack back because if people think they can walk all over you, then they will. You need to be quick, this is not the time to think of the perfect insult, but rather to fire as soon as possible. The faster the better. I will go into this in a bit more depth later on.

4. Interrupt and Deny

Rubio stays on message and repeats that Trump was fined \$1 million dollars for hiring these illegal polish works.

Trump immediately interjects with

“wrong, totally wrong.”

The idea here is that by interrupting you have the chance that you might derail your opponent. In this case, his opponent is no amateur. Nevertheless, by interrupting you're also showing the audience two things. One, that you deserve to interrupt someone because what you're saying is more important. Two, you immediately dismiss the notion that your opponent might be right by addressing it immediately.

By addressing the situation immediately you don't let the thought percolate in your audience's head. We all believe things that aren't technically correct and the longer we sit with these falsehoods in our heads the longer we might think they're actually true.

A good example is Ted Cruz not being a natural born citizen. His mother is American and thus, he was born an American. So of course, he's a natural born citizen. However, Trump put doubt in people's head. By not addressing it immediately Ted Cruz's let people think he might not be eligible. A big mistake for him.

5. Dismiss

In the same argument that Rubio lays on him, he interrupts him again and dismisses his attack. He immediately says:

“Don't tell me about that.”

But it's not the words that I want to highlight, it's his tone and body language. He says it with disgust that screams, “how dare you” and swats him away with his hands.

This is important on an emotional level. You need to show that you're not taking these arguments seriously because you don't want your audience to take them seriously either.

If you start taking it seriously then others will too. This is why you need to dismiss your opponent and have the body language to back it up.

6. Put it in Context

When Rubio first brought up the fact that he hired illegal immigrants, the audience had no idea of the backstory behind it. By giving the audience the backstory, he resolves the issue. Trump uses two critical pieces of information to put this in context. He could have said that it was his contractors who hired them and that he had no idea. Many respectable individuals have used similar arguments, but let's face it. That's a cop out.

So he decides to say two things instead.

"It was over 30 years ago... You bring up a closed case. We settled the case and everyone was happy."

Now in the audience's mind. They're thinking why would Rubio rely on information that was over 30 years old, does he have nothing else? And he settled it, it's over. There's nothing more to talk about.

Whereas, if he passed the blame onto his contractor then they could attack him on hiring deceitful contractors.

By putting Rubio's attack in context, Trump resolves the issue at hand

7. Attack

For context, Cruz attacks Donald Trump with the accusation that he funded the gang of eight, politicians that were in favor of open borders.

Again he puts that accusation in context. He states that he is world class businessman who gets along with everyone, that's why he donated to everyone, including the gang of eight. Then he uses his seventh tactic.

He immediately launches a deadly attack on Cruz.

"You don't have one Republican Senator endorsing you despite the fact that you spend all day with them. You should be ashamed of yourselves."

Trump wants the audience to question how they can elect a president who can't get along with anyone.

This is an important strategy because it develops your reputation. By attacking those who attack you, you show the world that you're not to be messed with. You set a precedent for others saying that if you decide to attack Trump, he will hit you twice as hard. It's important that you always defend yourself, else you risk creating a reputation that people can walk all over you.

8. Use Humour

This was the best joke Trump made all night. He was asked:

"A new Telemundo poll shows that 3/4 Hispanics don't like you. Doesn't that make you unelectable?"

But Trump fired back:

"First of all, I don't believe anything Telemundo says."

Then we went on to say how he currently employs thousands of Hispanics. He stayed on message and repeated how big of a support base is. And that he's so much better than everyone else.

He uses this as an opportunity to spread his other talking points all because he diffused the situation with comedy.

9. Use simple and quick language.

Debates often get criticized for not delving into the substance of a candidate's policies and only skim the surface.

As a result, Wolf Blitzer asks Trump a difficult and specific questions here.

"Your tax cuts will cost the country 10 trillion dollars, how will you avoid putting the country in even more debt?"

The challenge here to respond with a simple answer that satisfies the complex question. Ben Carson has great answers to solving the America's healthcare issues but his answers are boring.

As a politician, you need to keep your audience's attention at all cost! So this presents Trump a challenge and I want to highlight how he answers it.

Trump's answer:

"The country will become a dynamic country. We have the highest taxes in the world. It's shutting down the country. We will eliminate certain agencies, like the department of education and the environmental agency. Yes, we will do my tax plan and it will make the country great again."

He skirts around the issue, but the sneaky Wolf Blitzer cleverly has the answers pre-researched. He says:

"If you eliminate the department of education, that's 68 billion. The environmental agency is 8 billion. You're still short because the deficit is 500 billion."

Trump circumvents the specifics and provides as satisfying response by using something simple:

"Waste, fraud and abuse. We'll cut down on waste, fraud and abuse."

He uses simple language to get his point across that makes sense at first glance. That's what is important.

10. Play the victim

This is an important strategy because it addresses our sense of fairness. At a some level, we all more or less believe that people should be treated fairly. So when someone plays the victim, we tend to lay off them and give them sympathy points. You might think you're above playing the victim, but it's a useful strategy for shaming others who play unfairly. It's a strategy that Trump uses all the time.

In this instance, Trump's being attacked for not releasing his tax returns. In his rebuttal, he goes on to say that's the IRS has audited him every 12 years and that he can't release his tax returns until the IRS finishes their audit. He goes on to say how it's unfair that he's been audited for 12 years despite the fact that they've never found anything.

Then after his third question, he says this and plays the victim again.

"Are you going to ask every single question to me? Every single question? I know I'm good for the ratings, but it's a little ridiculous"

By playing the victim, it means you're exposing unfair treatment. It's a moral argument that you're attacker should lay off unless he wants to be seen as a monster. And it works in this case as Hugh Hewitt moves on to questioning Marco Rubio.

Sidebar, here's a really great example of Trump attacking back right away.

Hugh Hewitt asks him this question:

"On my show you said you would release your tax returns. Are you going back on your word?"

Trump see this a blatant attack on his character and defends himself by attacking back.

"First of all, very few people listen to your radio show that's the good news."

This is to show that playing the victim does not mean you need to adopt the victim mentality. As Trump easily switches back to attacking. This is one of your many strategies to use.

11. Explain Your Opponent's Behaviour

Cruz attacks him on about 7 different subjects. Trump responds by saying he's crushing him in the polls.

Then he also points out the fact why they're attacking him.

“Let me tell you this because you’re really getting beaten badly. I know you’re embarrassed and I know you’re embarrassed (pointing at Rubio) but keep fighting keep swinging.

This makes it clear to your audience why they’re seeing the behaviour that’s currently happening. By calling it out, you help put the whole argument in discussion and re-frame the situation. In this case, he’s saying that the two are only attacking him because he’s winning. He subtly reminds the audience that he’s the winning candidate here.

Conclusion:

If you haven't already do [watch the video where I highlight all these moments in the debate](#) because it's more visceral that way. Trump had a very difficult debate. His opponents used everything they had against them and he still stood strong. Trump has over 40 years of business experience. A lot of what you see here comes naturally to him. But for me and you, we need to learn.

Look over these strategies again and pick one of them to use in your real life. Or even better start noticing how other people use these strategies in your own life. Personally, my little brother will always play the victim card to get out of doing dishes and every time I call him out on his strategy.

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Swallowing the Red Pill

Dazza477 · 19 October 2016 · Archived copy · Reddit

I've been with my wife (yes, I know) for a little over 5 and a half years and all has usually been well.

However, after stumbling upon this sub and reading through the materials, I knew that life had to change because fuck me, I was beta as fuck and I wasn't getting anywhere. Sex happened rarely and the only time it would happen is when it was initiated by me, and you guys know how it is, you can tell they didn't really want it. It was like masturbating with a pussy.

I was fat, constantly on my computer, whilst she ran the house and essentially made myself her 'child'. Fucking hell, it's pitiful to look back upon.

So I made a change a few months ago on my path to self improvement, and to stop being such a beta in life.

I joined the gym and didn't give a flying fuck what anyone else thought. All of my anger at myself I tunneled into lifting as much as I could and I felt like a man again.

I went out more, pursued a social life, and began speaking to people again. I naturally began to open up at work and now I speak to everyone that passes me, engaging in conversation and now people look up to me more.

I changed my diet and began to make more of my own food, and found myself a new passion for cooking. This alongside the gym made the weight just melt off.

It was a sudden change for my wife to see me doing more for myself, going out more and developing a sense of masculinity. I transitioned that life into my relationship and became a man.

As I was going through life on a journey of self improvement, the pedestal I placed her upon began to lower and I took control of everything. Finances, trips out, where we would eat etc. I never asked for permission to do anything, I just did it. It all came naturally to me.

It changed every dynamic of my life and my relationship. She just can't get enough of me and sex has gone through the roof. 8 times in just the last 5 days.

Swallowing the Red Pill requires a complete lifestyle change, but fuck me, it works like a charm.

Thank you to this community for helping people like me get to where we want to be in life. You're all doing God's work for men.

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[Part 2 of 2] 40 Classic Shit Tests, What They Mean, and How to Pass Them

Popular-Culture · 12 January 2017 · Archived copy · Reddit

NOTE: This post is intended for Red Pill readers who have a complete understanding of what a shit test is and why women use them. If you do not have this complete understanding, read this first: [The Shit Test Encyclopedia](#)

DISCLAIMER: While the following examples may be useful, you must understand that the best way to pass a shit test is through your attitude. Regurgitating a memorized line is still failing the test if it's not convincing. You pass a shit test through your attitude, tone, and delivery. One thing we know about women is that they can smell a poser from a mile away. If you respond to shit tests with robotic, memorized lines, I promise she will be able to tell. That being said, I believe there is still immense value in seeing concrete examples of how you can handle shit tests as well as understanding what women really mean when they use them. Hence, this post:

Shit Tests Most Commonly Used by a Plate/LTR/Wife

1 "How many girls have you slept with?"

Translation: Am I sleeping with a high value man? Or have I been duped in sleeping with a man who other women don't find attractive?

Response: "Today? I haven't hit my quota yet" / "I'm a virgin" (especially funny if you've already slept with her) / "I'm waiting until marriage" / "I lost track" / "763,219" / "A gentleman doesn't kiss and tell" (Never give a real answer)

2 "That guy over there/your friend is so hot"

Translation: Are you the type to get jealous?

Response: "Hey, don't look at my boyfriend like that" / "He's mine, bitch" / "His last girlfriend was chubby, maybe I should set you two up"

3 "Are you seeing other girls?"

Translation: Do you have options? Can you fuck other women?

Response: "Yes" (always yes if you haven't given her your exclusive commitment)

4 "Who is [girl you're texting]?"

Translation: Are other women competing for your attention? Are you a man with options?

Response: "My bingo partner"

5 She starts giving attention to/dancing with/flirting with another guy at a bar/party/event

Translation: Are you going to get jealous and mate guard?

Response: Dread game. Walk away and go dance/give attention to a hotter girl

6 Withholding sex: “I’m too tired” / “It’s too late” / “I’m not in the mood”

Translation: How much power do I have over you, and how much are you willing to do for access to my vagina?

Response: Withdraw your attention from her completely and step up your dread game. You cannot plead or bargain with her. This shit test has been covered in far greater detail in separate posts.

7 “Can you do for me?” / Get me ” / “You should buy me ____”

Translation: Are you a beta who I can walk all over? Can I make you my bitch? How many resources can I extract from you?

Response: “No”

8 “I want to dominate you / tie you up / be in control [during sex] this time”

Translation: Shut me down and prove that you’re the dominant one. (She doesn’t really want to dominate you. It’s similar to how some girls like to fight back during sex, just so you can overpower them. They enjoy being defenseless. It feeds into the rape fantasy that every girl has.)

Response: Be even more dominant and “punish” her for asking.

9 “I want you to stop texting/talking to [girl]”

Translation: Can I lock you down and cut off your other options? Are you so desperate for me that you’ll get rid of other girls just to keep me?

Response: “No”

10 “Hold my purse for me”

Translation: Can I make you my bitch or do you have self-respect?

Response: “No, I broke both my arms.” Now, if she’s seriously struggling with something, you can help her out. But the point is to not become one her personal concierge.

11 “I think we should breakup”

Translation: Will you be upset if I dump you? Or will you not care because you can replace me with another girl at a moment’s notice?

Response: “Okay, seeya later.” The key here is to act like you don’t give a shit. After all, you don’t, since you’re a high value man who can replace her.

12 “[Some guy] was hitting on me today”

Translation: Do you get jealous?

Response: “Is he seriously cheating on me?” / “He must have been hammered” / “Do you want me to drop you off at his house?”

13 “When are we going to be official?”

Translation: Can I pin you down or am I disposable because you have other options?

Response: “I’m already married. You’re just the side hoe.”

14 “You never listen to me”

Translation: You’re not validating me and giving me attention like other guys.

Response: “Wait, what did you say? I wasn’t listening”

15 “[Other guy] always does ____ for his girlfriend/wife. How come you never do that for me?”

Translation: Can I extract resources from you like that girl does with her beta boy-toy?

Response: “Because you’re not as hot as her”

16 “Were you checking out that girl?”

Translation: Stop embracing your masculinity and start catering to my female imperative.

Response: “I think I found your replacement” / “Why, does she make you feel insecure?”

17 “Is sex all you care about?” / “You only like me for sex”

Translation: Shame on you for embracing a masculine sexual strategy!

Response: “No, I care about blowjobs too” / “That’s not true. I like your ass, too”

18 “I wish you would open up more”

Translation: Do you have any weaknesses? Or are you capable of being my rock that cannot be moved?

Response: “You don’t even know my real name”

19 She texts you weeks, months, or years after *she dumped you*.

Translation: I want to confirm my own attractiveness/value. I want to prove that I was right to dump you by seeing how much you still pine for me.

Response: I advise not to reply at all, but if you do reply, wait at least a day. And remember, she is no longer a candidate for your commitment. You can invite her to a low-commitment activity that will lead to sex, but nothing more.

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Man faces 6 months in prison for disagreeing with feminist on twitter (No joke..)

TranceKing · 16 July 2015 · Archived copy · Reddit

<http://news.nationalpost.com/full-comment/christie-blatchford-ruling-in-twitter-harassment-trial-could-have-enormous-fallout-for-free-speech>

What's believed to be the first case in Canada of alleged criminal harassment-via-Twitter is just a judge's decision away from being over.

After hearing closing submissions Tuesday from Chris Murphy, who represents 54-year-old Greg Elliott, Ontario Court Judge Brent Knazan is expected to rule on Oct. 6.

In the balance rides enormous potential fallout for free speech online.

Elliott is charged with criminally harassing two Toronto female political activists, Steph Guthrie and Heather Reilly, in 2012.

Allegations involving a third woman were dropped.

The graphic artist and father of four lost his job shortly after his arrest, which was well-publicized online, and if convicted, could go to jail for six months.

These are astonishing repercussions given that it's not alleged he ever threatened either woman (or any other, according to the testimony of the Toronto Police officer, Detective Jeff Bangild, who was in charge) or that he ever sexually harassed them.

Basically.. these 2 feminist retards were publicly shaming a young guy who did something they thought on twitter.. and this older guy tweeted them, saying that its wrong to publicly shame ppl.. and then these 2 feminists turn on HIM and eventually charge him with harassment...

Not sure yet if this has been posted here, sorry if it has..

I just feel that the word needs to get out..

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UPVOTES

Dick Health

Clint_Redwood · 18 April 2016 · Archived copy · Reddit

Intro

For the past year of being here at TRP I've seen comments and questions throughout this subreddit along the lines of guys having erectile dysfunction issues, self esteem issues, performance anxiety, lasting to long in bed and everything in between.

Yet I've never seen a post on it.

I've been messing with increasing my performance in bed way before I found TRP and today I'm going to share with you everything I know about getting the most out of your dick.

I am not a doctor, not a nutritionist, not a health fitness advisor.

I'm just a dude that experiments with shit and this is what I've found.

Edit

Apparently I didn't make this intro clear enough. I'm in no way a nutritionist or health advisor. This is just my personal findings and what has worked for me. I've tried all of the stuff listed here and found it beneficial.

It's up to you to do the research on what you should or shouldn't take. This stuff I'm showing you today is not to be consumed mindlessly. I'm telling you to put shit in your body. The importance and risk of that should be apparent to all. It's no ones responsibility other than your own to know what that stuff is and what it does before you eat it. I've given you a brief description of benefits. I've purposefully left some of this vague so you do your own research as you all should. I repeat it constantly in this post. *"Google it, Research it, etc."* This merely a huge conglomeration of stuff I've found.

I'm not your baby sitter or your doctor. It's up to you to make sure you know what you are doing to your body or what you are putting in it.

[/u/Mooshaq](#) has corrected a lot of of info on the supplement section. check the comments, he's way more qualified to advise you than me on that. I'm just a guy that tried it and saw results and decided to share them.

Supplements

There is no supplement that will make your dick bigger, sorry, no easy road. However, there is a lot of supplements for sexual health depending on what you want.

Erectile Dysfunction (ED)

L-Arginine: 1,000-3,000mg daily

I love and hate this stuff. Bodybuilders and athletes use it as it increases the amount of nitric oxide in your blood(*same thing viagra does*) so more oxygen can be transported through your blood cells. It will also make your dick feel like it was chiseled from granite.

I lift so it does a double for me. The down side though, it tastes like complete ass. Like you are drinking out of a sulfur pit. To top it off, you also should take it on an empty stomach, with water and no sugar. You can find this stuff in preworkout also. Over 4,000-5,000mg a day will also activate your pituitary gland to start producing HGH(Human growth hormone), also great if you lift, not really sure if it helps for PE though. I personally haven't tested that high of an amount.

If you have ED issues. I'd start with this. But do your research on it first. It's one of the more side effect adverse supplements on this list.

Note that if you have any form of HPV, herpes, cold sores, etc. L-Arginine will make them flair up. If you fall into that category then I suggest you check out L-Citrulline. It's also highly recommended but I've never used it so I don't feel comfortable recommending it.

Ginko Biloba: 120mg

This stuff is great, not very big improvement in firmness but it's just an all around great herb. If you have bad memory, take this. It is great for your cardiovascular system.

Horny Goat Weed:

It's not called Horny goat Weed for no reason. if you have last to long in bed. check this stuff out. If you have trouble getting it up, check this stuff out.

Marijuana

I personally smoke with a purpose, not for recreation. It clouds my head and i can't think straight but if I want to plow a girl for a few hours. Weed is my go to thing. It turns me into Hercules in bed. I have no idea why but it does.

Cumshot Increasing

These are all out of a thread on Thundersplace called "*Holy grail of cum load increase*". Google it if you want to learn more.

x1 1200mg of Sunflower lecithin(Not Soy!)

Sunflower lecithin will increase your cum a lot and make your orgasms way more intense. Make sure **not** to get soy for two reasons though. One, it doesn't work as well and two, it decreases testosterone which unless you're a chick, you don't want.

x1 Zinc 50mg

Makes it a bit thicker and a bit more volume but don't take too much as high zinc is dangerous and ill also make your face really flush. I take 1 50mg every other day. It can also be hard on your stomach, take it while eating.

x2 Pygeum 100mg

Take one in the morning and one at night. Huge increase in cum and precum volume.

Bigger balls

x1 damiana leaf 400mg

Pretty simple, makes them bigger, no side effects.

Make your cum taste like sprinkles

Not really sprinkles, but your girl will definitely notice.

1x True cinnamon (Ceylon) 400mg

no side effects, makes it taste better.

x1 Celery Seed extract pill

same thing but also helps cardiovascular a bit.

Fruits and pineapple juice

Just improve your diet. Stay away from high sodium stuff.

Sleep

What does sleep have to do with banging bitches? Well, a lot. If you aren't getting at least 8 hours of sleep a night you are only hurting yourself. If you lift intensely like me, I'd suggest you actually get 9-10 hours of sleep. I know when I'm doing the gym 6x a week, 8 hours isn't enough for me.

Supplements like l-arginine, ginko biloba, zinc are all good boosters of sleep quality but I've found a supplement that helps me out tremendously while sleeping.

Magnesium Citrate: 200mg 30 minutes before bed

If you live in America more than likely you have a mineral deficiency. A good way to tell if you do is, Do you have restless leg syndrome? A lot of studies show that if you have it, you are deficient in something. Even if you don't, I can make a pretty educated guess that probably 70-90% of you are missing something from your diet.

Dick health aside, I suggest you start experimenting with sleep quality and supplements regardless if your dick is already chiseled from granite. This stuff has helped me out in a ton of other areas in life. According to the National Sleep Foundation's inaugural Sleep Health Index, 45% of American's don't get enough sleep or don't get quality sleep.

Trust me, just because you are getting 8 hours of sleep, doesn't mean you are getting 8 **good** hours of sleep. Start experimenting with supplements and sleep. You'll be glad as fuck you did. I don't always take all these supplements. Too much money and time but I always take magnesium citrate.

ZMA

This actually a combo supplement usually consisting of magnesium, potassium, zinc or iron. All minerals most of us are deficient in. Different brands have different stuff in it. Check the labels and test what works for you. Sometimes it has stuff called Theanine in it which personally gives me crazy ass dreams and usually results in me waking up drenched in sweat. But, a lot of people don't get that reaction and love the stuff. Find what works for you. It's an awesome supplement to start out with.

Zzzquil

One of the hardest things I've struggled with is how bad I fucked up my sleep cycle back when I was a teen. You know, staying up till 12am every night. Pulling all night benders playing video games with friends. I did this almost daily.

Well guess what, that shit does have a long term effect on you. Your body will adapt it's endocrine system to release melatonin for the average hour you usually fall asleep. Go to bed at 12pm for 10 years straight during your teens and you've got some serious shit to fix.

Since I've been 18 years old I've had to get up every day at 6 o'clock in the morning. for 10 years I've been dragging ass and finally wake up around 11am-2pm. Now, i can fall asleep any time between 4pm-8pm. But as soon as the clock strikes 8pm. I'm wide fucking awake till 12pm. I attribute this fucked up cycle from my years as a teen. For 10 years, I have never fallen asleep between 8-12pm.

Eventually I figured out I could fix this. And I started taking Zzzquil every day for 3 months straight. 7-8pm like clock work. What I was doing is basically inducing my bodies sleep cycle. You don't have to do this for the rest of your life. You just need to do it till your sleep cycle gets to where you want it.

I did those 3 months a year ago. Today, my sleep cycle is still fucked up, but not nearly as bad as it was for the past 10 years. I can fall asleep now between 8-12. sometimes I need Zzzquil still but rarely and usually just a tiny sip kicks the cycle into action. Couple this with the other supplements on this list and you'll be amazed at the quality sleep you've been missing out on.

Marijuana

Like I said, I personally smoke with a purpose, not for recreation. If i want to sleep like a baby I take a few hits and some Zzzquil. Knocks me out cold.

Find What Works for You And Discard the Rest

A lot of these supplements can be copied and pasted for other benefits. Sunflower lecithin is in the cumshot category but it will also help you cardiovascular so it does improve ED. I suggest you buy one of these supplements at a time, use it for 2 weeks and pay attention to any increases. Also look up any side effects or possible issues you might have with preexisting conditions. I'm a perfectly healthy 26 year old male. No chronic ailments. That might not be the case for you. This is only my personal findings. It's up to you to test these yourself.

Use what you find useful and discard the rest.

I Last To Long In Bed or Have Trouble Staying Full Mast

A lot of guys actually have this issue. I did from the first time I fucked a girl. I actually had it so bad that performance anxiety couldn't even let me get it up. We all know of NoFap and all it's benefits but personally I've found that I can control or manipulate my erection quality and stamina just by being mindful of the porn I watch and the frequency at which I do it. It takes willpower but it is manageable.

Now, some of you may have actual physiological reasons why you last to long or bust to quick. But, from my studies it seems that the vast majority of guys with these issues aren't anything physiological, it's all psychological.

If you watch porn, it will effect your performance in bed. bottom line.

If you choose to go nofap then to each to his own. I personally don't go NoFap but do whatever you think is best for you.

Guys that last too long usually have two things in common. They watch a lot of hardcore porn, kink stuff, etc.

Or, they have something called **Deathgrip**.

Deathgrip literally is what it sounds like. You are choking your chicken way to much. You are desensetizing the nerves. Your hand feels way different than a pussy. So when you finally slip your dick inside a chick it's gonna go, *"WTF is this? I'm use to fucking something that feels like I'm wearing 20 compression shorts"*

Solution

Always jerk off with lube. Always. Always, always, always.

Buy a **fleshlight**. I know, it's weird. it was weird as fuck when I ordered one but the shit works like magic. You probably wont even cum the first time you use it or even stay hard. If that happens then I can guarantee you that you

just found your problem.

Experiment with the frequency of using the flashlight. I've done this so long I can switch between when I want to use a flashlight or my hand and I'll notice a direct correlation to how long I last in bed with a chick. Your erection quality will also greatly increase. Using a flashlight with some of those supplements and you'll be able to drill a chick to the center of the Earth.

Porn quality. Stop watching hardcore porn. Switch to pictures only if it's really severe. The less visual stimuli the better. I see a big difference between just using pictures vs watching soft core porn vs watching hardcore porn.

Again, experiment, be mindful of what you are watching and how much.

I Bust as A Nut Faster than a Bottle Rocket

Pretty much read the last section and do the opposite. Stop using lube. Watch more porn or more hardcore porn. be mindful of it's influence on your performance. Deathgrip more. etc.

In the next section we will be discussing some stuff that will also desensitize the nerve endings of your dick.

Penis Enlargement

Disclaimer # 1

This shit takes dedication. Like, going to the gym everyday, dedication. What I'm going to be talking about is literally workouts for your dick. If you don't see yourself as someone who can get up and go to the gym every day, you probably won't see good results from this. It takes a minimum of an hour a day, every day.

Minimum!

Disclaimer # 2

This shit **can** fuck your dick up, if you're an idiot.

If you're an idiot.

If you're not an idiot, it is completely safe until you get to the extreme versions of PE (*Penis enlargement*) which i won't be discussing anyways as anyone new to this shouldn't even bother reading into extreme versions for at least a full year of dedicated PE. You need to learn that stuff from long time professionals, not here at TRP. I'll be listing forums where you can check this stuff out at.

This Is BS right?

Ok, lets address the giant elephant in the room. I know half of you are about to scream, "*BS! If you could make your dick bigger everyone would do it!*". Well anyone can become a doctor or a stock broker or a rocket scientist. Guess why not everyone does those things though?

It's fucking hard.

Like I said in the disclaimer, this shit takes dedication, a lot of time and research. If this was as easy as a pill everyone would take it, but it's not, so these methods aren't terribly popular, but they do work.

How Does It Work?

Well it works the exact same way as "*Suspensory Ligament Release For Penile Lengthening*" surgery. Yes, there is a surgery you can get to make your dick longer, go google it if you don't believe me. They go into it and cut the ligaments attached to your dick. This allows it to extend further out. Typically the surgery results in 1"-2.5" of length gain.

But, the downside of that surgery is your dick won't be saluting the heaven anymore at full mast. It kind just sticks straight out since the ligaments can't propping it up.

Does this method have the same downside?

No, all we are going to be doing is stretching the ligements, not cutting them. I went from 5.75" to 7" length and my dick can still salute the gods of Swolhalla.

Another bonus of doing this is you don't drop a couple grand to gain an inch or two. It just takes a ton of time.

Lets get started. Through the post I'll be linking forums dedicated to these techniques. If you still don't believe me, just go to one of the forums, sign up and find the "*Progress Pics & Reports*". Every forum has one and there are tons of guys with pics to prove it works. You don't have to take my word alone on this.

The Newbie Routine

The newbie routine is designed for, you guessed it, newbies. It consists of a 5 minute warm up, x2 30 second stretches in five directions(*total of 5min*). Left, Right, straight down to the floor, straight up towards your face and straight out at a 90° from your body. Then another 5min of a workout called jelqing that increases girth.

This is all directly from Thundersplace. A PE forum, go google it.

Length Gains

The way this works is the exact same results you get if you were to do **Penile Extension Surgery**. But instead of cutting the ligaments attached to your dick, you are slowly stretching them out over time.

Heat up a rag and place it around your member for 5mins, this is vitally important for loosening up your cells which always them to stretch and also to avoid injury.

After the warmup there are two stretches I find the most effective/easiest to do. You have your basic stretch, which needs no explanation really, just grab your shaft and pull in the desired direction. The second stretch though is called the **V stretch**. Basically the same thing but as you extend your penis, you use your other hand and place it right in the middle of the shaft and use that hand as a pivot point to apply extra force. Making a V shape out of your dick as you pull. This gives you more leverage and a greater stretch but again, be careful. The harder you pull the more chance of injury.

I've found the best way to gauge the effectiveness of a stretch is while you are doing it, do a kegel. If your dick pulls your hand back or the head of your penis retracts a bit, you are not stretching it enough. Apply a little more tension till your hand or head no longer moves backwards during a kegel.

Girth Gains

This is a bit harder to explain with just text. The basic technique is called a **Jelq**. I suggest you google it and watch a video to preform it properly.

The basic idea of it though is it pumps blood into your dick and then you clamp on it a bit to keep the blood in there. Thus expanding the cells, veins, etc. Research this technique properly because you can damage your dick. Black color is bad. Red dots after you finish is bad.

This will also desensitize your nerve endings so if you fall into the category of lasting to long. I'd fix your stamina issues first before doing jelq's.

if however you bust faster than a bottle rocket then this is the perfect exercise for you. Do this a few hours before fucking a girl and not only do you get a good pump but you'll probably be fucking like a pornstar.

Closing

Again, test and experiment. Everyone physiology is different and you many need more or less of anything I've discussed here today.

I started doing PE almost 2 years ago. I started at 5.75" x 4.8", With the newbie routine I reached 7" x 5" and with a water pump I'm currently 7" x 5.5". And yes, there is a noticeable difference in the bed and how girls handle it. It is permanent as far as I can tell. I haven't done an exercise in over 5 months and I've lost none of my gains.

Random tips

Stay away from pumps for your first year. Your dick can't handle the stress and pressure and you will fucking hurt yourself. You need a minimum of 6 months jelqing before you ever think about a pump.

I suggest you actually learn how to measure your dick properly with bone press length. It's widely talked about over at the forums that the Ideal size for a girl is 7-8" length and 5.5-6" girth. Past that and you will actually be hurting yourself more than helping. Most girls will struggle with 6" girth and past 8" length you are going to be pounding the cervix. Go check out BigDickProblems Subreddit to learn more about that. It's cool to have a 9"x6" dick but you will be limiting your pool of potential partners.

Once you hit 5.5" girth or higher, you will need lube no matter what. Don't use spit. I've tested a ton of lube, hands down **refined coconut oil** is the best thing ever. It tastes good, smells good and won't leave your bed a mess. I will never use another lube beside coconut oil.

Once you have a solid foundation of jelqing(*6 months minimum!*) and you think your dick can take it. Research pumps, don't get an air pump though. Water all the way. If you plan it right you can use the pump a few hours before sex and it will give you a temporary boost of girth. I went from 5 to 5.5" with the pump for permanent increase but I could grab my pump, use it right now for 15mins and I'll be sitting at 5.75" for the next 6 hours. These techniques do have permanent and short term boosts. You'll notice a difference when you fuck a girl with an extra .25". It doesn't sound like a lot but it is.

Note though, you will be desensitized for those 6 hours so be mindful. I wouldn't do this unless I'm certain my EQ and stamina are on point. You risk just sitting there with a pumped up dick looking like an idiot.

Those supplements I listed, the "*Cumshot Increase*" list, those will make your flaccid dick bigger. Doesn't increase your erection size but you will look down after taking them for about a week and notice you've got a pretty noticeable hanger.

Once i hit 7" and 5" girth I had to rework my underwear drawer. If you take the "*cumshot holygrail*" supplements you will be bluing. I'm 6' 2", and i have issues sometimes with shorts and sweatpants. If you are shorter than me, you definitely will. Go over to BigDickProblems subreddit, they have a ton of resources on underwear for larger

guys.

Also an issue past 6" length and 5" girth is condoms. Anyone that tells you all condoms fit any size is a fucking idiot. If you are 5" girth or higher you need large condoms, either magnums, yes magnums, or any other brand. The US sucks at condom sizes and metrics. Again check out BigDickProblems, they have a ton of info and sources for quality condoms for guys above average. There are some awesome EU condom companies you can buy through amazon to get shipped to the states. I personally use 63mm condoms at 5.5" girth.

Once you hit 7" length you will start to tickle most girls cervix, I have yet to hurt a girl but i can feel it. You will need to research and learn positions for the length you are. There are some positions that don't work well for me now. From reading a ton on forums and bigdickproblems subreddit I've found that once you hit 7.5" you do risk hurting a girl at certain positions and 8" and above you won't be able to do some positions at all and you'll have a high chance of pounding the cervix. Every girl is different though. I've found some have shallow vaginas, some have really deep ones.

If you are 7.5" or above, google, "**Posterior Fornix**". Learn how to hit that spot and massage it. You might alpha widow a chick with that technique alone.

Don't Neglect Girth! I know, having a 7-9 inch dick is awesome bragging rights. But trust me, when i finally got a pump and went from 5" girth to 5.5", it was like a whole new world for girls. Their faces when you stick it in are different. They will cum from positions they usually don't. I neglected girth during my newbie routine and didn't do a whole lot of jelqs because it took more time. I wish I had only done jelqs. Length was easy for me, not always the case for some but make sure you do jelqs too, it's where the magic really happens.

6" girth or higher and you will actually find more success with girls 25 and older. If they have a kid even better for you(*I know, TRP blasphemy*). if you are 6.5" or higher, good luck finding a chick with a low N count that can take you. Learning game and getting girls turned on way before you ever get home will take you lightyears ahead of anything in this post. When girls get aroused they do what is called, "**Tenting**". Go google it. learn about it. learn how to turn chicks on and you'll have a way easier time with large girth.

MatterOfSize SRT

Lastly if you want to learn more on this stuff then you definitely should read SRT.

Go google "**MatterOfSize SRT**". If you take anything out of this post, you need to read SRT. It is the best post I've ever found to date on explaining everything you'd possibly want to know about PE. It's extremely long and detailed by a guy that's been doing this for somewhere around 10-15 years. It explains the inner workings of your dick, the tissue you have to stretch after you max out your newbie routine and a ton more information.

If you have already done some PE but found you were a hard gainer. You need to go read SRT right now.

Penis Enlargement Forums

Thundersplace

PEgym

MatterOfSize

Useful Tips From Commenters

[/u/mike10739](#)

The main component in Horny Goat Weed, Icariin, works as PDE5 inhibitor, same thing as viagra. You can also find the pure extract (90-98% icariin) on the internet, it's even more effective.

Damaina leaf contains acacetin, which is an aromatase inhibitors.

If you have trouble to regulate your sleep cycle try melatonin 3mg.

Something not on your list: premature ejaculation is caused by a lack of serotonin (to make it simple). Take tryptophan, usually 500mg before sleep. It's an amino acid, precursor of serotonin and also improve sleep.

[/u/Casanova-Quinn](#)

I would recommend L-Citrulline over L-Arginine. I've used both and experienced better erections and muscle pumps with L-Citrulline.

But don't just take my word for it:

"L-Citrulline is an amino acid. It is turned into L-arginine in the kidneys after supplementation, which means L-citrulline supplementation is a more effective method of increasing L-arginine levels in the body than L-arginine supplementation." —[Examine](#)

[/u/II128](#)

Keep a big bottle of hydrogen peroxide in your shower. ASAP after banging a ONS or any chick that could be fucking other guys, douse you dick, balls and crotch in hydrogen peroxide. Let it sit for a few minutes.

[/u/Doomsdaywasyesterday](#)

I take argine and pycogenol. 3 gram of argine and 100mg pycogenol in the afternoon (between lunch and dinner on empty stomach). Before sex I take 3 tabs of horny goat weed. Make sure it has 10% niacin (spelling?) in it. That is an inhibitor that works the same as viagra. Keeps the NO from leaving the body and keeping the erection longer and harder.

Wait 2-3 weeks before noticing anything with the argine pycogenol stack. After 3 months studies show that over 90% of men have gotten normal erections back.

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UPVOTES

Kaley Cuoco's Husband Files For Alimony - women collectively lose their shit

RedPillGold · 23 October 2015 · Archived copy · Reddit

[removed]

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UPVOTES

Ultimate pussypass: woman with 15 priors for assault, 10 against police, is let go again after blaming childrearing stress and men

G_Petronius · 21 September 2016 · Archived copy · Reddit

The sad story of drunken degeneracy and a terminally limp-wristed justice system can be read here:

<http://www.telegraph.co.uk/news/2016/09/19/woman-who-treated-police-like-a-personal-punchbag-avoids-jail-af/>

tl;dr a British woman has been found guilty a rather extraordinary 15 times of assault, including 10 against police when she bit, beat, headbutted and generally Chuck Norris'd a dozen different peace officers.

She's never served a day in prison. In fact, at the taxpayer's expense, she's been in and out of rehab programs, and to this day her alcohol habit is financed by the public coffer, ostensibly to help her unemployed ass support her children (of which she is, of course, a single mother).

Notice how everything bad in her life is someone else's fault and someone else's responsibility:

- her crotchspawn? the state should pay for them
- her alcoholism? she uses it to cope with "her problems"
- her violence? it's (I shit you not this is a quote) "an instinctive response to direct instructions from males, arising from her long history of domestic abuse"
- her inability to get her life sorted or at least stop being a violent drunk after being given 15 chances? she's too stressed because she's trying to (again, direct quote) "be a good role model" for her children

This is the ultimate degeneracy of female instinct in an utterly feminized society. She's bred multiple times with passing alphas (well, whatever passes for alpha in her social circle), offloading the costs to the Great Beta, the state. A (male run, male supported) justice system is responsible only for picking her up when she's drunk enough to make a nuisance of herself, but doesn't give her any punishment or impose any consequence for her behaviour. She can ride the cock carousel well past her prime, the wall being eliminated together with the need for marriage thanks to an overly generous welfare state.

It's perfect really: it took a few decades, but they've finally found a way to enforce total female irresponsibility. Simply produce an assload of children and you can never be jailed (for the children's sake) and you can never be cut off from the dough (for the children's sake). So long as you don't engage in truly major crime you're set for decades and decades, and when your kids finally grow up and leave you can start claiming disability and continue on your merry way.

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UPVOTES

Get MAD You Sons of Bitches, Get MAD

truthbrute · 2 October 2017 · Archived copy · Reddit

Anger moves mountains. Nothing drives a man to new heights more quickly than simmering rage redirected towards growth. Get mad.

I don't care how many times this subject has been retread here. I don't care how obvious and simple the message is. It bears repeating: anger and resentment are natural and good. If you work a shitty job and drive a shitty car and only get to fuck shitty women (if that), then you ought to feel shitty just about 24/7. Feeling shitty is a useful mechanism cooked up by Mother Nature to encourage self-improvement. Feeling good is a useful mechanism cooked up by Mother Nature to encourage keeping things the way they are. You wanna know why most self-help advice these days is fucked? It encourages you to feel good before you have any right or reason to.

If you're eating shit then you should feel like shit until you aren't eating shit anymore. Only thing is, most men these days don't realize you have the power to *choose* what type of shitty feeling permeates your being when your life is in the dumpster. Anger and aggression are discouraged at every turn in today's society, so most men with garbage lives default to feeling sad about it. This is misdirected negative energy. When your life is shit you can choose whether to feel sad or pissed off about it. Choose the useful option. Choose mad.

Wallowing in despair is a feminine state of being, and it works great for women. Women shed tears and doors magically open up for them out of the abyss. A man gets a little mopey and doors deadbolt shut to keep them out. "Sorry!" the gatekeeper yells as he slams the door in your face. "You're not the type of vulnerable pussy we were looking for!"

Anger, on the other hand, is a masculine emotion. Anger is the raw, penetrative force that kicks down doors and makes shit happen. Anger is your need to survive boiling up out of your body into the universe. If your life is in the gutter then get a fire burning under your broke, skinnyfat, low-SMV ass. Get mad.

The beautiful thing about anger is that it feeds into itself. What happens when you use your anger to force yourself out of your comfort zone and up to the plate, only to miss on your swing? One of two things: you can crawl back into your hole and weep or you can use the experience to get twice as pissed off about your circumstances. Failure converts into anger like status converts into girlfriends. Get mad, and when that doesn't work, get madder.

For decades snake oil salesmen have successfully sold people on the "power" of positive emotions like serenity and gratitude. In case there was any doubt, let me tell you right now: that shit is fuckin' bullshit. Counterproductive bullshit. Dopey nonsense. Scam. Mind you, "gratitude" is a great product to shill because it delivers satisfaction in the short term for the dumb chumps who buy into it. The placebo effect is strong. But if real change and results are what you're looking for, choose to feed the monster within. Make "gratitude" a dirty word and embrace the green-eyed beast that stirs in the pit of your stomach when you see people better off than you. Get jealous. Get resentful. Get mad. Then get to work.

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UPVOTES

#YesAllCats is taking off on Twitter. Shitstorm Imminent

BustinAllKindsOfNuts · 1 June 2014 · Archived copy · Reddit

<https://twitter.com/hashtag/YesAllCats?f=realtime&src=hash>

Thank you 4chan

<http://imgur.com/jHmgI9O>

<http://imgur.com/WJEw5Y3>

<http://imgur.com/ZIHkXGq>

<http://imgur.com/jLlaPCv>

<http://imgur.com/1k6zUyn>

<http://imgur.com/BS5aw8I>

<http://imgur.com/zoCRGat>

<http://imgur.com/GJoNMku>

<http://imgur.com/McnN6qH>

<http://imgur.com/RHvIuPX>

<http://imgur.com/vm99vrw>

<http://imgur.com/iJR6HBZ>

<http://imgur.com/mcRJfC8>

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UPVOTES

Dont let those bitches touch my jacket

SirGaetanDugas · 10 January 2017 · Archived copy · Reddit

Ran out for a quick drink after work with a natural. If I told him I was on the executive committee of a learned masculinity forum he would laugh as he would surely think Im joking.

Anyway, 3 women joined us at the bar and we exchanged pleasantries for a few moments when my bud needed the restroom.

The Shitlord carefully took off his suit jacket and hung it expertly on the back of his chair. Speaking to only me, he said.

"Hitting the head. Dont let these bitches touch my jacket"

The women's jaws dropped. Cue the feigned outrage :

"Did he mean us?? Are you kidding? Who does he think he is???"

Well it was absolutely predictable. When he got back *All 3 were searching for his attention and approval* Hair flipping, tits juttet out, touching his arms etc.

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UPVOTES

Irrational Confidence

Burt3d · 11 November 2017 · Archived copy · Reddit

I've always been fairly decent at pulling girls. Even from a young age. I lost my virginity at 13 years of age and I've fucked over 50 girls in the 9 years since, whilst being in 4 different 'relationships' for 5 years of that time.

My mother got sectioned when I was 7 years old for bipolar/depression/being the craziest woman on the planet. She tied me to a chair and put our border terrier in the oven and I watched it cook and scratch the oven door as she proceeded to try and hang her herself whilst my father was on tour in Iraq.

Subsequently 8 months later my father left my mother and took me with him and he found a new wife.

4 years later and my father goes on tour to Iraq again, this time I'm under the care of my step-mother who abused me, kicked me, called me names and treated me completely differently to the other kids (she had 3 girls, a set of twins 10 years younger than me and a girl 6 months older than me.)

She kicks me out of the house and I go to live with one of my friends foster dads. He groomed me for over 6 months to trust him enough to go and live with him, and he raped me over the course of a month, but at 11 years old he was like my dad and I trusted him and I knew it was wrong but I accepted it, some how, I don't really know how, but I did and I had no one to turn to, as my mother's side of the family had disowned me due to my mother's situation with my father, and my fathers parents aren't very close to him either.

When my father got back I moved in again like nothing had happened, my father knew I lived with the guy but he didn't want marriage number 2 to fail.

After being exposed to what I had been exposed to, by the age of 11, my brain and my body had just gone completely numb. I could not feel anything anymore, I didn't work properly anymore.

After things like that, I don't know, your body and mind just begin to forget and you repair. It's almost like I've watched it on tv and I can see it all happening so vividly in my mind but it's okay now.

I didn't tell the police until I was 18 years old, I got drunk one night with an ex girlfriend and a documentary about pedophiles came on the tv and I broke down and told her everything. She told me to tell my father and his new wife, my now current step mum. (The 2nd wife divorce raped him after 5 years and now he's married a 3rd time, when will he learn)

I told them, one summers evening a few weeks after and that's the only time I've ever seen my father cry, the pedophile got 18 years in prison (9 inside and 9 on licence) and a lifetime on the sex offenders register and he also raped 8 other boys from the ages of 9-14 between the period of 2006 (I was his first) and 2013.

Now, why is this all relevant, when the title is Irrational Confidence? Because now as a 22 year old guy, I am honestly in a position where I have been through so much emotional hardship, that the person I am right now is so irrationally confident about everything because I know I can cope with anything.

Nothing scares me. I know I have the mental robustness to withstand anything anyone can say/do to me. Of course I am not indestructible and if I get stabbed, shot, run over by a car, that is unlucky. I'm talking about everything else.

And that is truly why I can fuck girls. I get told all the time that I am literally the most confident person they have ever met and it gets them wet. Coupled with the fact that over the past 10 months since finding this gem of a sub I am now in the best physical condition I have ever been in and I have learnt a lot more about game and building my kingdom.

I'm a Maths Teacher, I have a Mechanical Engineering degree and I'm 6ft 1. So that all helps me in the realms of I have a job, I got lucky in the gene pool and I'm intelligent. But apart from that, it's all just irrational confidence. I'm talking literally not being scared of anything whatsoever.

So focus on yourself, believe in who you are and become irrationally confident about yourself and it will truly help you in all aspects of your life.

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UPVOTES

Bouncer Tales 4: Bartender Beat-down

alphasquatch50 · 24 August 2018 · Archived copy · Reddit

Lena is one of our bartenders, not a particularly competent one, but absolutely stunning, the whole package, from her petty green eyes to her pretty pink toe-nails. Lena “dates” the AMOG in our club, the MMA fighter I mentioned in an earlier post. I think she honestly believes he belongs to her, even though she is no more than a plate to him, albeit a hot one. When she is off on a Friday or Saturday night, taking care of her 2yo from another Alpha, he invariably shows up and leaves with 1-3 of the hottest semen-receptacles in attendance.

I have watched this going on since May.

Three weeks ago, she posted a picture of her bruised and swollen face; she looked like a bloated trash-panda. Evidently, her current Alpha had tried to kill her; at least that was her account. The white-knighting which followed was unprecedented. Almost a hundred guys gnashed their social-media teeth and wailed. Many of them promised to fuck our villain up, laughable considering I know most of them to be the throng of effete and flabby followers who leer across the bar at her every weekend. When I went to work the next Saturday, the beat-down was all the irate staff could talk about. I have to admit I was a bit angry too. One of the waitresses said, “I bet you could kick his ass; you should go find him for Lena when he get out on bail.”

For about a minute I considered it, but then changed my mind, partly because I wasn’t 100% sure I could do the job, but mostly because my wise wife whispered, “that’s not really your business; that’s what the cops are for.”

At any rate, everyone was livid. Well, everyone but Mike, our oldest bouncer. When he remarked, “there’s two sides to every story,” he immediately became a pariah.

Later that night I asked Mike what he meant and he told me the other side.

Mike lives in the same apartment complex at Lena, and it was him who Lena called the night of the incident. According to Mike, when he got there, Mr. MMA was sitting on his tailgate in the parking lot with his head in his hands. Mike walked past him and into Lena’s apartment. She was sitting on the couch crying with an obviously broken nose. Mike told Lena to call the police.

He went back to the lot to confront the abuser and when he looked at his face he couldn’t believe the claw-marks, scratches and dried blood.

MMA guy said he came to see Lena after a night about and when he came in the door, she confronted him about where he had been and latched on to his face like a hungry feline. MMA guy swore he threw one half-hearted chop which unfortunately had struck Lena on the bridge of her nose. Within a few minutes the cops took the pugilist away in cuffs.

My first response to Mike was, “he’s a 200lb muscle-bound fighter and she’s only a 120lb bartender with perfect tits.”

Then he showed me a pic of his face. Holy shit! It looked as if he had tangled with a Wolverine. He even had a large piece of pink nail broken off in his cheek. (Yeah, I know wolverines rarely wear pink, but still.)

Of course Lena told the police, and everyone else, that she scratched him because he was on top of her trying to kill her.

I wasn’t there, and I don’t know exactly what happened, but since MMA guy is a professional and had a fight with another guy a few years ago, the District Attorney said he was going do his best to make sure he would serve at least 10 years.

Be careful out there boys.

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UPVOTES

If it seems like you're getting less attention from women when you start practicing TRP - don't stop, it's working

Xexitar · 11 August 2019 · Archived copy · Reddit

Just a quick field report here. I've been an advocate of TRP for many years, but didn't follow all the principles (laziness mainly), but had some success regardless.

Long story short, I started lifting properly last year, and this year worked hard and got a promotion to manager. We've recently had a lot of new staff where I work, and they're mostly 20-40 year olds. Weirdest thing - it seemed like I was getting less attention from women, despite my apparent successes. Whereas before women would talk to me all the time. One girl was on my team and pretty fit (let's call her Amy), and it was almost impossible to hold a conversation with her. She would answer with one word responses, and make any one to one conversations really awkward.

(Before anyone tells me not to shit where I eat - my company has a policy that if it happened outside of work it's not their concern. And I don't fuck about at work or put myself in a situation to get assraped with false allegations. I never take the lift, never alone with people, etc.)

One girl was there that I thought was really shy and sweet (I go for that type), tried talking to her and again - short responses and awkward laughs. I'd later found out that she'd kissed some other guy at work from my team, who was someone I manage. This guy wasn't exactly a beta, but he'd become submissive in my presence.

I got randomly invited out by this guy from work. And knowing these girls were out, I thought fuck it. Well, it only takes a drop of alcohol for the truth to be exposed. I was hanging around a 6 most of the night just having banter. By midnight, Amy was grinding against me and we're kissing. The 6 was grilling me about this - in a way that suggested jealousy. Then, even more randomly the shy girl grabs my hand to go to the smoking area. This girl had previously been slut dropping against the guy who invited me out. Then Amy comes out too. Suddenly I'm in this fucking surreal moment where Amy is on my chest, touching my dick, whilst shy girl is just to the side grabbing my ass. The 6 is yelling abuse at me (in a jokey way) and I'm suddenly the centre of all the attention. Amy yells something at shy girl about being a slut and leaves. Then she suggests we grab an Uber. We go back and I fuck her senseless. When I asked her why she was so quiet before, she said "I didn't want to get rejected". This girl is a fucking 9 and I'm a 7 at best and she was worried about *me* rejecting *her*.

Since then shy girl has said she can't wait to fuck me again, and Amy keeps asking me to come out to pick up where we left off.

So what is there to learn here?

Just because it looks like you're getting less attention at surface level, doesn't mean you're not progressing. It actually means it's **working**. Girls can easily talk to guys they're not attracted to, because they don't feel nervous in their presence. Next time a girl tells you they think someone is fit, watch how they act in their presence. They clam up and just laugh awkwardly at everything he says. It gives the impression that they're not interested. But this is just surface level, her panties are soaking. This is why it's important to keep walking the path. Don't stop lifting, assuming it's not doing anything for you. Women don't talk to guys they consider alpha, they just wanna fuck them. And I see this alot - guys and girls that don't seem to have any interaction and I later find out they've been fuck buddies for a while.

Also, with this being a field report, we can see examples of TRP here. Hypergamy is the urge for women to seek out the best alpha available. The guy who invited me out has apparently kissed all these girls. I arrive on the scene and literally steal all of them, including the one that was with him most of the night. But preselection kicked in (women are more attracted to men who already have the interest of other women), she witnessed me kissing someone else who was clearly DTF and this other girl saw her opportunity vanishing and acted so fast it gave me whiplash.

So keep walking the path fellas, your hard work is paying off even if you can't see it yet.

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UPVOTES

You're backsliding.

PM_ME_UR_1ITIS_SNAP · 24 September 2019 · Archived copy · Reddit

My preacher used to say this in all of his sermons. He called it "backsliding" when someone was falling out of typical Christian habits. For example, if someone indulges in the occasional porno video, despite being Christian, they have backslidden.

This is not a religious post. Christians get a lot of things wrong. In the south, a lot of people don't believe in basic, proven scientific principles about nature. This post is solely referring to the concept of backsliding.

If someone thinks their girl wouldn't cheat on them with Tom Brady given the chance, they're backsliding. If someone quits lifting because they have a unique "personality" to compensate, they're backsliding. If you start to consider dating advice that women give you, you're backsliding. Going blue. Objectively a worse person than when you started.

The moment you share a secret with your girl, that's the moment you've fucked up. Female rappers are starting to make fun of guys who tell all their secrets to her after they fuck. At the time, she might have fake sympathy, but they're drying her up.

The only way to stay on path is to read the core tenets of TRP. Not these new guys trying to reinvent the wheel. Not the guys who say you need to be a "little beta" to pull women.

Quit. Being. Soft.

This post does not intend to have any insight, it's just a reminder to always, always, always, have your guard up.

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UPVOTES

If You Don't Like Her Past Then Leave

studentsensei · 27 April 2017 · Archived copy · Reddit

Don't like that your LTR has an N count of 20? 30? Etc? Then leave.

Found out that your LTR used to sell her body for coke? Then leave.

Don't like that your LTR has been to jail? Then leave.

Don't like that your LTR had a train ran on her in high school? Then leave.

Don't even like that your LTR confided in you that she had a passing thought to sell herself for extra tuition money? Then leave.

You are not obligated to stay with someone whose past makes you uncomfortable. If you ever told your LTR why you were leaving however, she'll call you "insecure" and say that "the past is the past why can't we move on?" It's simple, we as humans are prone to recognizing patterns, this includes patterns of behaviors. You don't want to be with someone who you feel will be predisposed to reckless, impulsive behavior. It's hard for you to recognize your LTR as a support system if she has never truly supported any man in her life.

She may be right, she may have genuinely changed, she may have looked deep within herself and tried to reprogram herself just for you, but still the fact remains if it bothers you too much then do you both a favor and walk away. Let her be with someone who is completely comfortable with her past.

Remember that if you choose to walk away do NOT explain yourself. You owe her no explanation. If you must feel the need to say something, say that you aren't happy with her. That's it.

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UPVOTES

“Stages of Manipulation”; an excerpt from the book “Practical Female Psychology”

Auvergnat · 20 October 2016 · Archived copy · Reddit

“Practical Female Psychology: For the Practical Man” by Joseph South, David Clare and Franco is a book I am currently reading after seeing it mentioned in the comments of a recent post on The Rational Male.

Put simply, **it's the best book on red pill theory I have ever read**. Right up there with Rollo's books. It was published in 2008, so was written by contemporaries of our esteemed elders Pook, Roissy, Roosh, Rollo and others.

It is so good, and yet, in one year of red pill awareness, **I had never seen it mentioned or suggested anywhere**. So I thought it'd deserve its own post, rather than me casually mentioning it in a comment next time someone asks for book suggestions.

I so strongly encourage you to get it and read it that I'll allow myself to reprint here a particularly good chapter to motivate you. Hopefully it's ok to do so and will bring some traffic to the authors' amazon page. Before I'd do so, I'd provide a quick lesson learned:

- Frequent other red pill websites than this sub, and particularly the comments sections of blogs. There are some gems out there.

PS: Feel free to debate and oppose the ideas but remember the following are not my writings – just reprinting.

Chapter 11 Stages of Manipulation

When it comes to marriage, one man is as good as the next. And even the least accomodating is less trouble than a mother. - Marquise de Merteuil in "Les Liaisons Dangereuses," by Choderlos De Laclos.

We believe that manipulation is an instinctual behavior deeply rooted within female biology. Manipulation is also a *learned* behavior, due to one's need for survival. From a biological point of view there is not too much of a difference between biologically-rooted and learned behavior. In fact, from the point of view of both modern neurobiology and evolutionary psychology, behaviors repeated and learned over time become deeply rooted in the neurological patterns within the brain, to the point where the behavior becomes largely unconscious. As individuals are prone to choose behaviors which support survival, manipulation has certainly been selected as a desirable survival skill.

Manipulation can be defined as the attempt to influence another person's mind to achieve a certain outcome. Manipulation is very often seen as a negative thing. We, however, are not judgmental about manipulation, and actually consider it a positive feature, which has been designed to keep life continuing on this planet.

In order to best manage relationships with women, the Modern Man should understand that there are various *stages* of manipulation that a woman will go through during the course of a relationship with a man.

On the biological level, the female of our species is programmed to:

1. Elicit a strong sexual attraction in one or more strong males.
2. Feel a strong sexual attraction for such males.
3. Become impregnated by her choice of male.
4. Have a male to provide materially for both her and her infant child.

5. Afterwards, she will subconsciously tend to operate in such a way so as to have her sexual attraction for that male decrease.
6. Wash, rinse, repeat: she will tend to have more sexual intercourse and more children with other strong males.

We call this process *betaization*, where the strong, alpha male is rendered beta — which means "secondary" or "subservient" — within the relationship, over a period of time. Quite often, this process occurs gradually and almost imperceptibly to both parties.

Manipulation is widely used by women to achieve:

- Safety and comfort for her and her children, with their survival being the primary purpose.
- To thereby influence the man's mind in such a way that he will feel compelled to protect her and her children, especially before pregnancy, during the pregnancy and throughout the children's early developmental years.

Female manipulation can be either *creative* or *destructive*, depending on the desired outcome. From the point of view of the man, female manipulation can be considered "good" when it supports life and the man's interests and "bad" when it destroys life and/or damages the man's interests.

Succinctly, the more manipulation is used by a woman, the more it becomes natural and unconscious to her. It is like learning to play a musical instrument: at first it is difficult and one needs to pay conscious attention to each note being played. Then, as mastery is gradually achieved, manipulation becomes more and more unconscious.

Behaviors are slow to develop and also slow to be unlearned. In the modern woman of the industrialized countries, the way instincts are expressed has changed slightly with time, due to less-demanding survival conditions. However, the influence of the female's primal instincts on her behavior remains evident.

It is important for you to learn to recognize manipulation. In fact — as we discussed in Chapter 4 "Female Basic Conflict" — for a woman's sexuality to be satisfied, it is important that her manipulation attempts against her man *not* be too effective. You must learn to observe female behavior and give the right responses, with the goal of making her happy on the *emotional* level, as opposed to responding to manipulation attempts on a *logical* level.

Learning to respond appropriately requires knowing the various stages of female manipulation.

Stages of Female Manipulation

A woman's attempt to own you mentally will follow certain incremental stages, which predictably occur with mathematical precision. We will now discuss each of the following stages in detail:

- Testing the Male
- Seeking Communication
- Putting him to Work
- Evolutionary Selfishness
- Self-Determination

Depending on the woman's self-esteem, there are big differences in the way these stages will play themselves out. If a woman has high self-esteem (HSE), she will test you and manipulate you in a totally different way than a woman who has low self-esteem (LSE).

Testing the Male

"Let me be a little bitch to him." A woman knows on the instinctual level — and also on the rational level — that a man can impregnate a large number of women without too many consequences. In our modern age of mandatory child support, this is not always true in practical terms, but biologically it remains the case that the female has a much higher risk and burden when it comes to pregnancy than the man does.

A woman also knows that a weak male will not be able to protect her or her children in any way. Imagine as a man how your thoughts about survival would be different if every time you made love to a woman you faced the possibility of carrying a baby in your belly for the next nine months, followed by the primary responsibility of taking care of the baby for many years to come. Imagine how you would feel if you knew that your partner could leave you at any time and impregnate other women and/or leave for war or for hunting. Get the picture? You would become much more selective in your choices of who to mate with. From this biological reality stems the deep need that a woman has to test the male for his physical and leadership qualities. In our modern society, the need to test for *physical* qualities and financial stability has become less important than the need for qualities such as leadership, intellectual capacity, and strength of personality; but that would be quickly reversed in the case of war.

One thing is for sure: a woman in this stage *will* test the male for his skill of being a hunter. This will happen whether you are skilled in hunting animals in the grassy field or company shares in the business field; you can be sure that at the first stage of manipulation a woman will test you.

A woman will *always* test a male who she is sexually attracted to. For a psychologically healthy woman, survival and sexual desire must always harmonize with each other. A woman who tests men *only* for survival benefits — such as a man's ability to provide — is denying her sexuality. A woman who tests men *only* for their sexual appeal, is either planning to live her life without men, or is being self-destructive.

Seeking Communication

"Open up to me, please."

Once a woman has tested the male, and is relatively sure that he is strong enough to serve her purposes, her concern begins to revolve around making the man serve her *exclusively*. Many men who are relatively strong and pass the tests of the first stage, fail to understand the meaning of this second stage. This stage is extremely difficult for the average man to detect. It is instinctually and often unconsciously masked by the woman as a purely innocent attempt to "communicate" with the male.

It is a feature of the feminine psyche to appreciate communication above all else, but from an evolutionary point of view what the female of our species is really doing at this stage is using language to *befuddle* her partner, which will hopefully cause him to serve her and her purposes.

This stage is extremely important to the success or failure of couple relationships. Couple therapy fails so frequently because it tends to disregard the real, evolutionary meaning of this stage. A very common pitfall for couples is when the woman starts to *feel* that the man is displaying an inability or unwillingness to "communicate properly" with the woman. Modern couples therapy almost invariably places the blame for this supposed lack of communication squarely on the man's shoulders.

In the first stage, the woman has screened out the weaker males; the man was specifically chosen by the woman for a relationship. In this second stage, the woman acts as if she is seeking deeper communication with the man. A strong man will start to sense that an attempt is being made to weaken him, and he will then usually react with certain predictable behavior patterns. He may get angry or he may withdraw. Arguments that seem to the man to be based on nothing logical at all will often occur at this stage.

Putting Him to Work

"Honey, please take out the trash and wash the cat, and please hurry!" When and if a man opens himself

emotionally up to a woman — in the sense of what we discussed in the preceding subsection — from that point onwards the woman effectively owns the frame of the relationship. Now, the active destruction of attraction can begin in earnest, as she starts her attempts to take over aspects of the man's life which directly affect his material interests. For example, purchase decisions can now be made "jointly" which, in the cool light of rational analysis, really are the result of the woman's manipulation attempts and the man's desire to maintain some semblance of peace in the household.

Female Evolutionary Selfishness

"I am never satisfied no matter what you do or how hard you try." This stage begins once the woman has succeeded in having her formerly-strong male open up to her emotionally. In this stage, any communication with her male partner is only for the purpose of deriving something useful for her and her children. At this stage she will exhibit a total disregard for the man's psychological and material interests. The man will be put under the power of a strong and constant psychological double bind, along the lines of:

"If you don't open up to me I am not satisfied. You don't communicate with me."

simultaneous with

"As soon as you open up to me I will use the information you provide in a totally selfish way for my own needs."

Either way, the end result for the male is usually guilt, shame, or confusion, finally giving way to resentment and anger. Assuming he takes her seriously — and most men do — he will get caught into an ongoing psychological mechanism, which will make him weaker and weaker, with terribly-negative results for her sexual attraction towards him. At this stage, he is no longer the strong male she admired at the beginning.

Female Self-Determination

"I am full grown, independent woman now." Of course, the female in the relationship never was a "little girl." In the self-determination stage, however, another double bind — even more powerful than the preceding — will be thrown at the male. Once he starts to seek out the emotional communication that *she* had been asking for all along, she will begin to express sentiments such as she is feeling oppressed, or that the man is boring, or that he is too nice, or that he doesn't understand her, and so on. Again, the usual effect of such feminine expressions on the man is bewilderment, shame and guilt.

If at this point the man decides that he does not care at all about what she says or does, she will assert that "he is not a loving husband /boyfriend" or "I cannot live with him because he does not understand me," or "I do not feel anything for him anymore," or "sex without communication is a turn off"; once again inducing some very negative feelings within the man.

In the Self-Determination Stage, the female expresses her resentment and dissatisfaction with the relationship. This happens virtually without exception in the case of male partners who have become progressively psychologically weaker with time.

Men who are able to pass through these stages without a corresponding decrease in their women's sexual attraction towards them are exceptionally-strong men. These men avoid becoming psychologically weaker through the process. We believe that such men are more the exception than the norm. It is much better for nature to first create attraction between a male and a female and soon after have it decrease. That helps to ensure both a safe upbringing of the offspring as well as more sexual interactions with other sexual partners, which in turn results in more offspring and a wider spreading of genetic materials.

This is not much different from what happens with many animal species, including species where the female kills the male after copulation. In the case of humans, this "killing" happens on the psychological level. The killing of

human males by their female partners is largely symbolic, but we must also take into account those men who take this process so seriously that they start to destroy their health through the abuse of alcohol or drugs, or start to abuse their partners, or even murder their partners or commit suicide.

In other words, permanently-monogamous sexual relationships are not necessarily natural. They are partly a modern, social construct. Or, put another way, they are a social construct, the evolutionary purpose of which lasts for as long as Nature considers it useful.

Manipulation End-Game

In traditional, male-dominated societies, if the female cannot leave the relationship when her attraction evaporates through the process discussed above, the end result is often clinical depression and/or cheating. Clinical depression occurs when her sexual attraction for her mate decreases or dies out completely, and she is prevented from having sex with other males by social restraint. The woman in this case has to face a practically impossible conflict between her emotions, which demand sexual satisfaction, and her societally-restrained behavior, which prohibits sexual satisfaction.

In modern, politically-correct societies, a common end result of the manipulation process is the woman ending the relationship, or acting in such a way that the man has no other choice but to end the relationship. Infidelity is very likely to happen in either case.

Psychological counseling and family therapy usually fail to help couples in this situation because they start from the shaky assumption that exclusive committed relationships are always "healthy" and that having sex with different partners is "sick." They also fail miserably in detecting the slow and dangerous psychological process whereby the mind of the male is confronted with schizophrenic double messages from the female, which would be considered to fit the clinical definition of *Borderline Personality Disorder* by most experienced clinicians on the planet.

Usually what happens in therapy and psychological counseling in the western world is that the male is made to be the scapegoat of a process which has been actively maintained by the female. There are some professionals who understand this process better than most, but they often do not have the courage to speak out about it. On a meta-level, what is happening with this social process is simply another evolutionary mechanism, one which allows for more pregnancies and for the upbringing of children in the most viable way possible.

There is certainly a strong cultural influence at work here and it behooves men to understand these forces and to work hard to make themselves strong men who do not succumb easily to female manipulation. Above all, a man with children should start from the premise that he is an equally important and vital link to a child's psychological well being. There are countless studies which show that statistically, children do better in every social and psychological respect when they enjoy the equal influences of a healthy male and a healthy female parent.

Practical Advice

Although the onset, intensity and order of occurrence of each of these stages in the betaization process may vary from woman to woman, in our experience this process has occurred in *every* long-term relationship we are familiar with: ours, our friends, and our families, and in countless case studies that we have researched. In fact, this process is exactly the means by which women turn short-term relationships into long-term relationships. However, female manipulation is not difficult to counter once a man understands the process. Let's revisit each stage in turn.

Testing never ends. Women test unconsciously. Testing is the woman's primary method for determining *congruency* and for discerning a man's authenticity; his ability to be genuine. Testing ceases to be an issue of any significant consequence when the man is fully congruent — both internally and externally. The woman will still always test, but once a man has it together, he will pass the woman's tests without much effort or even realizing he is being tested.

Since testing is so closely related to the mechanisms controlling sexual attraction, it is important to remember that

testing never ends. Maintaining an appropriate level of attraction within any romantic relationship is very important. One way we, the authors, maintain attraction with our mates is through regular, social interaction with other attractive females. For more information on why maintaining friendships with the opposite sex is important to your relationship, please see Chapter 19, "Male Qualities Attractive to Women."

Seeking Communication is really her signal that she is suffering from emotional ambiguity. Most men view a woman's pronouncement of "I don't feel we are communicating" as a logical statement addressing the exchanging of facts — or a lack of such activity — between two people. It is not. It is an emotional statement involving her confusion and emotional disconnection from the relationship.

When the woman puts the blame on the man, this is normal, for two reasons. For one, women habitually blame their own emotional distress on external factors, thus absolving themselves from responsibility. When a man happens to be the most convenient "blame receptacle", then he gets the blame. The second reason she does this is that she is actually making a request for masculine leadership. She wants her man to step up and deal with her out-of-control emotional state with masculine strength, and without fear.

The only important word in any such statement coming from a woman is "feel." It's so important that in many cases it doesn't matter *what* she feels, as long as it's any emotion stronger than indifference. Anything with passion will do, as long as it's followed up, in all cases, with the appropriate level of physical commitment. And always make sure that intense displays of passion are followed by intense displays of affection. Let's be blunt: keep her well-sexed.

Being Put to Work can be stopped simply by saying "no." Do it sometimes. Just say no! If your woman has become habituated to your instant obedience, then refusing a request is going to stop her in her tracks. She will literally not know what to do. Lots of drama could ensue, so be prepared.

Another way to handle her constant requests is in a spirit of teasing and fun. You can gently make fun of her being "bossy," and so forth.

Yet another effective way to handle a woman's attempts to put you to work is to *negotiate* with her. For example, if she demands that you take the kids shopping for clothes, you can kindly request that she prepare a special meal while you are gone. While tit for tat may seem thoroughly unromantic, by the time a man is in this situation, we believe the romance is far gone anyway. There is nothing to lose, and your self-respect to regain.

Best yet, *be proactive* and act like a leader: *women want to feel useful and contribute to something meaningful*. Spend some time to give your female counterpart meaningful work, ensuring that *you* are the one who determines the direction of the family. You will find that agreeing on specific tasks becomes much easier. When you appreciate a good woman for her specific contribution, she will be delighted in her relationship, and feel she made an excellent selection in a man.

Evolutionary Selfishness is understandable when we consider that the female's primary concern is always for her own well-being and that of her children. It is difficult — if not impossible — for most women to feel altruistic or merciful towards a grown man. Your role as the man is to be her protector, or to get out of her way. However, as a strong protector you have great value in the eyes of a healthy woman. So the key here is to assert your value and put a price tag on your leadership of her and the family. This means simply that you *lead* the relationship and continually give her tasks within the context of the relationship.

Putting a price to your leadership also means having your own moral standards, whereby it's subcommunicated from the beginning and throughout the relationship that you, as a man, expect certain behaviors and certain types of treatment from the female, if she is to retain your interest in being her leader and protector. As we discussed in the chapters on Screening and Female Self-Esteem, certain women, obviously, will *never* be able to submit to male leadership, no matter how strong you are.

Self-Determination This stage is a very strong signal from the woman that — in her mind — the relationship has

ended, or is about to end. She is effectively telling you that she no longer views the two of you as a unit. As difficult as it may seem, at this stage you may need to be prepared to let her go. Your best chance to salvage the relationship may be to start right back at the beginning; let her know that you are equally prepared to leave the relationship if you are not getting the respect and admiration that you want and deserve.

You *never* want to be in a position where you are chasing or begging a woman. Not only is that a pathetic position for a man to find himself in, but any shred of sexual attraction that had remained in the woman will be completely destroyed by such actions.

In reality, a man can survive just about *anything*, including the ending of a cherished relationship. Therefore, consider this stage as the ultimate test of how much of a man you really are. If you fail this test, the game is over with this particular woman.

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UPVOTES

"She's Probably Out Getting Fucked"

GizmodeGarage · 17 January 2017 · Archived copy · Reddit

This, I find, is probably the most useful tool for getting rid of bluepill during the early transitional phrases. My friend and I would say this to each other regularly whenever we had a oneitis, and it stung at first but it was like being reborn.

You need to have a friend that will regularly say this to you, whenever you get too attached to a girl, if you are in early redpill stages.

It may not be true but it is USEFUL. Srsly, the most useful, direct phrase to destroy bluepill philosophy.

"She's so funny" Probably out getting fucked.

"She's a born again Christian, not like the other girls" Probably out getting fucked.

"If girls dont like nice guys then how come Jessica said she wants a kind and caring provider?" Because she's probably out getting fucked.

"Why does my girlfriend suddenly get really mean for no reason" She 'gettin fucked.

"Why would she betray her husband if shes married?" You know the drill . . .

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UPVOTES

While you are talking to her, she is observing you

Popeman79 · 15 November 2017 · Archived copy · Reddit

Tldr: While you're innocently focusing on the words coming out of your mouth, women read you in million different ways. This covert communication is a reflection of your inner frame and purpose, and until you get real frame you can cheat this by faking frame and confidence.

So you approached the cute girl at the venue, stroke up a conversation. Maybe you're talking about your cool hobby, maybe it's your job and how you're killing it in the new office, maybe about the last amazing vacations you've had in a foreign place. You even insert some jokes for good measure. She's looking up at you, with a half smile on her face, eyes wide open, batting her eyelashes. You think she's eating this shit up.

Guess what, she doesn't care about your story. Or at least, she cares much less than you do. Meanwhile, as you are talking to her, she's watching you. Some of it is actively observing you, some is passively taking in a million of hints that provide her with great information.

She is looking at your posture and movements:

At the moment you approach her, she is already seizing you up. Did you come walking at a slow pace? Are you feet spread apart and providing solid, confident balance? Is your posture crouched or straight? Is it straight because you are tensed and riled up like an angsty teenager, or is straight and relaxed? Can your arms and hands rest on the side of your body seemingly naturally, or do you have them in your pockets? Do you breathe slowly, does your chest expand in long movements?

Generally speaking, she is assessing your body and your confidence. Men tend to look at things in parts (we're attracted to boobs or butts, we will look at a guy's shoulders and assume he is strong, etc.) whereas women get a feel for the overall thing. If a guy talks tough shit but is fidgeting, or if he has big biceps but his center of gravity seems fragile like he is resting on his toes, she will notice this, consciously or not, and will evaluate him accordingly.

She takes into account how much space you take up in the room, and how people react to you:

When people walk past you, how much space do they leave you? Does it feel like you take up a small or big area of this room? Also if girls glance at you, albeit for a fraction of a second, you won't notice but she will. Not only that, but she will pick up on the meaning of that glance (did the girl checking you out show interest or disinterest?) It doesn't necessarily have to do with you being big, it's more about charisma. A charismatic, vibrant guy who eats up space will seem to radiate energy and will attract gazes, and people will get out of his way.

She is listening to the tone of your voice:

Is your tone deep, calm? Is your voice colorful, blending in various vibrations and frequency of equal force, or is it one tone that makes most of its strength? In other words, is your voice strong in only a few tones? When you make a joke or tease her, does it end with just a hint of weakness, like a covert request for approval? If you tell her 'no', does your tone means it's a statement, or is it defiant like a kid standing up to his mom for the first time? When the conversation dies for a little bit, are you urged to say something right away to fill in the void? When you start talking again, is the tone of your voice different from before?

She is watching your eyes and facial expressions:

There are so many subtle signs that they are impossible to list here. We have tried to give robots and 3D characters facial expressions as realistic as possible, yet everybody agrees that real humans have many more facial expressions, but they are so small that we can't artificially identify them yet, less replicate. Like the tiny change in the dilatation of your pupil when you start a sentence. Or the high of your cheeks getting just a tad redder. Or some skin contracting on the side of your mouth.

My point with all of the above is that you can 'fake it till you make it', but if a woman pays just a little bit of

attention, she's really hard to fool. Sometimes she'll notice incongruence between your words and frame, but she'll still be attracted because she'll sense that you have balls (after all, faking it requires balls).

So, what to do? Some personal advice

Best part in fake it till you make it, is the *make it* part. If you become the badass, confident man you should be, you won't have to worry about all this. It will come out naturally.

In the meantime, if you're still faking it, here is something that worked for me. It's a bit ridiculous but it does work, feel free to come up with other ideas.

What I used to do when I was still not 100% confident, was to spell out frame statements in my head. I'd be chatting up a girl and, in the meantime, would calmly say in my mind, while looking at her: "girl you act like you don't care but you're mine, and you already know it" or any message that you want to send. Of course it's not like I do this to motivate myself. Rather, my facial features react to this message I'm confidently stating in my head, and reflect it. While I'm talking about my hobby, she sees my pupils suddenly focusing on her, my eyebrows slightly frown, my voice is just a tad deeper, and a lot of other small hints that I can't control. She doesn't know what it means, but she picks up on it. This way I can somehow control the covert communication, not only the spoken conversation. But I've noticed that if I don't spell it out clearly in my mind, it stays within said mind and doesn't reach facial expressions. Try it.

Conclusions:

- The conversation you're having with her is just a vessel for her to assess many more things about you. She doesn't really care about your fucking hobby. But she cares about how you talk about it, and what it says about you. For men, words are here to convey a message, and we spend a lot of energy trying to find the right words. For women, words are just an empty vessel to create an interaction, and the more important messages are read through other channels, via covert communication. Focus less on what you are talking about, and more on how.
- The subtle hints and facial expressions she recognizes are so many that they are impossible to list exhaustively, and to completely cheat. Women are experts at sending and reading signals. You can't beat them at this game, and can only fake it so much with your outside persona. Best is to strive to become a man who doesn't have to fake anything.
- In the meantime, you can overcome this by faking inner confidence, and taking control of the covert communication and the non-verbal messages you're sending.

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UPVOTES

The kidnapping of 186 teenage boys in Syria on 30 May has gone largely unreported in the wider world, a curious omission given the outcry over the teenage girls in Nigeria.

TVTestPattern · 11 July 2014 · Archived copy · Reddit

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UPVOTES

Women will never solve your problems

The_Phoenecian · 29 April 2018 · Archived copy · Reddit

In light of recent events in Toronto and all the incel-related content I've seen recently, I want to put this out there and hopefully remind the men of trp and beyond that they desperately need to depedestalize women. Clearly the thousands of past posts on this haven't sunk in.

Anecdote time. I was a student at UCSB and living in Isla Vista the night Elliot Rodger went on his shooting spree and killed 6 people. The same Elliot Rodger who posted multiple YouTube videos and an extensive online manifesto in which he discussed his hatred of the women around him due to their lack of interest in him. The same Elliot Rodger that has become a meme and a martyr figure in the incel community online. The same Supreme Gentleman that the recent Toronto attacker posted an homage to on Facebook some time prior to running his van into a crowd of people. Rodger spent his years convinced that the reason he was unhappy was because he didn't have women in his life. Never once did he shift the focus onto himself. Never once did he think that maybe he was lacking the traits and character qualities that women value. No, rather he was convinced that women ignored him due to some cruel cosmic joke, and in a desperate attempt to finally get their attention he got himself a gun, killed a few sorority girls and eventually offed himself in his car with police on his tail. Good job kid.

Rodger lives on within certain sects of the internet. To the hundreds of thousands of basement dwelling, Mountain Dew chugging, hentai fapping, neck bearding human males out there, Rodger is a de-facto hero and martyr. A boy who spent his life in forced social isolation, watching those around him lead the lives he so desperately wanted for himself, without even a passing glance in his direction. A boy who got so fed up with his insignificance that he eventually mustered up the balls to do something about it. Let's be honest here, I think most of the people that frequent this sub can relate to parts of his story. I know I can. A lot of us can painfully remember the years we spent wishing things were different, wishing we could be cool and get pussy like those other guys. Those are the memories that now drive us to constantly strive for better.

Rodger's idea of striving for better was wearing a Hugo Boss button down and smirking at girls at the bus stop. He never thought to himself that maybe women are repulsed by skinny, pretentious, socially retarded softies. He never saw himself for what he truly was, and it eventually destroyed him.

Rodger's story, while tragic, is a valuable cautionary tale for the young men of this generation. Look at yourselves. Recognize your shortcomings. Work to improve upon the weaknesses you can control. Work to make peace with those you cannot. Do this consistently and effectively and before you know it, you will be living a life better than you ever thought possible. Work to look better, be smarter, and have more fun. Work to make more money, make more friends, and have more life experiences. Become someone attractive, and people will be attracted to you. And I don't mean attractive in a solely physical sense. Ever see an absolute dime with a relatively ugly guy and think "Why is she with him?" It's likely because he's a cool motherfucker with social proof up the ass and fun shit happening around him ALL THE TIME. She just wants to be along for the ride.

There are things in life we cannot control. We can't choose where we are born, nor to whom, nor in what financial circumstances. We can't control when we start balding, nor how tall we grow, nor the color of our skin. But it doesn't matter, because none of these things bring happiness or fulfillment. As men, we are always in control of our lives. When you go around spewing bullshit about black pills you are cheating yourself out of the truth: you will always be able to improve the life you lead. You just have to be strong enough to do so. Women will never bring you happiness, but you can create it. This is God's gift to men.

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UPVOTES

You Are Poisoning Your Mind Every Day

RedPilledRoaster · 23 July 2018 · Archived copy · Reddit

Your brain has been programmed to seek instant pleasure since you were born. Sold to you by big business for their profit and to keep you buying. These people don't give a fuck about your well-being. Society doesn't care. You are supposed to be pathetic. You are supposed to be a slave to your vices.

You can fuck around in your spare time, watching YouTube, smoking weed, mentally masturbating on Reddit, actually masturbating to porn, etc. You can do all these things and get away with it in the modern world because to survive, **you don't have to work very fucking hard anymore.**

With the advancement of society has come the destruction of work ethic.

You can easily get a cushy job, an average house, an average car, and be average fucking Joe. Or, you can be fucking Joe's wife while he's watching football. We all die eventually. All that matters is how fun your life is.

Would you rather watch others excel while you are a slave to cheap pleasure? Or would you rather be out there doing the real thing?

You likely sit on your ass and waste precious time, satisfying your reward system with cheap substitutes instead of **working your ass off to achieve real goals.** You don't have to be a slave to these substitutes. The most successful people are not slaves. They are the ones with the whip.

I mean, just take a look at Schwarzenegger. Even now, in his 70s, he is making moves in politics and charities. One of my favorite quotes of his:

"The worst thing I can be is the same as everybody else."

Fuck laziness. Fuck boredom. If you're bored, you aren't working hard enough. Get to fucking work. Go out, make connections, start a business, whatever. There is **always** something you can do to take a step away from the cheap life that you were supposed to live.

Conclusion:

Break the fucking cycle. There is too much instant pleasure these days. Don't fall slave to it. The changes that are hardest to make are the ones that aren't necessary to live a cushy life.

TL;DR:

Don't cheat life with instant pleasure.

EDIT:

So some of you have been asking what I mean by "fun." By "fun" I mean being alive; not being depressed, not having low drive, not having low confidence, and being able to amuse yourself wherever you are. Delayed gratification is what creates this mentality. If you live life craving-to-craving this is something that is not feasible. You are only alive when you are looking at a screen.

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UPVOTES

So it begins- our society will no longer be covert about it. Women will rape and steal from you, this is your place in society. This is acceptable. Arizona statutory rape victim forced to pay child support

redpillschool · 2 September 2014 · Archived copy · Reddit

<http://www.azcentral.com/story/news/arizona/politics/2014/09/02/arizona-statutory-rape-victim-forced-pay-child-support/14951737/>

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UPVOTES

High body fat is a killer for male attractiveness. Get your body fat down to a decent level.

BumblinBeta · 4 June 2020 · Archived copy · Reddit

Unfortunately (or fortunately, depends which way you look at it) men and women are held to different standards in a number of areas. One of those is physical standards and levels of body fat.

Whereas women can look pretty decent and fuckable at high body fat levels, men pretty much never do. High body fat on men is an absolute killer for their attractiveness. Being lean and decently muscular is crucial to looking attractive to women. There are men who chase chubby women. BBW porn exists for men and is very popular. There is no equivalent for women. Women find fat men disgusting and sexually unappealing in all senses.

You're probably higher body fat than you think. **Do this test to see if you're too fat:** Stand naked in front of a mirror. If you can't see any part of your abs without tensing, you're too fat.

I used to think I wasn't fat. I didn't have a beer belly like other men, I didn't have a double chin, I didn't have any obvious signs of fatness that you would associate someone with being fat. But I was still too fat to be attractive. My face was a bit puffy with baby fat on it. My pecs had a bit more fat than was ideal. I couldn't see any abs unless I tensed. I could feel the fat on the inside of my thighs. I wasn't obese, but I wasn't lean enough to be considered sexually attractive.

Now I try my hardest to keep my body fat to low levels. I realise that it's quite easy for me to put on fat or get a bloated look. This is especially true for any of you who are "bulking up" in the gym. There is no need to put on much fat. It makes you look unattractive. Even a man with a lot of muscle looks unattractive to women if he is above a certain level of body fat.

Women want to see your muscles - they find that sexy (look at all the statues from ancient times and the men were visibly lean with muscle definition and abs showing). They do not want your muscles hidden under a layer of fat. It's better to be 170lbs and reasonably lean, with abs and other muscles showing, than be 200lbs and have a fatter/bloated look.

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UPVOTES

"Partner Count Doesn't Matter" vs. Medical Reality

FreshlyWashedPillow · 25 March 2015 · Archived copy · Reddit

Before I begin, a little disclaimer: I'm just a young dumb cis shitlord MD who will be staff before 28 so take whatever I say here with a grain of salt.

It seems that any discussion about the divorce risk, emotional problems, or other "soft" social markers surrounding the debate about women who CC-ride in their 20s seems to devolve into accusations of insecurity, immaturity, misogyny, Other Standardized Buzzword to Enforce PC Thinking(tm). Nauseating counter quotes include inanities such as "Past is past!", "She **chose** you now, what does it matter who she fucked before?", "Stop being so insecure!", "It only matters in so far as sexual health is concerned, otherwise I don't give a shit".

Ok, fair enough. I can understand, from a purely rational standpoint, why gold digging CC riders and their cheerleaders have such a vested interest in preventing an epidemic of slut-averse beta bucks from occurring, for obvious reasons. God forbid those betas get standards and disqualify them from the gold rush, because that would totally suck for them.

But if you're a patient telling me that partner count or sexual practices doesn't matter when you're in my office asking about your vaginal discharge or swollen, painful labia, you get labelled Big Fucking Idiot in my head, and I thank you, because I look forward to seeing you again for another future 5 minute visit in a couple months that will net me another 60 bucks. Tack on another 20 for a sick note.

Let's get specific. Just what are *some* of the lovely medical sequelae that present CC riders are at increased risk for?

1. Gonorrhea is the second most common disease (never mind STI) in the US; the highest incidence is in the sexually active female population 15-19, the second highest is males 20-24, but here's the kicker - the female rate is underestimated because infection is often asymptomatic in women. Risk factors? Multiple sexual partners, previous infection, being unmarried. Again, just a Dumb Cis Shitlord, just spouting agenda, not facts, oh wait - this was from the CDC and the American Journal of Epidemiology. But so what? What if I'm asymptomatic! Except gonorrhea can lead to, and accounts for, up to 40% of pelvic inflammatory disease, which is an upper genital tract infection that can cause chronic pelvic pain, infertility, or in severe cases, life threatening abdominal sepsis. Hur dur, we has antibiotics now, we is good to keep on slutting! Ok, fair enough, 90% of cases can resolve with first or second line agents, but past behaviour predicts future behaviour, and I've already had more than one tearful counselling session with an unfortunate who is now infertile "I never thought this would happen to MEEEE!!". Repeat customer, beat it each time, until Mother Complications decided to show up and exert her dominance. But but but condoms! Routine barrier contraceptive use reduces gonorrhea transmission rate by up to 50%, not 100%. And yet an early 2000s CDC survey showed only 30% of early 20s women reported regular condom use. Oh well, there's always cats!
2. HPV-related oropharyngeal cancer - AKA human papilloma virus, sub type 16 to be specific. Most common STI worldwide, infection spreads shortly after onset of sexual activity. In decades past the primary domain of smokers, but now thought to account for up to 50-80% of North American oropharynx cancers. Risk factors: early age of sexual activity onset, **multiple partners**. In graphic terms, if you had a choice between eating out a former slut wife vs. a low count/virgin and chose the former, you are literally at higher risk for throat and mouth cancer. Sure, you will probably beat the odds, unless you're one of the unlucky ones that ends up losing part of his tongue and a radiated wooden neck. Double sucks if you get divorced too.
3. Herpes - an incurable, but non-fatal viral infection that causes intermittent painful open sores on genitalia. Same family as cold sore virus. Traditionally, your oral herpes are caused by HSV 1, genital herpes by HSV2. With the prevalence of oral sex, you are finding both subtypes on both areas. Still transmissible even if partner is not symptomatic with active sores. HSV 2 generally causes worse symptoms, so woe to you if you get it on your mouth from your dear "past doesn't matter" Special Snowflake. Bonus points if you somehow get it in your eye.

I haven't even begun to scratch the surface of why it's objectively, from a strictly medical and health standpoint, a worse decision to wife up or make a former slut your new monogamous partner. Cervical cancer risk, chlamydia, prolapse, rectovaginal fistulas (essentially, you go number 2 out the vagina), ectopic pregnancy risk, salpingitis, etc etc.

Student health clinics are a gong-show. I get students coming in treating "the clap" like a joke, like it's just a routine cold you're supposed to get like clockwork per year. I love prenatal visits where the husband comes in with the wife, I ask the mom about previous STIs or sexual history, she denies, and at future visits she spills the beans when alone. I actually had one obese diabetic who has poor insulin compliance because, I shit you not, it's a form of fat shaming. Well, if preventing blindness, rotting feet, and kidney failure is fat shaming, call me Dr. Fat-Hating Shitlord. Every week brings at least one Maury-like moment, and it's hilarious. Telling a hysterical patient in ER matter-of-factly and stone faced that she has genital herpes, while watching her faithful boyfriend's expression slowly change as I discuss the possible transmission routes makes the hours worth it.

The best part is getting paid well to get a front row seat to this daily dose of human stupidity. So, buy into the flow of PC bullshit about not being a judgey douche if you want, but don't worry, I'll be there with some antibiotics and antidepressants when it all goes to shit. Just pray the bacteria doesn't become resistant before you've had your fun.

Fuck I love my job.

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UPVOTES

"but... come on guys, shape up! YOU have to save Europe." Former Swedish feminist now demands men save Sweden from the ravages caused by the philosophy she's only recently disavowed.

worldnewsrager · 10 May 2016 · Archived copy · Reddit

tl/dr I tried to keep this short, I failed. read/don't read. Link to source at bottom.

So, this is a few days old, so someone may have commented on it already, and, if so, you know... ignore this.

I infrequently listen to Stefan Molyneux's philosophy shows on YT, but I happened to come across one tonight that I figured I'd listen to while throwing down on some game.

For about the first 40~ minutes everything was pretty standard fare. Back and forth cataloging exactly how fucked-up Sweden is, and appears to be, currently thanks to fanatical implementation of multi-culturalism. Though, not 'multi-culturalism' in itself per se, we all know the elephant in the room is Islamic (dis)immigration.

Around the 45-minute mark, they start delving into what actually has to/needs to be done to repair the situation, and Stefan cites a rather general attitude I've seen on social media which is that, many men "would love to save Europe, they just don't want to save the feminists along with it. Men have been so beaten upon by feminism for so long, I think, at this point, many view it almost like saving their enemies from the consequences of their enemies' own misconceptions and hostilities."

Which I agreed with for the most part. It's a concept I share. I wouldn't piss on a SJW to put them out. The guest's response though, was mindbogglingly sexist. I mean upon hearing it, I was so dumb-struck by the sheer, unadulterated, solipsism and sexism of her remarks. I actually had to close the game, and run-back the tape to make sure I heard it right. And I had.

Now, the guest, is a Swedish journalist which means, at one point, she was a card-carrying feminist, pro-multi-culti SJW snowflake. Corroborating this is also early in the video, she actually makes the comment that, had anyone told her 20-years ago that Sweden would be where it is now, she "would have laughed in your face and said you were crazy". And also recounts stories from the mid-70's of being a young free-lover and stringing various dudes along, and then denying them sex at the last minute and them 'being okay with it.' She actually referred to that 'era' as 'really, the golden age.' The golden age of Cultural-Marxism I'm sure. So, as far as i can tell, she was fully on-board with the whole "New Society" ideology until only the last few years. You don't generate a career in Sweden otherwise. There is no notion there of 'loyal opposition'.

But her response to Stefan's argument was staggering. "yea.. and i can kinda understand that attitude (rolls eyes), but.... come on guys, shape up! *YOU* have to save Europe. And when you do, you will also crush feminism! And the women, they will be soooooo thankful and grateful for saving europe. for saving their opportunities of being women, and being equal, but not being feminists. And they won't be feminists anymore. (Stefan laughing and looking off camera at this point) It's up to you guys. You gotta save Europe for us, and leave the feminists to me.. I will deal with them."

I had to stop the tape there. I mean WHAT!? This is exactly what Stefan was talking about. This fucking lifelong feminist has come to realize how deeply and how irrevocably the philosophy she believed in and perpetuated has FUCKED UP an entire continent, and the only thing this "strong, independent don't need no man, free-lover" does is DEMAND men fix it. DEMANDS.

Now, this likely childless, husbandless, waste of good white skin actually, like tries to shame men into what? Getting themselves killed doing what can only be assumed to be deporting the suspected million muslim immigrants. or overthrowing the government. And for what? So she is protected from the consequences of her life-choices, that she only now, once it's hitting her in the face, realizes might have been in err?

So much for equality, strength and independence, right? When the metal meets the meat, these Western 'feminists' abandon their principles as fast as they adopted them. And demand that another generation of men throw themselves in the grinder on their behalf.

When big-daddy State is rendered impotent, look who they come running back to.

I don't really know what else to say. I just couldn't believe how mindlessly and effortlessly this woman just reverts to 17th-century damsel-mentality and demands men save European women from themselves. And it just falls out of her mouth like she was born to say it. And this is supposed to be one of the smart ones. I'm just gobsmacked at the simple-mindedness. Couldn't even finish the interview. I'm just choked with rage at how little this woman values men.

<https://www.youtube.com/watch?v=25VVmCviVao>

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UPVOTES

Woman Used Sperm From Oral Sex To Get Pregnant, Gets Child Support

mister_barfly75 · 25 August 2015 · Archived copy · Reddit

A short one here:

tl;dr: Woman Used Sperm From Oral Sex To Get Pregnant, Gets Child Support

Main Body: Here's a **fucked up story I stumbled upon in TIL**

Basic story, a doctor has an affair with physician. They never actually have sex, but she goes down on him. One night she stores the cum in her cheeks, spits it into a test tube, and uses it to impregnate herself. Fast forward two years and she files for child support and **fucking wins** because: *his sperm was given to her as a "gift," "an absolute and irrevocable transfer of title to property from a donor to a donee,"*

Lessons learnt: Keep your jimmy wrapped, take your condoms home with you or make sure she fucking swallows. Some women are just devious, selfish bitches out to separate you from your wallet and will willingly use kids, even ones she conceived in shady circumstances, as weapons against you.

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UPVOTES

Red Pill Science: UCLA researchers compile evidence women's dualistic mating strategy

thiasus · 16 January 2016 · Archived copy · Reddit

tl;dr: alpha fucks beta bux is only the nickname for a scientifically proven phenomenon, women's dualistic mating strategy. This thread highlights the conclusion of a UCLA meta review on the topic.

Body:

If you've hung around TRP for a while, you've probably already seen this study. For those who don't have, here it is in all its glory:

Women's Sexual Strategies: The Evolution of Long-Term Bonds and Extrapair Sex

Notice the URL: this is from UCLA's own site. If you, God forbid, end up debating this shit with feminists, ask them if UCLA is a misogynist organization and then dump this on their heads.

Who are the authors?

Elizabeth Pillsworth is an Assistant Professor of Evolutionary Anthropology at UCLA.

Martie G. Haselton is a Professor at the UCLA Department of Psychology.

They are both white female academics working in a liberal university of a liberal American state. Fewer people could be less suspect of being biased against women or holding misogynistic views. Let's see what they conclude.

I'll break down their conclusions and attach the relevant TRP lingo where appropriate:

- Across all cultures, women deploy a dualistic sexual strategy: Coupling (beta bux) and Dual Mating (alpha fucks)
- Coupling (beta bux), meaning the formation of a long-term 'monogamous' relationship with a provider, is necessitated by human infants requiring long years of high resource expenditure before they are independent.
- Evidence indicates that for the purpose of Coupling (beta bux), women seek out men that display characteristics like ability to provide (bux), kindness and reliability. When selection is constrained, women will prioritize the ability to provide (bux).
- Women will display Commitment Skepticism (shit testing and comfort testing) with their Coupling partner (beta bux), requesting a variety of displays on his part (failed shit tests) to guarantee he'll be willing to commit once they have coupled (and she's likely pregnant). This is because a wrong investment on the woman's part would prove disastrous for her, leaving her without her Coupling mate's resources (beta bux).
- Dual Mating (alpha fucks) is a strategy in which women seek to reproduce with men offering better genes (alpha) than their Coupling partner (beta), while retaining the commitment (bux) of the Coupling partner
- Women are specifically drawn to Dual Mating during the fertile phase of the ovulatory cycle, and women in long-term relationships display a **larger** attraction to Dual Mating than otherwise
- For dual mating, women prefer men with the following (alpha) characteristics: body and facial symmetry, facial masculinity (large jaw, prominent brow), dominance, deeper voice, physical size (in relation to their partner)
- Evidence of Dual Mating is the adaptation to sperm competition (the relatively large-sized testes in men follow the pattern in other primates of larger testes = more sperm competition), the commonality of extrapair mating (cheating, with around 20% of women admitting to at least one lifetime instance), and the development of jealousy (which is **not** ubiquitous among primates) in males, including to the point of violence

Conclusions:

- alpha fucks, beta bucks is evolutionarily ingrained in human females and guarantees their best reproductive success
- the scientific evidence for it is multi-dimensional and overwhelming
- alpha and beta characteristics are hardwired, not cultural; cultural and social context can add something on top but can never replace or overcome instinctual behaviour
- LIFT, become assertive and learn to speak with a proper voice

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UPVOTES

Pro Divorce (X-Post ProRevenge)

rockskavin · 17 June 2016 · Archived copy · Reddit

Throwaway as this might not make me very popular, even in ProRevenge.

This all happened to me a few years ago. I told a friend the story of my divorce and I was told to share. Started a few years ago. I thought we were happy. We were your usual suburban professional couple. Financially secure, healthy, good sex life, two kids (14f and 9m at the time). I thought we had a healthy social life.

We were going through one of your typical married couple rough patches. Both of us were working long hours, not spending enough time together, we were going through some developmental problems with my son and tensions in the house were running a little high. I noticed that she was spending a lot more time on her phone texting with her "girlfriends". I didn't think much of it. I started making a much more concerted effort to get out of work when I could, help around the house and be more emotionally available, but over the course of a few weeks the gulf just kept getting wider. I ended up accidentally finding some messages when I charged up an old iPad for my son to use. Her FB messenger was still logged in and there were a lot of highly questionable messages with a guy from her hometown who I will call JimBobCooter or JBC for short.

The messages weren't completely inappropriate, but I could tell there were quite a few missing based on the times and context of the messages. I made a mental note to keep an eye on this and went about trying to fix things up. The next day after I took the day off to knock out some projects that I thought would make her happy, and left her some sweet notes reminding her how much I appreciated her she was once again in the corner of the living room "texting her girlfriends". I took the boys iPad to the office opened up FB messenger and watched in real time as my wife tore me down. Her and JBC were making fun of me. All of my flaws, insecurities and secrets I entrusted to my partner were now fodder for her and JBC. Not only that, but while there wasn't outright sexting there was a sexual undertone to the whole conversation, especially when she was bashing my performance in the sack. I managed to take some screenshots, but missed a good bit of the messages, because as the conversation was unfolding she was deleting them. I wasn't emotionally capable of confronting her.

I stayed in the office until she was asleep and had a couple drinks. I took off the next day and spent some time soul searching, drinking and trying to figure out what to do. The wife came home and wanted to know what was wrong and I just coped out and told her I had a bad day. A couple minutes later I was watching the iPad as the train wreck kept unfolding. So began a couple solid weeks of taking screenshots, drinking and detaching myself from the relationship. I knew there was no going back from this. The messages were now overtly sexual with my wife completely into it, and JBC was sprinkling in "I love you's". I consulted a lawyer and got my options, and started moving forward. Here's where everything got absolutely surreal. Watching the messages I found out JBC was coming to town to spend a weekend of quality time with my wife in a pretty nice hotel. I was missing a good bit of the info, they must have had a phone conversation about it at some point, but I was able to infer enough to get the when and where. Sure as shit the next day the wife is buttering me up and wanting to take a spa weekend with the girls to relax and when she gets back we can really focus on our marriage. I go with it all the way. It's the greatest idea she's ever had, and I'll do anything to get us back on track.

I get with the lawyer and have him draft a strong separation agreement stating that she would move out, she would get weekend visitation, no child support in the interim until the divorce is final. Then I sit through the most agonizing two weeks of my life. After all this most of my feelings for her are completely gone, and I'm just seething with anger like I've never felt before. D-day arrives. I take the day off work. I Withdraw half of any money in any accounts we are joint on, leave her half alone. I had already redirected my paycheck to a new bank. I close our money market account and get a cashiers check for her half and deposit my half in my new account. I stop at office max and print out about 75 pages of FB messenger screenshots, and I kill time because I don't want to be at home. She texts me that she's taking off and that she loves me. I tell her to have fun.

I show up to the hotel at about 830 and call the wife's phone from the lobby. It goes straight to VM. They are

probably already at it, whatever. I walk up to the front desk and ask if I can use the phone to be connected to JBC's room. It rings three times and he picks up. JBC: Hello? Me: JBC, can you send my wife down to the lobby please? JBC: I don't know what you're talking about bro. Me: Ok then. I guess I'll have to call Mrs. JBC and get her down here. (Totally a bluff. I knew he was married, and I knew her first name but that was it.) JBC: (Inaudible, shuffling, panic) Me: You got five minutes. Click Not even two minutes later my wife comes walking out of the elevator looking a little flustered. I sit her down in the corner of the lobby. Her: Starts spewing bullshit saying it's not what it seems etc etc. Me: I'm not here to argue. The things that are said in this pile of papers are what's going on. The only way I'm not giving a copy of this to daughter, your parents and emailing it to everyone we know is if you move out immediately. (Wife was very prideful. Daughter was going through a rebellious teen phase and her knowing probably would have forever killed their relationship. Wife was also her parents golden child and she always worried about what they thought of her. I didn't have much leverage and shame was my only card to play. Also her professional life is built up around her image, so I knew she would protect that at all costs.) Her: Sniffle, mumble, inaudible Me: This is a check for half of the money market account. I've withdrawn my half of the money from all the other joint accounts. You should have more than enough to get a place. She starts to cry a little. I could almost see the different thoughts and waves of emotions going through her, but now was the time to keep pressing. Me: Here is a separation agreement that I think is more than fair considering what's going on. I'm going to need you to look this over, sign it, and leave it at the house when you get your stuff. Do you want to look through these screenshots? Her: No. Me: Ok. Go have fun with JBC. Do not come back to the house or I'm going to send this (holds up ream of screenshots) to everyone.

I bounce out of the lobby, and I can hear her start to have a breakdown. I get to the car drive off to a parking lot and have my own crying rage fit. Previously I would have cried in front of her and yelled and whatnot but I managed to get my shit together enough to pull it off. I don't know what she did that night or over the weekend. She texted and called over and over wanting to talk. I just turned the phone off and by the time Monday afternoon rolled around there were movers getting her stuff and she delivered the agreement. I let her have a talk with the kiddos basically saying mommy and daddy need some time apart, we still love you, etc etc. Standard divorce talk. After a week she wants to have a real talk for the first time. I oblige her because I've already got my shit together and I've got an idea of what I want, but I should hear her out. She's so sorry. She wants another chance. She wants her family back.

She'll do anything. She's on her knees crying into my lap. I have no intention of ever taking her back. I tell her she needs to set up marriage counseling on her own at a time that works for me. I tell her that I can't live with her, but she should be around the children to try to maintain a relationship with them. So starts our new normal of her coming over the house, cooking and having dinner with the kids three nights a week (she always saved me a plate, I made myself scarce), her cleaning the house and doing the kids laundry then heading back to her place. We went to counseling. It consisted of her working through her issues with the therapist trying to figure out why she did it, her begging for forgiveness, and me stoically playing the victim. I was never going to give her another chance. All I wanted to do was kill time, establish myself as the primary caregiver to the kids, and establish her as not having residency in the house.

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UPVOTES

Money doesn't get you happiness, but it sure buys things that do.

elite5472 · 25 May 2017 · Archived copy · Reddit

I remember my times in college as a computer science student. For the better part of it, I lived with my family, making barely enough at my internship to buy a couple of games on steam and pay for my food at college. I was unmotivated, quickly gaining weight, underperforming in class, and whatever attempts I made to get fit ended in failure. I was depressed and I didn't even realize it, addicted to a cheap pay to win MMO I sank all my leftover money into.

That was my life a year ago. And for perspective, I have been lurking TRP for around two years now. I knew my life was shit, and probably the one thing that kept me going was knowing I was "redpilled". I knew why girls didn't want to talk to me despite my rather good looking face: bad hair, fat body, old clothes, no job, no car, no confidence, nothing. To think that at one point in my life, my idea of a good life was to work 9 to 5 and make just enough money to play my videogames. Hell, at least when I was a beta loser chasing some 6/10 chick that was banging college students back in highschool, I had dreams and aspirations. I had become jaded and empty.

Here's the thing I finally came to understand. When getting by is your most important goal, everything else just fades away. How can you follow any of your passions, dreams and hopes, if you can barely support yourself? That shit sucked the life out of me.

And then I graduated.

I was working 8 to 5 for some local company here in Brazil. I was making somewhere in the realm of \$866 a month. I was at work when I suddenly felt this urge to browse Linked In. I found a guy I knew from California had just joined a startup a couple months ago.

A big risk, I'm sure. But what exactly had I to lose?

I didn't even have to think twice to contact this guy, and lo and behold I landed a \$70k/year job just like that. Here in Brazil, that puts me in the top 10%. I thought I had lucked out back then, that I just landed jackpot to even have an opportunity like this, but when I went back next year to see if I could recruit some of my excolleagues, none of them wanted in despite the 6x~ boost in salary. I asked why: they were afraid their english wouldn't be enough, that they wouldn't last long, that they would have to work harder, that it was risky. What if the company failed? I hadn't just been lucky, the market is flooded with companies looking to recruit globally. Our own company here has had a ton of trouble hiring people, not enough decent candidates. And for one, I finally understood why.

Yesterday, I finished my 6 month long project, my home office: <http://i.imgur.com/bAeOhK6.jpg>

Here's the exact same room last year: <http://i.imgur.com/ecNni1S.jpg>

Keep in mind all of this stuff costs exactly 2x in Brazil compared to the US. My coworkers are still in the same place, working on 5+ year old computers and 19 inch monitors. And today, I'm shifting to my next long term goal: a BMW X1.

And here's the part that's most surprising. This entire project had risen my motivation through the roof. Getting all the parts, assembling it, doing business with all these people, making new contacts to find someone who could get things done the way I wanted it to. I'm an entirely new person because of it, getting setup like this took more than just money.

It's reflecting in my everyday life too. I hired a personal trainer, and I've made incredible progress since the year began. I can lift 130 pounds, that's when I realized that shit, I can finally toss a girl around if I want to. Next goal: 220 pounds, my current weight.

I took dance classes, and I can finally feel confident when on my feet while music is playing. I'm taking singing

lessons, my voice sounds deeper and clearer when I speak. I bought a hair cutter, so I can keep my hair at the same height as my stubble all year round. I bought nicer clothes, and a nice watch. I bougy a nice speed bycicle to exercise and move around in.

All this stuff took money to achieve. More than I'd like to admit, but my life is so much fucking better for it. I got so much stuff going on with my life right now that I don't have time to think about women, and that's only made it easier for me to deal with them. I still got much progress yet to make still, but I got a solid base of operations, a good amount of momentum and plenty of time. I'm considering moving to a different city in the next couple of years, a town where there's tons of german-descent women and low crime rates. Once I get the car, that's my number one goal, and getting it done is going to be a ton of fun.

Don't lose sight of your dreams guys, if you think they are impossible, then it's time to turn your life around. This isn't even TRP, it's the American Dream.

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UPVOTES

The Critical Importance of Approaching Attractive Women in Real Life

CrackityDiggity · 26 July 2015 · Archived copy · Reddit

Listen up. You can improve yourself all you want. Bust your ass in the gym, eat right, dress and groom yourself well. Improve your career, make a pile of money, and acquire a bunch of interesting and sociable hobbies. You're now doing what you can to improve your SMV. Congratulations.

It's not enough, though.

It's really important to remember the PUA culture out of which the Red Pill was born. You may not consider yourself a pick-up artist, and that's fine--the whole movement, Mystery, Neil Strauss, etc. is a little bit silly. I'm not going to disagree with you there.

But one thing they got absolutely right was the fact that approaching women and closing the deal is a numbers game. The more women you approach, the higher your chances of success. Furthermore, the more experience you attain, the more practice you get, the better you'll be at it; your game will be better, you'll be smoother, and you'll know what to say and when to say it to bring the girl home.

There is no substitute for experience in this avenue. No amount of swiping right on Tinder or messaging hotties on FB and Instagram is ever going to come close to the simple and straightforward act of approaching a woman in person. So grow a pair of balls.

Don't want to hit the club, you say? Don't like those kinds of girls? That's fine. I don't know if you've noticed, but it's summertime and attractive women are everywhere. At the mall, the gym, the grocery store. In yoga classes, in line at coffee shops--in short, EVERYWHERE. So grow a pair and start approaching. Stop letting the fear of rejection cripple you. Stop worrying about "what if." Stop thinking and just act.

Don't let the blue-pill/feminist shaming get inside your head. Contrary to what they might say, approaching a random woman on the street is not harassment and never will be--just so long as you leave the girl alone if and when she clearly expresses her disinterest. I'm not looking to bother anyone, and the minute I know I'm bothering a girl, I'm happy to move onto the next girl. But I'm not going to let the chance that she isn't interested stop me from approaching altogether in the first place.

I know what it's like to have beta, blue pill instincts. If you're anything like me, there's a little voice inside your head that comes up with all sorts of excuses when the moment of truth comes and it's time to approach a new girl. She probably doesn't want to be bothered right now. This isn't the right venue to be hitting on women. She doesn't seem like that kind of girl. Or even worse, you make some kind of prejudicial judgment based on the way she dresses or speaks and tell yourself you don't like girls like her, she isn't your type, blah blah.

Listen to me, it's all nonsense. This is a form of male hamstering. You're rationalizing your approach anxiety, it's as simple as that.

Gentlemen, life is short. If you want something you have to be willing to step outside your comfort zone to get it. Like the saying goes: if you want something, you'll find a way to get it. If you don't, you'll find an excuse for why you can't get it.

In the words of Roosh, MOST WOMEN DO NOT WANT TO SLEEP WITH YOU. Accept it. Get over it. Now start FUCKING finding the women WHO DO want to sleep with you.

Let's say you approach 100 women and 99 of them reject you. Well, it was still worth it, because in the end you got what you wanted; and so did the girl you approached. It's like in sales, are you going to stop making cold calls just because most of the people you're calling are bothered by it? No, of course not, because there are people out there who WANT to buy your product. There are girls out there who WANT your cock. I don't care if you're short, fat, bald, have no game, small dick, whatever the fuck your hang up is, I promise you, there are women out there who

are just waiting for a guy like you to approach them.

As men we are expected to make the first move, and despite all the talk of equality in the twenty-first century, this isn't going to change any time soon. As the man, you must take the risk. As the man, you must face rejection.

And also, remember this: as a man, you have the choice of who you will approach and who you will not approach. As a woman, for the most part, you can only choose who you will REJECT and who you will not.

Even Chad Thundercock himself has to make the first move. Chad Thundercock cannot walk into a bar, stand with his back against the wall, beer in hand, looking around awkwardly, not talking to anyone, and then expect to have hot chicks approaching him. Even Chad has to put himself out there, so stop making excuses for why you can't take that risk.

Look, when you approach a woman you want to fuck, there are two possible outcomes: ONE of them involves you getting your dick wet. But if you don't even TRY, then there's only one outcome, and it involves another night with the palm sisters.

Don't be afraid of being a "creep." Don't be afraid of looking like a loser. In short, don't give a flying fuck what other people are going to think when you're approaching women. This is about getting what you want, stop investing your ego in the approaches that you make. So she turned you down like a bitch? It was mean? She insulted you? Boo fucking hoo. Go cry about it like a pussy. The fact is, that rejection was absolutely and utterly meaningless. You're the one investing your ego in the interaction and taking her rejection as a confirmation of your own insecure feelings of inadequacy. You think Chad Thundercock gives two shits when he gets shot down? You don't think CT gets shot down every bit as hard if not harder than other guys? Some chicks are in a bad mood, some chicks are misandrists, some chicks are on an ego trip when they go out, some chicks just aren't horny, some chicks have been burned by guys like CT and would rather do the rejecting than be rejecting... there's a million reasons why she might reject even a top tier guy.

Quit telling yourself that you would approach more if you were a little taller, or once you're more swole, or if you had more money, or whatever the fuck your lame fucking excuse is.

I don't care how low you think your SMV is, while you're sitting at home doing nothing, there are men out there who are BELOW you who are bringing home the girl. They're beating you in the game over and over because you're not even playing. When you don't approach, you've lost before the game even started.

And yeah, the first approach sucks. Yeah, you're probably going to sound like a bumbling idiot until you loosen up a bit and get used to the feeling of talking to strange women. Get over it. There's nothing to be afraid of but your own feelz. Worst case scenario, you get rejected. You had nothing, you lost nothing. Next. It's as simple as that. A rejection is not in any way a reflection of your own SMV. Every guy gets rejected. Fucking celebrities get rejected. There's a million reason a girl might turn you down that don't involve you not being good enough. So quit wasting time wondering why she shot you down and invest that energy into talking to a new girl.

Like Nash says in A Beautiful Mind, your odds of success increase dramatically with each attempt. I promise you, yes you, there are women out there who want to sleep with you. There are women who would love nothing more than fuck your brains out. But they're not going to fall into your lap any time soon, you need to open your fucking mouth and say hello.

Would you even WANT to live in a world where women are the sexually assertive ones? What are you, a bitch? Rather than risk your own feelings, you'd rather sit around waiting for girls to approach you? That's how women think, pussy! As men we are here to chase, to hunt, to conquer, to assert our dominance; to take what we want out of life. And that means it is our job to approach. Making the first move is not a burden, it's a privilege; embrace it. Use it.

Improving yourself doesn't mean shit if you're not actively approaching women. Forget about Tinder, online dating, social media, all this virtual shit. You really think staring at a phone is the best way to meet women? OPEN YOUR

FUCKING MOUTH! Laugh, talk, dance, flirt, be a human being. Mating is an organic process, and it was around long before Tinder.

And I don't care if you're in an LTR and/or you have one-itis. Bro, do you even dreadgame? Flirting with other women, even (especially) in front of your girl is not a bad thing. Under the right circumstances, even cheating on a bitch can make her want you more. So stop using your relationship as an excuse to be a goddamned little wuss. APPROACH; make conversation, flirt. If nothing else, you'll have a few leads for when your LTR is over, and you'll be well practiced for single life.

Believe me, anyone who is used to cold approaching strange women will agree with this; it's a use it or lose it kind of skill. I don't care if you're Don Juan or Casanova himself, if you go a few months without so much as flirting with a woman, you're going to find it a challenge to get back into fighting shape. Think of it like fitness; you need to fight to earn it, and then fight to keep it.

TLDR: Never. Stop. Approaching. EVER!

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UPVOTES

Hey Guys I Just Wanna Get Girlz

GayLubeOil · 10 February 2016 · Archived copy · Reddit

I don't know why this is happening, but I have some theories. Maybe some seventeen year old is telling his little Call Of Duty friends to check out the Red Pill. Maybe more boys are finding out about the Red Pill because of Rooshgate. Maybe the Trump candidacy has shifted the **overtone window**, bringing more men to the politically incorrect side of the internet. I can't say for certain. All I know is there has been an uptick in what I presume to be ADHD millennials making *Hey Guys I Just Wanna Get Girlz* posts.

A *I Just Wanna Get Girls* post is somewhat analogous to a turd sandwich. It has some good ingredients: crisp lettuce, fresh tomatoes, mustard and toasted whole grain bread. Unfortunately the turd in the middle of the sandwich ruins what would otherwise be sublime and begs the question; who is creating this abomination and why? Like most TRP posts, *IJWGG* posts are built on the assumption that the west is gynocentric and favors women over men. However rather than being filled with delicious TRP self improvement beef, it's filled with *Give Me A Pussy Plan* turd.

If there is anything that betas love its procrastination. The luxury gym chain Equinox understands this phenomenon and monetizes it. The personal trainers at Equinox are not allowed to teach their healthy clients barbell squats right off the bat. Instead they spend months taking them through extraneous progressions. They start off with wall squats, proceed to TRX squats, then Bosu squats, then **BBC squats** and after 6 months and \$3300 finally teach their client barbell squats. Equinox intentionally retards it's client's progress in order to milk them for the maximum amount of cash possible. Pick up artists employed a similar system of tiered seminars to milk their betas. Betas like to be babysat. They love personalized attention and they fear rapid progress.

The Red Pill adamantly refuses to offer a Pussy Plan. Instead it explains the rules of the sexual marketplace and tells you to create your own masculine self development plan. Because at the end of the day there is nothing I can type into my keyboard that will magically make you not a bitch. The only person that can make you develop confidence and charisma is yourself. The only way to do that is through painful trial and error. In fact if a girl calls you an awkward nerd go ahead and use that to develop your frame. After all, it is the very possess of undergoing stress and subsequently becoming anti-fragile, that turns boys into men.

We are not here to coddle you. We are not here to string you along with illusions of unicorns, leprechauns and pots of gold at the end of a rainbow. The Red Pill exists to offer you a general framework of the sexual marketplace and a couple thousand data points. Pussy Plans don't exist and the people selling them are con men. If you don't like the taste of our Red Pill beef, go back to eating your turd sandwich.

Follow me on **Twitter**.

Check out my chat with **Dr. Niko Choski**

Women will touch your grape when you bring the gains in **your Juicy Tank**.

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UPVOTES

Stoicism is an evolutionary defense mechanism in men. It is designed to protect us.

DatingCoach111 · 16 June 2018 · Archived copy · Reddit

While men dominate the physical realm, women dominate the emotional one. Where one is expressive, the other is not. Because of this design, men need women, and women need men.

Pain is a man's greatest teacher. When men go through pain, something happens in the brain and nervous system. An overload. The defense mechanism? Shut down. War, confrontation, fighting, and everything in between becomes significantly easier. No emotions, no suffering.

A feminine woman, however, will continually handle emotional abuse from chauvinistic men. She compromises, she apologizes, and she continues to stay, despite the unrelenting negativity of an unhealthy relationship. Because of this, a woman does not shut down easily, and she will move through the emotional realm with more ease than her male counterpart.

Stoicism, or toughening up, is the epitome of masculinity. The less emotional a man is, the better he is in his ability to handle the outside world.

He must be abandoned, betrayed, tortured mentally or physically, and left to fend for himself with no help. It's a sickening reality, one that led us to where we are today, but we must be grateful for the strength it has given us.

And this isn't to say that men don't have feelings. Of course we do. But dealing with day to day life, relationships, and problems, requires a certain level of composure. Leadership positions, especially. Much like relationships, the moment a leader breaks down, the entire ship begins to question his authority and ability to lead. He'll eventually be taken down and replaced with someone better, just as women betray and leave weak and needy men.

We will still smile. We will still laugh. We will still tease.

But underneath it all, there's a tough armor designed to protect us from the emotionally apocalyptic reality we live in. And only a woman who can truly captivate us with her irresistible beauty, with her smile and her kindness, can truly break through this armor.

It will take some time. You won't let her in. But she'll pry her way through every single metal plate until she reaches underneath. You'll be powerless.

We can sit here all day and pretend we don't want to fall in love, or we can admit to ourselves that we're just men. We can be in love and still be Red Pill. We can even get married and still be Red Pill.

While relationships and marriage are not necessarily advocated in this writing, they are worth noting. After all, they are the reason we came here to begin with.

Men fall in love the hardest because they *love* the hardest, as per the love hierarchy:

Men love women. Women love children. Children love puppies.

It's not falling in love that deters a man. It's the excruciating pain of the discrepancy between reality and our imagined expectations. Betrayal leaves permanent burn marks on the heart, but we must understand that this is the price we pay as humans to feel the addictive dopamine high that only love can induce.

A breakup is the one thing that stoicism may not be able to suppress. The emotions are too intense. In time, and as long as he still lives, a man will pick his armor back up and walk through the chaos ahead.

...only to find another woman. Or die alone.

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/r/TheRedPill enters TOP 400 subreddits

TrendingBot · 3 September 2014 · Archived copy · Reddit

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Man jailed for 28 years because she "dreamed" that he raped her

LaFayette4031 · 4 September 2019 · Archived copy · Reddit

<https://www.theguardian.com/us-news/2015/dec/24/clarence-moses-el-free-denver-rape-case>

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Women Don't Want to Grow With You. They Are Waiting at The Finish Line, When You Have it All. Important Reminder.

AboveNBeyond7866 · 8 April 2021 · Archived copy · Reddit

How many times have you heard women saying, I want to "grow" with a man and help him out in his journey of whatever it is? Of course never.

The reality is, as we all know, women in the modern age want to have it their way In everything. You can't have your cake and eat it. For many men, they are told by society and everyone to "work hard" and be "established." Indeed. But, established and successful for what? For themselves? Nope. Men are programmed from a very young age by society to be a beta buxx and are prepared for it from a very young age.

While you are working so hard, day and night to money maxx, your future wife is getting pounded by broke Tyrones day and night. Yes, gentlemen this is the reality. Women in their youth have everything they need and want, funded by their father's. At this time, she's not wanting a beta buxx husband. Bc her material needs are met. You know what she wants? She want to get degraded by many tyrones and chad's and the whole football team in many ways as possible. Yes. Most men cannot handle this or accept it, but that's what's happening gentlemen.

And you? You are still working your as* off, not for yourself, but rather for your future imaginery "unicorn" and kids that you think will make your life better. Little do you know, your her last beta buxx option after she got used and degraded by many men, in many ways possible, and now is a emotionally damaged man hating feminist, who wants YOU to save her. Why? Bc you are fully established now and at the finish line, and she's waiting for you there.

And you know what? I don't get suprised anymore, when men on here say, their wife was banging the guy next door while he was working his as* off for family. You see gentlemen, for sex a women doesn't care who she has it with. Why? Because, any guy wants sex with her and she will only choose the most sexually capable (aka tingle material). But, for marriage? Nope. She will only choose a man with most resources and who is most stable In life aka the beta buxx. Not bc she loves him or anything, nor does she appreciate the hard work they did to get there and on that level. She is just happy she got a "lifelong" comfortable income guy that will provide her with her material needs. For sex? She has the next door neighbor who will bang her for free, while the beta buxx paid for her in marriage and did everything for that.

Sadly, most men are dumb asf. I blame men. They have given up their principal's, morals, ethics for women and a so called "good" wife. You must acknowledge, if you marry in the modern age, you are nothing but a beta buxx in her eyes. She will lose respect for you in no time and she will fantasize the QB from her university who she fked, while having sex with you, bc she has experienced it all! And guess what? The government and EVERYONE is on her side. It all just takes for her to say "I'm not happy" to ruin your life. And when she does, she goes back on the CC and still has thousands of beta orbiters/simps worshipping her.

Don't lose your self respect gentlemen. These women aren't worthy enough to even spend a single penny on. Work hard, and make money only for yourselves. And with that money, change the life of others who are really and in desperate need so they will actually remember you. Unlike a women, who you can do anything for and if you don't do that 1 thing, she will say "What good have you ever done for me?" Most religions say most inhabitants of hell will be women, and indeed this makes sense now, and no matter whatever religion we are, we all come together in this regard bc each religion has said the same regarding the true nature of women. It all makes sense gentleman. It really only and truly is AWALT.

Tldr; Marriage = nothing more than beta buxx and a slave to her and the government. Don't marry. There is no unicorn.

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Refusing the "Gift"

brandor77 · 14 August 2014 · Archived copy · Reddit

One of the more common shit-tests my wife gives me is, "Say something nice about me."

This usually happens when we have been around each other for a while but nothing of significance has been said. I will have come home from work, we've eaten dinner, shared our daily war stories, put the kid to bed and be in the middle of a movie. Suddenly, she gets in my line of vision and demands compliments when my brain is practically inert.

For years, my reaction to this type of thing was to give her what she was asking for. My efforts would be unsatisfactory because the compliments always sounded forced - which of course they were. My resentment of this built over time, and eventually I had a script ready-at-hand for responding to the question. It was a resigned, here-we-go-again routine where I sounded like I was in a call center. A few times I tried confronting the situation head-on, telling her she couldn't just push a button to have me dispense heartfelt compliments at a moment's notice. Logical and accurate? You bet. Did it work? Nope.

It was only after TRP that I considered refusing to engage in her demand at all.

Nowadays, this scenario rarely comes up. When it does, as it did yesterday, I sarcastically reply: "Something nice about me."

Not the response she wants! She gets a sour look. I give her a shit-eating grin. Then I grab her face and kiss her in a way that says 'you are so silly, but I love you anyway.' She resists - how dare I not take this seriously! A playful struggle ensues. She doesn't resist the second kiss. Then she's off and away, acting like she's pissed but unable to contain her smile.

For years, I tried to accept and process her emotional insecurities, make them my own, and try to address them. That's the playbook we were given. And yet, only when I started disregarding these scenarios as the childish games they are did we become happy with the results.

There is a fairly **well known internet tale** about Buddha refusing to accept a man's "gift" of anger. The tl;dr of it is that Buddha refutes an angry man's frame, displaying his own emotional independence. This parable applies not just to anger but to a wider range of human interaction.

In our daily lives we are surrounded by people who try to manipulate us by activating our anxiety. The kid that throws a tantrum, the car salesman that sits the customer in the 'negotiation' room, the wife pestering her husband for compliments - they are all attempting to influence behavior through emotional discomfort. I don't want to hear the kid cry. I don't want to sit in the tiny room. I don't want her to be upset with me.

In TRP parlance, a shit-test is emotionally manipulative behavior, and we are shit-tested constantly - not only by the romantically interesting women in our lives, but by almost everyone we meet. Most people don't realize what they are doing; they are simply using learned behavior that has often yielded results. So why is this learned behavior so effective?

As Chuck Palahniuk put it, we are a generation of men raised by women, and as Dr. Glover points out in *No More Mr. Nice Guy*, many of us (and I would argue a majority of us) grew up in a situation where we were abandoned or abused. Developed in childhood, our coping strategies tend to be about appeasing others to the detriment of our self-interest. The indoctrination continues as we grow into adults. Our educational system compels us to artificially enforce self-esteem and confidence in others, regardless of merit. Our media deludes us with the chivalry-is-rewarded, true-love-conquers-all, happily-ever-after myth. Our legal system and corporate policies place our lives and our livelihoods in the hands of those who may punish us simply for upsetting their sensibilities. Failure to make one's life partner adequately happy will result in the loss of the life you worked so hard to build.

In short, we are being taught cradle to grave to take ownership of the anxieties of others because that will give us

validation and preserve us from harm. The corollary is that if there is a lack of validation or harm befalls us, it is because we did not adequately address those anxieties.

Dealing with this shit crushes a man's spirit, so he will spend a lot of time trying to predict how his own behavior might generate anxiety in others so that he may avoid, deflect or manage it. He pushes his own needs to the back while he attends to others, and isolates himself to reduce the sickening workload.

This is the primary ingredient of the Blue Pill.

Therefore, I propose that the axiom of the Red Pill is to refuse the "gift" of negative emotion from others, expressed or implied. The guy who tells you your shirt looks stupid. The girl who asks you to buy her a drink. A clingy mother. A verbally abusive father. All trying to move you via negative emotion. All different, yet all the same.

It's not about fighting back – it's about refusing to engage at all.

Easier said than done, of course. I am certainly nowhere near perfecting my **Inner Julie Andrews**. But the first step is awareness. Here is how I started down this path:

The first sign you are being given a "gift" is when your interaction with someone is making you feel compelled to do something you don't want to. When you find yourself in that situation, take a moment and ask yourself, "Is this what I want to do/say?" If not, refuse to comply. **Just say no.** It is almost certain that other person will increase the pressure. How dare you not do that thing!

It is there, right at that moment, when you feel that increased sense of guilt, the need to appease and not rock the boat and make that person happy, that you are feeling the withdrawal symptoms of the Blue Pill. Note it. File it. Embrace it. Make it your companion. Then double down on your refusal to do something contrary to your own desires and self-interest.

People around you may not like it. Some of the more demanding people in my life have become extremely put out by my new lack of compliance. "What happened to Brandor77?" they ask. The worst offenders - siblings who believe 'blood' is a valid reason for me to repeatedly provide them money and shelter after their bad decisions leave them destitute - now won't talk to me, angry at the audacity that I should refuse them. They lay on the guilt and talk poorly about me to others.

I am working hard to refuse the "gifts" that are offered to me every single day. If people go away because I don't take their gifts? Good riddance. Because you know who is happier for the change? *I* am. And that's refreshing.

Good luck, brothers.

EDIT: Wow, thanks for all the encouraging remarks, folks. And thank you for the "Gift" of gold, kind sir! Also, cleaned up some grammar.

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Anti-Rape Program Teaching Women how to say "no" Halves Number of Campus Assaults

redpillschool · 17 June 2015 · Archived copy · Reddit

Coming straight to you from nonsense land where you can't make this stuff up, a program was put into action that taught women how to say no to bad sexual experiences, and- guess what, the number of assaults went down. Kinda goes against the "teach men not to rape" mantra we keep hearing.

A program aimed at teaching women how to recognize dangerous situations and resist sexual coercion almost halved the risk of rape on three college campuses, a new study shows.

"We expected that providing women with knowledge and tools could increase their ability to defend themselves and reduce the severity of the sexual violence they experience," said study author Charlene Senn, a professor of psychology at the University of Windsor in Ontario, Canada. "We didn't expect the reductions to be as dramatic as they were. Only 22 young women need to receive the program for one completed rape to be averted."

So did men just give up on rape, or what changed?

The 12-hour resistance program, conducted in four sessions, taught women how to effectively assess the risk of sexual assault by men they knew, recognize the danger in coercive situations, get past emotional roadblocks to resist unwanted sexual behaviors and practice verbally resisting the behavior or actions. The program also spent two hours teaching self-defense strategies and included several hours bringing all the instruction together in a session on safe sex practices and effective communication about sex.

In other words, teaching women to avoid a bad situation and actually vocalize the word "no," when they don't want sex cleared up the rape cases. Is it possible that these guys were having sex with women because they thought the lack of no meant yes? Or maybe, just maybe, when you give women the tools to function as a fucking adult for once, they actually feel some semblance of responsibility for their actions.

My take on it? Women who were taught that avoiding rape was their responsibility took ownership over their own decisions, accepting that unfortunate or awkward sex wasn't rape because they could've said "no" at any time.

It was the leftist culture of nonsense that crippled women's decision making capabilities by telling them that they are responsible for zero percent of their actions, and that any resulting consequences must be the fault of the man in the situation. Of course everything's rape, when you're an object with no agency, just having life happen around you and to you. When you can't say no, even wanted sex is rape.

Fucking retards.

<http://health.usnews.com/health-news/articles/2015/06/10/anti-rape-program-halved-number-of-campus-assaults-study>

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UPVOTES

Types Of Flirting

UpperRedSide · 17 July 2019 · Archived copy · Reddit

Inner Game VS Actionable Techniques

How's it going my guys?

This was posted by myself on another account but I deleted all my shit because I almost got doxxed. Anyway, I'm back to posting and I found some old stuff I'd written up and thought I'd weigh in with my two cents.

Apart from groping someone, (like a rapist), or straight up telling them "I like you," (like a middle schooler), flirting is the only viable way adults have of informing someone of their interest. It's also a question of showing interest without actually *showing* interest, basically clueing a girl in that your interaction could go somewhere without telegraphing any neediness.

We can go on and on about how being confident, being charismatic, and other "inner game" concepts will land you your dream girl, but let's be honest, inner game without outer is like a car with a full gas tank and a dead battery.

Some believe that learning "lines" and "techniques" to "use on girls" is sterile and inhuman and robotic, but it doesn't have to be that way. In order to engage in proper, technical flirting that is still natural and doesn't reduce you to a computer, it's important to understand the psychology behind each kind of flirting and how it makes them work. I've detailed four distinct styles of flirting that you can mix and match to supercharge your game. With each individual style of flirting comes a positive emotional response that will result from it, and while I'm no psychologist, I'm well read enough to know why.

Let me show you.

False Confrontational:

This is the act of pretending to be annoyed by, angry at, or outraged with a girl in a playful, joking way. Mock arguing, basically.

So why, and how, does this work?

When children play fight, it's beneficial to social development and can result in feelings of comfort and rapport between or among them, and has also shown to help them in forming bonds with their peers.

Being "false confrontational" is a form of socio-dramatic play that accomplishes all of the above. Below are a few examples. You can use these exact lines if you want to, but you likely won't have to, since understanding the underlying concept should give you the ability to make up your own:

"Ugh I hate you."

"What am I gonna do with you?"

"I can't believe you!"

"Are you trying to get your ass kicked?"

"Go. Leave, Get away from me."

"You do *not* want to fuck with me."

"Ugh! Sometimes I just can't stand you."

I think I don't have to explain that your delivery should be congruent with your intentions. If you say something like this to a girl with a scowl on your face, or even remotely serious in any way, you're gonna make yourself look like an asshat and no woman is going to want to be within five miles of you, (unless she has mental issues.) Any of these

lines, or any line similar, delivered with a smile and exaggerated bravado is sure to get a real laugh out of any girl.

Framing The Girl:

This is one of my favorite. "Framing the girl" is the act of accusing the girl of being the sexual aggressor in your interactions. Your words and actions portray that *she* is trying to get in *your* pants, not vice versa. This works because it's reverse psychology. Girls don't want an easy guy. They want to feel as if they've made a "catch." They want to work for it, and feel like they've won something in the end. That's why everyone says you should act like "the prize," because girls like to win. If you end up on a date with this girl or you end up sleeping together, you want her to feel like it was kinda her idea. Examples are below:

"Why are you hitting on me?"

"Do you say that to all the guys?"

"Whoa, slow down cowgirl. I'm a proper southern christian man."

"Are you always this forward?"

"Hey. Let's get to know one another first."

"Nice try, but talking like that isn't gonna get you in my pants."

"Stop flirting with me!"

"Did you just look at my ass?"

"Flattery isn't gonna get you laid sweetheart."

"You just want me for my body."

I've used these before, and let me tell you, the responses are priceless. Along with most of them being flat out hilarious, the less a girl felt pressured into having sex with me, the more open she was to the idea. In fact, the more closed off you appear to having sex, the more she'll take it as a challenge. That's why if she says she doesn't fuck on the first date and you respond by asking her why she's talking about sex when you only just met and say you don't fuck until the twentieth date, all of a sudden she's trying to fuck you in the venue bathroom that very day.

You're So X It's Just Like Y:

This is the simple act of comparing the girl to something else in a silly, teasing, goofy kind of way.

Studies have shown that girls are often very attracted to something called "benevolent sexism." This is basically when a man treats a woman as lesser, but in a protector, caretaker kind of way. Woman want to feel smaller near their man. That doesn't mean they want to feel put down on an emotionally damaging level, but just remember that some girls call their SOs "daddy" in bed, and that should put things in perspective. The simple template is that the X is an adjective and the Y is a noun, but both are humorous, if not slightly demeaning:

"You're so adorable. You're like a (small woodland animal.)"

"Your ears are so cute. It's like you're Dumbo."

"You're so small it's just like an oompa loompa. I bet you get turned away when trying to get on theme park rides."

Think endearment in a patronizing way, similar to how you'd take the piss out of your kid sister if you have one.

Push/Pull:

Push Pull is the simple act of making two statements that are polar opposite one after the other. Giving someone a compliment in one clause and teasing them in the next is a perfect template. The reason Push Pull works so well

with girls (I like to call it the holy grail of flirting) is because when you use it, you speak their language. Girls are experts at playing hot and cold and screwing with other's emotions, hence they go absolutely apeshit when it's done to them. "You're hot and you're cold/You're yes and you're no" in the immortal words of Katy Perry. They go on a mini emotional roller coaster and remain guessing throughout your entire interaction. They eat that shit up.

Examples below:

"I usually go for the dark haired girls, but I think I can make an exception."

"If you were blonde you'd be perfect."

"That's so weird. I love it."

"You're such a little shit. I like you."

"That's an odd color. It looks amazing on you."

You know, I actually kinda like you, it's just that, sometimes I can't stand you."

"I hate you so much." *Push* "I'm just kidding come here." *Pull close*.

In closing

Now that you have very specific outlines on how to flirt, your game should improve by leaps and bounds. I see so many individuals on this subreddit asking for "actionable steps." If only they knew exactly what to say, when to say it, and why they are saying it.

I get that.

I've always been less interested in concepts, more hungry for the action itself.

Inner game is important, but flirting is a skill that can be deduced into a science. I hope I've helped some of you chumps out.

Namaste.

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UPVOTES

You don't care enough: why your life sucks and how to change it.

VisiblePlan · 25 January 2020 · Archived copy · Reddit

As I walk through the wilderness of New York City, a chill echoes through my body. As far as the eye can see, New York hipsters with greasy beards, gay arm tattoos, odd fashion choices mill about, with a piece that seems far too good for them. This puzzled me. How do these men, who seem so beta and shit, get women while Billy Beta in Midwest, USA has to wait around his XBONE for twenty years for Sharon the Whale to finally let him pound her. Then it occurred to me. The difference between these Beta NY men and the Beta Bills is simple. When it comes to vagina, the Hipsters actually try.

You do not succede because you put no REAL effort in.

What is your issue with the RedPill? One only has to glance at askTRP for a breif moment to realize that, God damn, men are struggling with it. But why? Is it too much BP programming infecting their brains? Is it a lack of muscles ok their Pelvis, Glutes and Neck? Is it because their wallet smells like moths instead of US Dollars? No.

It's because they aren't really trying.

It is very easy to read the red pill. Just like it is easy to read a book, watch a movie, watch an Olympic sport, read about heroic exploits and conquest. Those require no effort on our part. Its much harder to do.

You have a diet plan, you agree that this plan will help you lose weight, but like a fat Women's Studies major, you continue to eat chocolate cake.

And don't give me that "i won't change for anybody" horse shit. You should change for yourself, retard. You owe it to yourself to see how many pussys you can fuck, how muscular you can get, how much money you can earn. Not to impress us, because none of us care. But to make yourself proud of a life you've lived. Here's a parable:

Jonny lived in a podunk town in Idaho. Where the hoes? I dunno. Jonny had a goose egg of an N-count, dressed like a homeless man, had a skinny, twink frame, and never talked to girls for fear of upsetting them.

Don't worry, this isn't a horror story.

One day, Jonny decided to change his life, one step at a time, because that is the only way to do it. First, he left Podunk Idaho. He moved to a big city. The big city has more jobs, more women, and more opportunities. He got a job and started making money.

Next, Jonny joined a gym. He didn't make much progress at first, but after awhile of lifting he became somewhat muscular, enough that people noticed.

Jonny would approach in clubs at first, and get shot down. He got shot down alot. He daygamed also. Although he got shot down, some women said yes. He even fucked some of them. Jonny realized as well that women ain't shit, and chasing after them doesn't make you happy. It just fills a base need.

Jonny wore suits and jackets, he looked masculine. He had actual muscles now. He didn't look like a retard. He could talk to women and men and they liked him because he was honest. As he grew, his job opportunities grew as well. Jonny made more money. Jonny had become the alpha.

What does this teach us? Well, Jonny realized that in order to change his shitty life, he needed to take action. Action always sucks when you first take it. But you can't dip your toe in the water, because then you will decided

not to do it. I'm happier on land, you'll say. You need to dive in head first. Here is another parable, the story of Ralph.

Ralph was Jonny's roommate in Podunk. He didn't go with him to New York, he wasn't ready yet. Ralph would go to the gym sometimes but not as much lately. He just couldn't find time. Ralph worked at a shitty job, but he couldn't find the courage to quit. He could do better but he feared uncertainty. Ralph couldn't talk to women. Eventually he married one, a woman who after several years suggested they try swinging.

What happened to Ralph? He had the same situation as Jonny, and yet he froze and didn't move. Ralph was afraid of UNCERTAINTY. Fear sucks, but to eliminate it you must be exposed to your fear. If you're afraid of bugs, start researching dung beetles. Maybe hang out with a Praying Mantis or two. Eventually you realize, bugs are cool as shit. You can't imagine WHY you haven't taken the plunge with bugs before. You laugh at your old self, who shook at the sight of a lady bug. Now you keep a cockroach perched on your shoulder.

Why don't you take action? Why does your life suck? This is gonna hurt, but it's because of you. If you really cared about becoming alpha or changing your life, you would take actions to make it so.

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UPVOTES

Andrew Tate is not your friend

RStonePT · 23 August 2022 · Archived copy · Reddit

Huge shoutout to Whisper, and whats old being new again.

Every once in a while, some new hyper masculine cock enters the public eye, and all the recovering betas here cannot help but latch onto the new thing that their enemies hate and wrapping their lips around it for a good hard suck.

If bravado was the Red Pill, why does the Red Pill exist? If thuggish behaviour and pissing everyone off intentionally was so good, why are half the thugs you know either convicts or ex convicts They got laid, so I guess that 2 year dry spell with probation is the price you pay?

Why? Because acting like a thug are none of these things, they are shit, they always were shit, and it's very easy for slaves to replace one master with another. Tate and the 'be like me it worked for me' men online do not give a shit about your welfare. They are just using your insecurity in a marketing funnel to make money. They aren't sincere genuine people, they are curated brands, saying the right things to resonate with an audience desperate to give money so they can feel good.

Men who aren't raised by other men have a chariacture of masculinity they base off of TV, and seeing what the people who hate them hate. Feminists hate men, right? Feminists hate Tate, right? Therefore Tate is dad 2.0! The enemy of your enemy is not your friend, he's just your enemy's enemy. Nothing less and nothing more.

They don't give a fuck about you. They just want you paying them instead of someone else. Tradcons and feminists can fight their little war over whose plan to exploit you for women's sake is "better", the thugs can catch whoever doesn't fall into either camp but is still longing for leadership, and you don't have to be involved. Because if you actually take the Red Pill, instead of just longing for a high-T 1990s wrestling promo, then this what you already know:

You belong to you. You exist for you. Anyone who wants something from you had better offer you something in exchange, instead of trying to convince you it's cool. Because being against what you hate doesn't mean you have frame, it means you're reactive and still controlled. And if you buy into it when it hurts you, you're a fucking tool. If you are still looking for someone to worship, you're still in beta-male suck-up mode. Yes, that includes Jesus. If he loves you so much, why does he never pick up the phone and call? Yes, that also includes me and other redpill dudes. We'll eat your lunch out of the fridge and steal your girl. We're just not bullshitting you, not because we love you, but because we hate bullshit. You belong to you. You exist for you.

Never let anyone subvert your primary directive with bullshit.

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The Indefinite Quantity

GayLubeOil · 23 February 2017 · Archived copy · Reddit

After bingeing on cheap Tinder dick for years, used up carousel rider Alana Massey wrote: **Dick is abundant and low value**. And you know what? She is absolutely right. Women can get express dick delivery with about the same ease and convenience as a Domino's Pizza. The Sexual Marketplace is a buyer's market if you are buying dick.

This presents a problem for the fine gentlemen of Red Pill because we are in the business of selling dick. How do you sell dick in a market that is flooded with cheap abundant dick of all shapes sizes and colors? I'll give you a minute to think about all of those dicks and how you are going to defeat them with your dick. No homo.

Dick is no different than any other commodity. Just because the market is flooded doesn't mean you can't sell at a high price. How do you sell carrots at \$4 a pound when the market price is ¢50 a pound? You sell organic carrots. How do you sell coffee at \$3.50 a cup when every donut shop and fast food restaurant is selling at \$1.50? You brand the coffee. You make the coffee more than just coffee you make it Starbucks. Starbucks is about being cool. Starbucks is about helping Amazonian forest children. Starbucks is about expressing your individuality with peppermint sprinkles and caramel swirls. Women especially the college age women TRP is so fond of don't buy **\$1.50 coffee**. They buy **\$3.50 Starbucks**. That's the power of brand.

Sounds great! So how do you rebrand your **gas station dick** into Starbucks **brand name shlong**? Before we can delve into the specifics of marketing your personal penis product, you need to have a general working knowledge of consumer psychology.

Every commodity whether intellectual, physical or ideological is comprised of a Definite Quantity and an Indefinite Quantity. In the case of Starbucks the Definite Quantity is the coffee. The Indefinite Quantity is the altruism of saving Forest Children, being trendy and the universal **comfortable feeling** that each storefront provides. Cars are marketed via Definite Quantity: physical features, and their Indefinite Quantity: the status associated with ownership. Finally, the Red Pill's as an ideological commodity is comprised of a Definite Quantity: it's practical advice, and an Indefinite Quantity: the transgressive feeling of being a Edgelord.

If you think back to the years of advertising that you have consumed, you will realize that each and every product you were pitched was sold through its Definite and Indefinite Quantities. **Here is the major takeaway**. Men generally place greater importance on the Definite Quantity and Women generally focus more on the Indefinite. Men, both **straight** and **gay** want sex. Women want **romance**. Men want **features**. Women want **security**. Men want solutions. Women want support.

The biggest mistake men make when selling dick to women is selling the Definite Quantity instead of the Indefinite. A Beta provider is all Definite Quantity and zero Indefinite Quantity. Women will gladly fuck a weird looking celebrity over a hot Chad. Whereas men would prefer sex with a **hot half retarded waitress** over **Jenifer Lopez**. Women don't think like men, so stop selling them dick as if they were men. That's what we call solipsism.

In conclusion it's not what you say to a woman it's what you portray to a woman. She wants a status symbol, a brand to give her vapid existence meaning. To her you are no different than a purse or a pair of shoes. Women don't love you they love the idea of you. So stop explaining features, offering discounts and negotiating. You are an exclusive brand. If she's not interested in buying your Versace Dick, she can buy some Walmart Dick. Nothing personal. Nothing to get upset over. She can show Walmart Willie off to her friends and family because she's a Walmart kind of girl. You don't give a fuck.

If you still don't understand the art of selling the Indefinite Quantity, you can always learn from those who make a living doing it. Visit a Rolex dealership and start shit testing. Tell them that their product is overrated and how cheap and abundant Chinese knockoffs are. Explain how unfair the price is. Tell them about all the watches you have. Threaten to leave. If Rolex can sell the Indefinite Quantity so can you.

[Follow me on Twitter](#)

PM me if you are interested in becoming a fitness coaching client

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UPVOTES

I am a wealthy man who got divorced. I managed to avoid divorce rape. This is my story.

liftpraylove · 25 June 2017 · Archived copy · Reddit

Originally posted this ask/trp thought it would be a good addition here.

This post will hopefully show men considering marriage how to avoid massive asset losses in the event of a divorce. I have always been a very shrewd man when it comes to my finances. Not so much when it comes to my romantic relationships, but I'm working on that now.

My story starts in the mid 90's. I had recently finished my surgical residency and moved out to a state with a severe doctor shortage. I was pulling down well into seven figures annually. However, I myself was working for this money and I always believed that having others working for you is the way to generate true wealth. So I began to open various hotel franchises, restaurant franchises, apartment buildings, etc. I was always concerned about a law suit because well doctors get sued a lot and I did not want to lose money to that, so I began researching into asset protection. The best way to protect one's assets is through an irrevocable trust. This is a trust where you are the beneficiary of all the assets within, meaning you do not own them and creditors cannot take them, but you can still access them. Unfortunately, in most states one cannot setup an irrevocable trust for himself. Nevada, however is an exception to this you can establish a "spendthrift trust" which is essentially an irrevocable trust without being called one. So I converted my franchises and properties into company stock and then moved these stocks into an account in a trust in Nevada.

Now, its the early 2000's about and my company is making slightly more than my salary as physician. So I quit working as a doctor and move full time to manage my company. At this point I was 39 years old and I began to think about marriage. So I began to date seriously. At the time, I had court side tickets to the NBA team in my city so I ended asking out one of the team cheerleaders. She's a total 10/10 bombshell. I thought I was very lucky at the time as she was the most beautiful woman I had ever been with. In retrospect, she was clearly a slut and I beta bucks. She gave birth to our first child 2003 and we got married in 2003 before she gave birth. However, before our wedding and before even setting the date I had seen my parents divorce, my brother get divorced, and several friends so I was wary. I consulted a an attorney and we drew up a prenup. At this time I was already very wealthy especially after investing prudently after the dotcom bubble popped. I had a net worth in the mid 8 figures and profits were well into the seven figures, most of it was already protected in my Nevada trust. The prenup stipulated that she would get \$250,000 for every child and \$100,000 for each year of marriage she was only making 30K a year so I was being generous. The prenup was signed before we even set the date and we both has separate representation. Also, the signing was videotaped with a retired judge mediating so it was clear there was no coercion. My paranoia ended up paying off later on.

Fast forward several years, it is 2009 and we have one more kid born in 2004. Our sex life has tapered off quite a bit. It is not nearly deadbedroom, but it is only duty sex twice a month. She often would use sex to manipulate me. I had become quite depressed. I had put on a lot of weight due stress. I had lost about half my net worth in the recession and to see all that vanish after years of work was awful. To compound this I find out that my wife has been cheating on me guy. I believe his kids were several years older than mine at the school they went to. I thought about what to do. My girls were my mine concern and I didn't want to risk losing them at such a young age. I was also worried about confronting my wife. I was angry at my wife, the world, her affair partner. I had done everything I was supposed to do and I was losing a lot of money and my wife was cheating on me. I have always been a vindictive SOB so I plotted my way out of the situation. Most of my anger was directed to the dude. Suprisingly, he worked at the time at a company that supplied a lot of the stuff to hotels. I called the company up and they fired him. Keep in mind this was during the midst of the recession. The guy lost his job, got divorced, lost kids, and from

what I know now lives in a shitty apartment. It was shitty what I did, but I don't regret it. As far as I know my wife didn't cheat on me after things ended with the other man. This was a wake up call for me. I started to spend a lot more time with my girls and my relationship with my wife actually improved. However, I knew that long term I could not stay with someone who had cheated on me. So I began to prepare myself financially and emotionally for the divorce. Our house was very expensive and we had joint ownership over it so I was afraid of losing it in a divorce. So I took out two mortgages on it and began to put as many of our expenses as possible into credit card debt. My businesses had returned to profitability. I could have taken a much larger salary than I did. However, I kept it artificially low so that when I filed for divorce possible child support would be calculated from a lower income.

Fast forward to 2015. My girls are a bit older and I've been spending a lot more time with them and have been really enjoying it which actually surprised me. My wife and I now only have sex once a month and whenever I don't do what I want she just gets horrible and nasty, worst things I've ever heard. Men who've been in a bad marriage I'm sure you know what I'm talking about. So I finally file for divorce. As I expected she would do my wife tries to challenge the prenup and go for half my stuff. By this time my net worth had fully recovered so she would have gotten just a massive payout. Luckily, the prenup was pretty solid. And I also had a little bit of leverage. The debt which was considered both of ours that was accumulated. Our lawyers negotiated that she wouldn't challenge the prenup as long as I get all of the debt. I could wipe it out in a year if I wanted to so I readily agreed. So in exchange for the 12/13 years of marriage she got \$1,300,000 plus \$500,000 for our two girls this ended up being around 3% of my net worth. Due to all the time I spent with my girls we ended up getting 50/50 custody no child support.

Fast forward to today. I end up having my girls most of the time as their mother is off slutting/partying around. I think she felt she ended her youth too early. Our daughters have lost respect for her, which in truth does hurt because I will always feel something for their mother. Luckily though, I have a long term girlfriend who sets a fine example for my daughters. After my divorce I started lifting and I am truly the captain now so to say. I anticipate having to pay my wife in the future though to stay until my girls are 18 because she has almost already gone through the settlement from what I have heard.

takeaways:

-Spend A LOT of time with your kids 1. You'll love it 2. It'll help you in custody battles -Obviously get a prenup 1. Have it signed before the date is set 2. Separate lawyers 3. Signing is videotaped with a mediator present -Use trusts to protect yourself-If you have a friend or brother your trust a lot you can both setup irrevocable trusts for each other -Don't be a beta bucks. I was out of shape for much of the time and was not physically attractive to women. A good standard I now have is would childhood me look up to who I am now or want me as a dad?

Good luck men, any questions I'll do my best to answer

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UPVOTES

Holding frame means EVERYWHERE

atticusfinch1973 · 7 December 2017 · Archived copy · Reddit

I have my kids (two little girls) part time who are now almost 5 and 3. Two days a week I drop them off at school in the mornings, and while sometimes we are a bit rushed usually I leave more than enough time to handle them easily in the morning.

When I got to their school this morning about 30 minutes later than usual I was treated to many more other parents. All rushing, being grumpy with their kids and muttering things under their breath like "hurry up" while their kid (who is four) is putting on their shoes. One parent actually dragged her kid into the classroom crying because she was "running behind". If you think kids don't see and hear this stuff then you're wrong. They pick up absolutely everything. And remember all of it.

Now, if you ever want to have your frame constantly tested by shit and comfort tests, hang out with small children. Everything gets questioned, they need to be told to do things calmly over and over again and occasionally they will just melt down or push back and you have to actually parent and deal with it. Remember what people say about treating women like they are 3 year olds sometimes and how well it works? Well, it does.

If you lose your frame and start to yell and force them to do things it can work for now. However, remaining calm and being assertive goes miles further. It also teaches them that they can stay calm and not have to feed off of your BS negative emotions. People learn how to treat you from the way you treat them. From the book WISNIFG I learned things like broken record, which goes a long way with kids - and a lot of other people in life too. It also means you can calmly deal with whatever comes your way and just take care of it. And also gives you time to flirt with your kids teachers' stress free.

Holding frame doesn't have to be practiced with just women. It means at work when that coworker tries to palm off blame on you for a project that went sideways. It means dealing with clients or customers when you have to take accountability if you screwed up. It means being organized and friendly and assertive to your kids and LTR even when you might be in a stressful situation. It means not losing it when you're in a store and the sales clerk is incompetent. Just a few examples.

I've found over the past few months that stoicism and practicing the ability to meditate and see the big picture invaluable for this. Even being able to take three deep breaths when your emotions rise and controlling yourself means that you hold frame, deal with your situations better and therefore garner more respect and deal well with people in all walks of your life, especially your LTR and/or kids.

For a project, especially in the Christmas season when stress levels rise, make a point of practicing holding frame in all avenues you walk into. Whether it be with family, kids, a store clerk, people at work or even women you're plating. Once it becomes second nature to operate this way it does reap rewards.

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UPVOTES

Billy the Beta orbiter.

alphasquatch50 · 19 March 2018 · Archived copy · Reddit

My wife, Mandi, like me, is a teacher, but for two decades she worked in the insurance industry. In her office there was a guy, Billy, about 10 years her junior who was unmarried and worked in the same department. He was the epitome of the Beta orbiter. Evidently he spent much of his spare time playing some sort of group game whose name escapes me. At first, she was convinced that he was gay, but he later confessed that he had been engaged and that his fiancé had cheated on him.

He always tagged along to lunch with my wife and her friends, lingered around any group she was in and generally just orbited. My wife's friends then started to joke that Billy's crush on Mandi was overtly obvious. He often dropped cards on her desk wishing her a happy birthday or just telling her how great she was and how glad that she was his friend.

Mandi is attractive and more than a few co-workers have looked her way, but Billy was just too transparent. He was always sending her texts just to say hello or to show her some meme or video he thought was funny. He even told her about the few dates he went on and how they always ended in failure, and on more than one occasion, remarked how lucky I was to have found a woman like her.

I laughed it off, and didn't even ask what he looked like. I finally met him at a company Christmas party and was not surprised to find that he was straight out of central casting as the stock character representation of a modern emasculated male.

He sat at the table with us and tried to hide his social anxiety. He seemed to find it impossible to make small talk with me. Mandi leaned over the table to pick up something and I smacked her ass hard, right in his face: he looked like he wanted to vomit.

Mandi and I danced a slow dance or two. When we went to sit down, I put her hand on his and told him, "here, take her for a spin." Mandi rolled her eyes at me, but took his hand and said "come on Billy." They did one dance and I thought he might pass out. He came back to the table, looking pale and then made some excuse to leave early.

Mandi hasn't worked for that company in 5 years, but Billy still texts her almost every day. He's still single and still, according to him ... lonely.

Don't be Billy.

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Massive censorship on reddit of discussion relating to migrant gang rapes with clear implications for red pill.

Keepsalowprofile · 12 January 2016 · Archived copy · Reddit

As red pillers we are under constant attack for our views by SJW's. I think everyone needs to realise how serious this is! 29 out of 30 posts on some threads are censored and the mods are actively manipulating the discussion.

I can't link to it because Reddit bots automatically censor it.

So try this out:

Go to world news and click on the migrant rape thread and type " un " in front of reddit in the url

This shows the comments that were censored - everything highlighted has been deleted by the moderators

Maybe 29 out of every 30 posts are censored. Reasonable thought out well written posts that have nothing wrong with them except that they are at odds from the moderators political leanings.

Go to TwoXchromosomes and you will see similar censorship on discussion there - in fact they have even locked the post!

I hope red pill mods don't censor this as being off topic or otherwise. It is a demonstration of the war we are in with feminists and leftists.

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shuaiya has passed away.
shuaiya · 5 June 2016 · Archived copy · Reddit

[removed]

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UPVOTES

Post from the front page of Reddit where a poor confused married guy has no idea what is happening

Capital_Recognition · 12 November 2019 · Archived copy · Reddit

I just want to say, if this place hadn't existed, I would probably want to kill myself as much as this guy does right now. He has no idea what the fuck is going on, and can't snap all the pieces together.

Don't ever forget or take for granted just how lucky you are to have been handed the map. All you have to do with that map is put it into action, you have zero excuses.

You're not some 30 something year old confused bastard like most men out there, so NEVER, and I mean never feel sorry for yourself or play the victim. You have the game by the balls just by having found this place. All it takes is action from that point.

I didn't link it because TRP usually removes the post whenever I try. But, here is the post copied line by line from relationship advice:

The post is titled: "Wife got drunk and had a meltdown in an Uber. She's been silent for 48 hours. Should I blink first?"

Here is the content:

On Saturday night my (37M) wife (33F), sister (32F) and my mother (59F) joined me for a Veterans Day-related event at a local hotel.

There my wife randomly ran into a former co-worker named John (30-something male), and they spent a good chunk of the evening catching up. He basically kept coming over to our table and kept saying how thrilled he was to see her. At one point she went to the ladies room with my sister, but ended up staying with him at another table. She was never really far from me, and I didn't think much of it, but I did notice she was drinking a lot more than usual, considering we rarely drink.

The event ended around midnight and most people had cleared out already, but her and John were still talking, at which point I came over and said "honey we have to go, our Uber is waiting".

As we walked to the car she made it clear she was not happy about me coming over and breaking up their conversation and called me a fucking asshole, which made me laugh out loud because she never talks like that, which in turn made her more mad.

We got in the car and I sat in the front, while my wife, sister, and mother sat in the back seat. As the driver started heading home, my wife rudely asked him where he was going. The driver said he was following the GPS, and she shouted at him saying "nooooo....I'm going to Norms. I'm hungry". Norms is a 24-hour Dennys-type restaurant that we've been to only once in recent years.

I apologized to the driver and asked him to keep following the GPS home, but she kept saying she was going to Norms. This behavior was completely out of character for my wife, who is a well-educated and very respectful woman. She had never caused a scene in public, and is always very friendly to our Uber drivers. My sister and mother sat there quietly, until my sister texted me "she wants to go to Norms because that's where John is going. I can see her phone and he's texting her right now".

After that I told my wife, who was getting louder and more obnoxious, that we could go to Norms for Sunday brunch in the morning, but that we needed to get home. From there things took a turn for the worse.

She started screaming something like "what am I going to do at home? Play around with your little dick? Your little dick does nothing for me. I should've fucked John when I had the chance. It's time I start fucking real men...".

Boom. My world fell apart right there in that stranger's car, with the three people I love the most in this world.

My sister and mother intervened by telling her to shut up, but she kept going, telling me how bad I was in bed and how I couldn't get her pregnant, along with a bunch of other outrageous things I can't even repeat because it hurts so much.

When we finally got home my sister and mother (who was crying) went inside the house, and I tried to negotiate my wife's exit from the vehicle.

After a few minutes I gave up and told the driver to take her wherever she wanted to go. At that point I was more concerned about my mother. About 30 minutes later I got the notification that the ride had ended. She wound up going to her parent's house.

That was over 48 hours ago and I haven't heard a peep from her. I haven't tried to contact her either. Her dad came over tonight to get her car and some clothes because she has to work tomorrow.

I told him exactly what happened. He said she's not talking at all. She just told them (her parents) that she would be at their house for a few days, so they thought that I was to blame for whatever happened.

I really don't know what to do. I'm still shaking of anger for what she did, and fear that my marriage might be over just like that, with no warning whatsoever.

For the record, it's not that I can't get her pregnant. She's the one who can't have children, but that has never been an issue in our relationship. We knew that when we got married.

And I do have a smaller than average penis, but she's known that since before we started dating. We met in 2007 and became best friends, started dating in 2012, and married in 2016. We communicate our sexual desires very clearly, and I thought our sex life was great. Now I'm not so sure.

I have always had an unfounded fear of losing her, because she is so smart and beautiful and outgoing, that men are constantly salivating all around her. Even though she has never given me a reason to doubt, I have always feared that some man will eventually come along and convince her that I'm not good enough for her.

But she is by far the most ethical person I have ever met, so I don't think she has ever cheated on me, and I don't think she really meant everything she said that night. But I'm having a difficult time getting my thoughts in order, especially because she hasn't contacted me at all.

But then again, this is new territory for both of us. We have never had a significant argument, much less a fight that would lead us to sleep apart one night. Last week was a normal week. Saturday was a fun day. She was very happy all day and we were both very much looking forward to this event.

The only variable was her running into "John", whom I had met maybe 5 years ago when they worked together, but they had never dated or been particularly close. So I really don't know what triggered her.

She also has a very good relationship with my sister and my mother. My sister is one of her best friends and has been for years, so I'm sure she's embarrassed for them as well.

But her silence now is what's killing me. I don't know what to make of it. Should I be the one to go see her and try to fix things, or should I let her come back on her own terms?

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UPVOTES

The most unattractive trait of all: trying to attract a woman

Archwinger · 22 October 2014 · Archived copy · Reddit

There's a post today about a very pathetic man. A man who went above and beyond to try to woo a woman. The specifics don't matter, but since the post was strongly upvoted around here and clearly resonated with a few people, I'll expound a little bit: Some jerk-off loser got dumped and created an overwrought romantic website to try to get his ex back. Naturally, the entire female internet community pissed all over him and mocked his efforts.

Surely, some women at least recognized and appreciated his effort, but figured that his ex just wasn't into him, or maybe he just wasn't their type, right? I mean, any man who makes that kind of effort to woo a woman is worth something, to someone, right? Wrong. Women everywhere pissed all over him. They called him a loser.

These facts don't matter. You could replace this idiot with any penis-owner, replace his website with any romantic gesture large or small, and replace his ex girlfriend with any female anywhere in the world, and the response of women-at-large would be the same. Pay attention to this part: if you are attempting to romance a woman, you're a pathetic loser. This isn't just what The Red Pill thinks. It's what women think.

It makes no sense, right? I mean, don't women want romance? Actually, it makes perfect sense. Let's explore the reasons why, viewing the universe through the eyes of women:

If you do something *with the intention of making a woman like you* that's manipulation in their eyes. Note the italics – to make a woman like you. When you're trying to make her like you, you're not really romantic, you're not really nice, you're just creepy. It doesn't matter if you're actually nice, if you're actually genuine, if you're actually romantic, and that you weren't trying to be manipulative at all. If you're doing something that seems like you're trying to make a girl like you, you're a creep. Because trying to win a girl's affections with your behavior is trying to circumvent nature. You're trying to turn something thousands upon thousands of years old, inscribed into our genetic code, into a transaction. You're trying to buy sex or a relationship with romantic gestures and niceness. Women hate that, because if you could influence their emotional state like that, you'd be taking their power away. You don't choose whether she likes you. *She* does. And any attempt to influence her decision is subversive and creepy. You're supposed to "be yourself" and maybe, if you're really lucky, she'll pick you if she finds herself naturally attracted to you. Trying to convince her to pick you automatically takes you out of the running, loser. Because trying to convince a woman to want you is what losers who can't get women the real way do.

The way to make a girl like you is to do the exact opposite. Look like you're not trying to win her over. Do your own shit, and blow her off to do it. Be too busy for her. Be dismissive of her. Do shit that improves you and benefits your own life. Shit that makes you a better man, who's attractive to women, without actually trying to attract women. Because remember: actually trying to attract women is creepy. It's manipulative.

Girls don't even appreciate that you're trying. The very fact that you are making any effort at all to attract a woman instead of just doing your own shit is *controlling*. You are trying to control a woman's emotional state by acting in a manner intended to influence her. They hate that.

That's why gaming women and PUA tactics and becoming a "Red Pill" man work incredibly well in the real world, but women who read about all of this on the internet hate the hell out of it and call it creepy, rapey, manipulative, and swear that it would never work on a smart woman. Because when they read about game on paper, it's an action you're taking to try to attract women. That's creepy and could never possibly work, because trying to attract women is manipulative and automatically fails. It disgusts them to read about it and they couldn't possibly be less attracted after reading that text. When they experience an evil Red Pill man in the real world, however, he just seems like an attractive guy who's different from all of the other creeps who are trying too hard. A confident man who has things going on and doesn't really care if she fucks him or not. He's totally different from all of those pathetic losers trying to buy sex from her with kindness, complements, and drinks. I guess webpages, too.

Gentlemen: Stop trying to attract women and focus entirely on yourself. I know it seems counter-intuitive. I know

some guys around here worry that if they just do their own shit, no woman will ever notice them and they'll never get laid again. If that's the case, you're doing the wrong shit. Quit playing video games and eating Oreos in your mom's basement while jerking off to porn every day, and start working out, eating right, excelling professionally, and learning skills. It's hard work, and far less pleasurable than just screwing around all day, but you get a reward. Not women, a real reward. You get to feel like a badass every single day of your life. You get to wake up excited every day, full of energy. You get to love your life, which is far more rewarding than loving a woman. And by the way, women fuck guys like that without them having to do much more than just walking up and saying hi – your wives and girlfriends are fucking guys like that right now.

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UPVOTES

"Don't Be Afraid to Dominate"

OmLaLa · 12 November 2015 · Archived copy · Reddit

"Don't Be Afraid to Dominate"

I used to see this cute chick named Suzy.

We'd been seeing each other for the past few months. We'd met during the creation of the original version of ["The Red Pillar's Guide to Online Dating"](#).

She was... the dominant type. She'd step on any man who'd give her the chance. But I respected her for that, even more so for her brutal honesty on the matter.

"If he's dumb enough to buy some random girl he barely knows a Tiffany bracelet, I'd be dumb not to take it. Anybody'd do the same and spin it like they've earned it. Morality? I can't pawn morality."

Well, she wasn't *wrong*.

She didn't want a serious relationship, so our relationship was strictly sexual.

Over time, with careful frame control, dominance and a touch of influence, she became one of the most submissive woman I've ever met.

She would bring a meal every single time she'd stop by, wait quietly for sex and leave as soon as it was over.

You may say she sounds trained. I see it moreso as discipline.

She kicked at being dominated at first. *Hard*. And it was by no means a *delicate* process. But she ultimately adapted and grew to like our established roles.

Well anyways, I received an email recently with her resignation.

I'd like to share it with you all to show the *positive* qualities real dominance can have on a woman under the vein of mutual beneficence.

redactedname [redacted@yahoo.com] 2:02 PM (1 hour ago)

Ommy,

I do believe in marriage and monogamy. I want the fairy tale ending and true love. Yes, I do understand that life happens and people get divorced like my parents.

But no matter how hard I try not to accept it, I still believe in it.

I know Im an asshole to most people that don't understand me. I love family and I am all about it. I am the baby of two older siblings so I don't like to share at all.

Also you made a comment that I'm obedient now.

That's because thanks to you my level of confidence has changed. I have been racking my mind trying to figure out why would you pick me?

But yu made me realize I do have worth and deserve to be loved. I thank you for introducing me into your world because it has pushed me passed my comfort zone. Also hanging out with you has been amazing and one of the most honest experiences that I have ever had.

-[redacted] xoxox

I'm sure she's left for reasons other than marriage and monogamy, I'm not mourning the loss of her, nor am I valuing these words alone as anything more than chaff.

The real takeaway here is that through submission, she's benefited in kind.

She's reached a level of discipline she never would have gained on her own, all taught while putting myself first.

Now my turn is over. She'll live a better life from what I've instilled in her and I walk away with a better sense of what I'm capable of.

So don't be afraid to dominate. To lead. To get rough, get dirty or push limits. So long as it's done correctly, they'll ultimately thank you for it.

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UPVOTES

"There is nothing I can say to you that will magically make you not a bitch" -GayLubeOil

FieldLine · 7 July 2016 · Archived copy · Reddit

"Betas like to be babysat. They love personalized attention and they fear rapid progress."

I discovered TRP about a year and a half ago - it took me six months to get a gym membership, and only recently did I manage to squat 225 for 3 sets of 5 with shitty form. It's not even impressive, and it took me almost a year.

I've harassed the hell out of most of the Senior Endorsed/RP Vanguard, to the point that both Archwinger and GLO literally stopped answering me, justified considering they had taken the time to respond numerous times and I just wasn't getting the message because of my ego.

The crux of the issue - **my whole life I thought I was special**. I thought I was smarter and better than most people, that I needed special attention.

Most of the messages I sent were along the lines of "I'm a special snowflake and I'm super smart, here are my credentials, help me, give me some personalized advice." The reason why this was a shitty thing to do is because there is plenty of advice in the thousands of archived posts. To their credit, every single one of the people I messaged *did* offer me advice, and most of it was pretty good. But it was all redundant advice, all things that have been said before.

My point is not that you shouldn't reach out to ask for advice - by all means, it's encouraged. But before you hit the post button in askTRP you need to be honest with yourself about whether you really need advice, or if you're just looking for a pussy plan because you don't want to put in the work.

About a month ago I asked GLO about starting my first cycle - his response (not in these words) was essentially "why the fuck are you going to take steroids when you don't even feed yourself properly. You don't gain weight. You can't even commit to a lifting plan and stick to it for eight weeks. Stop trying to cheat, you aren't smarter or better than decades of bodybuilding research. We know what works, you just aren't listening."

Being a social dynamo with your shit together, making good money, feeding yourself properly, having masculine hobbies, holding frame - none of it is easy. When you tear the skin of your palm because it's your first time deadlifting and it hurts like hell, you can either throw some tape on it and finish your sets, or you can be like most people and leave the gym early, run the pharmacy to get the lotion that smells the nicest and take a week off lifting to preserve your soft baby hands.

What no one in TRP really likes to upvote is that becoming great is *hard*. It sucks. It's a grind. We talk about being a top 20% man, but it's lost its meaning. Think about what that means - in a room with 100 people, you are objectively better than 80 of them. Sitting on your ass and reading an online forum isn't going to do that for you.

The solution isn't to find a motivational video or the best workout playlist, it's about developing the discipline to do what you have to do, regardless of your current state of mind. Even when you don't feel like cooking a healthy dinner after a hard workout, you do it because it has to get done, ordering a pizza won't give your body the nutrients it needs to recover. If you've been on TRP for a month then you pretty much get what it's all about, reading more of the posts here to get motivated isn't going to tell you anything you don't know. It'll just make you feel like you're progressing while you're the same little bitch that you always were. I know because I've been doing it for almost a year.

Ultimately there is nothing anyone can say to you that will magically make you not a bitch.

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UPVOTES

The Red Pill Right

redpillschool · 3 February 2017 · Archived copy · Reddit

Last night Milo Yiannopoulos appeared on Fox News to discuss the riots at Berkeley, and Tucker Carlson introduced him as the "gay jew" that's becoming the face of "the red pill right."

It occurred to me that many who visit the red pill have had continued epiphanies in their lives outside of the ones we discuss here about sexual strategy.

Now, don't get me wrong, I believe everything in the world boils down to sexual strategy- it's no coincidence that the insult of choice on [/r/the_donald](#) is "cuck" - but that doesn't mean understanding sexual strategy and the red pill will be the last time you have an epiphany that makes you take a retrospective look at your life and realize that nothing was what it seemed.

The Red Pill has entered our culture's vernacular and is used unironically to reference pulling back the curtain on any philosophy and discover the secret inner workings.

And I'm proud to have been a part of that movement, even though we focused specifically on sexual strategy and will continue to do so.

Something struck me about the phrase "the red pill right," and it's been on my mind since I heard it. There's a lot of agreement and disagreement between different schools of thought in politics, and often one can't really be determined to be right or wrong, only different. There are competing schools of economic thought, different ways to try to accomplish similar goals, and almost an infinite variables that are close to impossible to really know or track keeping us from having any objective answers.

But that doesn't mean there isn't something to know about politics. Just like sexual strategy, even though we do not have the full picture of evolution, and we can't possibly know everybody's thoughts and feelings, we do know that we can make descriptive theories about how people operate, and test our hypotheses against future happenings to determine if we were anywhere close.

That brings me to something that I think I've been lacking in my life during the USA election cycle this past year. The Red Pill has been instrumental in helping myself and others find sanity in the world of sex and women, but there is no such guiding light for me in politics.

I admit, [/r/the_donald](#) is fascinating and entertaining. But it serves as little more than rage porn and memes. The conversation actually stops itself from getting too deep. A few conjectures land at the top of every post, but nothing is really said about the underlying theory of what is happening today.

I don't think it's a mistake that Milo wanted to be introduced as the face of the "red pill right" because he knew the term alt-right was being used to try to tie this new brand of republicans to white supremacy and other unsavory things.

Undoubtedly, he uses the term because it's fitting, but also because it helps to ride off the success of our name. It's not uncommon, attempted to co-opt our language and mission and then tailor it to their own needs and purposes. Look no further than The Red Pill Movie- made by a feminist, and has nothing to do with us!

But the truth is, there is a new conservative movement happening, and it's been happening for a while. And it's got a lot of overlap with the subscribers here on TRP.

It's a bit more libertarian leaning than the traditional Republican party, as it's very socially liberal (pro-to-each-his-own, but with a bent on strict liability rather than social safety nets). But it remains conservative in places that I believe make sense to do so (protect borders, our tribe above others, govt. spend responsibly, don't take my money, etc).

TRP has always talked about tribalism, about safety and security in our culture, and about the values that really

matter when you strip away the thin facade of "safety" Western cultures think that they have.

Physical strength leads to security, assimilation lends itself to tribalism. Jack Donovan writes extensively about these things. And they all lead us back to the number one point we have on TRP: Everything is about sex. Our behaviors are governed by evolution.

That is why I am announcing today, a brother sub for [/r/theredpill](#) as well as [/r/the_donald](#).

[/r/theRedPillRight](#)

My focus with this new sub is to keep us from diluting the discussion of sexual strategy on our main sub, but give us a fresh place to discuss politics with a serious tone rather than the memes and rage porn of [/r/the_donald](#). (I'm not shitting on the_donald, I do enjoy the sub.)

I want us to discuss these social trends and why they are taking place.

- Why is the media colluding to write the narrative they do today?
- What are the possible motivations and goals of different political belief systems?
- Is globalism a viable strategy?
- Why is nationalism (or tribalism) preferred by some but not others?
- In what ways are we wrong?
- In what ways are we right?
- How do we define "fake news?"
- Is fake news a symptom of click-bait?

I hope you'll join me to discuss politics from a red pill standpoint, with our traditional style of high-effort, no memes, quality commenting on our new subreddit: [/r/theRedPillRight](#)

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UPVOTES

HumanSockPuppet's Guide to Managing Your Bitches

HumanSockPuppet · 21 October 2015 · Archived copy · Reddit

Good day, class.

This will be a recap (and expansion) of my original guide to bitch management. In it, you will learn how to manage your bitch(es) by turning your relationship into a game she plays - winning prizes of intimacy for good behaviour, and getting punished with demotion or exile if she fails.

Additionally, this guide will also cover:

- What it means to manage a bitch, and the challenges you will face
- Why bitch management is ultimately YOUR responsibility
- Relationship strategies for maximizing happiness and minimizing drama
- How to turn those strategies into lasting positive lifestyle changes

This guide will begin with some basic **theory**, describing why men are the arbitrators of relationships. It will then establish some common **definitions** and lay the groundwork for the **strategy** section afterwards.

As you read this guide, bear in mind that it is a **model**, not an absolute treatise. You are free (and encouraged) to modify any part of it to suit you. But for the most part, the principles outlined here should be fairly universal.

We say AWALT for a reason.

Disclaimers

1) In order to sustain a prosperous relationship with a girl, you MUST be comfortable with bossing her around - being a bonafide Patriarch™.

You don't have to be a master of your emotions yet. But at the very least, you must be willing to be firm with her, give her orders, and tell her "no", even against a flood of her tears.

Why?

Because ultimately, women get their behavioural cues *from men*.

Remember, women are children: mentally, behaviourally, evolutionarily. They are **not** like us. They don't think like us, or have the same deep sense of personal responsibility.

Even the most sociopathic man will intuitively know when he has crossed a boundary and offended another man. Whether or not he feels guilty about it is a different issue, but he at least knows he's done something wrong. Evolving this instinct was the key to a man's ability to either strategically make enemies or avoid unwanted conflicts.

Women, on the other hand, evolved no such instinct. On the contrary, women evolved the instinct to push a man's buttons as a way of testing his willingness to face conflict head-on (what we call shit-testing). A man who is willing to fight against her will also fight FOR her. Likewise, a man who caves before her will most certainly cave before his enemies.

This is why bossing her around is key. She is evolved to push the boundary by picking fights with you. So unless you are strict with your girl, she will become as selfish and insufferable as you let her get away with.

2) A long-term relationship CANNOT be your end goal. You can only be OPEN to the possibility of having one.

Men are the gatekeepers of relationships. Since a relationship is what you have to offer, you mustn't just give it away. It must be a reward she earns in small doses for inspiring your trust and devotion.

I understand that many of you want a LTR with a good girl – sometimes a series of flings isn't enough to fulfill you. Believe me, I sympathize.

But winning a LTR is HER problem, not yours. Handing a girl your devotion won't magically make her worthy of it. When you WANT a LTR too badly, you place your focus on the idea of having a relationship instead of evaluating the girl. You become fixated on your fantasy relationship and selectively ignore the things happening right in front of you: her deep character flaws, her indiscretions, and the red flags.

You must regard women as candidates applying for the job of being your girlfriend – a supporter, a lover, a comfort away from the everyday battles. Don't just hire a bitch because you want the position filled. Make sure you vet your candidates fiercely and hire the right girl for the job.

This guide will help you do just that.

3) This guide will be far less effective if you're already married.

As a man, your ONLY power in a relationship is the power to revoke your attention, validation, and your time by walking away – sometimes for good. It's the only strategy you have, but it's a potent one, and for a very specific reason:

You may want a woman, but women NEED you.

The problem with marriage is that it strips you of the ability to completely walk away. Sure, you can still get a divorce, but not without shooting yourself in the foot, possibly losing your children and a significant portion of your hard-earned assets in the process.

Our current social climate is not amenable to marriage. If you're already married, you have my condolences. If you're not married but plan on it, then you're a moron and you have no one to blame but yourself when your mistake comes back to bite you in the ass. And bite you it will.

Theory: The Fundamental Principle of Sex and Relationships

The Fundamental Principle states that women are the gatekeepers of sex, and men are the gatekeepers of relationships. You should be familiar with it by now. If not, educate your ass [here](#).

Beyond a man's Relationship Gate lies a paradise that every girl wants to live in. It is a magical place where pickle jars are opened, spiders are squished, rides are given, appliances are fixed, cuddles are administered, encouragement is provided, and order is firmly established. And all of that requires a man's time and effort.

As a man, your time and effort is your most valuable asset. You use it to get shit done – most often shit that's related to Your Mission. When you give that time to someone else, it is a tremendous gift which should be appreciated and respected.

This is the key principle behind bitch management. You must demand that a girl appreciate and respect your time.

Some men don't demand respect for their time. They are too liberal with who they let through their Relationship Gate. They've got no border patrol, no review process. Just a country full of free benefits for anyone who crosses over. These are the beta-orbiters, and they are constantly beset by every vagrant vagina and panhandling pussy that bats its attached eyelashes.

Other men are too strict about admission. They only issue temporary sex visas, and they often deport women

without notice. These are the uninterested lone-alphas, and they have chosen a lifestyle of banging and then flying solo.

YOU, on the other hand, are open to a LTR with a bitch – IF she earns it.

Managing your life and your bitches comes down to awarding her ONLY the time that she has earned.

You can decide just how much of your time a bitch has earned by assigning her with a “rank”.

Definitions: An Overview of "Ranks"

We use a lot of terms for describing a relationship with a girl: girlfriend, fiancée, one-night stand (ONS), plate, friend-with-benefits (FWB), etc.

But what do these terms really mean?

From a male perspective, each term implies a different *level of investment* in the girl – an investment of time, effort, emotions, and other precious male resources. As such, they can be arranged as ranks in order of how much investment each term implies.

Here is a list of ranks we will use (along with working definitions) ordered from least to greatest:

Level 0: One-Night Stand -or- Pump and Dump. You throw a fuck into this girl and never see her again (unless she reaches out to you). It is a single encounter that is casual, sexual, and impersonal. You may or may not have met her before the encounter, and you may or may not even know her name. She is a one-time answer to a physical necessity - nothing more.

Requires no maintenance and a very low investment of time.

Level 1: Plate -or- Fuck Buddy. You have sex with this girl more than once. You will know her name and just enough about her life so you can schedule sexual encounters. You may also know a little bit about her personally, so you can help her rationalize being your fucktoy, assuming she's uncomfortable about the idea of being one. Otherwise, she's down with it and you're both satisfied with being casual. She is a temporary answer to a physical necessity.

Requires some maintenance and a low investment of time.

Level 2: Friends with Benefits. You have sex with this girl more than once - typically as often as mutual convenience allows, but perhaps even when it's not completely convenient for her (because she likes you enough to go out of her way). You also spend non-sexual time with this girl, like eating out or pursuing activities of mutual interest. You know more about her personal life, and she knows more about yours, and as a result the two of you exchange mutual, non-sexual favours from time to time. You will most certainly have good memories of non-sexual time spent with this girl, which will lead to positive emotional investment in her, making her more than just an answer to a physical necessity.

Requires moderate maintenance and a moderate investment of time.

Level 3: Significant Other -or- Girlfriend. The highest level of intimacy a girl can earn. You have sex with this girl often, usually more often than you do any of your other girls. You also spend a considerable amount of non-sexual time with this girl, resulting in many shared memories and a deeper emotional investment. At this level, there is significant mutual concern for the other's well-being. The girl in particular will feel a great *dependence* on your direct and involved guidance in her life (rather than simple stoicism and confidence). Emotions are strongly felt at this level: affection is especially sweet, and betrayal can be especially bitter.

Requires significant maintenance and a significant investment of time.

Strategy: How She Plays the Game

The game itself is quite simple:

A girl begins the game at Level 0 or Level 1, depending on the context in which you two met.

If you met in a club, or began as total strangers grinding against each other at a house party, she's Level 0.

If you two met in a slightly more sociable manner - perhaps introduced by mutual friends, or she impressed you with her pleasant demeanour after you opened her at the local cafe, she's Level 1. She can also bump up from Level 0 to Level 1 if she reaches out and maintains pleasant and reasonable contact with you after a casual sexual encounter.

From that point on, a girl must perform NON-SEXUAL services for you in order to advance in rank.

These services can include, but are not limited to:

- **Cooking you a healthy meal.** Either at your place or by invitation to hers.
- **Treating you out some place.** A restaurant or an activity of interest to YOU. Bonus points if you've never done the activity but it looks like fun - that means she's really thinking about you.
- **Buying you a well-thought-out gift.** Not just a random thing, but a gift which demonstrates an effort to understand your life and interests (example: therapeutic shoe insoles for a guy who likes running, or high-quality ear buds for a music-lover). The accuracy of her insight is more important than the cost of the gift.
- **Hand-making you an artistic gift.** These might include a picture or painting, a poem, a knitted scarf, a calendar of her photography, and the like. The more personalized the gift, the better. A hand-made gift doesn't have to be highly useful (since making useful things is tough), as long as the gift shows patience, diligence, and an attention to detail.

The greater her investment of time and effort in the gesture, the more credit she earns with you. Eventually, if she shows a consistent pattern of investing effort in you, she can advance in rank by one level.

As previously stated, **a girl must invest time and effort in you in order to get your time and effort in return.**

There's no concrete number of favours she must do to go up a rank, so use your own discretion and judgement when deciding how to reward her. But always observe **Roissy's Fifth Commandment of Poon**:

V. Adhere to the golden ratio

Give your woman 2/3 of everything she gives you. For every three calls or texts, give her two back. Three declarations of love earn two in return. Three gifts; two nights out. Give her two displays of affection and stop until she has answered with three more. When she speaks, you reply with fewer words. When she emotes, you emote less. The idea behind the golden ratio is twofold — it establishes your greater value by making her chase you, and it demonstrates that you have the self-restraint to avoid getting swept up in her personal dramas. Refraining from reciprocating everything she does for you in equal measure instills in her the proper attitude of belief in your higher status. In her deepest loins it is what she truly wants.

Giving her slightly less than she gives you is critical to maintaining your superiority in her mind. The material imbalance in this scheme is rebalanced by her hamster. Because your effort appears less than hers, she believes you to be her superior, and that she must continue to work in order to earn your approval and continued commitment.

A slow trickle of correctly-administered rewards will keep your girl happy and working for the duration of your relationship together. With dedication on her part, that relationship can be quite a long time.

Why Do the Services Have to Be Non-Sexual?

Simple. Because a girl doesn't have to exert any effort at all to have sex. If she is attractive enough, all she needs to do to get sex is show up. Someone will fuck her if she makes herself available.

This game only rewards **effort**.

You should also remember this: sex is the most fundamental pre-requisite of any non-platonic interaction between a guy and a girl. You'll never find yourself in a situation where a girl is giving you gifts and cooking you meals, but NOT having sex with you (unless you're both a coward and too daft to read the signs). If sex isn't happening, then something is terribly amiss and you must either correct it or next her. Which brings us to our next section...

Strategy: Punishment and Demotion

There are many ways in which a girl can make a mistake and upset you. Maybe she starches your shirts too much, or she burns the dinner she was making for you. These kinds of mistakes should not be punished with demotion because, despite her mistake, she is investing time and effort in you. You can think of a suitable punishment and repayment for your lost shirt without going to the extreme of knocking her down a rank.

Instead, demotable offenses should be offenses that are an affront to your dignity, your authority, or to the time and effort you have invested in her.

Offenses can be **intentional** or **unintentional**.

Unintentional offenses will usually come in the form of some indiscretion on her part, as she slowly loses attraction for you, her conscious effort wanes, and she slips back into her natural hypergamous state.

Some examples of unintentional offenses are:

- Unconsciously being too flirty with another guy (shit-test, can occur at any level).
- Failing to keep an important promise (usually by neglect or poor-planning), the consequences of which cost you a substantial amount of money or ANY amount of reputation (failing of respect, this offense will happen at Level 2 or above, since you don't entrust these matters to girls below Level 2).
- Neglecting some important duty that you have assigned to her (failing of respect, typically occurs at Level 3).
- Frequency of sex decreases, and she absently evades when you try to initiate sex (loss of attraction, can occur at any level).

Committing an unintentional offense should typically result in the demotion of the girl by one (1) rank.

Intentional offenses are far more vulgar than their counterparts. Intentional offenses are usually targeted shit-tests meant to re-assess your fitness. In some extreme cases they might even occur in the presence of friends and family, making them **vindictive** attacks against your reputation or dignity

Some examples of intentional offenses are:

- Consciously flirting with another guy, trying to arouse jealousy in you (shit-test, can occur at any level).
- Openly insulting you (shit-test, can occur at any level).
- Frequency of sex decreases, and she consciously and vehemently evades when you try to initiate sex or talk about it (loss of attraction, can occur at any level).

Committing an intentional offense should result in the demotion of the girl by two (2) ranks. Committing a vindictive attack against your reputation should result in a loss of three (3) ranks.

Now, this next part is important, so pay attention:

Once a girl has been demoted, her current level becomes the maximum level she can ever be again. She can

only climb the ladder as long as she is flawless in the execution of her womanly duties. Once she commits a serious offense, she is demoted, and she can never rise again.

Some examples of transgressions and appropriate punishments:

- A plate (level 1) who fails to provide sex on demand drops one rank to level 0, and she is replaced by a plate who will.
- A friend-with-benefits (level 2) who remorselessly loses your expensive digital camera drops one rank and becomes a plate forevermore.
- A girlfriend (rank 3) who drunkenly humiliates you in front of your friends at a party drops three ranks to level 0, and you quietly disappear and move on.

Now, I know what you're thinking. Permanent plate status? Walking away for good? Aren't these punishments pretty severe?

In reality, the offenses outlined above will generally only occur for one of two reasons:

1. You've slipped up in your duties as a Red Pill man and her attraction for you is beginning to wane.
2. She doesn't have the sense to recognize her unworthy behavior because of a failure of parenting that occurred long before you met her.

If it's reason 1, then you're at fault, and you're better off starting from scratch with a new bitch than trying to salvage a relationship that's on a downward slope. If it's reason 2, then the girl was never worth your time to begin with, and you simply didn't know it until now. You can't turn a ho into a housewife, so don't even bother trying to reform her.

In general, you must be uncompromising whenever you punish your bitch. **Remember what we've already established: girls look to you for cues on what's okay.** If you don't crack down on bad behavior when it happens, a girl's only assumption is that you are perfectly okay with whatever she's done. Hypergamy is selfish by nature, and it shows no mercy. Tough love is the only effective response.

There's also another benefit to being ruthless: meting out uncompromising punishment helps to keep you in abundance mentality. An uncompromising approach helps you to avoid the risk of developing oneitis, and it prevents you from being manipulated by women who are all too good at tugging at your sympathy to get just one/two/five more chances.

Keep your life drama-free by dropping troublesome bitches. With so many eligible bachelorettes out there looking desperately for a strong man like you, no single one of them is worth your grief.

Strategy: Naturalizing the Process

As you learn the rhythm of using rewards and punishments to keep your bitch enthralled, you'll develop an intuition for how to play your part of the game. The process will become second-nature to you. You'll naturally become bored with women who fail to show you the proper appreciation, and gravitate towards the ones who make your life more pleasant.

That's the ultimate goal here: to make you a natural. You'll never say to your bitch "You're a level 1 plate now!" or "You're going down a rank for that shit!" This system is for YOU – so you can have an abstract model with which to understand the game, until managing bitches becomes as natural to you as breathing or blowing a load on her face.

Final Thoughts

The key trait of the modern western woman is her absolute lack of concern for the desires of men. Our cuckold state has all but replaced men as husbands and providers, and so it would seem like the traditional relationship is basically obsolete – that women will never again need to concern themselves with OUR wants.

Nothing could be further from the truth.

Though a woman can subsist off the benefits paid for by our taxes, the government cannot give her the love, the attention, the stability, the masculine reassurance, and direct intervention that are so crucial to her emotional well-being. A woman feels vulnerable in a role of leadership, and she feels lost without a masculine leader to boldly claim responsibility for confronting all of the challenges that terrify her. No government can provide that for her. For that, she must come to us.

And for that, we must demand a price.

My hope is that this guide has helped you realize just how much leverage you have in the sexual dynamic – much more than you once thought. Let this guide help you to capitalize on that leverage – for the sake of your happiness, and for the happiness of any woman who works hard enough to earn your time and effort.

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UPVOTES

Reddit's new 'Trust and Safety Team' just quarantined the r / european subreddit

CHAD_J_THUNDERCOCK · 12 May 2016 · Archived copy · Reddit

It was a free speech subreddit that discussed immigration freely.

Reddit admins hired somebody yesterday to increase our safety for us. <https://archive.is/SCJyy>

r / european played a semi-major role in signal boosting the Cologne Sex Attacks back in January; as did TRP. Mainstream subs were forced to stop removing/deleting threads as there was so much attention on them. Then it was frontpage. Then the news on reddit helped signal boost the message on twitter; which eventually lead to (some) news organisations finally reporting on the story 4 days after it happened. Then that got the ball rolling on opening up the Overton window.

Daily mail reporters and Breitbart reporters used the european sub to crowdsource local news on attacks that national publications (of Germany, Sweden, etc) refused to print. I know this as I know people working there. They did not have systems to crowdsource the local news stories in many languages. It was a small sub but it helped changed the narrative at a global scale for a few months.

Be very careful about sharing your email with reddit if you plan to view this or any quarantined sub. They removed their disclaimer about sharing data with governments in the ToS a few months back.

For a long time FatPeopleHate, european and theredpill were considered by many as the holy triad of reddit 'hatespeech'. Now only one is left.

There might be a high risk of this sub also getting quarantined shortly.

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UPVOTES

The never ending shit tests I have experienced while losing weight

[deleted] · 15 June 2017 · Archived copy · Reddit

[deleted]

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UPVOTES

Do not talk about negative shit.

MrTrizzles · 30 October 2017 · Archived copy · Reddit

Add this as a fundamental part of your frame and it will save you lots of time and problems. Think of it as a firewall rule for outgoing traffic.

Let's step back. Out of all the things one might talk about, why choose something negative? Just on general principle, I don't want to spend *any* time on negative shit. I want to spend my time on positive shit. Sentiments shared by most of mankind, surely.

But let's say I am. I'm voluntarily talking about negative shit. I must have a really, really, really good reason. Because lest I forget, I am forcing my audience to feel bad. To deal with negative shit. Essentially, I am making them suffer the same emotional consequences that I have incurred. So this reason needs to explain how their awareness is of such benefit that it's worth the pain that it brings along.

So what are the rational reasons for sharing something negative about me or my life? There is only one: they can offer a solution, if one even exists. That's it. Unless your problem has a solution, and unless you think your audience has it, then never talk about negative shit, period. If you must, then use a pro or a priest. Both trades exist almost solely to listen to people talk about their problems. It's enough that you have to feel bad about shit. Don't make it worse by forcing the people you care about to feel bad, too.

When *can* one share about their negative shit? *After you win*. Because then it becomes a positive story about success. You could almost say that talking about a negative situation as it's happening is premature, since you don't know how it's going to turn out. You might well be documenting for your listeners a grand fail, in real time.

Notice this is before we even get to girls, or not showing weakness, or the myriad other considerations RPer's need to navigate. To have rational, well-considered first principles behind *every* interaction is key to building a frame you don't have to think about all the time.

P.S. I think the reason why some people get a 'be happy' vibe from this is my use of 'positive,' particularly when used opposite 'negative.'

In this context I'm using it as a stand-in for 'anything that has merit' - NOT in the 'don't worry be happy' matrice.

This choice is a simple binary and should happen instinctively, frankly. Pain, or not.

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UPVOTES

Boredom is why you're Blue Pill

CaptainCringeworthy · 31 December 2016 · Archived copy · Reddit

Boredom is toxic. It leads to wasting time and causes mistakes in your strategy. The following post describes both why boredom is the enemy and how to combat boredom.

Rule 1: Never text a woman because you're bored

You have nothing to do at the moment, so you decide to see what your woman is doing. Here's the issue with that: you will annoy her with your incessant texting. It will become addicting to rely on her to assuage your boredom. She will come to realize what is going on and she will hate you for it. You will become lame and unattractive. So whatever you do to cure your boredom, never text a woman.

Rule 2: Exercise

Exercise is a great way to release endorphins and close any feelings you have of boredom. It does require motivation to go out and exercise, but once you've brought yourself about to doing it you will feel much better.

Rule 3: Avoid masturbation

I will argue that masturbation, especially masturbation to porn, is a purely Blue Pill activity. Being bored can lead to masturbation tendencies because you get horny feelings when you are doing nothing. Rather, fight these tendencies and go out and build yourself up.

Rule 4: Avoid overeating

Being bored often leads to eating not when you're hungry, but just because you have nothing better to do. Cut this out. Instead, find something else to do instead of eat. Eating may give you warm feelings inside, but your weight will take a toll and in the long run you will regret it.

Rule 5: Read, write, study, learn

Boredom often comes from procrastination. Fight these procrastination tendencies and tackle what you need to tackle. Do the homework you need to do. Get ahead in your class. Research stocks and other investments that will make you money. There is plenty to do that you are putting off. Conquer boredom by putting these things on the forefront.

Rule 6: Get out of the house and stop oversleeping

When you're bored you may have tendencies of oversleeping. Get out of the house, sit at a coffeeshop, and find ways to alleviate your mind. Oversleeping is a terrible habit to get into and will ruin your circadian rhythm. Go for a walk, go out somewhere in public, and get yourself doing things.

Rule 7: Clean your place

Cleaning your house is a way to conquer feelings of boredom as well as become productive. Cleaning is simple, and requires minimal tools. The dividends from a clean house are fantastic, and you will feel accomplished after cleaning your place.

tl;dr/Conclusion: Boredom is the enemy. Make a conscious effort to fight it. Go outside, exercise, do homework in order to better your life and get that much closer to accomplishing your goals. And whatever you do, never text a woman out of boredom.

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UPVOTES

College girl goes to Trump protest to "collect 100 Nazi scalps", gets masculinity-enriched, falsely claims concussion, then sets up GoFundMe asking for \$80K because reasons.

TheSlicemanCometh · 16 April 2017 · Archived copy · Reddit

I dont know how many of yall keep up with US politics, but this past 6 months there have been a string of pro-Trump and pro-Free-Speech demonstrations crashed by a far left organization named Antifa (short for Anti-Fascist; those who support free speech are Fascists you see). Antifa is openly pro-violence and go out looking to apologetically "punch Nazis" or just average Trump supporters, including women, kids, the elderly, etc..

Fast forward to yesterday. Another clash in Berkeley between Trump supporters and Antifa.

This girl is probably 90lb soaking wet, plus 10lb of dreadlocks. Were not talking Ronda Rousey here. Girl posts on her social media (attention seeking) that she is going to the protest to "collect 100 Nazi scalps", admitting she will be fighting with Antifa against the Trump supporters. Identifies as "gender-queer" even though she makes side money getting paid by men for by doing porn.

90lb girl vs in-shape male right-winger. **Goes exactly how you would think it goes.** She is dumb-founded. How could this have happened? I thought all sexes were created equal and gender was just a social construct?

Its now being reported that from that one punch, she checked into a hospital with a concussion. When you are accustomed to a life of privilege, equality feels like oppression. No she is not concussed. She got up just fine after it was over. This is damsel in distress attention seeking. One meeting with a real man and she went from "smash the patriarchy" to "patriarchy, help!!".

Now she seems to have set up a GoFundMe (which I will not link to) asking for 80K for..... uh... for..... Okay, I dont know what for other than feel bad for me money? Fucking bitch went out explicitly looking for a fight, got a clean dose of reality destroying her post-modernist narrative, and what does she do?

SHE DOES WHAT EVERY WOMAN WOULD DO. Instantly reverts to her natural female instinct to appeal to men for resources, playing on males natural instinct to protect and provide. The California liberal indoctrination centers (colleges) are an assembly line for estrogen based cry-bullys.

And even in the worst case scenario and she really was concussed, how the fuck does being concussed warrant you ANYTHING? Ive been concussed. I once hit my head really hard on a metal beam at work. My body and mind wasnt functioning normally for the next three days, and I didnt get shit for it? Ya know what I got? Semi-light duty at work that I went back to THE NEXT DAY. See, I dont have a pussy and eggs, so my only way of acquiring resources is to fucking go out and get it, but remember classroom, Im the oppressor, but I digress.

Gents, dont be fooled by the egalitarian narrative, a damsel in distress gunna damsel in distress. AWALT.

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UPVOTES

On Abundance Mentality and Being Alone

i_amtheice · 3 December 2017 · Archived copy · Reddit

I see so many posts in this sub from people who've already made it to the top of the mountain and almost none from people at base camp. So here's a quick observation from a guy who's just starting out that I wish someone would've pointed out to me from the get-go.

Part of having an abundance mentality is making peace with the fact that you're going to be alone until you're not. You have to act like you have other options, even though you might be going home to an empty apartment week after week.

You have to be ready to walk away from a prospective plate even if you have no other options waiting for you. This can be extremely discouraging, especially early on when it happens over and over. I see now why they call it "spinning plates"-- if you're a guy who's never actually spun plates on sticks before, you're going to be breaking every single one until you get the hang of how to balance the plate on the stick and so forth. This isn't a bad thing. This is part of the process. Every single broken plate is a learning experience.

The point is, you're going to get extremely frustrated. You're going to want to throw your sticks down and punch the wall and go home back to your comfort zone. You can't. You need to keep working out and making yourself into something women will involuntarily find attractive, even on days when you feel it's hopeless. You're going to need to keep pursuing your goals, even when no one but you believes in them. You're going to need to always be ready to next a prospective plate that's stringing you along or being disrespectful with your time, even when you know that you have no one else to go to. Then you need to get up and find someone else and try again. It seems obvious, but I feel like it needs to be said.

So often I see guys here talk about dropping plates like it's nothing and then it becomes apparent that they had other options. It's easy to maintain abundance mentality when you've actually ACHIEVED abundance. This doesn't apply to guys who are just starting out and don't have the Game or the physique that makes it easier to keep other options around. And that's who this sub is really for, the guys who have made the decision to better themselves but are still too early in the process to see results.

If you're just discovering TRP like me, this is something you need to recognize-- you're really going to suck at it until you don't. It's that simple. Keep moving and learning and eventually you'll have a success you can build on. It may take awhile, but if you don't give up it will happen.

Edit: deleted an extra "to"

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UPVOTES

Chinese nerd builds facial recognition to uncover IDs of over 100k porn stars. "Empowered" sluts and betas lose their minds.

russian_nigger · 30 May 2019 · Archived copy · Reddit

<http://archive.is/WTmUX>

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UPVOTES

When you stop putting women on a pedestal, not only will your life improve, you also quickly realize how boring they really are.

[deleted] · 27 October 2015 · Archived copy · Reddit

[deleted]

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UPVOTES

I Met an Orbiter

Saintmyname · 21 June 2016 · Archived copy · Reddit

One of my girls moved in with some 400 pound neck beard who's always buying her drinks. She mocks him in private company. I have other GFs and we're not exclusive and he knows that.

Last night he said to me, "I hope you're not intimidated by her being with me."

I wanted to laugh so hard and let him know how much she is going to take advantage of him financially and emotionally, that he's going to have to listen to her scream through his walls as I fuck her and that he has no shot at anything short of a pity fuck but I couldn't. He was so proud to have that pathetic moment.

So I just said, "Thanks for worrying about my feelings. You're such a nice guy."

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UPVOTES

Think Less and Execute

Harry_Wangs · 24 July 2019 · Archived copy · Reddit

As great as it is to think, study, analyze, and philosophize there is a time where we need to turn-off our brain and just do.

I am suggesting a detached, **low pulse, low heartbeat approach to executing tasks. Use as little brain activity as possible to begin executing a difficult activity.** This is very much different from the typical "gung-ho" approach we see from self help. There's no need to hype yourself up to do something. You'll **burn out trying to amp yourself up** for every activity and face will-power fatigue. **By purposefully turning off your brain and executing something immediately, you do not give your brain enough time to rationalize not doing something challenging.**

- Heavy weight you're afraid of? Think nothing of it, begin the set. Only after you pick up the weight you have all systems firing. (Not saying be a dumbass with floppy form)
- Don't want to run? Don't spend a second on how much it might suck, don't even amp yourself up. Put your shoes on and go.
- Cold shower? Don't tense up, get hyped. Step into the cold like it's just another shower.
- Hot girl you want to approach? Approach right away. Don't even let your heartbeat quicken, don't worry about what to say, you'll figure it out. Execute faster than your brain can give you anxiety.
- Don't want to study? Think nothing of the challenge, just open your book and begin.

Thinking about a challenge does not solve it. It just magnifies the challenge in the mind, making it more difficult to overcome. Beyond just the minimum level of strategizing, **additional analysis often becomes a hindrance.**

Further, by executing on tasks immediately, without thinking of the challenging, without over-analysis, we can reduce will-power fatigue. You **use much less will-power trying to study when you do it immediately** and use much more when you spend an hour thinking about it and procrastinating.

If you're struggling with overthinking and executing on difficult tasks, practice turning off your mind and just doing. If you're having approach anxiety, practice turning off your brain and executing in other areas of your life until it becomes second nature. Works best when you practice executing tasks that you fear - at least just a little bit and work your way up to bigger challenges.

Good luck.

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UPVOTES

Men are not scared of women. Men are scared of the state.

trpposter · 26 January 2017 · Archived copy · Reddit

<http://lmgtfy.com/?q=men+scared+by+women>

<http://lmgtfy.com/?q=men+intimidated+by+women>

There's no shortage of articles by female authors who boast about how their intelligence or independence intimidates men. Here's a wake up call, lady, he is not intimidated by you.

What he is intimidated by, is the state. He is scared of the never ending army of policemen with guns and armor that you can wield against him if you levy the right charge.

When you declare to the world what a strong, intelligent feminist you are, he gets the impression you are aware of the power at your disposal, and the means by which you can inflict those powers upon him. Make the right accusation, and he is fucked for life. Naturally, they'd rather avoid you, which leaves you to vent your frustration:

<http://nymag.com/thecut/2015/10/hooking-up-when-youre-an-anti-rape-activist.html#>

If it were just the two of you on an otherwise uninhabited island, he would have nothing to fear from you.

Lessons to remember

Never let your guard down. Follow the strict limits of the law. Do not give the government any ground to fuck you over. Keep your head up around women (and men) but always be wary of the state. And remember, women who proclaim to be intelligent and independent tend to be neither.

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UPVOTES

Have a Kanye Attitude about Your Race

EscapeTheGoat · 23 April 2018 · Archived copy · Reddit

I'm gonna keep this one short, but I think it's time to have a conversation about race. What I'm about to say is going to piss some people off, but fuck it. I'm saying it.

If you are actually complaining about your race holding you back at least as far as red pill sexual success or even career success is concerned. **YOU ARE FUCKING LYING TO YOURSELF.** The great philosopher Kanye West once said: "Self-victimization is a disease". I want to make this post an addendum to a great post I saw recently telling Asian guys to just go lift. I wholeheartedly endorse that and I want to take that one step further.

Crying racism in a sexual context is a **REJECTION BUFFER**. If you convince yourself that the game is stacked against you then you're not really rejected, it's just because they have some irrational hatred of your kind. Dude that's a bullshit excuse for a lack of sexual success and you know it. If you're lifting/exercising, if you're a leader, if you're confident and can perform, if you're free of Oneitis, you'll be fine. I'm not saying that the asian dudes here or black guys won't encounter some people that just don't want to sleep with them, yes, you will. But the fact of the matter is that for every woman who doesn't want to sleep with you there are millions of other options. Just move the fuck on.

And this gets back to Kanye's attitude. Don't let yourself be the victim. The racism that people encounter today is fucking nothing compared to the actual shit previous generations of people had to put up with. You used to not legally be allowed to marry white people or own property or vote for fucks sake. The way is now **CLEAR**. Do not fucking let yourself become a casualty to a history that is past. Any slight speed bumps you encounter? Overcome them. And fuck it, if some white woman wants to sleep with an Asian guy because she thinks you're a safe beta option even if you're not, fucking exploit that shit. If some white girl wants to sleep with a Black guy because she thinks he's forbidden and a bad boy even if he's patently the opposite, fucking exploit that shit.

I see people here talk disparagingly about their Asian upbringing, but I don't think it was so bad. My parents taught me a lesson that I will never forget, this is paraphrased translation: "If someone's an asshole to you, surpass them and find success. Then who cares what they think?"

Don't fucking be the victim. Be the victor.

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UPVOTES

Study finds women — including feminists — are more attracted to ‘benevolently sexist’ men

vedant071 · 13 July 2018 · Archived copy · Reddit

<https://bigthink.com/robby-berman/study-finds-heterosexual-women-prefer-benevolently-sexist-men>

"It's a minefield: Another new study presents evidence of what heterosexual women want. Still, the lead author of the study is a woman, Pelin Gul. (Her co-author is Tom R. Kupfer.) The study, recently published in Sage Journals, is called "Benevolent Sexism and Mate Preferences: Why Do Women Prefer Benevolent Men Despite Recognizing That They Can Be Undermining?" Previous studies suggest that this happens more often than you'd expect.

Benevolent sexism—or BS, amusingly enough—is an existing research term that refers to “an affectionate but patronizing attitude that treats women as needing men’s help, protection, and provision (i.e., as being more like children than adults).”

“We haven’t coined the term ‘benevolent sexism,’ previous researchers did,” Gul tells PsyPost. What she does see as her concern is finding out why a woman would prefer it in a potential partner to someone who truly sees her as his equal. “Previous studies have found that men’s benevolent sexism has many detrimental consequences on women (such as undermining their competence, restricting their freedom, confining them to the kitchen), yet research had also shown that women prefer benevolent sexist men and even find these men more attractive than non-benevolent sexist men.”

The goals of the study: The new study had two goals.

The frequent explanation for the attractiveness of BS is that the women who exhibit it are unaware of BS’s potentially insidious effects. This idea itself may strike one as sexist, as it suggests that the women are just too clueless to understand what’s going on. Gul and Kupfer wanted to see how well this “protection racket theory” held up. The study summarizes it as “claims that women embrace male BS attitudes for benefits such as protection, provision, and affection when they perceive themselves to be surrounded with men who hold HS attitudes.”

Second, the researchers had their own theory, built on evolutionary and sociocultural perspectives regarding female mate preferences: “It could be that women’s attraction to benevolent sexist men is because they perceive these men as willing to invest, which could even outweigh the downsides of benevolent sexism.”

This would align with the “parental investment hypothesis,” an evolution-based theory which asserts, according to the study, that, “sex differences in parental investment—typically months of gestation followed by energetically costly lactation for the female, compared with a few sex cells from the male—mean that females will be the more selective sex.” Therefore, “females who select mates who are able and willing to provide these resources leave more descendants than less selective females.”

Study method The study was constructed to assess the accuracy of three predictions:

“Women should perceive a male romantic partner who holds BS attitudes and displays BS behaviors as more attractive than one who does not.” “Greater attraction should be explained by the man’s willingness to protect, provide, and commit (conceptualized as components of willingness to invest).” “A BS man will be rated as especially attractive when described as a potential romantic partner compared with a work colleague because the latter should not activate mating motivations to the same extent.” To do this, 782 female subjects of varying ages from about 17 to 50, were questioned in five separate experiments, labeled 1a, 1b, 2a, 2b, and 3, each optimized to measure some aspect of these hypotheses.

Results of the five tests Studies 1a and 1b verified that women found a man with BS attitudes more attractive than one who was more egalitarian, in both romantic and work contexts. It also demonstrated the women were well aware that these men were being patronizing and undermining, but were nonetheless attracted. Studies 2a and 2b removed the work context from questioning and found the effects of 1a and 1b still held.

In all four of these tests, subjects were also assessed as being “high” or “low” feminists—BS attractiveness remains for both types of women. It didn’t seem to be much of a factor.

benevolent sexism

"A" shows the minor effect a woman’s degree of feminism seems to have on BS attractiveness for "low" feminists. "B" shows how it affects "high" feminists. (Credit: Gul, et al) Study 3 was about testing the protection racket theory. After asking subjects to imagine themselves in an environment full of HS attitudes, the researchers found no effect on how attracted the women were to BS males. The results say the study, “ruled out the protection racket hypothesis as an alternative explanation by showing that the degree of male HS that women perceived in their environment did not predict attractiveness of the romantic partner with BS attitudes.”

Study conclusions Gul and Kupfer feel that the mechanisms behind mate selection for heterosexual females are important to understanding since previous research “suggests that women who perceive themselves as having a kind and committed partners have higher marital and sexual satisfaction.” The more controversial takeaway is that “it might not always be desirable to discourage women from preferring mates with benevolent [as opposed to egalitarian] gender attitudes if these are beneficial for well-being.”

This isn’t the end of the story, of course, since as Gul says, “There is a lot that still needs to be addressed. For instance, do women differentiate between male behavior that is genuinely benevolent and that which is intended to patronize and undermine them? If women can tell the difference, then how do they react? Do they have ways to defend themselves against it? Women say they prefer benevolent men, but it would be interesting to see if women who do have benevolent mates have greater relationship satisfaction.”

As the study says, “A more nuanced understanding of male benevolence and female mate preferences could help to identify means to decrease the negative effects of BS while helping women (and men) understand how to have fulfilling relationships that enhance well-being.”

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UPVOTES

Dating Advice For Men

eastafriandream · 26 April 2021 · Archived copy · Reddit

1. Dating isn't fair. Women expect you to have your shit together and know what to say. You aren't allowed to make mistakes since you are easily replaceable. You need to learn from experienced men or learn on your own (the hard way) by putting yourself and your ego on the line.
2. Majority of women will never court men. Don't take advice about dating women from straight women. They have no idea what it's like to court women, they have a harder time processing rejection, and are allowed to be emotional and physical when they don't get their own way. You aren't and the same rules don't apply to you. You need to understand double standards and use them to benefit yourself.
3. You need to have a stable life and realistic expectations about yourself and the women you want to date. You need to lower your expectations and get your head out of the bubble, this isn't Hollywood. Women don't have to court so they will live their lives believing prince charming will fall on their lap, because they can. You can't afford to do the same thing, the perfect girl won't come to you-you have to find her. The average women will have multiple men in her DM's trying to get her attention the average men doesn't. you need to seek what you want and if what you want isn't attainable to for you current status you will have to change to get what you want.
4. Looks matter. Personality matters. Wealth matters. Fame/status matters. If you have none of the above you will not matter.
5. You need to be assertive, Most women expect you to take the lead. That means you make the first move, you make most of the effort when building a relationship, you need to be the one to ask her out on a date and you have to be the one to take the lead. Most Western women talk about independence and equal treatment but not when it comes to dating. If you are an average guy women will not court you, will not chase you, and they will not make an effort to get to know you without you making the first move. They don't want to lose the advantage they have in dating and they won't so don't expect them to take the lead/in dating no matter.
6. Don't assume all women are good or believe them when they say they want a stable relationship. Some people want to have a toxic chaotic relationship they don't want stability because that is boring to them and they want to be treated like shit (both men and women) because they enjoy getting stepped on and used. Learn to identify people like this and avoid them at all cost.
7. Dating is a game, a one sided game where women decide who wins. It's a game that is rigged to favor women on the surface. Since you get to choose what women to go after you have more freedom of choosing your partner, since most women don't go after men they are stuck with whoever decides they are attractive enough to approach them. Use this advantage to better yourself and accept the reality that Dating isn't fair or equal and that you have to look out for yourself and be selfish to get what you want.

Good Luck.

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UPVOTES

Feminist lives as a man for 18 Months and makes some profound conclusions...

gjs628 · 24 October 2016 · Archived copy · Reddit

This may be old news for some of you, but I've recently discovered a piece ABC did about a Lesbian feminist becoming a man for 18 months and what she learned in the process.

What this woman says at the end of the 18 months is mostly mind-blowingly accurate, and is something I wish every single feminist on the planet could hear. The line that sums it all up - "Being a woman is a privilege, and I would rather have female privilege than male privilege."

She talks about how difficult it is for men to approach women; how hostile women become when a certain type of man tries to talk to them. She gains an understanding of male sexuality and explains it as, "For women, sex is up here, in the mind. For men, it's below the waist and is an essential bodily function." She explains how the drive is so intense that it's impossible to ignore, and without having testosterone in their bodies, is something women will *never* understand.

This really is a fascinating look into what happens when a woman opens her mind for once.

The link:

https://youtu.be/Ip7kP_dd6LU

I'm going to try and find the book she wrote about her experiences, simply because she articulates herself incredibly well and has a way of explaining things about men's lives that I don't even think men are fully aware of themselves. I'm not saying she's a saint by any stretch of the imagination, just that it's nice to see a woman who isn't dogmatically opposed to men the way traditional feminists usually are.

EDIT: I realise now that this has been posted before, but hopefully this will be helpful for some newer members who may not have seen the previous postings.

As he noted below, [u/DirtyProject0r](#) had previously [written an excellent summary](#) some time ago from a previous account, which is worth a read as well.

As for the Female Privilege being "better" than Male Privilege, it's not that one is intrinsically better than the other, it's that she was pointing out that she would rather live as a woman because women have a *lot* of things much easier than men. This perception that the Patriarchy is this infallible power the crushes women and lets men get away with anything they want simply isn't true. In general, from a BP perspective at least (which most of the population will see this as), women are the ones that hold the Yes or No decision on sex, relationships, and rejection.

Men spend their lives trying to gather the courage to ask girl after girl out, only to be crushed by a single indignant response - "Go away". Women are worshipped in our society (the attractive/semi-attractive ones at least) and even a 3 can find someone to bang with a lot of makeup, the right clothes, and enough alcohol. A vagina is a vagina. Men need pussy, whereas women only want cock. Any guy under a 5 is usually lucky if they can find a hooker that would agree to fuck them.

Women are used to being chased and complimented. They are always believed; all they have to do is point a finger and make an accusation and everybody is immediately on their side regardless of who is lying. They can live like children in their own little fantasy worlds where everything revolves around them and they never have to face the harsh reality of life because they are so protected from hardship.

I would still choose to be a man any day of the week. The right man who works hard, takes care of himself, and knows what he's doing, will almost always command more respect than a woman in a similar position. It's hard work to get to that level, but once you start and commit to it, it doesn't feel like work at all. It feels like continuous reward in exchange for continuous dedication.

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UPVOTES

Today I asked a woman to stop looking at me and was accused of sexual harassment

ShrimShrim · 29 September 2017 · Archived copy · Reddit

So I'm in the library studying for one of the hardest classes I've ever taken in my life, and I can just *feel* these eyes on me. I turn around and there is a girl fixated on me, waiting for me to say something. I ignore her for about 20 minuets but can't take it anymore.

Me: Not to be rude, but I can't focus right now because I can feel you starring at me.

Her: (visibly shocked) Excuse me?

Me: I'm trying to focus on this work right now and I can't because I can see you're watching me.

Her: That sounds like a personal problem.

Me: Well, its not. I'm just asking you to divert your attention.

Her: I'm not hitting on you, I'm just watching you.

Me: I didn't say you were hitting on me. I asked you to stop.

Her: Are you nervous?

Me: Wut?

Her: Does my starring at you make you nervous?

Me: No. You don't make me nervous. You're being creepy and I'm asking you to leave me to my work.

She is quiet for about ten more minutes, scheming a way to turn this into something she can use.

She gets up from her study table and walks over to mine.

Her: I'll just have you know, that accusing me of being creepy is actually creepy. You didn't need to make this sexual. I'm not interested in you, and you don't seem to realize that. I don't tolerate sexual harassment.

And then she walks away

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UPVOTES

Don't let TRP consume you.

ozaku7 · 28 November 2017 · Archived copy · Reddit

Don't forget to just enjoy life and not be consumed by anger or hatred that resulted from learning about TRP. I've seen users spending their entire afternoons on this sub, but in the end it's bringing you nowhere. You need to know what is important for you, accept how the world works and keep going on with your life. Don't make TRP your life, make it a guide that will help you to greater success, to better people and better girlfriends in your life.

Be the guy that just understands the perspective of a woman, which is showered with dicks on a daily basis and understands her behaviour. If pussy would be thrown on us the same way, we would behave identically (see 1950's, I guess? The turning point when women realized they can stop doing all the effort and the tides turned). Don't hate the game, learn to play the game and enjoy it while you are improving in playing it.

You don't have the lifetime to be bitter, just swallow it, accept it, forget about the taste and look forward to the nicer things in life. I take TRP also way beyond sexual strategy, but life itself. I will die at 80, I might die sooner, my body will start degrading after 30 unless I actively do something about it. Every second I am coming closer to death, and yes, this sounds very negative and depressing, but it signifies that I would rather be happy, have fun, improve myself for my future self so I can enjoy life even more.

Don't fight reality, don't hate it, don't try to change it. Go with the flow and make it yours, live a happy life. The human mind is powerful, but for good and the bad. Face reality, hear, feel, see, taste, instead of imagining. Many of the misconceptions about the world come from just fantasizing, from being isolated in your own mind which completely skews your perception of reality. TRP is useless if you stay just as isolated. Read TRP, but observe, find links, see the truth with your own eyes, hear it with your own ears and keep learning.

Face reality, don't do TRP if you can't do that.

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UPVOTES

Men can fight back against the workplace #meetoo trend - withdraw ALL male attention at work

Blackbull_ · 1 December 2017 · Archived copy · Reddit

This bullshit has finally hit my job. Not me personally (as I know better than the other suckers) as I won't go into details but there is now an "investigation" going on and a high profile (meaning big spender) customer has been banned from doing business with us because a woman has opened her mouth saying that she felt bad because he was making "inappropriate" (in her mind) comments.

This is bullshit and it's time that we men fight back. We do it by **withdrawing all male attention from all women at work**. From now on, no female co-worker will get any attention from me outside the scope of what's required to do my job. Why am I doing this? Because my job is high profile and I could end up on the fucking 5pm news if this shit catches me or one of my male colleagues.

*No saying hello to women (they may take it wrong)

*No socializing with women in any way shape or form

*No joking with women

etc, etc etc. You know the drill.

Good luck trying to get a date from now on bitches. Fucking women shoot themselves in the foot.

It's a god damn shame too as I've been "harassing" these women, joking with them, they've been slapping my ass, and they've been giving me fuck me eyes for years and I've been enjoying leading them on giving them just the slightest thought that I may actually fuck them someday. Now I have to cut them off cold turkey.

God fucking dammit.

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UPVOTES

Attractive 45 yo female posts that she thinks men are feminized, shit storm ensues

All-DayErrDay · 16 October 2015 · Archived copy · Reddit

TLDR;

<https://archive.is/tU2NY>

skinny, fit 45 yr old women posts pictures to a subreddit, redditor asks how to approach her, she says she would be impressed if a man approached her in general, men are feminized and that she wants a the guy to be dominant and approach her. Absolute shit storm ensues.

Body

To begin with, a decent looking, fit 45 yo lady posts pictures in a sub dedicated to asking 'am i sexy?' (surprising, but she looks 10x better than the fat 20 yo feminists running all over the place).

A redditor compliments her and asks:

In what way's should a guy approach you? Or do you want to catch more guys check you out?

She responds with:

If guys just made the first move at all id be impressed these days. Men are feminized now though, those days are done.

My first thought was, "yeah sounds about right, you might be 45, but you look decent enough to be approached", reddit's responses were as follows:

Why should we have to? If you're interested in a guy, why can't you make the first move?

Whiny-ness levels are off the charts, her response (yes it's worth the read, TRP left and right):

Because it's a turn off to me, and if I'm turned off from the first second how would it ever work. **A huge part of my attraction to a man is his masculinity and dominant nature...** If I have to make the first move those things are gone for me right from the start, then there is no sexual tension or attraction. Polarity gets me, **feminine/masculine, dominant/submissive, aggressive/receptive, otherwise the energy is dead...** If I make a move it would be subtle, nothing more than eye contact, maybe a slight smile, a tilt of the head. If a man doesn't pick that up and make a move it's dead in the water. It is what it is. **You can't help what you are sexually attracted to.** It's like trying to tell a man to be attracted to an overweight woman because it's 'what's inside that counts' regardless of the fact that he normally gets hard for slim fit women, it's not going to happen. Same for us, **women are generally attracted to strong masculine men, especially beautiful feminine women, that's how nature made it.**

I don't think you could get much more redpill than this. This is the unspoken attraction that women experience and if you haven't picked up on this by now, then what are you even doing when you talk to a woman. Their response just screams of butthurt, she gave you great advice, to grow some balls and be the one to initiate and of course the response was:

You're hot. You're just very entitled and judgmental.

Apparently saying that fit men like fit women is being judgmental. I'll end the discussion between them with this last response:

You asked me why i wont make the first move, i told you, sorry it wasnt the answer you wanted but it was the truth. Im naturally attracted to what im attracted to, its not a choice... **i just asked for a man to take a risk and make the first move. 20 years ago this wasnt even a debate.**

Summary

If you haven't already, learn how to initiate with girls. It should be obvious by now that a dominant, goal oriented guy is going to be more of a turn on than one who sits back and expects them all to chase him. I know that some may complain by saying, "she's a 40 yo who hit the wall, she just wants attention from guys, this doesn't prove anything!!", but really her point stands pretty clear and it obviously applies pretty well with a lot of our new generation of 'men' and the fact that it strikes a nerve with so many people just stands to prove it even more. In general, great read, and shows reddit's reaction to a feminized women.

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UPVOTES

Article about 60 year old Mel Gibson dating a 25 year old woman. Comments are full of shaming language & Red Pill GOLD!

winnaling · 25 May 2016 · Archived copy · Reddit

I stumbled across this nonsense showbiz article about 60 year old Mel Gibson on the red carpet with his 25 year old girlfriend.

[reddit!]<http://www.dailymail.co.uk/tvshowbiz/article-3603760/Kiss-Cannes-goodbye-Suited-booted-Mel-Gibson-60-girlfriend-Rosalind-Ross-25-pack-PDA-arrive-Film-Festival-s-closing-ceremony.html>

I scrolled down to the comments and it was pure gold. Women saying he's "pathetic" and "disgusting" for being attracted to a younger woman. Here's some of the most up voted comments...

Honestly, these sad, old men chasing women half their age just cannot face up to the fact that they are no longer young and 'have it'. It's disturbing how they really believe these women want them. What egos they have. He is 35 YEARS!!!! older for goodness sake. Cringe. What an embarrassment.

Dirty old man!

Now here's some of the most down voted comments....

To the complainers, men select for beauty and fertility; both of which are on the decline. They also select for low-conflict behavior, kindness. And it's a myth that there is an excess of desirable women over 30. Of those supposedly desirable women, about 50% are fat. About 25% are on anti-depressants. About 80% are emotionally damaged. About 90% have feminist attitudes that are not conducive to a happy marriage. Many are frigid and infertile.

Reality is, that any guy who is 40 or over, and has his act together, is going to date younger; especially with the horrible economy -there are lots of 28yo women without a clear path to career at this point. A 37yo with possibly 2 years of fertility left should be looking not for 40 or 42, but for someone about 50 to 54 who is in good shape and still wants to have 1 or 2 kids. I mean, any man who passes the 463 bullet points of requirements a late 30s single woman will inevitably have, will be able to select from a much wider & more desirable pool than late 30s single women."

Men are lucky in that as they age they often acquire more attractiveness to women. On the other hand, as evidenced by the comments here, it just burns women that, as they get older men are still attracted to youth and beauty.

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UPVOTES

The Girlfriend Problem

GayLubeOil · 23 October 2017 · Archived copy · Reddit

Western women live their lives the same way they workout. They put a lot of care into their appearance and none into the actual workout. If you have any doubts take a look at your next Red Pill mandated gym sesh. The men are straining. The women are putting forth minimal effort. Everything women do follows this pattern. Neat handwriting and unoriginal ideas. Professional attire and mediocre performance. Everything female is fiat, like a Nigerian Dollar or a North Korean city.

This post isn't about demeaning women. We have enough of that here already and I certainly don't want to encourage it. Nor do I want offend a group of people who spends their time drinking smoothies and photographing their own butt. No. This post isn't about the inferiority of women. It's about preventing female inferiority from contaminating our male superiority, while still fucking them in the pussy.

Because **men compete for sex**, men must make something of themselves to win sex. Women on the other hand don't, which means that they don't have to mature beyond the emotional irresponsible teenager stage. In practical terms, this means that by bringing a woman into your life you're associating with a loser. I know this sounds harsh but if we apply the male standard to females, clearly they're losers. Imagine an emotional gossipy man who cries all the time, frequently misses work and can't do a pull-up. Loser.

Now imagine that you spent a large amount of time with this emotional gossipy man who giggles at reality television. Don't you think that eventually his habits would rub off on you? Well that's exactly how women drag fun confident men into betahood. It doesn't matter whether she's your wife, girlfriend or fuckhole. The more time you spend together the more you will influence each other. Furthermore, women can and do get pregnant whenever they feel like it. So even if they're unsuccessful at turning you into a loser, they can always shit out a copy of you and turn your son into a loser. At that point you won't be able to do anything about it and the state will ensure that you are paying for beta bitch loser academy.

As a man you have three options when dealing with women. Option 1, avoid women entirely and become a masterbator, homo or transvestite. Option 2, avoid masculine leadership at which point either you or your children will be dragged into loserhood and/or you have a fat loser terrorizing you whenever you set foot in your own house. Option 3, force your woman to become the best version of herself, by taking the role of her second father. Now obviously, option 3 is a huge hassle and feels like running with a parachute. Teaching your woman to push herself physically and intellectually like a man, is an ongoing challenge to say the least. Regardless of how serious the relationship is, either you impart your values onto your woman or the gay-stream media will. Which one is it going to be?

Option 3 is a colossal burden. Nobody holds women to any kind of standard, so if you do, expect childish tantrums. Maybe she'll leave you and be a loser with an accommodating beta. That's fine, there are plenty to choose from. Just as the clothes you wear are a reflection of you, so are the women you associate yourself with. Hold yourself to a high standard. Hold the women you associate with to a high standard, even if it means losing a few from time to time.

[Follow me on Twitter](#)

Shoot me a PM if you are interested in fitness nutrition and postural correction coaching

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UPVOTES

A Family Man Experiences the Light-Switch, Loses Everything, Baffled that the Rules Don't Apply

redpillschool · 20 March 2018 · Archived copy · Reddit

I overheard this fellow in his late 40s/early 50s chatting with a friend the other day. It was a story as old as time. Had I heard it 15 years ago I'd have been outraged, but hearing it this week was just a sad reminder that not everybody has read TRP and many men still believe the fairy tale lies.

The man illustrates a bitter, emotional divorce after almost 30 years together with multiple college-aged children. She had been cheating on him, in his bed, for the better part of year without his knowing.

The sad part, hearing this story, is his surprise that suddenly this woman that he thought he knew was operating under a completely different set of rules, and that she appeared to him to be a completely different person.

He still believed in morality and justice. Why would she act contrary to the promises she made? It just didn't make sense to him. The shock from this revelation will stay with him, likely until his time is over. The actors in his life he believed to be rational were anything but, and suddenly he is forced to acknowledge he doesn't understand the rules.

He described the all-too-common behavior of her re-labelling past events. I swear you could interchange every god damn woman in this scenario:

- She says she never truly loved me.
- She says one time, when we had sex and she was unenthusiastic about it three years ago, was actually rape now.
- She says I'm defective and only think about me.
- If she had just come clean when she first cheated I'd have been able to work with her to move past it!
- I asked her what she wanted, I told her we could fix it!
- I swear I don't recognize her anymore. She has a dead look in her eyes.
- Her behavior is so completely different it's like she's had an episode!
- She isn't even trying to end this amicably.

The pleading and negotiating is classic in blue pill conditioned men. The redefining of past events- well, anybody here who has been in a relationship or read the side bar can pin-point this as **the lightswitch effect**.

If you haven't read that, you should.

This woman blew up a family, upgraded to a new cock, justified all her actions to protect her ego, and did so with zero remorse or consideration for any of the lives she affected. Her husband, her kids, anybody.

And this 50ish year old man is surprised by all of these behaviors and helpless to prevent or stop it. He has never heard of any of this before... **because it would have been misogyny to tell him.**

Remember that is the opposition's position.

This man's blue pill conditioning made him a perfect stooge for her hypergamy to do its thing. He was used and discarded and she optimized her strategy.

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UPVOTES

My Pre TRP relationship vs my Post TRP Relationship

KeffirLime · 13 August 2018 · Archived copy · Reddit

TL/DR: Go to lessons and summary

Part 1

Personally I feel field reports when used correctly can be some of the greatest learning mechanisms on this sub. The majority of the content on here is simply theory. Field Reports are the practical test of this theory. The sidebar, the posts, they're all meaningless if they don't get tested out in the real world. This is where the true lessons are internalized.

For me reflecting on my many years on this sub nothing formed a better real life example than the comparison between my pre TRP LTR and my post TRP LTR. The behaviors I employed in the first relationship and the behaviors I employed in my last one and their corresponding results. For me It was astounding to see the effect it had not only on my life but my partners too and the joy we derived from the relationship.

For me TRP was never about getting girls as I was doing fine in that department, I was naturally athletic and always lifted. For me it was about managing my woman. I was naturally good with woman, and there's the illusion that because someone gets a lot of woman they know how to manage them, I can tell you that is false in every sense of the word. I could never understand how despite my best efforts the results were constantly more uphill. I couldn't understand why doing what they asked of me was yielding little to no results. Even as someone who got girls blue pill programming encapsulates my pre TRP relationship and the results it had.

My pre TRP LTR was Kayla. I somewhat wanted an LTR(like it's a goddamn nice pair of shoes) and was sleeping around quite a lot but felt none of them were quite the full package enough to LTR. I held the notion that there's a perfect girl out there for you and that it would just click once I met her. I met Kayla at a party, typical girl who liked to party, although that seemed normal. She was an absolute stunner, petite body, perky ass, beautiful face. She was a model and worked as a promo girl. She had a great sense of humor and was fairly smart too. She also came from a single mother household, but more on that later.

At the time her partying habits, and promo girl work seemed completely normal to me and to be honest I think her beauty clouded a lot of my judgement. I thought that she was that "perfect girl" out there, but in reality *it was simply attraction masquerading as soulmate*. She was sitting perky on a pedestal from day one. We spent quite a bit of time together over the coming weeks. I had a good time with her, and I was always good at conversation and making her laugh.

She knew how hot she was though and knew how to make me work for her. Obviously I wanted to sleep with her, but she was having none of it. First date(which I paid for) I got nothing, not even a kiss. Second date, still me paying, nothing. After 2 weeks and me starting to show slight disinterest at the the constant rejection I finally got a kiss. I was clearly happy about it.

Throughout our dates this woman would have men feigning after her. Constantly messaging her phone. Big Instagram following. Guys looking at her when we were out. Constantly bumping into one of her orbiters when we were out. She had no problem openly displaying all the affection she was receiving from other guys. She wanted me to know. On the one hand this obviously made me pretty chuffed with myself being the one with her on my arm, but on the other hand it made me think I've gotta treat her better and woo her better than all these other guys could. I worked harder to show her how "special" she was. I was excessively romantic, took her to nice places, did amazing things for her, I was getting kisses at this point but I wasn't getting a whiff of her pussy.

She kept on telling me she needs to be serious with a guy before she sleeps with him, despite having fucked a lot more guys than she's had boyfriends. With that knowledge in mind and with all the attention she was getting elsewhere I thought I need to lock her down. After about 6 weeks of dating I asked her out, she said she's not sure

yet and would think about it, but let's keep doing what we're doing. I was like the needy plate wanting security. Over time we carried on, me trying my utmost to please her, bare in mind I was a guy getting a decent amount of pussy before this but I had convinced myself she was the one.

I cut out all the other woman I was talking to and focused solely on her, because that's what gentlemen do right? Finally **SHE** said okay we can do a trial period. I thought this was great, I was dating a stunner, guys were jealous of me, woman ogled me with her on my arm. There was just one problem, I still hadn't fucked her. I tried and tried and slowly I went through the bases like a toddler and after 3 months of knowing her I finally fucked her, and sweet Jesus did I fuck the shit out of her. I was experienced enough and gave her a great time, but what a journey to get there.

We decided everything together in the relationship, because you know we're a team right? Sadly most of the time it was her bitching about things I wanted to do, and me compromising on things she wanted to do. I thought it was best to just keep the peace. Seeing my friends and family was always a drag for her, but I made all the effort in the world to acquaint myself with her family and friends without question.

The theme of me having to work for everything continued throughout the relationship. Most people thought I must be happy because I'm dating a model. But despite constantly convincing myself I was, I was anything but. She would constantly tell me she's not sure about us and just needs to see more from to know that she's sure. Dedicated me thought ok, let me do what she's saying she wants. I would write letters, give her cute gifts. I would constantly be available for her, constantly showed her how much she meant to me.

Throughout this period she would still go out to work and do promos in clubs with men flirting and drooling after her all night. She would also chat with guys while out at work and although she never flirted directly with guys in front of me she would also never make a point of batting them away, she was "just talking". When she bumped into orbiters she'd chat at length to them. In short she was an attention whore. Wherever it came from. Her Instagram, when we were out, the fact that she mostly had guy friends, because "girls are so bitchy".

I would get jealous all the time and openly show it, she would deny any wrong doing and make it seem like I was being controlling. All the while if I ever went out alone or spoke to other girls it would be a major issue. So being the good little blue smurf I was I would avoid going out without her, I would avoid talking to other girls, i would make a point of not making her jealous, because it clearly upset her and I wanted her to be happy. This was a one way street however.

She was constantly moody, like the Grinch moody. Always had some issue or another and would take it out on me. Arguments became more and more regular, and every time we would argue it always had to be me to back down and apologize. I didn't want to lose her. I would make it up to her with some soppy apology or do something nice to make things right again. I started to spend less time with friends and even family, because it would be an issue if I did almost anything without her. I started to focus less on my job to pour more time and attention to my relationship. But, it was to no avail, I couldn't understand why the more I was trying to make her happy the more upset she was.

I had always heard that communication was key in a relationship. I tried to tell her how I felt. I would tell her about all the trials and hardships I was going through. It baffled me as to why things weren't coming right when we were talking and being open and honest with each other.

My friends and family could see it, and tried to speak to me, but I denied everything, told them they didn't know her like I do, in fact this distanced me even further from them. I was spending way too much money on her, my lifting had taken a back seat. The sex was becoming less and less. Then one day I was deleting old pics off an old phone and saw one from right before I met her. It was at a party. I was smiling, ripped to the core, and had a hottie on my arm that I banged later that night. I looked in the mirror that day and saw how much weight I'd loss, the bags under my eyes, hair scruffy and unkempt and thought "**what the fuck has happened to me**".

I used to do what I wanted, bang who I wanted, see who I wanted. Woman used to love me, but here I was

sacrificing everything, giving everything of myself to please this one woman. Overnight I checked out of the relationship. I simply stopped caring. Stopped caring how she felt and started caring how I felt, in fact I resented her. I started going out with my friends again, stopped communicating with her. Started doing what I wanted when I wanted. Didn't care if she got jealous. I didn't care if the relationship ended. I basically started living life for myself.

We had been together for about 2 years at this point.

The change in her was almost immediate. Suddenly her moods disappeared. She was so much happier and positive all the time. She suddenly started working less to no promo shifts all on her own. She started making cute little things for me. She went out of her way to make sure I didn't get jealous. She shut down guys when they approached her. Told me regularly how much I meant to her. She suddenly wanted to have sex all the time. She was becoming the woman I thought she would be when I was doing everything in my power to please her.

I tried to get back into it but I was dead at this point. I held far too much resentment. Why now? Why now that I'm out is she suddenly in? Why didn't she care when I was trying so damn hard? Eventually we sat down one day and I told her it was over, she sobbed and cried, and said she was so sorry. That she knew she was difficult, and didn't appreciate me. She said she would change. She said she would be different. But it was too late for me, I had made up my mind. I walked out and never looked back.

She continued to contact me, trying to reconcile. It was hard at first, but I never replied. I knew it had to be a clean break. I knew that I had to focus on myself for a bit. Rebuild myself. The relationship was so draining and I had no sense of who I was anymore.

One day I was chatting to a friend about it, telling him that I just couldn't figure out how the harder I tried, the worse she became, and the less I tried the better she became. He directed me here and the rest is history.

LESSONS:

- **Vetting is imperative.** I did zero vetting, fuckall. Had I taken my eyes off her ass long enough to see her many shortfalls I would have saved myself tons of uphill.
- **There is no soulmate/destiny only compatibility.** Going into any relationship with that notion is a cancer. It's good as long as it's good and if it's not no matter how much you think it's your soulmate it's time to walk.
- **A woman will not reward you in proportion to your efforts.** In fact the opposite was true for Kayla. The more I gave the more she took. The less I gave, the more invested she became. I made her happiness my priority and the net result was that we were both miserable. Her moody and me baffled as to why she wasn't satisfied with it. In reality all I was doing was showing that I was a low value man, that would put up with whatever shit she threw at me. I gave her comfort, and that gave her license to behave how she wanted. And how she wanted was to extract as much from me as possible.
- **Women have no idea what they want.** Despite my best efforts to do everything she said she wanted it never satisfied her. She was her most happy and devoid of moods when I checked out of the relationship. The prospect of losing me suddenly dawned on her and she finally started treating me the way I had always hoped for her to. A woman will only respect you if she knows you can leave her.
- **Abundance abundance abundance.** I cut out all women to make Kayla worry less. What I was doing was engineering the demise of my own relationship. She didn't appreciate me for this, she only saw it as more reason to behave how she wanted without consequence, because I removed every consequence out of my life.
- **Set boundaries.** There were many times I should have walked. But every time I didn't she pushed those boundaries a little further the next time. Partying, talking to other guys in front of me, I should never have tolerated that shit, but I did, so she kept doing it.
- **When you give her comfort, hypergamy runs rife.** This is why she would go out all the time, talk to other guys. She was constantly gauging her market value, seeing what other options were available to her, I think the only reason she didn't branch swing was because I still held some value in the form of looks, social status, career.

- **Sex and commitment.** I handed over commitment on a silver platter, she never had to prove herself worthy. All the while I hadn't even fucked her yet. Which she kept dangling in front of me like a banana to a chimp. She never had to work for my affections, that came free of charge. While I was a circus clown trying to bang her, it was only when my interest would waver that she'd finally give it up.
- **A woman can not respect a man who isn't a strong leader.** I thought making decisions together was a great relationship move. I didn't set boundaries. I blame myself for the problems in the relationship. I didn't lead, and without me leading she was left having to lead herself. And the direction she lead herself in was neither pleasant for me or her.
- **Your willingness to leave is what keeps her invested.** She will not honor your undying loyalty. Your devotion is worthless to her. It simply devalues you in her eyes. A strong alpha who's biology is to spread his seed but sits like a loyal little puppy for one special little woman can't be all that high value after all.
- **Simply can't negotiate attraction.** As much as I would express my issues and spend hours upon hours arguing, my logic fell on deaf ears. A woman will behave based on her feelings. If you want her to change, make the way she feels change. Logic or reason will simply not yield results
- **Maintaining yourself in a relationship.** I began to let myself slip and all this did was lower my market value. Which lowered my value in her eyes, this only makes her more comfortable and hypergamous.

Part 2

It's been a good few years now. I spun plates for many years and enjoyed myself. I was living for me and it made me happy. I had no stress and no worries. I built up my business, got seriously back into lifting, solid group of friends, overall I was in a good space.

I had finally gotten to a point where one of my relationships had progressed to the point of emotional investment. Although this time it was different. So very very different.

At this point I was a different man, held different beliefs about woman and their interactions with men, but most of all I had different expectations from them. I was plating two woman at the time and would still get something fresh here and there in between.

I met Sarah at a mall. She was walking towards me, and I was looking directly at her. Beautiful face, small petite body, perky ass(again) she had a very natural beauty about her with deep sparkly eyes. I've never been one for social anxiety and went up to her and spoke to her, chatted for a bit, got her number walked away.

Sarah is beautiful, she's an ex model(quit because she despised the industry), In my opinion better looking than Kayla, some of my friends agree, one or two think Kayla was hotter, matter of taste I guess. Overall it's a pretty good comparison of two woman of equal social standing.

Messed her a couple days later and set up a date. Went for casual drinks, nothing fancy. The conversation flowed, we both had a great time. We went out to a casual drinks spot on the beach. We went for a walk on the beach afterwards and I went for the pull in. She was very much into it and I could tell the close was on the cards. I lived a short walk away and Invited her to come and see the view from my place. She was keen, we walked back, had glass of wine and fucked like rabbits.

Over the next few weeks we saw each other about twice a week, sometimes only once (depending on other plates). It was mostly casual, her coming over to me and if we did something it would be very casual. The sex was good, I was happy and enjoying myself and so was she.

Throughout this time I continued seeing my other plates and even gaming new girls.

After about two months or so we started spending a bit more time together. I had a lot more fun with her personality wise than my other girls. She was fun, easy going, chilled, smart. I would want to do something or go somewhere and I'd find myself taking her along. She loved the fact that I was showing a little more investment in

her.

Slowly but surely I started seeing the other girls less(but not completely). I didn't explicitly tell her I was seeing other girls but I didn't exactly hide it either. Sometimes one of them would leave something at my place and the other would find it. But I didn't care, I wasn't exclusive. I was also chatty to other girls in front of her, I didn't tell her what I did during the time I wasn't with her. In fact most of my life besides some fun here and there and my bedroom she knew very little about me. What she did know was that if she left at any point that I had other options.

It wasn't long before the dreaded "where is this going talk" came up. She was used to guys chasing her hard but said with me she had no idea where she stood. I brushed it off mostly, saying I'm having fun right now and so are you right? So lets just keep enjoying ourselves and it goes where it goes.

We started doing more and more together, but never at the expense of my work or family and friends. When I had work the next day it was in bed by 10. When I wanted to see my friends I did. But when I was with her I was with her, I would take her on weekend always to my holiday place. We would go out a little more, for dinners, or to the beach. With me cutting down my visits from my other plates I felt myself investing a little more emotionally in her. This was something she was never to know. As per our discussion I kept taking it day by day, simply enjoying the process.

After about 6 months I had cut out seeing other girls. It was just Sarah now. Things we're good. She was an animal in bed and wanted to fuck all the time. In fact I had trouble keeping up with her. We would bang every time I saw her, which was about 3 times a week at this point. We would do alot of fun things together and I think she picked up on the little more investment she was getting. She seemed genuinely over the moon about it. Despite "the talk" coming up again, I never gave her anymore security. She still didn't know how I spent my time apart from her, and I would still keep contact with other girls. We'd go out and I'd bump into other girls I knew, I'd chat and be friendly(as i am). I could see the jealousy all over her face every time I did.

I was happy. She treated me like a king. Always doing cute things for me, massages, dinners, blowjobs in the car. I'd go over to her place and she'd be naked in kitchen waiting for me. Things were good, one day she even blurted out "I love you". I simply smiled back and said "I know" despite my overwhelming feeling to say it back.

I was the leader and she supported me well. She was an angel 99% percent of the time. She never went out and partied, and if she did she'd make sure I came along. She'd bat away any attention she got from other guys, in all the time we were together I think there was only one thing she did that I didn't agree with. I cut down contact for a day. She apologized a day later and it's never happened again. I never told her she can't see other people. Never told her to bat away other guys, never told her she had to do anything for me. She did it all on her own.

She did alot for me and trust me I appreciated it. But it wasn't all one way. I'd do/buy nice stuff for her sometimes as well, mostly when she was being cute or sweet and I thought she really deserved it. I would take her on amazing adventures. We'd do crazy things together, We'd be wild and naughty. We'd get drunk together, Get high together. I would help her with her career. I'd give her advice. Her life was heading in a much better direction as a result of our time together. Her closest childhood friend even told me one day that she never seen Sarah happier.

A couple more months went by and upon the next "talk" I told her we can give it a go and see how it goes, but we'll take it day by day. It's been over a year and half since we met now and nothing has changed. The sex is still wild as ever, We still have a ton of fun. She is still the same sweetheart I met, who cooks naked, massages me and comes home with a cute surprise for me.

To this day I still lift hard as ever, my work is still a top priority and she loves spending time with my friends and family.

LESSONS:

- Approach and **have confidence** throughout relationship. From the moment I approached her to now, I did everything with confidence. If your confidence/frame is unbroken by her beauty, shit tests she'll perceive you to

be high value.

- **She's not special, don't treat her as such.** There's a million more like her. I never did all the mushy nice things I did for Kayla to Sarah. Kayla sat on an undeserved pedestal and gave me no reward for my efforts.
- **She needs to work for your attention.** The nicer Sarah was, doing nice things the more attention she got and deservedly so. The worse she behaved or had unnecessary moods, the less attention she got.(which was next to never) A woman will work for your attention when it's given sporadically.
- **Maintaining other options.** I never cut ties with other woman, she knew this. I spoke to other woman(not flirt) in front of her. Your ability to get other woman is directly correlated to how well she treats you. If she knows theres an abundance of other women willing to step in if she treats you like shit, she will cease to do so.
- **Commitment is earned not given.** She continuously worked to prove she was a good option for a relationship and continues to do so. A woman will not reward you for committing to her. She will reward you in an effort to gain your commitment.
- **Lead in decisions.** I'll tell her we're doing something fun this weekend, or that we're going to a cool place for dinner, she appreciates and takes comfort that she doesn't have to worry about these things. As much as society says it's a "team effort", there can only be one captain steering the ship and it better be you. A woman can relax and be happy knowing that she has a strong, capable leader who has her best interests at heart.
- **Comfort Kills attraction.** This deserves it's own post. Kayla was as comfy as can be, Sarah knows her spot is not guaranteed. The more comfortable she is the less effort she puts in, and why would she? Knowing that you can leave if she treats you like shit, or that you can replace her is what keeps her invested.
- **Keep up your own life.** With Kayla I slacked on lifting, family and friends. She saw that as all the more reason to put less effort in. Sarah knows my life will still be great without her. Maintain your market value. Career, Friendship networks, lifting. A man on a mission who has his own kick ass life and goals is what makes her want to be apart of that journey. If you can't look after and respect yourself, neither will she.
- **Treat her when it's earned.** I bought Kayla nice things and did cute little things to make her feel better or happy and she instinctively picked up that shit moodiness, tantrums yielded investment from me. Sarah gets rewarded positively and she behaves positively to earn it.

Summary

Ultimately there is always game going on. Whether you decide to play it or not is up to you. She is constantly measuring your performance. Not with a scorecard or checklist, but subconsciously she is measuring the way you behave towards her and determining your value based on that.

How she values you is significantly important. It's the determining factor of how she treats you. I played towards all the markers of a low value man in my first LTR and I got treated as such. I take responsibility for that. In my most recent LTR I'm playing towards the markers of a high value man, and I'm getting treated as such, and she is happier for it too.

Often when i mention this people will say "I don't want to constantly be playing a game" but in all honestly when you've done it long enough it almost becomes second nature. You're conscious of it but the way you react to things is almost automated.

More importantly, she's playing the game, as the selector she's measuring her selection all the time. And when you've been deemed to be a good one, she will treat you as such. She will be happy, sweet, sexual, supportive. A moody, sexless relationship is a sign of a woman who's not entirely happy with her selection.

I'm thankful for both relationships, one for the growth it drove me to have and the other for the happiness I derive from it. Most of all I take comfort knowing that the success of it lies entirely in my hands.

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UPVOTES

Yahoo sued over male discrimination

Disc26 · 3 February 2016 · Archived copy · Reddit

Hey folks, thought you'd be interested in something that came across the front page of reddit:

<http://arstechnica.com/tech-policy/2016/02/yahoo-sued-over-employee-rankings-anti-male-discrimination/>

TLDR: Yahoo's been laying off males as fast as they can kick them out. In three years alone management has gone from less than 20% female to over 80% female.

Body: As the title states, yahoo's being sued over male discrimination. They've been systematically laying off men (the CEO decided to ban the word "layoff", choosing "remixing" instead), for a few years now. As it stands, three years earlier, the manager tier consisted of less than 20% female, and in three years alone that's shifted to over 80%. Plenty of solid comments from the blue pill folks in the subreddits.

Here's one that I pulled out for you guys from news:

"Because they are told it's true in college and anyone that questions it is a sexist who hates women. Also most people don't question statistics (especially ones that challenge the Feminist narrative) in general. It's like the "1 in 4 women are sexually assaulted in college" statistic. That comes from a non-scientific poll conducted at Women's centers from colleges that voluntarily responded in the mid-90s (1994-1995 school year I think). So among women who happened to visit Women's Centers at certain colleges who happened to respond to a voluntarily poll reported that 1 in 4 of them experienced sexual assault. More than 20 years ago. Add on to it that one of the the questions that triggered the "was sexually assaulted" lever was asking whether or not a boyfriend ever did anything in the bedroom that you didn't want to happen and made you feel uncomfortable... so if your boyfriend ever slaps your ass while in bed or something of the like and you didn't enjoy it, you were "sexually assaulted". My statistics class in college did a whole thing on it (this was a decade ago) and the professor had to publicly apologize for it. All he did was show how unscientific and unrealistic the statistic was, and used it to show the class how easily oft-repeated statistics can be incredibly misleading. Consider that women who are in the Women's centers are probably more likely to have experienced trauma. Consider the misleading, vague questioning. The voluntary sample (as opposed to random). And the fact that the women who participated in the polling are now in their 40s. Why is it still repeated as unquestioned fact that 1 in 4 women are sexually assaulted in college? If it's a Feminist statistic you don't question it. And if you do, you're a sexist. They'd rather fear-monger than tell the facts as they are because the fear-mongering helps get their message out and perpetuate support for their groups."

Obviously, that's not a representative sample, but I like seeing the pushback against the feminist bullshit outside of TRP.

Conclusion: feminism is about shifting power, not equality.

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UPVOTES

The Problem With Nice Guys

roadmaptonowhere · 15 March 2018 · Archived copy · Reddit

Look in the mirror. If you see a saint, there is something deeply wrong with yourself and your self-perception. There is no such thing as "being a saint". Being human means having a dark side, that which Carl Jung called the "Shadow", that which grows stronger if repressed. Being human means having perversions, feeling hatred or envy. There is nothing wrong with those things - on the contrary, they are perfectly normal, but they have to be incorporated into your life, or else they will destroy you.

In this sense, "being nice" is not being nice. It is playing a character, putting on a facade, performing an act - usually with the subconscious expectation and pretext of getting something back for putting everyone else on a pedestal. Also common, the belief that you *have* to be nice and upset noone. In reality, you're just a manifestation of a man who was brainwashed into being meek and, in the process, you lost connection with who you are. You grew up to the Disney utopia.

Maybe you put everyone else's opinions and priorities above your own, thinking that there is some kind of universal karma that will pay back to you in the form of a pussy who will love you forever and unconditionally. Because your perspective of the world is so delusional, you think that everyone else is just like you - special snowflakes - and that that girl who was too busy to go on a date with you must be telling the truth.

Your empathy is rewarded with contempt.

Eventually, there comes a time when you realize that something is wrong with you and, when that time comes, every resentment you ever denied feeling will punch you in the face. Your awakening will make you collapse. You will be not so nice then, will you?

This is the most important step into true masculinity. As Jordan Peterson puts it, "turn into a monster, but a civilized one".

"You gotta let them know what kind of guy you are, so they know what kind of girl to be. - Ken Cosgrove, Mad Men

A nice guy treats every woman as a virgin princess. That's his frame. That's how you want them to be, so that's how they are to you. It's a self fulfilling prophecy.

Get in touch with yourself once again. Realize the darkness that lingers inside you and embrace it. Redirect it. That's your edge - use it wisely.

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UPVOTES

Train Your Woman

KeffirLime · 4 June 2018 · Archived copy · Reddit

When you first get a puppy, It's cute as hell, is playful, but it's a naughty little fucker. It chews on your shoes, shits and pisses in the house, doesn't do a damn thing it's told. To avoid the dog owner experience being a living hell, most sane people begin to train their dog. They train their dog to listen, they train their dog to behave. They train their dog to cut out bad behaviors and enforce good behaviors. Your woman is no different.

Dog currency is treats. Your dog does something you want and you reward him with a treat. He does something you don't like and you withhold the treat. They may get worked up and bark at you, but sooner or later even the worst behaved dogs realize that if they are to eat, they better behave the way YOU want them to.

Your currency with woman is **Attention**. The problem with most men is they spray that shit around like a chimpanzee with an AK-47. Use it the wrong way and you're dealing with a misbehaved, entitled brat. Use it the right way and you'll have her eating out of the palm of your hand.

Just like you do with your dog, you reward your lady when she exhibits positive behaviors. She gives you a surprise blowjob in the car, she cooks you dinner, and she's just behaving like a sweetheart in general. You want to reward her for this. Give her attention, she deserves it, she's **Earned** it. Take her out for a dinner, buy her a little gift, and show your appreciation for her good behavior.

When she exhibits bad behavior, just like you don't give your dog a treat, you don't shower your woman with attention. Don't argue with her, don't engage with her, don't even try and reason with her, simply withhold attention. When you argue with a woman you are giving her all the attention validation she needs. You care enough to get worked up, she means enough to you to draw a strong reaction out of you, and she will continue to behave badly as it yields emotional investment from you. **Withhold Attention**. Withhold attention for as long as it takes for her to realize that her bad behavior was unacceptable.

Over time she will instinctively recognize this pattern. She will internalize that certain behaviors yield attention from you, and other's yield withdrawal from you. When she's lost your attention, she'll start employing positive behaviors to earn it back. When she has your attention, she'll be less inclined to misbehave as she'll lose it. This is why certain forms of dread game are so effective.

The more attracted to you she is, the better this will work. If she can easily get attention from a higher value man, why should she sit and fight for yours. I'm not going to go into the semantics of building up value, that's obvious, but if you want your experience of being a LTR, husband, man in general to be on your terms, learn how train your woman.

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UPVOTES

Some advice from my TRP grandpa on how to start a relationship out right.

jeremyfirth · 5 April 2014 · Archived copy · Reddit

My senior year in high school I lived with my paternal grandparents because I really couldn't stand the thought of trying to live out my senior year living with either of my stepparents.

My grandparents owned a small farm, and when I got there, I was expected to do chores and contribute. I got there right after school got out for the summer in May 1994.

Not long after I moved in, it was time to take the cows from the wintering pasture (our farm) up to a pasture that my grandpa and a friend of his rented from the BLM for summer grazing. So we had a load of cows, and my grandpa's friend had a load of cows.

We got up there, and right when we got there, we saw a cow in trouble. She was in labor, but things weren't going well. I didn't know anything about cows, but my grandpa determined that the calf was being born breech (head first). And it was stuck.

Well, I had long arms, so I had the job of pushing the calf back up the birth canal between contractions, turning it, and pulling it back out. That didn't work, so I just pulled it out. The calf had died at this point, but the cow's life was saved, so it wasn't a complete loss.

Just about the time the cow was finished eating the afterbirth (which is a sound I'll never forget), the wife of my grandpa's friend came driving up. (This was in the days before cell phones, btw).

"I was so worried! You said you'd be back in two hours and it's been six hours! I thought you had gotten in a wreck or there was some kind of emergency!"

We explained what happened and she repeated the above refrain about five times while we were telling the story.

So we get in the truck, and as we're driving back, my grandpa says, "Listen, Jeremy. She has always been like that, and it's ridiculous. That shit needs to be stopped early in a marriage, or it will ruin you. This is what you do. Right after you get married, say you're going somewhere. Doesn't matter where. Tell her you'll be gone for an hour. Come back in three. Don't apologize. Don't explain. If she asks, just say, "it took longer than I expected." Do this half a dozen times in the first six months of your marriage, and you won't have to put up with the bullshit you just saw. You're a man, and you don't need to be on a goddamn leash."

I miss you, Grandpa.

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UPVOTES

Reason not to get Married #7,382: Millionaire tycoon's ex-wife awarded six figure payout even though he made his fortune a decade after they split [UK]

ExitAscend · 11 June 2016 · Archived copy · Reddit

TL;DR See the title

Main Body

Sometimes I come across something that really makes my blood boil. I'll let the story speak for itself here:

Kathleen Wyatt had earlier demanded a £1.9 million payout from Dale Vince, a former New Age traveller, although she did not lodge a maintenance claim until more than 25 years after they had separated, and nearly 20 years after their divorce.

He has also been forced to pay her legal costs.

Judges were told that the couple met as students, married in 1981 when they were in their early 20s, and lived a New Age traveller lifestyle. They separated in the mid-1980s and divorced in 1992. In the mid-1990s Mr Vince began a business career and went on to become a green energy tycoon after launching a company called Ecotricity - and justices were told that the business group is worth at least £57 million. They have a son together, which may have helped her claim:

Miss Wyatt and Mr Vince were together for two years and had a son, Dane, in 1983, who now lives and works with his father.

But check out how well she's done as a mother otherwise:

She went on to have another two children during a brief romance with another man who left soon after the children were born.

She now lives in a rundown former council house with her unemployed son Robin Wyatt, 21, her unemployed daughter Jessie, 18, Jessie's jobless boyfriend Ashley Lloyd, 24, and their three-month-old daughter Scarlett. Her eldest child Emily Wyatt, 36, was jailed last year burglary and is in Eastwood Park Prison in Gloucester. The Supreme Court heard she was a heroin-addicted prostitute. Emily's young daughter Alita is about to move into the crowded family house after being cared for by her grandparents. Miss Wyatt has taken jobs picking fruit, and since the mid-1990s has lived largely on benefits.

And what has she learned from this experience pray tell? This is what her daughter has to say:

"Mum told me the night before the court case that she was doing it for women power. "She thinks all men are the same. I have seen my mum struggling for years and she is the best mum in the world."

Classic victim mentality, and lack of personal responsibility. Dale Vince unsurprisingly disputes the claims. And since his biological son is the only one who's made anything for himself, who are you inclined to believe?

He said that in considering whether or not to strike out her claim, the five Supreme Court Justices had had to take her best case as if it was true, without hearing the other side. He said Miss Wyatt's assertion that she raised their son alone and in great hardship, was not true. Mr Vince told Radio 4's Today programme that he had given her "a lot of money" and a "great deal of help".

Conclusion: DON'T GET MARRIED!

[Link1](#)

[Link2](#)

[Link3](#)

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UPVOTES

What's killing your game? Dopamine abuse.

FCBLegacy · 11 October 2016 · Archived copy · Reddit

INTRODUCTION

Let me delve into a topic that seems to not be stressed enough, and that is *dopamine abuse*. What is it? When does it happen? Does it solely mean abusing drugs or something else? Let's jump right to it.

DOPAMINE ABUSE There are a list of things, not just drugs, that are destroying your sense of achievement, your confidence, and your sexual drive. And here they are:

1. Pornography, excessive masturbation
2. Stimulant drugs and medication
3. Video gaming
4. Lack of sleep
5. Your bodily desires
6. BONUS - lack of exercise and the long waited, "Do you lift?"

These, in turn, are *killing* your game. Why? Let's think about it from both scientific and logical standpoints.

Pornography Pornography stimulates your body and arouses you physically. It increases neural activity in your brain, which means that pornography is, by definition, a *stimulant*. Think about the time when you were a kid and you REALLY wanted to do something. You would get super excited about it and you would in turn get hyper. Excessive masturbation and pornography, as a result of being stimulants, abuse your dopamine pathways in your brain. They either prevent the reuptake of dopamine (similar to cocaine high), or they increase the amount of dopamine neurotransmitters (similar to methamphetamine). So when the time comes that you don't have that source of dopamine rush, you feel depressed, you feel shitty, and you just feel down. That makes it difficult for you to work on everyday tasks, such as cold approaching women, working on homework, taking care of chores, showing up to work, etc. Why does this happen? It's because you have abused your dopamine, that inner push that compels you to do what you got to do. Without dopamine, you wouldn't ever get out of your bed and strive for excellence.

Stimulant Drugs Stimulant drugs and medication? Don't get me started. You know the deal. I don't need to explain it in detail. Look at the previous paragraph if you're looking for the scientific explanation behind why they are bad. Also your common sense. Also, if you can, cut out caffeine from your diet, also nicotine and other things that just make you attached to drugs.

Video gaming Why are more kids developing "ADHD" through each subsequent generation? Well I'll tell you why: light is a stimulant. It is received by your eyes, which is processed by your parietal lobe, which then causes your brain to be stimulated. Why is it hard to sleep with the light on? Well you tell me. Similarly, combine light with stimulating activities such as that of video gaming, and you have just answered the whole ADHD crisis of today's generation. And then they give kids what they shouldn't be given in the whole goddamn place! Adderall and stimulants! That makes so much sense! Anyways, tangents aside, video gaming abuses your dopamine just as much if not more than pornography. It has an addiction factor. Once you take it away from yourself, you feel empty, like

you lost something that once made you happy. Lastly, consider the effect of flashing lights on those who have epilepsy. Now not everyone has epilepsy, but what happens when a person has an epileptic crisis? They shake and tremble, and they fall on the ground. Why? They are overstimulated. Take a moment and think about the effects of light on neural stimulation and dopamine alteration.

Lack of sleep Lack of sleep is also the culprit for lack of serotonin in the brain, which is the neurotransmitter associated with depression, sleep, and memory. Combine that with dopamine alteration caused by the lack of sleep, you get yourself a working zombie during the day. Are we actually gaining energy when we sleep? No, we are burning calories. Our brain shuffles everything around during REM sleep, causing us to feel refreshed in the morning.

Bodily desires What do I mean by bodily desires? Well, I mean the fact that we are human and part animal. For instance, we all need food and nourishment in order to survive. But when it turns into gluttony, we depend on food in order to become happy. That is dependence and *attachment*. Also, think about how this applies to masturbation, sex, desire to drink and party, etc. We all want those things. It is part of our human nature as men. But once those become the things that we obsess about, we find it difficult to work on everyday tasks, such as homework and other assignments that life brings for us. Bodily desires and attachment to worldly things, then, are a form of dopamine abuse as well. Let's recap for a bit. Dopamine is a stimulant. If you abuse a stimulant, what happens to you? You become attached to it. You want it more and more until it runs out. Same thing applies to bodily desires. They stimulate you in a way that causes you to want things. There is a saying that says that a man should think with his head, not his genitals.

Lack of Exercise and Lifting What happens when you exercise? Well two major changes are occurring in the neurochemistry of your brain. Your brain releases both dopamine and endorphins when you work out and exercise. Endorphin is a hormone that makes you feel less pain. Dopamine, again, is a neurotransmitter associated with confidence, desire to keep pushing forward in life, etc. So when you don't exercise or lift, you are depriving yourself of these two blessings that your brain rewards you with after you exercise. So do it. As always, no excuses. If you can do this everyday, think about how confident and full of energy you will be instead of say, going to the gym three times a week? You get the picture. You get to the point where going to the gym is a habit that defines your personality. You workout, you get the good push to do things in life, such as socializing, doing your work, approaching women, you name it.

RP AND AVOIDING DOPAMINE ABUSE

Why is it important to discuss the nature of dopamine abuse? Well, it's probably because one of the few listed things above are killing your game or making it difficult for you to achieve potential. Yes you should think with your head, but your end game is to fuck that girl. But in order to do that, you need to have a working brain, one that hasn't abused dopamine. Consider all points carefully and elaborate about it in the comments below.

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UPVOTES

[FR] how hanging with some beta friends showed me how far I've come on my TRP journey

bearsaw · 12 November 2017 · Archived copy · Reddit

This post is for the new guys just starting their TRP journey, as I myself was in your shoes not too long ago. It's a reminder that with self-improvement, digesting the sidebar, and by NGAF you will be able to not only see results, but be able to see how far you have come just by interacting with people.

I had a couple moments over the past few weeks that helped put into perspective all the things I have been trying to improve upon since taking TRP. This all came after hanging out with some beta friends of mine recently and observing behaviors that I know I exhibited before I found this sub. This is not a bash on my friends, but more a reflection of what practicing what you learn here can change you for the better.

Case 1: Went out with some friends for one of their birthdays and one of my buddies said he was bring his new girl around. He has been hanging out with her for over 4 months and never made a move. I can tell instantly that this girl is using him as an orbiter, but has no real intention of letting him get any. She immediately starts flirting with me and I can tell it is making my friend angry. I flirt back a little, but I draw a line, as I don't think it is worth losing friends over one girl. Gaining an abundance mentality has truly helped me not get hung up on every encounter. After some time we start talking about frofing and she says she's never gone, but would love to go tomorrow if I was free. I told her I had to work, but my friend was a pro and could show her how to play. I figured if she said yes it would put my buddy in a good spot for some kino and 1 on 1 time. She seemed into it until he opened his mouth. Immediately he lets her know that it's not a date and tells her he will bring his younger brother along. I was shocked at first. I set the kid up for the easy layup and he missed by a mile. Then it sunk in on the ride home, I was that guy not even a year ago. Too afraid of losing one girl out of fear of when the next one will come along. Jealous when the girl that was not even mine, got attention from someone else. I was at first mad at myself for ever behaving like this, but as I thought about it I was so glad that I had seen the light. No one girl is worth the frustration my buddy is putting himself through. Playing the friend card will only make you an orbiter.

Case 2: Went out to a beer festival with some friends of mine and ended the night at a bar near one of their places. The bar was pretty dead, but our bartender was very attractive. After going up to the bar to grab a round I can tell she is into me and I start to banter with her. The next couple times I grab a beer she starts talking with me and I kept negging her about not remembering that my last name starts with a C and not a K. She's loving it, but my friends see it differently. She comes to our table multiple times just to talk and I continue to tease her the entire time. When she leaves the table my friends keep telling me to stop being an asshole to her. They were going to be her white knights. I just laughed it off and tell them it's not a big deal. The night ends with her following us outside as we get ready to leave and I ask her for her number. She gave it without hesitation and my friends are floored. They don't get why treating a potential plate as I did ended up with positive results. It was a good reminder that nice guys finish last. It got me thinking today about how fear of rejection used to cripple my chances. By not putting pussy on a pedestal you take all the pressure off yourself. Learn to hold frame and what you found so hard six months ago will over time come naturally to you.

In conclusion: What I've learned coming to TRP is that really what this is teaching you is a set of skills to get what you want out of life. Keep busy, learn new things, talk to everyone interesting, go for what you want and create a life you can be proud of. Over time this will seem less like a task and just who you are. It won't happen over night. If you fail today, know that tomorrow brings another chance to sink or swim. Practice a life of abundance and reap the rewards. Don't just take what the sub is teaching to pick up women. Instead, use it in all aspects of your life. Make it who you are. That is when you will see the results you are looking for.

748

UPVOTES

If you have never been the casual sex guy, you do not know women

CainPrice · 25 April 2019 · Archived copy · Reddit

Summary: Women wear masks and put on performances. They behave one way for a man they're not interested in, one way for a man they want a relationship with, and another way for a man they're meeting for casual sex. Only one of these sets of behaviors is her real self. Believe it or not, it's the side of herself she shows to the casual sex guy. That guy will know what she's really like and experience a level of intimacy from her that even her future husband will never touch. Racking up a casual sex history with women is how you learn what women are really like, and how women stop surprising you. If you have not had casual sex with women, you don't know women. You don't understand them. And no amount of reading about it will suffice. You need to get out there and be the casual sex guy to learn.

Many men end up at The Red Pill after being surprised, sometimes repeatedly, by things women say or do. What women are like. Women that they thought they knew and thought they understood ended up doing something that seemed completely unlike them. These men felt tricked, as though these women hid themselves and manipulated the men around them. But the fact that women wear masks and exercise filters, putting one face forward with one guy and a completely different face forward with another, isn't tricky deception. It's just how women are. If you don't understand that and it makes you angry when it happens, then you don't understand women.

Every guy has a story about the mousey girl from work, the cute nerdy girl in his math class, the innocent girl next door, the cool girl in his friend circle. A seemingly normal, mostly innocent girl that he'd probably have dated if she seemed interested. Like most women, she seems tamely interested in guys, but not overtly sexual. She giggles with her friends about creepy guys and about how men are only after one thing, and confides that she hopes she meets a nice guy who makes her laugh one day. Then one day, he overhears her gossiping with her best friend about the pair of guys the two of them went home with last weekend, and the way they're talking, it's obvious that going out and meeting guys to go home with is a fairly common occurrence for them.

She's slutty! And he had no clue. He's just some guy in her social circle that she's not interested in, and in front of him, she acts like a mostly innocent girl who's tamely interested in guys, hoping for a nice, sweet guy who makes her laugh. But behind the scenes, she's going home with guys from bars the night she meets them and hooking up with guys from Tinder after work. She just keeps her casual sex life on the down-low, because if a random guy she's not interested in from her social circle knew she was like that, he'd probably judge her.

Every guy has a story about the ideal girlfriend who he was sure he was going to marry, and she was sure she was going to marry him. Their relationship was perfect. They were in love. Then she gets a new job or starts a new semester at school or goes to her best friend's birthday party or goes out one weekend with her girlfriends, and almost immediately, she's cool, aloof, and distant, but insists that it's nothing and that everything is fine. A week later, she ends her perfect relationship, seemingly out of the blue. Two weeks later, she's dating some new guy from work, school, or that she met while she was with her friends. And it turns out that it's not even that serious with the new guy. It's a mostly sexual thing. She traded away her extremely serious relationship with a guy that yesterday, she would have told you is the perfect guy, for a casual sexual relationship with a guy she met the next day.

Every guy has a story about a girlfriend he thought was a fairly conservative, tame woman. Came from a good family, educated, decent circle of friends, doesn't drink or use drugs, dresses well, behaves well while they're dating. Then one night, while meeting with some of her friends from college or grad school, the girls get to talking and it turns out that she has a casual sex history a mile long. And when asked, it turns out that this wasn't just a phase in college. She'd been a "down for anything" girl, meeting guys in bars and online right up until a month before she met her current boyfriend.

She's slutty! And he had no clue. Because for him, she wore a mask and kept her sexual side hidden. She didn't want him to look at her differently. To judge her. So for him, she donned a filter and acted a certain way, while for others, she was a cool, casual, forward, flirty, dirty little girl.

Every one of these guys thought that he knew the woman in question and understood her. He thought that he knew women. But he was surprised when the woman in question did what women do. Because he didn't really know women. He just thought he did.

The guys who really know and really understand women are the ones these women are meeting casually. When a woman meets a guy for a casual hook-up, she doesn't care if she sees him again. He's not part of her work life or her social circle, so she doesn't have to maintain her reputation with him. She's not trying to impress him or get into a serious relationship with him. She's just letting loose and having fun. So when she meets a casual sex guy, she can be fun, forward, flirty, dirty, slutty, and let her sexual side show. She can let go and be herself, without any filters or masks. She can be more true to herself, more liberated, and more genuine with a guy she's meeting for casual sex than she will ever be with her future husband five years from now. She will do things that she would never do with a serious boyfriend, and love it. Then fiercely hide the fact that she was ever like that with any man she actually wants to impress.

When you are the guy women are meeting for casual sex, you see a side of them you've never seen before. Women seem completely different than they did when you were the guy at work or school that she wasn't interested in or the guy she was dating seriously or trying to get into a relationship with. When you are the guy women are meeting for casual sex, you are seeing what they are really like. You are seeing women being their most liberated, genuine selves. There is more intimacy and more honesty in your casual hook-up than there will ever be between this woman and her future husband. You are having sex with the real her. Her husband will have sex with the mask she wears for him.

When a woman only wants you for casual sex, she doesn't behave like a good girlfriend. She fucks around on her phone after you're done having sex. She even messages other guys in front of you. She doesn't get all dolled up to go out to dinner with you. She just throws on whatever and shows up for a few drinks and a quick fuck before going home to shower. Some guys get offended by this behavior, but those guys still don't get it. This is a woman being truly genuine. This is a woman showing you her true self. She's not trying to protect her reputation from you or trick you into a relationship. She's just enjoying herself and using you as the conduit for doing it. This is what women are really like.

Until you have been the guy women are meeting for casual sex, you do not know women. You do not understand them. If you have only been the guy at work that women aren't interested in, or the boyfriend women try to impress by hiding their true selves, you do not know women. Even reading stories about what women are like on the internet and raging to yourself doesn't teach you what you need to know. If all you've done is read about what women are like on the internet, you do not know women. Until you have been the casual sex guy and felt, firsthand, what women are like when they let go and enjoy themselves sexually in a way they only can when they don't care if they see you again, you do not understand women.

In summary, if you are not a casual sex guy, shut the fuck up and quit telling people what you think women are like. You have no clue what women are like. You should be here to get advice, not give it.

If you are a casual sex guy, help other guys learn the ropes and how to break into the casual sex culture. No amount of essay writing and online woman-bashing is going to teach guys what they need to know, but a few months of being the guy women fuck casually will teach them everything.

748

UPVOTES

I have learned a lot in my life and I want to share.

gallemore · 7 August 2020 · Archived copy · Reddit

I have lurked here for a while and a lot of times I see some great points in this subreddit and sometimes the men here are completely misinformed. I will give my background and history with women.

First, I have no qualms with giving my name. My name is Brandon Gallemore. You guys can look me up or reach out if you are feeling the need.

I was born in 1989 at the very end of the year. I grew up pretty poor, initially in **Fort Worth, TX**.

I had an older half-brother who lived with his Mom down in the Houston area. **I also grew up with an older sister and a younger brother**, each of us separated by about roughly a year and a half. I was smack dab in the middle as a kid. By the time I was **five** we moved out to a place called Weatherford, TX on the **outskirts** of town. Not sure who cheated on who, because I never got a clear answer before my Dad passed away, but one of my parents cheated on the other during a big period of drug use/alcohol abuse in both of their lives. Everything fell apart and my Mom met my step-father, Steve.

He was a single guy who lived in a **place** that his Mom had owned prior. Steve is a musician and smoked a lot of weed and did other illicit drugs while we were kids. He never had children of his own and so instead of talking to us, he chose to spank us **EVERY SINGLE TIME** we did something wrong. This is where I think I became somewhat of a bitch, or a beta as many here like to say.

The neighborhood we were in was right on the boundary of poverty and lower-middle class. We had beat up trailer houses and an old apartment building a few houses down from our house. My Mom's family lived in a place like **this** while we lived paycheck to paycheck and maintaining a fairly poor diet (another beta move). As a kid **I was always up to something**. I was skinnier than most of my friends, and goofy. I had to be funny and intelligent to make up for a lack of my own perceived weakness (more on that later).

On top of growing up in a poor neighborhood we also dealt with my Dad being in and out of prison. My main influence on who taught me to be a man was my Mom. In my opinion, that shouldn't ever have to happen. The community around my family failed us. Maybe because we were white, we were perceived as being ok, but we weren't at that time. More apathy from those around me made me angrier. I became more beta as a result. I white-knighted for girls in school and got into fights for them multiple times. It was usually the same few girls dating shitty dudes and then the guys would hit them, so I would feel the need to hit the dude. My Mom encouraged this behavior too. My Mom said to **ALWAYS** hold the door, **PAY** for the date, **NEVER** hit a woman under any circumstances (which I still don't do, but disagree with the premise).

These lessons that I learned along the way didn't help me. They taught me to be weaker. I consistently bowed down to the women in my life and with modern-day entitlement it was a recipe for disaster. I turned to drugs and alcohol around 15, **which was roughly the time this photo was taken**. I had already had multiple sexual experiences by this point, the first being with my sister's older friend who climbed on top of me even though I had told her I didn't want to when I was 13. Women were consistently crossing my boundaries and even playing games with my emotions at times. I accepted all of it though.

Eventually I met my **"true love"** my junior year. I was a walking boner my junior year and accepted whatever woman threw herself at me. She was the first one to stick. She told me stories initially of how her first sexual encounter she was rape (which she later admitted to me was a lie). I didn't share my story with her, because mine felt so trivial in comparison to how violent she said he had been. This girl never held a job, never had to work a day in her life, even chores. I had a job from the time I was 12 with my Uncle and as soon as I could work legally I got multiple jobs and held them throughout my high school career. I should have seen that disaster coming from a mile away, but at 17 years old you are bound to fuck things up and boy did I do that.

I was walking through the halls of my high school one day after getting stoned at lunch. My buddy Jarvis turned to

me and said, "Look over there, they're doing testing for the military. Let's go take the ASVAB." So, instead of going to class, I skipped it like I always did and took a test, that test changed my life.

A few months later we got the test back and Jarvis scored higher than me. He received a 92 and I had gotten an 83. I was so competitive that it made me feel even worse. I felt like I would always be less than others. That poisonous mindset carried into my relationship as well. I joined the Air Force as an Air Traffic Controller (highest suicide/divorce rate) and within two years we were separating on account of her cheating. She had been cheating on me for about a year and was coming home late at night and sleeping with me after she slept with the other dudes, yes dudes (she had two separate affairs).

As you can imagine I felt ultra cucked and wanted to kill myself. Instead, I got into another relationship, and another, and another. Each kept failing and I got more and more miserable. I was still skinny and decided to start working out. **These pictures** were supposed to **showing progression**, but I neglected my fitness still for years, despite being in the military. I would do the bare minimum that was required at our PT.

At the end of 2012 I met someone who I knew I loved. She was sweet and kind and didn't have any expectations of me. She supported my hobbies, which included music and writing. I thought I sucked, but she liked it. Of course, with my life being my life **I got orders to Korea** within a few months of meeting her. I felt like a black cloud was over my head. Her family had their doubts and I had mine and due to insecurities I cheated on someone that I loved after only being in Korea for four months. I told her immediately, because the guilt ate me up, but she let it ride for another six months before we finally split. My entire first year in Korea felt like a waste and I was the reason. **I was ready for a nuke to be dropped by this point.**

To fill my sadness I turned to sleeping with women, a lot of women. When I had gotten to Korea I had probably slept with 15 people in my life. By the time I met my **next ex-wife** I had slept with upwards of 40 people. Plating or whatever bullshit this sub wants to call it won't fulfill you, just going to go ahead and say that now.

We got **married!** She was this gorgeous woman that barely spoke my language. I was ok with it, because she was pregnant. She wanted an abortion and I didn't so I got my what I asked for. She was a Bridezilla too. The wedding cost us 20,000 dollars and she was a complete nightmare to me the day before and of. I was still being the good husband that would just accept it.

Right around the time I became a Dad I made Staff Sergeant in the Air Force. I remember a conversation some of the younger guys had with me when I was driving them to their dormitory in Korea. They told me essentially that they were glad that I hadn't changed and that they respected me as a leader. Most guys in the military let power get to their heads, but I had literally never even had power over anything so my first instinct wasn't to abuse it. I just cared about the people, and maybe that is why I am writing this post too.

Then my first son, **Cason**, was born. My wife at the time told me that she didn't love me and she was drinking often while also angry at me for not being more involved. I would come home stressed the fuck out from working foreign pilots as an Air Traffic Controller. By the time I got home she would always be ready to hand the baby to me. I felt used and abused. She didn't have a job, she rarely cleaned and her version of cooking was to let rice sit in the rice cooker and crack an egg in a pan and serve it to me. It was tough, but I gritted my teeth and kept on as I had most of my life.

We found out we were expecting another boy, **Jacob**. She didn't want to keep him initially either and that was a whole other debate to get her to keep our child, she relented and then sat in resentment for the next few years.

It was finally time for us to leave Korea. I got orders out of there after three and a half years and we were going back to Sheppard AFB in Texas. I was excited to finally get back to American soil, my kid's Mom was not. As soon as she got here the entitlement started. She would complain about the fact that we have to drive everywhere and that there were no cities. She would nag about my family not being more involved and coming to visit. Those are obviously all important, but I was being held hostage because of this negativity.

Within a month of getting to Texas **my Dad** passed away from liver failure. He had been drinking heavily for years and his body finally gave out. I had only gotten to see him one time in four years and he was dying by the next time I saw him. I sat in the hospital with him for five days. My entire family came the first day, then no one came again until he was dead. My ex would text me and tell me how bad of a father I was to my kids because I wouldn't come home at the time. I wanted to be with my Dad. When it was finally his time to go I sat and watched all of it, completely alone. It was something that changed my life and I will never forget. My Dad was taking guppy breaths and had stubs for legs, because of an amputation that was necessary due to sepsis and gangrene and he was alone. The only person in the world who was there for him was me, that's around the time when it all clicked.

I sat in his apartment for 30 days and did every drug in his house. I showered two times during that period and barely remember anything. My ex showed up, obviously upset and reasonably so. I was in a really bad place though, she hadn't been there for me when I needed her, but when she needed me she was screaming and showing no respect to me as a human. I needed someone to reach out to in my life, but no one was there for me. My brother, my sister, my Mom, wife, everyone was wrapped up in their own problems.

At the end of that 30 days I returned to normal life. The military had given me time off to grieve and I had barely done any. I covered my emotions up with more abuse to myself. I started seeing parallels in my life and my father's. We got pregnant with a third child. I bet you can guess what she said. She drank heavily and smoked cigarettes telling me almost every night that she would kill it that way if the insurance wasn't going to help pay for it. She did that for about three months and then decided she wanted to keep the baby and went to the OBGYN.

On that day her entitlement shown through the most. She had succeeded and our baby was dead right in front of both of us on the screen. She began sobbing and screaming at me in front of the nurse and then we got out of there. Within a month her Mom and brother showed up in Korea to support her and simultaneously ruin our marriage. While they were there her brother told me that I needed to do more, even though I was working ten hour days and coming home to take care of children. We almost got into a fight over it. She left the country shortly after, the first time.

I did more drinking and pot smoking when they left and got separated from the military with an honorable discharge. They diagnosed me with major depressive disorder and generalized anxiety disorder. I can't imagine where the anxiety comes from. She came back for a while and I talked myself into believing things would be different. Within a few more months **she had hit me quite a bit** and I finally caught her on video doing it. I took it a lawyer and went to take her to court, by the time I got back home she was already on a plane to Korea. That was in November 2018 and the last time I have seen my kids. It felt like I had lost everything back then.

I tell you all of this, because I want you to know who I am. I should be the woman hater. I should have every reason to want to disregard them as people and "plate" them as people here like to say, but instead of continuing to get angry, I looked inward. I moved to Denton, TX, a creative city and started over. As I have said, I had always loved music. I told people when I first got separated that I wanted to do all of these really big things. I wanted to write an album and a book and a series. My step-father told me I had delusions of grandeur and needed mental help. I took it as a challenge, again I am competitive and I had gotten it back with nothing to lose. I wasn't scared of pissing people off anymore, what were they going to do, take my kids away? The worst thing had already happened to me. I started **working out** and working on me.

By the end of 2019 I had written a few songs and played for a group of people for the first time in my life. I had been dabbling with the guitar for 16 years and finally just decided to **DO IT!**

Now, as of last week we have a **full 13 song album**.

I also set up a **News/Documentary** production company as well as a separate TV series/movie production company. We have a cast of 20 people on a series and a full ten episodes written. We start our filming on Aug 16. When I first got to this town people legit scoffed at me and made fun of me behind my back about all of my "ideas". I seemed crazy to everyone, but I just stuck to my own gameplan. I am about halfway finished with a book as well, but I have

been stuck for a little while. This is my 30th year of life and it is my best, so far. I am in peak physical condition and have a goal.

The real Red Pill is not focusing on other people. Others will eventually always let you down, but you can rely on yourself, whether that be for securing a "plate" or for actually improving humanity and imprinting your goodness on others. I grew up poor enough to not have had a chance. My older half-brother didn't really get one. He was in prison two times by the age of 22 and dead by the end of that year. I saw those things in my life, most people don't get that perspective, so I am trying to give it to you now. Go check my history on reddit if you want, this isn't a throwaway, I have nothing to be scared of.

Women are equally important in society and if you have a belief counter to that, then that is likely why you are single. Don't get me wrong, that doesn't mean everything about us is equal. Men are superior athletes, while women can carry children, those types of differences do exist, no matter what an SJW might say.

Don't give up, don't lose your stamina. You'll find your luck is only the residue of the work you put into something. Don't stop talking if someone tells you to stop, but also try and be respectful. No one will ever respect an angry child. If someone disrespects you then make sure they don't make the same mistake twice. You have immovable boundaries, things that aren't compromising. You can have soft lines in the sand on some things, but be ready to die on your shield for an important cause. Don't give up your hopes and dreams, guys.

P.S.

I am back with the woman I met before getting to Korea. She and I were friends for an entire year and she was going through a separation. I was actually in a relationship also and we were friends initially, but in the last six months we have gotten **serious**..

Edit: Couple of grammar issues.

747

UPVOTES

When a beta makes progress, its quite disturbing to women, and I have found nothing but confused, hostile people around me going out of their way to knock me down.

altredact · 9 October 2017 · Archived copy · Reddit

I just wanted to post a quick rant/observation I have been making regarding my own body image and how often devastating remarks are attempted at me as an improving beta male. My personal progress and gains, have left them confused, upset and somewhat hostile.

My first example was about 2 years ago, was able to hook up with a blue eyed, big breasted Barbie of a women and the common theme would be literally be strangers walking up to me and asking what's going on? Not in a "good job buddy" kind of way, but more of a disturbed, why is she with you. It went as far as females bluntly stating she is way too hot for you period. I would grit my teeth, smile, joke etc but fuck it was a big blow even with the hot ass I was getting, as even her social validation was not even enough to stop the bullshit comments.

The second part comes from my time in the gym, which has been daily for about 6 months. I am 5'9 and about 150, skinny as fuck, but also getting cut and able to lift reasonably more than bulkier dudes in my (graduate program), being a school gym we all pass each other and a common theme is "omg, how you can even lift that much" Its not a complement on what I lift, rather more of a theme of how this skinny, sub-man can lift as much as the cut alphas. My chest gains have improved, and its actually some weird point of focus of theirs that my chest is getting to big and does not look good as they try to poke fun, their is no complement on the gains as they are turning it all to ridicule.

The third examples is simply questions I get regarding why females associate with me (Oh X and X are your friends, they are some of the prettiest girls in the class) why would they even talk to you? Again, same bull shit, different day. I have a fucking bite mark on my chest, and they are very inquisitive, not in a hungry or jealous kind of way, but more of an enigma of how a female would find any desire to do this and again they are vocal, pull me aside to talk about this.

I know us beta dudes, have a long way to go, but fuck these comments from bitches like this really mess with your head, more reason to keep frame, fucking hit the gym and focus on you. I am just glad I have enough secrecy in my life to keep these fucking in a constant state of guessing and trying to destruct my personal life.

TLDR: Women have no problem tearing down a dude who is oddly improving on levels that they are not comfortable with.

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UPVOTES

Weekend FR - Fucking a Girl in a LTR, Hamster Overdrive (Screenshot)

GodOfDinosaurs · 5 September 2018 · Archived copy · Reddit

I've known Ashley since about Freshman year of high school. I always thought she was cute (fat ass, nice tits, pretty good face, HB 7.5ish), but never really talked much to her. She was always on the periphery of my friend group. The kind of person I might smile or wave at in the hall, but not hang out with after school. I never thought much of it other than she was hot.

Anyway, last week I get a text out of nowhere from her saying she thought she saw me at a bar (it wasn't me). We start talking and find out we're working in the same city and live about 20 minutes away from each other.

At this point, TRP knowledge kicks in automatically. She's pretty and has a forceful personality so she's used to guys just going along with whatever she says. I make a point to disagree in a way that playfully belittles her. E.G:

Her: X bar is the best in the whole city

Me: Yeah haha I also liked X bar back when I was using a fake

The conversation turned to politics at one point and I discovered she's now a full blown "men suck" feminist type. I'm pretty left-wing myself (probably closest to libertarian socialist), but we disagree on pretty much everything, so I ratchet up the tension a bit by making playfully sexist comments and not taking her seriously. Think: father-daughter attitude.

As a side note, not every message was like this. The "pull" is almost as important as the "push". Otherwise it just becomes annoying and you end up being the one who looks childish.

Fast-forward to Saturday night and I'm out with friends in the city. She texts me asking what's up and I find out she's with her friends just a few bars down the street.

Then comes the shit test: "I'd ask you to come see me but my boyfriend wouldn't like that".

At this point, I know it's pretty much in the bag. I choose the 'ignore' option and say "we've already been over that way but you can come to X". She says something about how this is so bad and how we shouldn't see each other etc. I withdraw attention and actually forget about her because it was getting late. I take an uber back to my house which was like a mile away. When I get home, I open my phone to another text from her asking where I am. I invite her over to my place and witness an absolute Olympic-caliber hamster performance:

<https://imgur.com/AM8BAVp>

She shows up to my place, I fuck her in the ass (she loves anal, lucky me), and I send her home. She says she'll kill me if I tell anyone. Yesterday she asked me to fuck her again and I declined; too busy. Boyfriend of 3 years looks like a nice guy on FB. I wonder when they'll get married?

EDIT: Lots of good discussion on the post, but I'm also getting a ton of comments asking what the fuck libertarian socialism is. If you're interested in talking/debating about it please at least read the wiki first and then message me or we can discuss on another public forum. I'd rather stick to TRP concepts on the TRP subreddit.

747

UPVOTES

Learning to speak less, and observe more to build attraction

surfcimb · 2 October 2019 · Archived copy · Reddit

Most people in new social situations feel an obligation to keep speaking, even if it's clear silence would be better. Taking a step back to observe social interactions will make your game much stronger than the guy who vomits words everywhere.

Starting out

In almost all social situations involving a sexual dynamic, men overshare. They brag about anything they think will impress a woman. In interviews, men tend to ramble on about logical reasons they're qualified. In these situations, the less you say, the better. It's not about quantity, it's about quality. Think of the times you've been impressed by conversation- these wordsmiths just *know* what to say. It's not drawn out. It's concise and makes you think.

People who say less, but say impactful things, come off as genuine and intelligent. This is incredibly intoxicating for women, and generates interest from men. One of the ways I honed in for daygaming and improving my conversational skills was sitting in coffee shops and just observing. I watched dates that went well, and dates that went up in flames.

The common theme to the dates that went well was the way in which the men would engage their dates. They all had laid back demeanors, open body language, and weren't saying rehearsed lines or themes. They opened with a few probing questions: *"I noticed you have a dog shaped keychain, are animals your passion?"* *"You're in great shape, do you lead fitness classes?"* *"I've always gone with a black coffee. Where should I start with cappuccinos?"*

The reason these openers generated success was the fact that it engaged discussion that required thought right off the bat. There was no hidden agenda. Just a curious thought provoking observation. Most guys mess up by using the court jester approach. They use some rehearsed gimmick. The dynamic of the jester approach is reactionary. The jester is looking for instant validation to their routine. They base their entire conversation off of this validation. This prevents the jester from ever really leading the conversation anywhere. It also leads to the jester over-sharing and giving up too much too soon in order to keep his routine going.

Why the simple openers led to a better conversation dynamic

Take for example the openers I listed above. A girl might respond that yes, they love animals. They've always loved being in shelters, ect. While they're sharing all of this, they're giving you easy ways to keep the conversation flowing without saying much. For example, one might say *"where do you see this passion going?"* When the woman finishes up answering the probing question. Again, they'll continue sharing. And again, all you need to do is use a simple little conversational bridge to keep things flowing while observing.

Should the script flip, answering with short but direct responses is your best way to keep things in your control. Should they ask you probing questions, such as what's your passion, keep it brief. It's not so much what you say here, it's how you say it. For me, I might say "I love rock climbing," while holding eye contact and imagining myself fucking her. Guaranteed tingle bomb.

Purposeful silences are a great tool

You don't need to spit out a response right away. Take a second, hold eye contact until she breaks it, then say something. Your non verbal communication is a lot more important when building attraction.

Watch stand-up comics who kill it

Improvisation is the duct tape of conversational skill. Stand up comics are masters of this. Watch any good routine, and you'll see how adept they are at switching and adapting at the drop of a hat.

You need to practice

Observe for a while first, like I did, then go practice. Conversation is a skill like anything else. The more you use it, the better you get.

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UPVOTES

You're gonna like the way you approach and open; I guarantee it.

BaconEggsAndSleaze · 1 September 2015 · Archived copy · Reddit

Attitude

- Let go of your outcome.
- Strive for FUN.
- You can never be certain that she won't reject you, so give up on green lights (IOI) and GO.
- You rely on "pickup" lines to eventually discard reliance on pickup lines.
- Normal guys are boring and slightly awkward when /if talking to hot chicks
- Even if you are totally boring and awkward, the worst you can be is normal.
- NOT opening a girl means you are a selfish dick who wants to retain all the awesomeness in your life for just yourself.
- Women go into public to be opened, they put on make up to be opened, their "girls nights" are designed to get dick.
- See yourself as a man that women desire.
- Know that you can and will please her.
- Always assume that it's on, that she desperately wants you, and that you hold all the cards.
- Have the attitude that you are auditioning or testing the girls to see if they meet your standards.
- Never focus on your looks (genes), focus on how you present yourself
- You deserve the best of everything.
- Be Energetic.
- Be Well-groomed.
- Be Sexual (Thoughts and Actions.)
- Show desire through eyes.
- Be Confident.
- Be Relaxed.
- Don't be a friend; be a lover.
- Slow movements
- Minimal smiling
- Contrapposto
- Impatient outward glances

- No hands in pockets
- Open legs
- Straight back
- Hold your drink low
- No fidgeting
- Low vocal tone
- Slow speech/accentuate every word
- Don't laugh at own jokes
- Take up space
- Avoid nervous tics/self-grooming
- Pregnant pauses
- Look straight or up, never down
- Center yourself around your crotch

Approaching

- Don't wait to approach her until she's alone. Even if she likes you, her friends will soon drag her away.
- Don't stare at her for more than three seconds before approaching. Hesitate, and you'll either creep her out or psyche yourself out.
- Don't be afraid to approach her just because there are men in the group. Often, you'll discover that she's with family, friends or co-workers.
- Never open a conversation by apologizing. Phrases like "Excuse me...", "Pardon me..." and "I'm sorry, but..." make you sound like a beggar.
- Don't hit on her or give her a generic compliment. Instead, start a conversation with an entertaining anecdote or question, such as asking the group to suggest names for a three-legged cat or a store that sells 70s memorabilia. It may sound corny, but everyone loves to give their opinion.
- Never, ever buy her a drink. You shouldn't have to pay for her attention.
- Don't touch or grab her right away. If she touches you say, with a smile, "Hey now, hands off the merchandise"
- Don't lean in or hover over her. Stand up straight and, if the music's too loud or she's seated, simply speak up.
- Don't ask her what her name is, what she does for a living, or where she's from. She's bored of talking about the same things with every new guy she meets.
- Don't focus all your attention on her when she's with other people. If you win her friends over, you'll win her.

Approaching Groups - 2+

- Approach indirectly. When you begin speaking, talk over your shoulder. Do not face directly or lean in. This

will make them uncomfortable. As they become more comfortable with you, then you may turn in and join the group.

- Do not hit on the woman you are interested in right away. Win over her friends first. Even ignore her, if you must - this will only pique her interest. If she does something silly, tell her friends: "You can dress her up, but you can't take her anywhere!". This will make her friends feel safe with you and make her wonder how you could possibly be unaffected by her charms. Note: this should not be an insult, but more of a tease, like one might do to a little sister.
- Enter with an energy level equal to or slightly above that of the group you're approaching. Everyone's out to have fun. If you are able to make them have a little more fun than they're currently having, they'll accept you.
- Use a neutral entertaining opener. To start a conversation, ask a question that will pique the attention of most people. Two subjects fascinate everybody: relationships and the unknown. So ask, for example: "Where would you take someone on a blind date?"
- Root the opener. If you don't let the group know why you're asking then they are going to think you're taking a survey. So add a story: "I'm asking because my friend over there just moved to Los Angeles, and his boss has set him up with his daughter. It's kind of a lose-lose proposition."
- Offer a time constraint. As soon as you approach, the first thing the group worries is, "How long does this guy plan on staying here?". Until you win them over with your humor, personality, or special skills, you must short-circuit that fear by telling them, "I can only stay for a second, because my friends are waiting over there."
- Demonstrate value. Now that you have approached and talked to the group, the next step is to make it so they don't want you to leave. This is where any skill you know - or can learn - will come in handy, whether it be magic, hand-writing analysis, palm-reading, psychological personality tests, or teaching her something about herself. You'll know you've done it correctly, if you pretend as if you are going to leave afterward and they drag you back to talk more.

Banter - HAVE FUN. Little Sister mentality

She Tells You Where She's From

"Oh no, a [location] girl? You guys are trouble." When she asks why, "[location] girls are all brats" or "They're always hitting on me. They're really grabby."

Artist, painter, sculptor?

"Oh my god, you're not going to ask to draw me naked, are you? I'm not falling for that again!"

Musician, poet, writer?

"So where do you get your inspiration for writing? Do you need someone to break your heart? Because I'm really good at that."

Finance?

"Oh my god, are you a rich girl?! Because I've been looking for a rich girl so I can stay home all day and sit on the couch, eat potato chips and watch TV."

Student ?

“Oh my god, are you cutting classes right now?”

Cashiers

“I’ll take 17 cups of coffee.”

“I’ll take a large coffee. And put a little extra love in it for me!”

“I’ll take a massage and a warm bath.

“So what do they pay you here, like \$10,000 a week? No? That’s too bad. I was going to ask you out. But I’m looking for a rich girl.”

You run into her again

“That’s so cute, are you following me?”

Talking about the weather ?

“Oh my god, I am hiring you as my meteorologist.” Or “What’s with this horrible weather? You did something to anger God, didn’t you?”

She’s carrying a shopping bag or says she went shopping ?

“What did you get me?” When she starts to answer cut her off and say “No wait, just surprise me with it later.”

She spills a drink or does something stupid ?

“I can’t take you anywhere. Go wait in the car. This is why you can’t have nice things.”

You’re In line in front of her ?

“You’re not trying to cut in front of me are you? Because I’m pretty tough”

Or if you’re in line behind her

“I’m not trying to cut in front of you. I wouldn’t do that. You look pretty tough.”

She Tells You Her Name and it’s Strange –

“Oh my god, you’re the fourth [her name] I’ve met today!”

Showing interest is a great conversational pivot from these banter examples to more serious conversation. At a high point during banter — when she’s laughing or smiling and generally digging the vibe — you show interest in a simple, straightforward way. Something like “You seem pretty cool” or “I dig you... you’re all right” works great.

Bonus - BaconEggsandSleaze Kino Specialty - THE BOOB TOUCH

You'll need to be holding a drink in order for this to work.

When you're talking to a girl and standing close to her, you lean in and talk into her ear while the hand that's holding the drink makes contact with her boob.

Leave it there; you'll be surprised at how many girls let you keep it there and they may actually push up against it.

Remember, this is the back of your hand touching her, so it seems totally unintentional.

If she backs away, you can immediately realize that she's gonna take some effort, so if you want you can next her without wasting any more additional time. This move can be pulled off minutes after introduction.

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UPVOTES

Dropcams saved me from a "domestic abuse" allegation yesterday. Consider camming up, guys.

[deleted] · 18 July 2015 · Archived copy · Reddit

TL;DR Trust me, it's worth taking 3 minutes of your time to read. This is what you call a butt-puckering "holy shit I dodged a bullet" moment:

I've known this girl around 2 years now. I'm mid 30s, she's early 30s.

We've been intimate but never officially dating. She's actually been a pretty good bud over the span of the time I've known her. Fishing buddy, hiking buddy, hanging out buddy, whatever.

Her lease was up at her old place and there was a span of about a month where she'd be between jobs and houses. And...DOH!...yes, I fucked up. I offered for her to stay at my place for that short time between.

That was fuck up #1.

Fuck up #2 was allowing her to drag me into a "why did we never date" conversation that quickly...well, you can guess how that quickly escalated on her end. Her feelings of inadequacy, feelings of rejection, feelings of just being a slut...blah, blah, blah, feels, feels, feels.

I remained silent through most of it. Only speaking to calmly re-explain that I'm not interested in a relationship with anyone at this point (basically kindly telling her she's a plate and always will be).

But a man can only take so much yelling and crying and bullshit before he has to just GTFO and take his problems out under the bar in the squat rack so...

Fuck up #3 was me leaving my house to go to the gym to blow off some steam and clear my head.

After about an hour and a half at the gym, I pull back into the driveway and go to the front door, put in my key...doesn't work. Go to the side door and it's slightly ajar...with deadbolt components strewn all over the patio and inside the door.

This bitch tried to change the locks on the doors of my house while I was gone.

I go inside and she's obviously frantic. She threw a tape measure (where the fuck did she even get it? It wasn't even my tape measure) at me and proceeded to scream and lunge at me.

Each time I backed away with my hands up. I remained calm and tried to calm her down but she was having none of it.

I'm not a huge guy...190lbs...but she's a 120lb little blonde female that is, at this point, nothing but hate and venom and swinging limbs.

There is no way I was going to touch her. I can see the headlines now **"Ex military bodybuilder batters tiny blonde woman"**

The only time I touched her was to deflect her blows and eventually back out of the door from which I came in.

I considered calling the cops but I couldn't see how that would ever end well for me (it certainly never has before and I'm about the most cookie-cutter, upstanding guy in the world).

I ended up just sitting outside on the front porch to let her wind herself down, which she kinda did.

She eventually comes out and hints that she has bruises on her arms and *"someone needs to know because you're not going to get away with grabbing and hitting me."*

That's when I dropped the bombshell: I asked if she knew that there's not one but THREE beautiful little Dropcams that were pointed directly at every single area that I went into once I was in the house.

The foot path I took every second I was in the house was no accident...I know exactly where those cameras point and what areas they pick up visual and audio the best

They cover as much of the first floor of the house as I can manage with just three (yes, ordering more now) and they do it all in full color 720p WITH sound.

At one point (and yeah i have to pat myself on the back for this) I made sure to mute the TV so I could be more certain they would pick up every word that was said.

All I did was calmly open my laptop (did this still in view of the cameras, of course), open up the Nest site, and show her the entire episode...her screaming, crying, attacking me, and me doing nothing in retaliation...

She was appalled at her actions and within 45 minutes of packing up some clothes, she was gone.

She's now five states away at her parents' house where she will remain until her new place is available.

There has been extremely little texting back and forth but I made sure to say, in no uncertain terms, that her and I will never, EVER be in private together again for as long as I live.

And if, for some reason, there is any reason to ever speak face-to-face it will be in a very, VERY public place with an objective third party there to verify everything *"to keep everyone's safety and comfort at the highest level."*

LESSONS LEARNED

I think you already know but this was a very loud and clear reminder that this is the world we live in, guys. This girl was a "good friend" (fucking yeah right) and she knew **exactly** what she was doing and **exactly** what kind of harm those allegations would have on my life.

Cam up. You dont have to get Dropcams (they're a little pricey, especially when monthly fees are factored in and the fact that Google owns Nest gives me the privacy heebie-jeebies) but get SOMETHING.

If you plan to put them in the bedroom (I am after this incident) then I'd make it a practice to let any woman that goes in there know that there's security cams "but no, I don't watch that shit its just because my cousin had a bad breakin about a year ago and it sketched me out so I had them installed" Whatever works for you. Most women will forget about it in minutes anyway. Everyone is pretty used to being recorded these days anyway.

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UPVOTES

Bill Burr BRILLIANTLY Exposes Just How Little Women Do/Seem to Care for Men in Relationships Today [Brand New Joke]

MisterMojoMan · 25 August 2015 · Archived copy · Reddit

SUMMARY:

Bill Burr tells women what they can do to make their man happy—it is pathetically simple.

BODY:

In one of his new bits, Bill Burr tells women one simple thing that they can do to make their man a little bit happier in their relationships. For those of you who don't get the **REAL** meaning of the joke, it is that the gesture women can do to make men happy is so ridiculously simple and takes such incredibly little effort, that it exposes just how little women seem to care for, and do for, men in general these days.

In reality, what he tells the women to do should absolutely NOT elicit the reaction from men that it does. But because it does, it brilliantly shows just how insanely low men's (and society's) expectations have become of women in relationships today and how, sadly, they still manage to drop the ball.

VIDEO: <https://www.youtube.com/watch?v=yMTSDYx382I>

(Closed captions are enabled for those who can't make out what he is saying.)

LESSONS LEARNED:

-Men, and society in general, have placed such incredibly low expectations on women in relationships to the point where a simple and seemingly insignificant friendly gesture is **AMAZING** to the men they are with.

-Women today, generally speaking, do not make much effort to deliberately go out of their way to do something simple and kind for their boyfriend/husband, purely out of generosity, because they don't feel like they have to. Aside from women naturally wanting to be the one that is provided for, part of the problem (as Bill Burr states) is there is almost no dialogue in the mainstream media as to what women can do to make their men's lives a little bit easier.

-Men are extremely simple when it comes to what makes them happy. So the fact that so many men are so unhappy today says something.

If you want to see Bill Burr live, here are his upcoming events:

Sep. 11 - Los Angeles, CA (JACK Radio Comedy Show)

Sep. 21 - Austin, TX (Bass Concert Hall)

Sep. 23 - Houston, TX (Jones Hall)

Sep. 25 - San Antonio, TX (Laurie Auditorium)

Oct. 22 - Pittsburgh, PA (Heinz Hall For The Performing Arts)

Oct. 23 - Cleveland, OH (Playhouse Square State Theatre)

Oct. 24 - Indianapolis, IN (Murat Theatre)

Oct. 25 - Detroit, MI (Fox Theatre)

Oct. 26 - Grand Rapids, MI (Devos Symphony Hall)

Oct. 27 - Milwaukee, WI (Pabst Theater - Two Shows)

Oct. 28 - Minneapolis, MN (Orpheum Theater)

Oct. 29 - Chicago, IL (Chicago Theater)

Oct. 30 - Chicago, IL (The Chicago Theater)

Nov. 6 - Philadelphia, PA (Wells Fargo Center)

Nov. 14 - New York, NY (Madison Square Garden)

Bill Burr's Website: www.billburr.com

Bill Burr's "Monday Morning Podcast":

<https://itunes.apple.com/us/podcast/monday-morning-podcast/id480486345?mt=2>

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UPVOTES

Betrayed...

Aussievlad · 25 April 2017 · Archived copy · Reddit

Just want to tell my story because if i save one guys dignity it will be worth it i will keep it short...

So i just found out tonight my partner of 8 years left me for a guy from her work. Found out from my own 6 year old son.

Relationship was going fine imo i started to make some good money and love life was good.. then all of a sudden its over she tells me and that i had done too many bad things in the past even though we hadn't argued much if at all in the 6 months before.

So she tell me she wants to be alone and moves out so i decided to tell my son that she was moving to be closer to his grandmar. (Dont want him to blame her) .

So my son starts talking about some harry guy from her work an i ask if he had been staying over surprise surprise he had been.. the shameless bitch didn't hardly wait a month. What makes it worse is i have my son for a week at a time so she could have seen this guy while my son was not there....

The thing that i want to stress is that i knew something was off one time i went to her work trust your intuition. She hamsterd fucking hard and made me sound like a bad guy and i was like wtf i am not perfect but im not a bad guy.. i thought it was some feminits power shit she got in her head.

its just really sad for me because i thought at least we could remain friends for my sons sake... now i will have to stop myself from spitting on her when i see her...

I just want you guys to know that this is real shit and i have been on this forum for 6 months and i actually accepted that red pill was real but i was still in denial about my own ex partner... its a hard pill to swallow...

Ps i dont give a fuck about my grammar eyes are too sore from abusing the hamster via text.

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UPVOTES

Getting Over Her

King_dom_cum · 28 February 2018 · Archived copy · Reddit

TL:Dr She wasn't the one, ghost her and get busy. The urge to reconnect will happen, write her a letter then never send it. Fill the vacuum created by her loss with positive activities.

I got lucky. There was no possible way of communication. Burned my phone, deleted my Facebook, she blocked me anyways. My location: a million miles from home. Her name is so unique, to this day, I've never heard it reference anyone else. This woman was literally trying to "ruin my life", funny thing was, I couldn't get her out of my head. I saw her in my dreams. I wanted to know how she was, what she was doing, most of all, I wanted to know she was alright. The woman was trying to ruin me and I was worried about her well being. Pathetic.

It was only natural for my energy to be stuck on her. I loved her, we lived together, we had spent everyday for the better part of a year together. I had spent the last few month dedicating all of my time and energy on her, not us, but her. Now she was gone. Maybe you're not as stuck on her as I was, maybe she's just a one night stand that tugged at your heart strings a little more than you wanted. It doesn't matter, any and all relationships require an investment of time and posses an exchange of energy. She leached an extraordinary amount of time and energy of mine. When I vanished, I lost my life: my friends, my family, my hobbies, my job, and her. I had no outlets. I had nothing. I'd been so focused on her, it was only natural that's where my mind drifted.

Hopefully you aren't as destroyed as I was. On my ride to nowhere, there was a pit stop at a Walmart. In the cart of supplies I gathered, there was a note book and a pack of pens. Items I hadn't purchased since high school. I began to write about my days, and surprise surprise, she inhabits almost every entry for the first 10 days. After that I began to write and explore other topics. Too many times, when something was stuck on my mind, putting pen to pad elevated me of the thought. Keeping a journal is something I'd recommend to anyone going through a tough time or for life in general. Having thoughts you can read and reflect on days, weeks, even years later, let you look at your mindset and how you handled the situation. No guessing, no leaving it up to memory. My early days are filled with cringe worthy and laughable complaints, thoughts regarding her and the situation she left me in but there's a picture of progress if you read it start to end.

In those early days I felt I had so much left unsaid, so much she didn't get to hear. I couldn't talk to her, short of making another Facebook, hoping she wouldn't block me, I had no means. It's was important to keep distance as not to get wrapped back in. I've screamed, "I'm done with you bitch!", too many times, only to be seduced by feminine sexuality and a puppy dog eyed apology. Instead, I began writing letters addressed to her. Intentions were to send them, or at least talk about the content when we could sit down face to face. That never happened. Realistically it never could have happened because she'll always be the victim, it'll always be my fault. My biggest mistake, putting up with it for far to long. They're saved with my journals are a list of my complaints, all the shit she did wrong. Now when I read it, I see my own short comings. Never once have I thought to bring up any of what's written up, actually I'm glad I never communicated any of it at all.* It was important to maintain radio silence.

I mentioned earlier relationships take an investment of time and energy, meaning, when one ends you have chunk of free time and energy that needs relocating. I've always like to think of women like a drug, they're a habit. The best way for me to break any type of habit is replacing it with another one. I started to journal. Backpacking with my best friend came up as something I'd like to do as soon as I got back. I was lost in God's country, me and my dog started spending hours walking random trails in the Northern Pines Forests. I started to stretch every morning. I learned to cook. I filled my time, spent my energy on everything but her. I couldn't think straight with a heart beat of 95, gasping for air. My reality doesn't exist lost in a book. Devoting the time in other areas of my life kept me from focusing on my past. It helped me get over her and now it helps keep my focus off of women.

There's never been much of a difference in my life between heroin and a heroine. Cut communication, don't give her a reason. Don't give her that chance to pull you back in. The urge to communicate, to explain yourself, even to check on her is natural, write a letter instead. Fill the void created by her departure with positive habits to stem off

falling hard again. Replace her with video games and the next one will be complaining about your PS4 in a couple of months. While she's out there loving someone else to get over you, you should be building yourself into somebody you can love.

*The book How to Win Friends and Influence People by Dale Carnegie, he talk about Abraham Lincoln writing scathing letters to associates he was upset with to blow of steam, then never sending them.

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UPVOTES

Woman wants her husband to get rid of a sex doll while refusing to sleep with him

OneLastTime1997 · 25 July 2019 · Archived copy · Reddit

Yup. Creative writing subs for the win.

I've been married to my husband for 7 years now. I'm a 29F and he's a 32M. For a few months to a year now, I've been saying no to sex a lot. I've just not been in the mood but his libido has been at the same sky high levels that they've been since we were college kids.

Could be a medical problem, could be married life.

Some days when I'm in bed tired he starts touching me, trying to get me primed for sex. Most times I'm not in the mood, but some times **I cave in to his begging**. I felt as his wife it was my duty. But **I never enjoyed any of those sex sessions**.

Sex being a chore? Haven't heard that one before.

So I made my feelings known to him. At first he seemed really down but he said he respected my decision. He stopped asking me for sex after that. **Even when he asked, after I said no he would just roll over and go to bed.**

What a good, respectful beta.

After a month or two, he suddenly came him with a sex doll. It was a really expensive one, with huge tits and a round ass with very human-like skin. When I confronted him about it **he said he had sexual needs and since I couldn't satisfy them he had to find a way to satisfy himself without cheating.**

Even after constant rejection, he still hasn't cheated or left her ass. Unbelievable.

I told him to get a fleshlite but he told me he couldn't get off on those and felt like shit after using them. He said cuddling was a huge part of his sexual experiment but **I have trouble feeling like that's the only reason.**

Can't imagine why...

When he said that **I felt like I couldn't say anything.**

Because she knows she's in the wrong, she just doesn't want to admit it.

It made me feel really insecure, and I suddenly feel really awful. **I can't tell him to get rid of it because it'll make me look really selfish.**

Yup

I also can't complain about how expensive it was because **we're pretty well off.**

She knows she's running out of options/excuses.

I noticed **one night that I was in the mood but he told me he was tired.**

Turnabout is fair play.

He had had a few rounds with the sex doll before I got home and was pooped out. I don't know what to do at this point, but I knew **I feel awful**.

About a problem she caused in the first place.

Of course, the YTA comments are towards the bottom and have few upvotes, the post is locked as well (*WIBTA if I asked my husband to get rid of his sex doll?*). Here are some gems:

YTA You are sooo much the asshole.

You won't sleep with your husband for a year (the poor guy even had to beg for it the few times you caved), so instead of divorcing you or going out and fucking a real woman, he buys a sex doll, then he turns you down ONCE... and now you're literally jealous of an inanimate object... and trying to force him to get rid of it (and stop getting SOME kind of sexual release in his prime years).

Again... YOU ARE LITERALLY JEALOUS OF AN INANIMATE OBJECT ?

YTA

You can't have your cake and eat it too. You can of course dictate when he gets to have sex with you but if he found a way to get off without your help so that he doesn't have to bother you why does that also bother you? That's not fair to him

And of course, my favourite:

I noticed one night that I was in the mood but he told me he was tired. He had had a few rounds with the sex doll before I got home and was pooped out. I don't know what to do at this point, but I knew I feel awful.

Oh, boohoo

And it's reply:

Honestly! Imagine feeling that way for a year. not only that, but when they do have sex, she's acting like she's doing him a favour by sleeping with him... As someone before said, can't have your cake and eat it. If you don't want to sleep with him, let him get his rocks off another way. Imagine if the roles were reversed and the husband was mad/jealous his wife got a dildo/vibrator. He'd be seen as a possessive asshole. OP, YTA, and I recommend you go to relationship_advice and DeadBedrooms to try and fix this, or better yet, a therapist, counsellor.

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UPVOTES

Women Are For Sex – The Sexual Marketplace in ‘Current Year’

VasilyZaitzev · 7 October 2020 · Archived copy · Reddit

Women Are For Sex – The Sexual Marketplace in ‘Current Year’.

There used to be an expectation among both men (and women, for that matter) that if you stayed in school, stayed off drugs, got an education or a trade, eventually, you’d find your **Disney Girl** to marry and have kids with, and live happily ever after in a **little house with a white picket fence**, a tire swing, and an apple pie cooling in an open window.

Let me disabuse you of this notion.

This is the state of women in 2020, in **fourteen seconds**. {Suggest watching with volume OFF or at least very low.}

Anyone want to wife one of them up? Anyone want to put them in charge of mothering your kids?

I hope those answers are “*Hard no.*”

There are two primary problems – the men and the women.

First, The Men.

Faaaaaaaar too many of the guys here are what I call “TRP Oreos” – red on the outside, blue on the inside. This got exposed, badly, in the comments my recent post, which I (intentionally) provocatively titled “Never Put Kids First”.

Two things happened:

There was a general freak-out as a lot of dudes showed up and promptly had apoplexy out about how you should *ALWAYS* put kids first, which explains, in part, why we’re producing a generation of anxious, entitled shitheads who have “*FEELINGS!*”, why the West is circling the drain, why our space program will shit the bed and why the America I die in will only vaguely resemble the America I was born into.

Then there are the folks who evidently **can’t fucking read good**, because they *thought* I wrote: “*Never have kids.*” I did not. Go have 100 kids. Just don’t be the dad equivalent of a SIMP. That was Tiger Woods, btw. *El Tigre* went from smashing some megahot piece of tail to being 4th out of three in her life after the kids were born, which is why he lost his damn mind and had to go fuck his way through a smorgasbord of pussy. He wasn’t getting any at home. He didn’t know how to pull it off – not having a “Batphone” with a password on it that’s the same make/model as his caddy’s, boning his way through club girls and porn stars instead of selecting women who would protect him – people in Namibia know what that guy looks like so I’m not sure how he thought he was going to keep things on the Down Law – which led him to being chased out of his own house by a golf-club-wielding scorned wife, and her taking half of his shit.

I get she was hot, but really, there is no pussy in the world that is worth \$400M.

"His answer to every problem, every setback, was 'I will work harder!' which he had adopted as his personal motto."

-Said about Boxer the horse, in *Animal Farm*.

Most guys here, particularly those early in their journey, need to stop projecting their bluepill fantasies on to Thots. The conditioning that there is “One Special Girl” is so difficult to eradicate. They will be the plow horse and double down and double down until they have won their Maiden Fair – usually after she’s done fucking every drug dealer, outlaw biker and escaped mental patient she can find and has entered the Epiphany Phase, or until they have some sort of breakdown, which, best case, brings them here, and, worst case, makes them the back half of a murder-suicide.

When you’re young and you haven’t quite gotten it, you’re frustrated and you think nobody else is having sex either.

Except they are.

It's going on all around you. An old Tyler Durden post may be of use in helping you understand:

Secret Sex Society

Here are a couple of pieces by Rollo that illustrate how much damage can be done by the Blue Pill Delusion:

Saving the Best

Hats off to the Bull.

Those should be pretty horrifying. Don't get sucked in by the Cathedral's programming or the Dream Machine's hypnotic promises.

Second, The Ladies.

See that girl over there, that cute, demure little hottie with the ponytail that you just want to take home and keep?

She likes getting pissed on.

The Erotic Mind is very Dark and Deep, and the very things some folks protest against during the day are also the very things they do in the dark of night. Feminism unshackled the Female Id, and it's a very powerful creature indeed. So much so that entire societal institutions (organized religion, marriage) had to be created to control it.

Girls are made of sugar and spice and everything nice dirty, dirty, twisted little secrets every known vice.

Even the 'good' girls. And that's fine. Everyone is entitled to their own kink. But we've arrived at a point where we *shame* male desire, but the "WIMMINZ is WONDERFULZ!" bullshit narrative is pushed.

Guys tend to **project their own dreams** onto their "One Special Girl", who is going to love them in a way that they want, have a dozen of his kids and never cheat, or get even one stretch mark or complain a day in her life.

Except she won't love him in the way that he wants because she doesn't know how.

When I say **I don't hate women for their nature**, I am not White-Knighting for them. Our soupy, primordial brains are not prepared for modern society. They are prepared for keeping us alive and selecting partners that will produce the strongest offspring back in the Bad Old Days of the Saber Tooth Tiger. Women shit-test men, because they have to know that he will protect them (and their offspring) when the tribe from the other side of the hill comes raiding, and if he can't even stand up to a *woman* how will he do that?

Thus, guys can either bitch about how **Why 'Assholes' Get Laid, And You Don't.**, or they can...what was that Mr. Darwin? Oh, right: Adapt.

Do you think that, when a **Slave Girl** shows up at my house, she wants to be treated like my *equal*? Fuck NO she doesn't, she wants to fulfill her Deep Female Nature and serve as the sexual plaything of a sexist, masculine man who does whatever he wants to her.

"These hoes ain't loyal." -Chris Brown

So stop expecting them to be.

The Girl Next Door?

Yeah, **she's a porn star now.**

You get up to take a piss? The **girl you just fucked** is sexting nudes to Chad and swiping right on Tinder while you're gone. And if not that, she's feeding thirsty orbiters on InstaWhore or OnlyFans.

"But Uncle Vaz!" you say. **"Not All Wimmiz Are Like That."**

They don't have to be. It's not that *EVERY* girl is doing that, but *ANY* girl could. And there are plenty of thirsty

betas in her contacts hoping to be that Number 1 Draft Pick when you slip up.

Your Path Forward in 2020.

The social contract between the sexes is broken. In breaking up the structures of society – dismantling the nuclear family, an end to slut/adultery shaming, free and ready access to abortion – **the feminists of the 20th Century were attempting to free themselves of the perceived constraints of conservatism.** The end result is what we see today. Women won the battle but lost the war. The pussy cartel (to the extent that it existed) was broken, which liberated *men* from societal constraints as well.

Too many guys here think they are going to use Red Pill tools to fulfill their bluepill goals, that they will play the Game of the Modern Female, play around and fuck a lot (or try to) and then “settle down” when they’re 40 into the nuclear family which isn’t the sexual and economic sinecure that they think it is any longer, if it ever was.

And hey, don’t bitch at me for being the bearer of bad news. The West is **approaching End Stage Decadence.** I’d do quite well in a TradCon environment – indeed, I was present if not for the TradCon Golden Age, then for its Renaissance in the 1980s. I didn’t create the world today, I’m simply telling you how it is, and not to bring a knife (TradCon thinking) to a gun fight (the 2020 SMP).

The landscape has changed, even if her hindbrain **has not.** Sexual warfare is more asymmetric than ever. What is my *Numero Uno* response to whatever guy is chewing through his own tongue over some girl in AskTRP?

“If you were maintaining sexual relationships with multiple women, none of this would be a problem.”

Fish with a net, not with a pole.

If you are not a disruptor in the SMP, **then you are being disrupted.**

Do not think that just because you’re in an LTR or get married that you’ve won and the struggle is over; in reality, it’s just beginning. There’s a *reason* we call marriage Red Pill on **Hard Mode.**

Never let ONE woman decide if you’re going to fuck tonight. Never let ONE woman walk out of the door with 100% of your pussy supply. And beware giving ONE woman the Ring of Power, especially if you don’t want a better than 50% chance of giving up 40% of your gross to pay a woman to bang other guys and teach your kids to hate you.

But hey, it’s your ass, Cochise. Just don’t be an innocent abroad in a world that isn’t innocent. You’ll wind up getting an anally-injected education, and it won’t be pleasant.

Further Reading:

Become the Prize

-Master your life. Become the Prize.

You Never Stop Competing

-Life is About the Struggle. Here's What You Need to Know to Win.

Uncle Vasya’s Guide to Outcome Independence or Welcome to Level 99 DGAF

-How to Rock Out With Your Cock Out.

OLTRs: What They Are, And How To Manage Them

-Open on your side, closed on hers.

Confidence Above All

-Don't fall into the beta trap.

End Game or Handling Life on Your Own Terms

-Take a Deep Breath and Make it Count.

744

UPVOTES

Wanna be confident? Fail.

princeahole · 24 February 2018 · Archived copy · Reddit

The traditional advice when it comes to dating is:

"Just be Confident Bro!"

However, you can't fake confidence. Confidence comes through experience. Failing again, and again, and again, and learning from such mistakes gives you confidence, because you now know how to handle the situation. Can you do it as a short term solution? Sure, but that shouldn't be your end goal.

What if I asked you to fly a full 747 jet, and you've never flown before, do you think you would be confident? Probably not.

That's why I argue, that in order for you to gain full confidence in dating or life, you need to go out into the real world and fail. Again, and again and again.

Remember "The worst objection is the objection you don't know how to handle". Maybe your starting from a blank slate and you don't know how to deal with 99.9% of objections. That's totally cool, everyone starts somewhere.

Or maybe your a seasoned pro out there, but you just get tripped up by those curveballs she throws at you.

I know in my dating life, I've done things and said things that make me cringe and just want to shake my old self saying "why would you say/do such a thing???"

Embrace such mistakes, and learn from it. Next time you come around, your arsenal is just a little bit better, and hopefully she throws you a curveball, so you can fail and know how to deal with that scenario.

When you have that arsenal of knowledge knowing how to deal with any situation, THAT'S confidence.

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UPVOTES

All Men Are Like That

GayLubeOil · 10 September 2015 · Archived copy · Reddit

The Red Pill subreddit has existed since 2013. Over the past two years we as a community have more or less come to the consensus that modern western woman are not to be trusted. Sure there are definitely some good ones out there. However, today's women fully understand that if they are getting cock-blasted in cowgirl position while their husband is getting blasted by munitions in Afghanistan, they stand to win all sorts of cash and prizes in a glamorous divorce extravaganza. It is precisely because of such perverse modern incentives that the Red Pill cautions men not to trust women. All women are like that, is repeated ad nauseum because enough women are, that men have no choice but to be careful.

But what about men? After all if we can make a broad generalization about modern women, we can definitely do the same for modern men. So what are all men like? **All Men are Betas**. Which is to say *most* to the point where it is nearly indistinguishable from *all* men are weak insecure betas. Let that one sink in for a bit. I know it hurts. You really think that just because you subscribe to an internet forum with repackaged traditional gender roles, you're not a beta? I just triggered some insecure faggot into blasting "I'm not a beta" into the comments in an effort to make himself feel better. Which is hilarious because that's exactly what betas do. They make themselves feel better through porn, alcohol, video games, and sassy internet comments, instead of resolving the underling issue.

How did all men become betas? In 1970 feminist Robin Morgan wrote, "We can't destroy the inequities between men and women until we destroy marriage." Forty five years later it's clear that feminists have accomplished their mission of removing men from their child's lives and replacing him with the state. Feminists **obliterated the nuclear family** by making divorce easy, profitable, and shameless for women. That coupled with a systematic campaign of demonizing all men as **rapists** and **abusers** has fostered an irrational fear of men in women. Consequently, the presence of men in children's lives has been greatly diminished. Boy's are raised in the near absence of strong men. All competitive aggressive and masculine behaviors are discouraged or medicated by the women who teach and parent boys, partially due to a culture that demonizes masculinity. Boy's raised without masculinity can not be masculine which is exactly why they grow up to be betas.

The other reason why all men are beta is biological. There has been a **generational age independent decline in testosterone**, in American men. Endocrinology Today cites lifestyle factors, such as increasing use of tight-fitting underwear, increasing room temperatures in American homes and offices, decreased physical activity and an increased in body mass as possible contributing factors. Another possible explanation for the phenomenon are artificial compounds with estrogen-like properties or **xenoestrogens**. These compounds are present in all sorts of things from lotions to pesticides and when they enter your body through dermal absorption or inhalation they can cause endocrine disruption and make you beta as fuck.

What does all of this mean for Red Pill men? Some of it is obvious. Limit your diet to healthy unprocessed foods. Make fitness a priority. Don't wear tight underwear. **Manspread** as much as possible. Use a natural soap made from the rendered fat of your enemies. Maybe even talk to an **endocrinologist**.

However, some of it isn't simple. Understand that you were conditioned for years to be a nice little beta boy by your mommy, your teachers, and endless hours of good-guy-gets-the-girl media. That kind of deep psychological conditioning isn't easily overcome. The Red Pill can only teach you the rules of the game. The Red Pill can't actually make you better at the game. That takes time, practice, and rewiring your brain by engaging in challenging, stressful, and masculine pursuits like boxing and powerlifting. Until you reengineer your mind and become anti-fragile you will always have approach anxiety, social anxiety, and confidence issues.

The next thing you should know is that you better try damn hard to change, because most men in your circumstance have failed. What percentage of men do you think will make it through a 12 week Stronglifts program after swearing up and down that they will do anything to improve their bodies? I can tell you from first hand experience its 10-15% maximum. Back when I worked for a commercial gym, my manager used to wave a spreadsheet in the

air laughing at all the commission he was making from the losers who didn't show up, but still paid dues. You know why? Because fucking betas out of wads of cash through bullshit contracts feels amazing. Fucking beta's wives and girlfriends feels amazing. Reaching your hand out and taking from another person as they watch helplessly, feels amazing. People would rather die than give up on that feeling because that's how fucking amazing it is. The **EMSK Poster** partially understood how brutal the Red Pill's game can be and decided not to play it. What he didn't realize is that by intentionally keeping himself vulnerable he was leaving the door open for the wolves. The only thing that can save a man from the wolves is becoming a wolf. If you want to complain about how unfair wolves are for manipulating men the same way you aspire to manipulate women, the Red Pill isn't for you. Be grateful for all of the wolves who have chosen to tell you the art of wolf. In the wild wolves eat sheep without telling them why or how.

Which brings me to my last point. The Red Pill isn't for most people. Reading the Red Pill will only help you, if you are willing to do the Red Pill. Most of you talk Red Pill without doing the Red Pill. Most of you are physically weaker than my 5 foot 2 112 pound girlfriend and are more than happy to remain that way until you die. The Red Pill isn't helping you its only making you upset, so do yourself a huge favor and hit that unsubscribe button. After that maybe sit down on a comfortable couch open a beer and watch some television. Maybe after three hours of that get your dick out and masturbate furiously until you shoot a fat load onto your fat fucking man tits. You're welcome for the motivation.

If you feel my writing or Skype fitness consultations have helped you and would like a souvenir:

Check out my quality screen printed American Apparel shirts

Available in an assortment of problematic triggering colors from:

White Privilege, Misogynist Mint, Red Scare, Yellow Fever to **Black Panther**

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UPVOTES

Indifference and Control: Why You Don't Wanna Be Chad

Whisper · 20 April 2018 · Archived copy · Reddit

"Chad Thundercock", the metaphor for the man who never had to study game to be attractive, is often spoken of as a "natural", but he's not. There are no "naturals". We all emerged from a vagina naked and crying like a bitch, covered in goo and with no game whatsoever.

No, what Chad has isn't an instinctive understanding of game. Nor is it such manliness that he needs none, for again, there is no such thing. What Chad has is confidence, and abundance, and a host of other circumstances that lead to what define Chad: **Chad is a man whose life up to this point has made him relaxed and indifferent.**

Chad doesn't have clever techniques for making Katie attracted to him. Chad just doesn't give a shit, because if she isn't into him, he'll give Brittany a call. Or Karen. Chad doesn't have nerves of steel. He simply doesn't get approach anxiety, because not only is getting rejected no big deal to him, whether he is attractive isn't a big deal to him either. Women are like firewood to Chad... if you want some, it's lying around everywhere... just pick it up.

Indifference is the key element of most of the game we teach here on TRP, and Chad serves as a good exemplar of it. But **indifference game** is not the only type of game, this is where Chad gets in trouble, because **indifference game is the only kind of game Chad has.**

This is why you hear all the constant stories of super-alpha exemplar celebrity men being chewed up and spat out in divorce court. Pure indifference game is increasingly ineffective in relationships, and indifference is the only card Chad has to play.

Chad doesn't actually know what makes Katie tick, and has no idea how to get what he wants out of her. All he has going for him is the ability to easily next her for Brittany or Karen or Samantha or Kimiko. At first, this makes Katie run about desperately trying to figure out how to please him, which looks a lot of like he can get her to do what he wants. But he can't. *She* is doing it, because of his natural dread game, and the moment he enters a relationship, or otherwise makes a visible emotional investment in her, that power begins to fade.

Chad has no control game.

In fact, Chad doesn't even know he should be in control. Why would he know that? Women have always just *given him what he wanted* before. The whole concept of dominance, or even leverage, in a relationship is foreign to him, and he probably thinks it sounds slightly creepy. He thinks that women are generally biddable and easy to get along with, because cats always seem easy to get along with when you're holding a can of tuna.

Relationship game is control game. Because men are naturally protective of women, and women are not naturally protective of men, relationships are long-term viable to precisely degree that the man is in charge.

In initial contact with a woman, controlling behaviours appear weak, thirsty, needy, and creepy as fuck, and indifference behaviours appear relaxed, confident, and powerful. But as emotional investment visibly increases on both sides, indifference gradually begins to appear avoidant, unassertive, unconfident, passive-aggressive, and, you guessed it, creepy as fuck.

A certain point, you simply have to make your expectations clear to a woman, or she will believe you are afraid to. At a certain point, you have to be possessive, or she will believe you are afraid to. At a certain point, you have to punish rather than ignore bad behaviour, or she will believe you are afraid to.

At a certain point, the best indifference game in the world will simply cause her to jump ship. This is why knowing that there is a time to invest, expect, and demand is the **first step to being able to have an LTR.**

We will address *how* to play the control game in further articles. But, first, you must understand that to every thing, there is a season, and that includes breaking the rules of indifference game to play control game instead.

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UPVOTES

Women Want Desirability, not Exclusivity

Withmere · 31 May 2018 · Archived copy · Reddit

Interesting relationship developed in my senior year of college. Met a girl, about a 7, who I sexually advanced with the first night we met. Her roommate, who I've fucked countless times, introduced us. All was going well for about 2-3 weeks until I started spending too much time with her. Started meeting up with her before bars (never do this), leaving early, even getting food together. Was planning on taking her to my fraternity formal and had already invited her. However, she felt too comfortable. A week before the formal she texted me "I think we should just go together as friends". Yeah right. I immediately responded with "thanks for letting me know, I'll take someone else then," and invited another plate that I'd been spinning (lesson here: always have options and leverage). This was like a sexual turbo charger in my relationships with the 7. Sure, she was upset, offended and had already bought her dress-- not my problem. But the sex that week leading up to formal was amazing. More passionate, frequent, and she wanted to do anything and everything (had never offered certain orifices before). She was trying to show me that she was the superior sexual prospect. Even fucked me the day I left for formal because she wanted to do it the same day I fucked my date. And the day I got back.

My point is, before this I had never had such a first hand experience about how women simply want a man with high status who is desired by many women. It's a herd mentality that if a guy is desired, I should desire him too. In the future, I plan to be open and forthright about the plates that I'm spinning to each plate. This flips the abundance script. Now the girl is vying for your attention, whereas the reverse is the situation everyone should avoid. Women don't really care about exclusivity. They might say they do socially, but deep down it isn't one of their concerns outside of STDs. Never show exclusivity to a plate, and always keep her emotional hamster running. Demonstrate that you have many plates, that she isn't special, and then she will try to prove that she is special. Best sex I've had in a while.

TLDR: Have options, be upfront about them, and your options will beg for your attention

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UPVOTES

Beta male orbits thot for 9 years while she rides the cock carousel, then she hits the wall and he buys her a house. Don't be this guy.

AllahHatesFags · 3 October 2018 · Archived copy · Reddit

[Archived link](#)

This is straight from the whorses mouth, let me translate:

I was that girl who loved the bad boys. My nice guy had been my best friend for a number of years and I always knew he liked me but I was busy chasing assholes. 9 years we were best friends and grew up together and he watched me pick all the wrong people and get hurt.

I had a beta orbiter for nine years who I used for favors and as an emotional tampon in between getting pumped and dumped by Chad and Tyrone.

Other friends kept telling me to give it a chance etc. Two years ago he asked me to come over for dinner - it seemed fairly casual until I realised he'd asked me for Valentine's Day. I can't say I was guilted a-such but it still felt a little awkward. I was mega nervous thinking it was gonna be so awkward but when I turned up it was fine he'd cooked me a meal, bought flowers, a bottle of wine and chocolates and lit candles on the table.

The Chads weren't committing and my friends were encouraging me to settle down so I wouldn't end up as a spinster, so I agreed to go on a date with my favorite orbiter. He proved that he was willing to spend lots of money on me so I decided to make him my beta bucks provider.

We're now headed towards our 2nd anniversary, have a lovely home together, a beautiful (but evil) Egyptian mau cat and couldn't be happier. Because we were friends first we know we get on, we finish each other's sentences and never run out of conversation. Yet to have one argument that goes beyond whose turn it is to wash up lol. He is genuinely the best thing to happen to me ever.

My beta bucks simp bought me a house and a cat and does whatever I tell him to without question. I am happy because I got to have my cake and eat it too, and if I get bored I can always divorce him, take half his shit and live off of alimony while I go back to getting pumped and dumped by Chad.

Sometimes the nice guy does win!

What exactly did the poor simp "win" here? A used-up, post-wall skank who has seen miles of dick and will do nothing for him but spend his money and occasionally give him duty sex with her twat that has been cummed in by dozens of other men.

This is textbook AF/BB. Men should stop rewarding bad behavior; if she didn't give you the best years of her life, don't pay her for the "privilege" of getting the worst. These desperate beta males are too thirsty to listen to reason, sadly, and the other commenters were cheering her on.

EDIT: The thot's post has now been gilded. We are in trouble as a nation.

742

UPVOTES

A TRP professor is followed on FaceBook by special snowflakes to find something to be offended and get him fired. Does not go as planned as Professor sued school administrators earlier on free speech and won.

TerriChris · 31 May 2015 · Archived copy · Reddit

742

UPVOTES

"The Spirit Of Seeing" - A Story About The Internet

MediaVsReality · 7 July 2020 · Archived copy · Reddit

"He'll do great things that boy.."

That's what the village people said about him. Strong, co-ordinated, talented, smart and charming. The young man felt as though he could become anything he wanted.

He stood tall with his shoulders back and his blue eyes spoke of a steady self-confidence held deep within him. His body was strong, built through hours of intensive sword training.

After endless hours of sword practise, he began to stroll through the village back to his home. A number of girls waved to him as he walked by and he politely waved back.

Upon arriving home, he began sharpening his swords ready for training the next day.

Suddenly, a spirit appeared behind him, calling his name. The young man spun around ready to attack, only to find an incredibly plain looking spirit floating harmlessly in the centre of his room.

Neither male nor female, the spirit held an entirely blank expression. Neither happy nor sad, as though there was no emotion inside it whatsoever. The spirit spoke *"Jean of Furthershore, I am the Spirit of Seeing"*.

The young man stood facing the spirit confrontationally. *"What do you want?"* he said drawing his sword. The spirit remained completely unafraid.

"Only to show you my powers. I can show you anything you can possibly imagine. For I am the Spirit of Seeing", the spirit replied plainly.

The young man observed the spirit carefully. It continued to float passively in the air and seemed to pose no threat. *"You can show me anything huh..? Show me..the stables of Furthershore"* the young man said curiously.

The spirit blew a puff of smoke, and inside the smoke the stables could be seen clearly. The image of the stables hung in the air for several moments before disappearing.

The young man smiled. *How interesting*, he thought to himself. Another idea immediately came into his mind, *"Show me the most beautiful girl in the world"* he suggested with a smirk on his face.

Without a word, the spirit blew another puff of smoke, and in it appeared the most beautiful girl the young man had ever seen. Her long, dark hair lay delicately over her pretty head. She had big, piercing brown eyes, a delicate nose and plump lips. One hand lay perfectly on the hips of her gorgeous hourglass figure.

The young man's pupils dilated as he stared at the girl in wonder for a full five minutes.

Remembering where he was, he cleared his throat and composed himself once again. While he felt slightly embarrassed, the spirit maintained an empty gaze seemingly unaffected by the young man's embarrassing display.

Another idea entered the young man's mind. *"Show me a great warrior"* he commanded. As usual, the spirit blew yet another puff of smoke with an image of exactly what the young man had asked for. The perfect warrior stood looking into the distance, his body toned and muscular, with a stern expression on his face.

The young man marvelled at this great warrior, pledging to himself that he too would one day be a great warrior just like this man.

The young man had had enough. *"You may leave now spirit. I have seen enough"*, he said dismissively as he went back to sharpening his swords.

The spirit of seeing spoke without emotion: *"I shall remain here in the corner of your room, ready to show you my powers on your command"*.

The young man shrugged his shoulders in acceptance. The spirit didn't seem to mean him any harm.

As the weeks went by, the young man became accustomed to the spirit in his room. He used it to see the weather of the day, to see what his friends were doing and he even started looking at beautiful girls with their clothing removed — after all, the spirit of seeing would show him *anything* he wanted.

The weeks turned into months.

He started leaving his sword training an hour early. And then two hours early. And then three. For the spirit of seeing was far more stimulating than dull, repetitive sword training.

The girls in the village waved, but the young man stopped waving back. They were plain, he said to himself. One day he would find a girl as beautiful as the ones he watched through the spirit, he thought.

He began using the spirit to watch great battles. He cheered aloud as his favourite hero turned the tide of the skirmish at the very last minute. Watching with eagerness, thinking that one day soon he would lead his own army into battle.

He thought of these battles while he practised his sword-work. He even began reciting lines he had heard his favourite hero speak as he swung. And he would leave training after just a few hours to rush home and watch another great battle (Not before seeing more beautiful naked girls, of course).

A year past.

And the girls in the village had stopped waving. Some had wedded a husband. Most could be heard screaming the name of another boy in the village from the archery range each evening. Apparently he was skilled with a bow. The young man cursed and muttered under his breath — something about real warriors not attacking from afar.

He now often trained only for a few short hours and some days he would skip training altogether. He would walk at a quick pace through the village to get home, uninterested in exchanging pleasantries with the village folk.

He had begun using the spirit to watch as a number beautiful naked women perform sexual acts upon one another. It seemed now that a single naked woman was no longer interesting.

His admiration for his favourite hero had turned into jealousy. He would watch the hero defeat enemy after enemy, the gap between himself and the hero seeming to loom ever larger.

He could no longer run much of a distance. His shield felt heavy. His sword skills no longer matched other warriors of his own age.

Several more years past.

The young man had given up on becoming a hero, although he would still re-watch his favourite battles through the spirit from time to time. Still unmarried he had become deeply frustrated and sad. His sword lay quietly in the corner of the room collecting dust.

On the night of his 30th birthday, the middle-aged man sat alone in his room feeling worse than he had ever felt.

The clock struck 12.

Suddenly, the spirit of seeing began to laugh. The man was startled, the spirit had never laughed before. In fact, it had never shown any emotion whatsoever. He looked up at the spirit who caught his gaze. Slowly, the spirit of seeing grew a wide smile.

For the first time in 10 years, the spirit spoke. *"My work here is done"* it said in a deep voice.

"What are you talking about spirit?" the man spoke fearfully.

The spirit laughed again. *"I shall reveal what I have kept secret for the past 10 years. I am the ultimate concentration of evil. I am root of all the darkness in the world. I am the devil himself"*, the spirit spoke proudly.

The man became terrified. His mouth wide open and speechless.

“A demon will attack this village tonight. A prophesy foretold that you were the one destined to defeat it. But it is I that has defeated you. And now the souls of this village are mine”, the spirit spoke with a tone of utter glee.

“Why wait ten long years?”, the man spoke with a shaky voice, *“why not fight me face to face the first time we met?”*.

The spirit let out another laugh. *“If I had faught you face-to-face, you would have conquered me. But I am cunning, and the slow drip of poison given to you through the means of endless fantasy has rendered you too weak to fight. And now this village is mine...”*

The man could do nothing other than slowly sit down onto the bed. A deep, dark pain settled inside his stomach. One that he knew would never go away. Only the devil himself could inflict the deep, tormenting inner anguish he felt pulsing through his mind.

The torture in his mind was too much to bare. He needed something to quell the pain.

“Can I see those beautiful girls just one more time?”

A wide grin grew across the devil’s face. *“Always”*.

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UPVOTES

The Red Pill, You & Morality

IllimitableMan · 18 May 2015 · Archived copy · Reddit

~~Edit: I hit the character limit when I submitted this post, so I'm going to edit this up a bit and add the rest of what I wanted to say into a blog post. Will edit the link in to that here when it's done.~~

Updated version: <http://illimitablemen.com/2015/05/19/the-red-pill-you-morality/>

You can choose not to be a snake and not betray a man you respect because you are a man of principle. You can choose not to fuck another man's girl, whether he's a close friend or not because one of the principles you follow in your life is the golden rule:

"I wouldn't want a guy fucking my girl, so I won't fuck another guy's girl." Or "do unto others as they do unto you"

Moral principles aren't blue pill. Thinking that everyone has the same principles as you, and that most people don't succumb (or even value) incentive over principle, is.

Modern men who prioritize sex and utilitarianism above principles; men who prioritise incentives over an innate sense of justice we all possess don't want to hear that.

They don't want to observe another man's moral code, one that holds that man to a higher standard of behaviour than he subjects himself to. Because for the ruthless Machiavellian, the pragmatist, justice is an obstruction to his desires.

They think "Does this guy think he's better than me? Why is he trying to preach his principles like religion or something? The best way is the way that works, he's naive for having principles. Period."

These people, the "amoral bandwagon" as I call them, like to prioritise incentive over justice. These people make shit friends and business partners. Incentive cares about what you get out of it. Justice cares about "what the right thing to do is." These people violate justice because there is an incentive to do so. That doesn't make them evil in the satanic meaning of the word, but it does make them prone to immorality. These people know what they're doing will hurt others, they just don't give a shit.

"Doesn't matter, had sex."

And then without a hint of irony the same guy who said that is going to be pissed when he finds out his baby mother just sucked off some guy behind a dumpster. **He wants other people to respect his dignity and not violate him, but he doesn't give a shit about violating others.**

Humans are emotional people, emotional people follow principles and have certain codes of behaviour they follow.

Having one guiding policy "do whatever and fuck whoever to get what you need" is destructive. Some people are like that. There were always people like that. Fuck it, whatever. That's their choice. In some situations, we advise that. But do these people really have a moral pedestal to say "you have principles and therefore you're an idiot who doesn't get TRP?" - No. Shut up.

You can understand the game and keep your principles if you want to. **Just realise that to live up to your principles, you will sacrifice incentives. If you have a particularly strong sense of justice, you will never live out RP philosophy fully.**

To be honest, to fully live out TRP philosophy in your life, you'd have to be incredibly immoral. **To be amoral is to be psychopathic, because amorality is neutrality, it is factual, it is devoid of human emotion. Human action is not amoral, only strategy/knowledge itself is. Do you see the disconnect there?**

The world is not a fair place, sometimes you may need to be immoral to simply survive, but there's no need to

glorify that shit. If it's necessary, and you're not simply indulging yourself, then so be it. But there's a difference between stealing to eat and stealing because "who's gonna stop me?" And guys who get the game but choose not to steal other people's girls, or scam people out of money in sales aren't blue pillers. They simply have stronger moral principles than you. Maybe they can afford to have those principles and survive, and you can't, it simply is what it is.

TRP is here to show you how the game works, not to tell you how to live your life. We give advice when asked, sure, but you live the way that suits you best. You own your choices.

TRP is amoral in the sense that it says "it is what it is.":

Hypergamy? It is what it is.

Branch swinging to the next best thing? It is what it is.

Alpha fucks, beta bucks? It is what it is.

Women have innate value whilst men don't? It is what it is.

You can't change these things, you can build a culture designed to subvert these things, but they're not going anywhere. The reason the west is falling apart is because we don't subjugate these things like we used to.

Peel back all the bullshit, and you see women, as well as a lot of men on this board, are immoral creatures. I don't intend that to be a value judgement, but without getting into some bullshit philosophical argument and redefining what good and bad are (been done to death and people always try to whore up my time with this nonsense) we all know what good and bad is innately.

If you violate someone else's rights because there is incentive for you (stealing, adultery etc) that's bad. Some philosophical ideas preach otherwise (Nietzsche and social darwinism comes to mind,) but these are simple redefinitions of reality from a metaphysical or scientific perspective. You are not mathematics, burying yourself in abstraction will not immunise you to human instincts.

It doesn't matter if DNA and atoms are amoral, and that you're a collection of atoms and DNA that is in an amoral competition. The combination of all those things in tandem gave you a sense of justice. You have a revenge instinct. Your sense of justice and need for revenge are the basis for all moral guiding principles. You're part of a game that is not adequately represented by maths and physics. Those things can't explain morality in a useful manner, because morality is only part logic, the rest is the intangibility of emotion.

If a guy doesn't want a life of ruthless Machiavellianism and unbridled hedonism, that's his choice. Just like MGTOW, PUA or being a patriarch with a family is a choice. None of which are "right choices" but simply "are." As long as he understands that this won't stop other people from living that kind of life, and that women are immoral, he's good. If he takes action to defend himself from people who respond only to incentives and disincentives and ignore moral principles based upon justice/injustice, then he's good.

People will always debate shit to death out of the principle of "demonstrating superiority," but most people who advocate for immoral behaviour don't even have the conviction to call what they're advocating for immoral. They know it's immoral, they know fucking someone's wife and breaking up that family is immoral. But they rather call it amoral and say "well she was going to ruin that marriage anyway." "If he was alpha enough she wouldn't be cheating on him, so he deserves it." "I have no commitment to that other guy, I don't even know him, so if his girl wants my dick, I'm going to press that." If that doesn't sound like bullshit to you, I don't know what to say.

The guy is complicit, he's an accessory to a whore's immorality, but because pussy is on offer, he doesn't care.

When you try to call that shit AMORAL, you care - a lot. You don't want people to think of you as immoral, so you try to say it's not good or bad but that it just simply "is." That family falling apart, or a relationship falling apart isn't your fault. If you give a girl dick who is in monogamy, that's always immoral, because you violated another

man's rights.

In agreed monogamy, you have rights over exclusive sexual access, when those rights are breached, immorality has occurred. Now if you have some open shit going, and your girl fucks another guy, then you knew the score. You may be butthurt, but you weren't betrayed. You were complicit. Complicit like the guy who knew he was fucking a taken girl but whose horniness overrode any moral principles he may otherwise adhere to. Betrayal is the key act that evokes a need for revenge. When betrayal occurs, so does immorality.

"Bro-knighting" (a faggy term if I've ever heard one) is an issue of moral contention on this sub. It is men of different moral principles (and some without) essentially bickering what the right thing to do is when it comes to fucking a whore who is currently the sexual property of another man. I'm going to tell you now, I don't think this subreddit can tell you what the fuck to do. You have to figure that shit out for yourself.

We can present balanced arguments, we can tell you the benefits of immorality vs. the benefits of morality, and combined with your own pain and experiences you will make a choice on how you choose to live your life based upon that. Sometimes you may violate your own principles because you can't keep your instincts in check, you're fallible after all.

Telling you how to fuck someone over, as a "sexual strategy" is amoral. Actually doing that and infringing on someone else's rights and causing emotional pain? That's immoral. Every man must decide "do I want strong moral principles that I want to live by, or do I want to behave however I need to behave to get what I want?"

And neither is red or blue pill. It simply "is." All choices and strategies are amoral, it's the act itself and how it affects others which is moral or immoral. People in this community who have chosen immoral lifestyles want to sell it as amoral. But that's disingenuous face-saving bullshit.

If you're going to be immoral, own it, don't come up on the sub and act like folk with moral principles are "blue pillars" because even though they understand how fucked up the game is, they want to adhere to certain guiding moral principles in their life.

A lot of people on TRP confuse amorality with delusion. They are different things. Amorality is simply stating what works in a scientific and pragmatic manner. Delusion is believing in something that is not true.

So if you understand the game, but refuse to adapt to it - you are not blue pill, you are simply defiant, stubborn.

You know some of you are fucking your guy's girlfriends and sisters and shit. That is fucked up you know. You don't deserve a wolf pack when you're pulling moves like that.

Trust is a commodity. You need to adhere to certain moral principles whilst demanding others live up to the same moral principles to ensure that the bond of trust is not broken. People who are constantly out for themselves end up alone because there's a lack of trust on all sides. No trust = relationships fall apart.

Why do men instinctually almost have close to zero trust for women? Because we know they're immoral creatures. We know they don't give a fuck. They must be regulated. If you've read TRP you know these women will do whatever is necessary to ensure their own well-being. They don't have a higher mode of thought, they just run off biological programming and do whatever to "get theirs."

You can call that amoral if there's no malice behind it, but regardless the pain it causes across society is anything but. **We used to check female behaviour with man's sense of justice posing as divinely ordained, and then impose this on society as a whole. But now men have lost control; female morality runs the show. And plenty of guys are adopting a feminine view of morality to "get ahead."**

If you think morality is a wholly rational process, it isn't. Even in the intellectualism of Nietzsche's master-slave morality or Ragnar Redbeard's "Might is Right" you can sense a certain hatred and contempt for weakness that inverses traditional morality as we know it. In fact, in a perverse way, I would say it something akin to natural female morality. **As it seems all but apparent that hypergamy is the basis of female morality - what enriches**

her is good, what doesn't, is bad. It ignores other people's need for justice and is entirely self-serving. Sound familiar? In a way one could say TRP is the female strategy applied to male interests.

Vice becomes virtue, and virtue becomes vice. Women are without honour unless they are taught and shamed into having some. They don't possess the natural sense of honour that men do, although, it would seem in this age of emasculation, more and more men are taking on female traits to "adapt" and "win."

Look at society now. That is unsuppressed female sexuality running wild. Corrupt the women and the men will follow, because when men lose control on a cultural level they individually adapt themselves to succeed in a feral mating climate. That is what happens when we say "stop locking up your daughters and confining sex to marriage, let's have a mass orgie." Sex pushes people towards immorality to get an orgasm and feel powerful. The bonds of family, and thus civilization, are destroyed; one adulterous orgasm at a time.

Neither the immoral/amoral or moral guy are really right in what they do. The immoral guy is "right" in he acquires the most incentives. The guy with strong principles is "right" in the sense he causes the least pain in the world. These aren't absolutes, you will do moral and immoral things throughout your life.

Do I think the guy who leans more towards morality is blue pill? No. He is a man of principle. Choosing to have principles regardless of reality doesn't make you blue pill. What makes you blue pill is not understanding reality and telling yourself that things that aren't real are in fact, real. The blue pill is accepting dogma over the nature of how things work.

So if you understand the game and decide you're going to be an upstanding guy, as long as you understand fully what is going on, you understand other people aren't going to play along to your tune, but **DO YOU ANYWAY** - then you're not deluded. You simply refuse to become immoral to be more successful. You value your principles more than financial or sexual success. That is rare, but good for you. **In a success driven capitalist culture people will view you as weak for that, but it's a mature decision we all must make.**

The game is fucked up, I know that better than most, and trying to normalise betrayal, deceit and double-crossing as the status quo is indicative of that. It's cultural regression.

Don't do everything TRP tells you. Honestly, pick and choose to apply what you read here. As much as dark triad theory helps one acquire incentives for instance, I don't want to create a cult of wannabe psychopaths who try to medicate their pain and poverty through ruthlessness. So check yourself on that shit. As with everything, moderation. Anything taken to it's utmost extremity is insane. We've seen that with what feminism turned into.

Alright, I'm done. Peace.

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UPVOTES

For newbies: If you feel the need to ask for sex, it's time to break up.

trpposter · 13 April 2017 · Archived copy · Reddit

A follow up to my previous post, some people learn better if it's spelled out for them.

If you have just discovered the red pill, the sheer amount of knowledge can be overwhelming. You may be taken aback by all the techniques espoused here and it can be very tempting to try them out on your woman.

Stop. Take a moment and think about what your relationship has been like up to this point.

Have you felt the need to *ask* for sex? Has she been nicer to other men than she has to you? Has she expected you to put more effort in than she has? Have you felt unappreciated for your efforts?

If the answer to **any** of the above is 'yes', it's time to break up. Unless you're married, in which case buckle up for the shitstorm headed your way.

By taking the red pill, you've started on a journey to transform yourself into a **desirable** man. A man who doesn't take bad deals. A man who doesn't bow down to the female imperative. A man who prioritizes his **own** interests above all.

She is not going to like this. She is accustomed to milking you for the submissive little supplicant you have been, and she will resent and resist any initiative of yours that might affect this cozy arrangement.

I call this phenomenon '**beta goggles**'. No matter how much you improve yourself, she will remember you for the beta you were. Other women will take notice of you, but she will never forget how little she had to work for your resources. Sure, you can dread her into submitting to you, and if you're married this may be the only practical option. Rest assured, however, that this will not make her forget your old self, nor will it convince her to let the old order go. But assuming you haven't shackled yourself to her, you would be well advised to dump this woman.

You're a new man now, and you can't afford to waste your time with a woman who won't recognize that. You'd do well to start afresh with the lessons you've learned, with women who have never known you as a beta.

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I didn't realize how easy it was to get a girl to have sex with you if you just ask

AmbitiousIce · 6 May 2018 · Archived copy · Reddit

Backstory: I'm a 3rd year in college and have been in a relationship for almost 4 years so, for much of my school life, I didn't get a chance to experience the hook-ups and casual fun of college. A committed relationship has its benefits, but I (like any other guy) always wanted to enjoy having sex with different women. Recently, my relationship finally fizzled out, and I was single again

One concern I had was that I was out of the game for so long that I thought the standards of women were extremely high. I always thought you need to be an extremely attractive dude with a perfect body and 10/10 charming personality to woo a girl into having sex with you.

I learned that I was completely wrong. I matched with this cute girl from Tinder, and we went out to get some coffee. We both kind of felt awkward, but in the mutually entertaining way (we would just kinda stare at each other and laugh).

I ask her to get a drink with me, things just clicked, we go back to my place and she initiates sex with me.

In my mind, I'm like "it's that easy? REALLY?!". From that day forward, every single party/tinder date has led to me taking some girl home and fucking her. This entire time, all I had to do was just ask

Moral of the story: this is by no means a brag post or anything (I'm a pretty average and dorky guy), but by simply not being a total ass and putting myself out there, I'm having sex with girls that I thought were completely out of my league.

Just some insight for the guys out there like me who thought they weren't good enough, when in reality, it really is as simple as just putting yourself out there

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UPVOTES

A woman's prime directive is emotional conquest

MrCongeniality1 · 21 December 2018 · Archived copy · Reddit

Intro:

It has been said that a woman would rather share a high quality man than have a low quality man all to herself. This is not a statement born of lengthy life experience. In real life, a woman may *temporarily* accept your divided attention but she will gradually use every tool she can to claw her way to being your one and only.

Hypergamy is a fundamental TRP principle, but this sub wrongly focuses on *half* of the story of female hypergamy. A woman wants a high quality man. End of story? Negative. A woman wants the *dedication* of a high-quality man.

Emotional Conquest:

It has been said, wisely, that your primary source of power with a woman (particularly in modern society), is your *attention*. The woman that seduces you with nightly blowjobs and the woman that threatens to take your kids away are the *same* woman - they are simply using different tools or circumstances for the same goal - to make herself the *center of your mental and emotional universe*.

Consider every movie, novel, or song marketed for women. The common thread is the same. *You are my world*.

It is imperative for men to understand and internalize that every interaction you have with a woman is governed by an overarching prime directive: **emotional conquest*****.***

Understanding this fundamental psychological motivation is more important than any other RP theory. You can become a fat, lazy slob that plays Candy Crush all day and your girlfriend/wife might scream at you and cheat on you, but if you *don't give a fuck about her leaving*, she will never break up with you. A woman's desire for emotional conquest is her biggest motivator, more so than the desire for a high-quality mate. And once she achieves it, no amount of SMV is going to save you.

Likewise, raising your SMV without understanding this motivation is about as smart as wearing antlers in the woods in November. You *are* better off becoming a fat Candy Crush addict, than updating your wardrobe, lifting some weights, and getting charged with rape for dumping a girl.

Some Theory:

Social psychologists have observed that relationship anxiety occurs at different times for men and women. For men, they are most obsessed with a romantic prospect *before* sexual intimacy. For women, the anxiety occurs *after* sexual intimacy. Most men will have at least *some* experience with how clingy women get *after* you bed them.

But if women are anxious to maintain the relationship, why do we have female infidelity and divorce rape? This flies in the face of our cultural understanding of female pair bonding. The usual TRP explanation (hypergamous branch-swinging) is lacking; while this may describe behaviors on an *evolutionary* scale, evolutionary forces don't express themselves so directly in individual organisms. You aren't thinking about kids when you want to fuck a woman are you? Procreation and polygyny are the *evolutionary* frameworks that crafted male sexual desire, but, psychologically, men just want to fuck. Likewise, the framework of hypergamy does not make women perfect SMV-calculating supercomputers. In service to the framework of hypergamy, evolution has crafted women with a more primitive motivation: the need to **emotionally conquer** men.

If men are driven toward *sexual conquest* and lose interest after it is achieved, women are driven by *emotional conquest* and lose interest after it is achieved. Internalizing that a woman's interaction with you is ultimately a path

toward **conquest** (and everything that concept usually entails) will allow you to better understand and navigate your relationships with women.

Understanding Blue Pill failure:

Understanding the psychological motivation for *conquest* makes many TRP observations even more readily digestible than the usual discussion of hypergamy.

Why does the cross-fit guy or rich dude still get cheated on? Women care more about emotional conquest than the notions of SMV that men will readily respect.

Why do women allow narcissistic losers to treat them like shit? The social/emotional challenge is how women are programmed to experience reality, a woman's desire to win the aloof jerk is equivalent to a man's desire for bedding a virgin.

What is it about the "loner" that drives women wild? To women, the loner is the promise of an "alpha male" that they will have *all to themselves*.

Why do we consider slutty women damaged? Despite what the feminist sexual revolution tries to say about sex, women are not sexually motivated like men are. A woman's sexuality is driven by her desire for attention. The emotionally needy woman is, more often than not, the woman that jumps quickly into bed with you.

Why does sex die the moment you cohabit? She never cared about sex, she cared about attention. Now she can expect you to listen to her replay every conversation she had today without giving you anything in return. Her sexuality will be activated for men that she can't otherwise coerce into paying her attention.

Understanding TRP recommendations:

From the idea of **emotional conquest**, we can also better understand many TRP recommendations.

Why do you need to maintain your own life? It's not the "mystery", it's because it avoids her complete emotional conquest.

Why do you need to keep doing new things and meeting new people? Because it is new territory in your life that doesn't revolve around her.

Why does push/pull work? You are casting your emotional investment as the proverbial carrot on the stick.

How does this help me?

Viewing female behavior through this lens does not contradict TRP knowledge, but if you put the idea of **emotional conquest** first in how you interpret female behavior, it will help reorder your priorities.

1. You will prioritize preserving power, independence, and frame. This will protect you and make you more attractive at the same time.
2. You will set better boundaries and you will see her manipulations for what they are when she tries to integrate herself into every aspect of your life. You will demote women more quickly when they do not respect your boundaries and make fewer excuses out of sexual desperation.
3. Your suspicion will help you prioritize women that support your independence instead of falling for whichever girl gives you the craziest sex.
4. If you play with fire and spend time with the girl giving you crazy sex, you will know that she will feel entitled to do whatever she can get away with to get her emotional return on investment.

5. You will understand that plates break when they think they have stopped making progress toward further emotional investment and you will more intelligently pace your investment.
6. You will understand the simple power and value of your attention, you will use it more sparingly and stop diluting the natural value of your attention with shitty PUA game.
7. You will understand that a woman needs to feel special and that you have to exude a level of discrimination for her to feel that way and want your investment.
8. You will stop thinking about relationships lasting "forever" because there is always an end (conquest or plateau), and you will understand why hot-and-heavy starts won't last long.
9. You will understand why it is up to *you* to end relationships. If you succeed in developing good frame, a woman will never leave you no matter how shitty things get.
10. You won't ever let a woman think you will be hurt by her leaving because you understand ***that is their whole endgame.***

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Captain of Yale Basketball team is expelled after his plate claims that their 4th sexual encounter was not "consensual."

[deleted] · 14 March 2016 · Archived copy · Reddit

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UPVOTES

"Man cannot remake himself without suffering, for he is both the marble and the sculptor."

Drewtothesky · 8 November 2016 · Archived copy · Reddit

It's night time, cold, the dark clouds block out any source of light in the night sky. It's raining lightly, your hair and face are getting wet along with your clothes, but you don't give a shit do you?

No, you're still going to go run, every thought, every worry, every moment disappears when you slip on your headphones and you step on the track. Each step you're further away from your starting point, every breath you're a little more tired, you could've stayed in. You could've sat home, and watched a movie or played a video game, jerked off, or maybe even thought about messaging that cute girl you know of right?

But you didn't, cause you don't give a shit.

You haven't ran a complete mile in years. Now all the sudden it's like you've fucking sucker punched all your systems awake, a years worth of smoking has your lungs fucking begging you to stop. But fuck what your lungs want. You tore your ACL recently, your legs tell your brain that you aren't ready for this yet, but fuck that, you've just completed a lap, you're gonna keep going.

As you past your starting point for the first time, parts of your brain that you've fed counterfeit dopamine from jerking off, or eating sweets, or doing drugs, they start to tell you that you should stop, just go home they say, your body screams in unison with this thought. There's something small though..something untouched by all the toxic shit, maybe it's your soul, maybe it's your fucking manhood, but it screams out louder then anything else, FUCK NO it says, and your body listens.

You're at over half a mile now, just two more fucking laps, somethings happening, you almost feel different. Your whole brain starts pushing your body. Faster it says, and faster you go, just another lap, you're almost there, just one more lap. You're in a dead sprint now. You're pushing your whole body to its very fucking limits now, just a few more yards. You finish, you're out of breath, your body hurts, but you fucking finished.

You smile in between breaths for air, then puke fucking every where. You wipe your mouth off, and promise you'll be back tomorrow for another ass kicking.

When you start something, it will definitely kick your ass, but you keep going, cause after so many ass kickings it doesn't hurt so bad, and then you start fighting back. This is the nature of progression and becoming a master of something. Don't quit. Keep fucking going, put down the sweets, pick up Dumbbells, don't listen to your body, it doesn't know shit, it's used to a comfortable life style.

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My prediction was correct, domain registrars are the new arm of censorship. Gab.ai gets ultimatum. Delete content or lose your domain.

redpillschool · 4 September 2017 · Archived copy · Reddit

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UPVOTES

Arguing with a feminist. Don't. You don't get paid for it.

Reformed65 · 12 August 2019 · Archived copy · Reddit

Woman: *I believe in the wage gap issue.* Some yoyo: *But men work longer hours, put in more effort than women and more likely to do the more risky aspects of the job.* Woman: *Oh, I didn't know that. Thank you for this information. I will reconsider my stance on the wage gap issue.*

Never. Happened. Stop arguing with feminists, feminism- as among other ideologies- is the new organised religion. You getting paid to tell women this because it boost your view count is a different story, but most of you don't get \$\$\$ for this.

If a woman says she's a feminist, and that she believes in concepts of feminism- there is no point in telling her a different point of view. Even a backhanded comment such as "Oh I think feminism has reached its peak" is just asking for it. A chick says she's a feminist, you acknowledge it with a nod or "Cool." and that's it.

This is really common with young men who are just starting out in life and are developing their views on life. A key point to remember is that feminism is a natural ideology for women (just as the Muslim or Jew believing that consumption of pork is forbidden) and that women take arguments to their claims personally.

Update 14/08/2019: Thank you all for your comments.

My final point, blue-haired overweight women are not the ones pulling the strings, it's the elites/corporations. For instance, we went from "Stay in your place, peasant! You are disobeying the will of God by moving about the social order we have!" to "Single motherhood, which creates soyboys who don't threaten us big people, is a very great family type that we need to encourage!"

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UPVOTES

Confidence Above All

VasilyZaitzev · 23 September 2019 · Archived copy · Reddit

Confidence Above All

So I've seen a couple "OMG! I just met the perfect girl! I don't wanna fuck this up! Plz HALP!" type posts, of late, and it's time for a gut check.

There Are No Unicorns.

Yes, I know, your new girl's special-specialness is way specialer than all the other girls who have ever-lived.

Except she's not, or it isn't or whatever. Now go punch yourself in the dick ten times.

Why? Because if you play it like "Yes, pookiekins, you are the sweetest girl ever! I iz in LURVE!" then you won't see the anvil falling out of the sky, and then you'll get flattened. Betafag behavior dries pussies right out. Like the Sahara Desert. Or the Gobi Desert. Whichever one is drier.

What then to do?

How Betas Fuck Up

This shit is important: write it down.

Guys fuck up by getting married or getting into an LTR and thinking that it's over, and they've "won." They anesthetize themselves with SportsBall and beer, quit lifting/exercising, chub out, and settle into their lives of unknowing desperation, being bitched out at home, and working in a 9 to 5 coffin. Then, one day, they wake up to find that they're getting divorced because "You've changed" or "I've changed" or "I'm not happy anymore" or some shit. So much for "winning". They get kicked out of the house, have their assets strip mined away and get to see their kids whenever the ex feels like it. And she sits around bitching to her friends about what a loser he was while she's living in a house that he's still paying for, wondering when she's going to get her groove back¹ or when she gets to EatPraySlut her way into the bed of some sexy foreign man.² He's still trying to figure out "what he did wrong" when really just got the realities of life shoved up his ass, 'wif no lube, 'bruv. The BEST CASE scenario is that you stay married, don't hate each other, but wind up dying anyway. Of cancer or some other nasty shit.

How To Not Fuck Up

You "don't fuck up" by doing what got you there in the first place. Amused Mastery. Abundance Mentality. Being kind of an asshole, but not like a REAL asshole.³ Like a 'funny' asshole. Be mildly subversive. If she says "No guy has ever talked to me the way that you do!" then you're doing it right.

Ex. One of my girls has like 7 orbiters – one actually gets tongue-tied around her, but stalks her on insta and 'likes' all her posts and photos. I told her to tell him that she has an owner, which she did – which I was pretty surprised but hey, good for her – and he just about shat himself at the thought. She enjoys teasing him – women love teasing betas – but there is zero chance he gets anywhere near her quim. Another guy writes poetry for her.⁴ PUUUUUKE! He is intellectualizing his desire for her pussy. Me? I just told her I was going to **tie her up and fuck her**. Guess which one of us is Nailing That Tail? Hint: Not Percy Shelley. When she mentions him, I ask if he's written her a sonnet or something. If you are going to write fucking poetry, at least be Lord Byron, or Dylan Thomas, only without the syphilis and alcoholism. "The waste remains and kills" indeed.

Confidence slays. Keep her off-balance, like she's balancing a chair on its back legs, almost tips over, but catches herself. Be cocky – if I am ever at loss for words, I usually go with the most sexist thing I can think of, and it's like catnip for them, because the landscape is such a desert when it comes to masculine men. Oh, and if anyone mentions "toxic masculinity" near me, I correct them with either "traditional masculinity" or "heroic masculinity", as appropriate. Don't let the enemy use your own virtues against you.

What To Do About It

First, remember that women are never the end goal in and of themselves, but rather a pleasant accompaniment to a man's life, which he pursues how he chooses.⁵

How do you gain confidence? **Become the Prize.**

How do you learn to approach women? You go out and do it. By the 25th approach, you won't be afraid anymore. By the 50th, you won't care how hot she is, by the 75th, you will be thinking, "*What is the most fucked up thing I can say to her and still pull?*" **Approach Anxiety: Faint Heart Never Fucked Fair Lady.**

Stop thinking whatever girl you are obsessing over is the Last Girl You Will Ever Talk To. **Abundance Mentality - Why It's Good For You.**

Stop being afraid of shit. **Uncle Vasya's Guide to Outcome Independence or Welcome to Level 99 DGAF.**

And never forget: **You Never Stop Competing.**

Now go forth and SLAY!

¹ The male lead in "How Stella Got Her Groove Back" was an obviously gay man using "Stella" for a visa to the US.

² The story of that story is pretty sordid.

³ Never go full asshole, unless it's in a "Total War" scenario.

⁴ In fairness, I did this once, also, but it was limerick about the pulchritude of her ass.

⁵ "*Men are here to DO shit. Women are here to make more men.*" - Napoleon Bonaparte, only he said it in French.

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UPVOTES

This is your wake-up call.

ileatyourassmthrfkr · 8 January 2020 · Archived copy · Reddit

Need a wake-up call or a punch in the face? Just observe your surroundings and pay attention to how others act. We live in a world where mediocrity, complacency, and whining are not only accepted but encouraged. It's pathetic. Your friends, family, colleagues or whoever the fuck surrounds you - will likely display blue pill behaviour and characteristics.

Just observe and pay attention to their behaviour. How they act ... how they talk ... what they talk about ... their ambitions & attitude towards life ... how they deal with failure and setbacks. Forget women ... these people are so deplorable that they will demonstrate blue pill behavior in all aspects of their lives, let alone sex or women.

I am assuming that if you're reading this post you will already have experienced this in your own life but let me sum it up once again:

Majority of the people that surround you will dream, talk, and even fantasize about the things they want in life and the person they aspire to become. You will quickly notice that they will bitch and complain but take no action. Isn't it funny that all it takes is patience, hard work, and resilience to achieve your deepest goals and ambitions yet they would rather complain than work towards them? The worst part is that when they see someone else working towards their goals - they'll try and bring them down because it makes them feel better about themselves.

If this doesn't concern you, either you have taken the pill and are on the path or I am afraid only life itself will make you understand.

The red pill teaches us to rise above our challenges, push limits, build power, and conquer our failures through sheer discipline and resilience. Failure is inevitable; it's how you overcome determines your character. You will observe how 97% of the population fails to understand these principals and they will be the underlying cause of their own destruction. It may be easy and tempting to give in but understand that the red-pill is a lonely road. They will not understand you. They may even make fun of you and socially exclude you but know that you are on a path that they can only hope to walk.

This is your wake-up call.

EDIT: I did not write this for you to fantasize about your future and get your daily dose of dopamine. Some of you have labeled this as another "motivational" which seem to plague the community. Do not mistake this as another dick riding session. The entire point of this post is to avoid being the very thing you despise. Think for yourself and do what you see fit. Remember no one will be coming to your rescue - you need to help yourself out. And if you're happy with being mediocre or blue-pilled - so be it; as long as you are conscious of your choice.

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UPVOTES

I was falsley accused of rape.

Toffee1878parker · 5 July 2020 · Archived copy · Reddit

Last week, I m(21) was falsley accused of raping someone I went to university with without screenshots, proof or anything to support her tweet. Being in a fraternity didn't help my case. She posted the tweet slandering my name and my fraternity and it went viral getting over 2k retweets. I had to take down my social media and people saw this as me being guilty. I took it down because people started to share pictures of my family and because I was getting overwhelmed with threats. The damage was done so fast. The next day I got kicked out of programs, my fraternity, and lost my room I was renting (someone leaked my address online). I put everything I had in savings for a lawyer only to find out this disgusting excuse for a human being privated her tweet and went off social media herself probably because she knew she'd look like a fool when I was proved innocent. She tagged my university and told people to file complaints on me. I don't know why SHE didn't file a police report. If she truly believed I raped her she should of filed one so I could prove my innocence in court or at the very least go to my campuses title 9 office. I'm innocent but I have no proof because it didn't happen. I have no money left, no place to my name and barely any food to survive. I lost everything except my beautiful girlfriend who has been letting me stay at her place for free for the summer while I look for a new job. I want to go to civil court but have no money left. No one will believe me. She ruined me mentally, and financially. The tweet is gone but the damage is done. I am now labled a rapist to society. I want to thank my girlfriend who I will call Love. Thank you for believing me when no one else would. I am deeply heartbroken that anyone would believe I'd do such a despicable act. Thank you Love.

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UPVOTES

Continue improving yourself but let go of the idea that the hot girls who passed you up are going to suffer.

planetross2 · 5 March 2015 · Archived copy · Reddit

Personally, I feel that the goal of young guys out there should be to improve themselves and not care about the lives of others.

I have noticed a certain belief system on this sub that continues to show itself time and time again. A narrative that one day the nerd who was blue pillled in his youth and maybe even college days is going to figure it out, turn into an alpha male, and all those hot girls who decided to slut it up in college are going to regret passing him up. All those girls that rode the so called cock carousel, went on fancy date nights with the stud in their college classes, or partied it up while the average guy was studying for the better future are going to have to come to terms with the loss of their looks guys.

Not only is wishing ill on others bad for you, but in this situation, it likely won't happen.

The average woman who gets a bulk of the hate on TRP is likely white, lives in a western nation (likely the USA), from a somewhat well off family (suburban household), and is known for being hypergamous. At one point in their lives, most of the subscribers or readers on here wanted to get with a girl like that, likely due to lust or some type of validation. Every nerd, no matter how much he denies it (and he will deny it), wants to be with the hottest girl at his high school. The girl that was captain of the cheerleading squad, the girl that went to college and had the jocks after her, and practically your typical suburban princess with good looks. Feminists and SJWs get hate too (rightfully so) but it is not like anyone out there has actually wanted to get with one.

So we make up a narrative, one day these girls will wake up and realize the mistake they have made in passing up some hard working young man trying to work towards a better future. One day, their looks will fade and they will regret their actions of slutting it up in the past.

None of that is going to happen!

I have grown up around girls like these who were popular in high school, ended up going to college and likely got into a sorority, and then after that they still play the same game. One thing has never changed, the amount of attention these girls still get. Some groups just win at life and hot girls from well off families are members of that group. No matter what they do, eventually they end up being okay.

Just like back in their high school and college days when jocks and guys from rich families would be after these girls for their attention, now these girls can get the doctors and bankers as their options. Most of these girls know the game, they just have to retain their looks and they will continue to have all the options in the world when it comes to men.

A lot of these girls will retain their looks because they actually do care for their appearance, many of them shop at Whole Foods stores (because they come from rich families) and if needed, they can get surgeries to keep their looks. Now once they hit 30, they won't stress out that much about finding a man because they will still have their options. For every guy decides these girls are sluts unworthy of marriage, there are at least 5 rich guys who will more than happily marry this kind of woman.

Eventually, these girls will decide that they have had their fun, they will turn into the MILFs that porn has embodied but end up in a marriage. Sure they will find a guy and maybe even cheat on him but they will likely have kids who end up having great lives on the outside (wealth, nice cars, etc.). A lot of them who have daughters will raise their daughters to be the same exact way.

The goal of the red pill should be to not let any of this affect you, to live a great life and not care about the fact that some groups of people just automatically have it better than you do.

Such is life.

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UPVOTES

Google Moves to Address Wage Equity, and Finds It's Underpaying Many Men (NY Times)

RamessesVII · 4 March 2019 · Archived copy · Reddit

<https://www.nytimes.com/2019/03/04/technology/google-gender-pay-gap.html?smid=fb-nytimes&smtyp=cur>

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UPVOTES

Comedian Michael Che Attacked for Suggesting That Maybe Getting Called Beautiful Isn't the Worst Act of Harassment - Handles it like a pro

TRPingBalls · 30 October 2014 · Archived copy · Reddit

<https://archive.today/aPQf6>

He tweeted this in response to the video of the woman walking through NYC for 10 hours, getting called beautiful:

i wanna apologize to all the women that ive harrassed with statements like "hi" or "have a nice day" or "youre beautiful". i cant imagine what that must feel like. the closest thing I've experienced is maybe when a girl recognizes me from tv and they say things like "AHHHH!! OH MY GOD!! SNL SNL SNL!! TAKE A PICTURE!! TAKE A PICTURE!! I LOVE YOU SO MUCH!! WHATS YOUR NAME AGAIN?! THANK YOU!! THANK YOU!! WAIT SAY SOMETHING FUNNY!!" but even that is nothing like the harrassment of having a complete stranger tell me to "smile."

Naturally, we can't have a man claiming that he actually receives more harassment than a woman, so people tweet in response vague attacks on him that ignore his point.

Che follows up with some agree & amplify

i think some of u are misunderstanding that post. im simply just making fun of something that is important to a lot of people.

People still want his head on a platter, so he offers up another apology, not backing down and demonstrating some MGTOW ideas.

i wanna apologize for my last apology. sometimes i forget that i belong to all of you now, and that any thought i have should be filtered through you, and receive ur approval. its tough, because im used to taking risks and finding humor in places of discomfort. but thats all over, cause i have a job on tv. and if i say the wrong thing youll see to it that its taken away. so the next time i have a silly thought, ill giggle to myself, keep my mouth shut, & post a picture with my arm around a more famous person i met somewhere.

It's odd that the side that constantly calls for a "conversation" on these issues immediately tries to shut down anyone talking about it in a way they don't approve of.

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UPVOTES

It's not the red pill truths that upset the masses as much as the socially unskilled ways they are presented

[deleted] · 11 December 2014 · Archived copy · Reddit

Another way of framing the point in the title is: you can get away with saying almost anything if you have the charisma and social skills to say it *the right way*. This is distinct from *saying it* and also having charisma and social skills to buffer you from the blowback--that will not always save you.

I shouldn't have to sugarcoat anything around these parts, so I won't: many of the men that come to these parts are average to below-average in social skills. This is just a fact, and luckily social skills can be improved upon, dramatically.

Combine this with the "anger phase", and the result is: many red pill types are sour and charmless.

The problem comes when we confuse the controversy of *red pill truths* with the controversy of *red pill truths combined with socially incompetent delivery*.

The former are raw and real; the latter are nuclear bombs of social death that can end your career or ruin your reputation.

As a result, it is very important to get this clear in your head and to get this right.

It is important that your public persona or public talks or writing does not appear unhappy, sour, spergy, lashing out, butthurt—if you value your social reputation, always aim to be charming, smart, funny, sharp, sincere. To most humans, the sour and butthurt are unbearably uncharismatic, unbearably uncharming, and if you want to make it in the world this is not the air you want to convey, regardless of how right you are.

It has been noted time and time again that in other forums or subreddits red pill truths can be upvoted significantly when slipped in like a Trojan horse.

The Trojan horse includes: empathic understanding of your audience's mental paradigm and playing to that while gently exposing them to a plausible alternative; not insulting your audience but making them feel intelligent and respected; avoiding in-group jargon like "hypergamy"; framing the point in a way that doesn't brutalise egos or make people feel stupid or spoken down to--among many other skills.

To recall an old saying from memory: Truth without love is brutality. Humans are intrinsically emotional creatures, not just women; we are not swayed by logic alone. It's naive to just lay out the bare bones of facts and expect to be embraced—you become detested for it with a passion you would not believe.

Example right now: You can be indifferent to this if you want--perhaps you don't care how others perceive you or perhaps you're too spergy or socially incompetent to pull it off or you enjoy being the heroic martyr. The mentally weak among you will say "blue pill post", or "concern troll", and ignore the points (do you feel a twinge of butthurt and resistance?) Note right now I'm doing the opposite of the above maxims, to make a point. I could have phrased it very differently and got the same point across.

If you want a happy life where people like you and forgive your trespasses, take this to heart:

Over time you forget the exact words of conversations you've had with people, and even eventually the gist of long ago conversations fade away. What remains is how you made the person feel; that's the imprint that matters.

To the best of your ability be someone who puts a positive spin on things, who enhances people; be the opposite of a whiner and a negative downer. The most brutal truths can be conveyed with humour and skill. That's why podcasters like Joe Rogan are so popular: they don't lie or distort or evade but they deliver their message with social tact, skill and humour.

The language you use is important. To give a quick example: compare "depression" versus "a little bit prone to a

depressive temperament", and the more gentle blow of adjective nouns ("slutty") versus the brutality of nouns ("slut"). Resist the urge to shit your pain all over everyone else. To the best of your ability avoid focusing on the ugly parts of life; life is too big and too full to focus on the rotten elements of it. Ignore the irrelevant bullshit.

People become viscerally revolted when others around them advocate slimy opportunism and dark triad-type shit, it makes people think of reptiles and users and exploiters and they associate those traits with you. The result: social failure, you get locked out. Nobody wants anything to do with you.

The assholes that women are crazy about are many things but they're not downers. As cliched as it is, try to tap into the absurdity and madness of the world and learn to laugh at it. Meditate to get the butthurt out of you.

Avoid/minimise sarcasm. Even Roissy's (Heartiste) writings contain charm and humour. Writing that is solely designed to puke ugly truths onto a page is revolting to cognitively normal people; it must be explicitly anchored to a greater cause or to bring something better into the world. That's the platform on which even the worst of tyrants rode to the top.

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UPVOTES

Good news everyone, I am NOT the Father.

Archdemonic · 23 January 2015 · Archived copy · Reddit

Rather recently, an ex called me up telling me she was pregnant, she insisted that she knew I was the father of this aforementioned child. She was rather adamant I was the father. I asked her for a paternity test to be certain, it took some persuasion, she insisted, "It's not necessary, I know it's you, you're the father."

Eventually I convinced her to see if her claims were true. The paternity test concluded that I was *not* the biological father. She was honestly in hysterics, she claimed I cheated the test to get out of paying child support.

Honestly, this sort of behavior was why I discarded her. The child is not biologically mine, but she claims I should still help her out financially because she's, "Tight on cash."

Honestly I know she's tight on cash, because she liked to spend my money. I earn fairly good money, because I work hard and because I don't spend it like a simpleton.

It's not a hard concept, I feel sorry for her child, it seems like they will have a rather difficult childhood.

Oh, well, they are not mine so it is none of my concern.

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UPVOTES

[Method] No Bullshit guide to meditation | If you keep getting stuck in your head all the fkn time, it's time you start taking control. Meditation is easily the best way to regain control of your mind and stay grounded brothers

thegolddawg · 8 July 2017 · Archived copy · Reddit

So I have been meditating for a couple of years now and figured that I should make a straight forward post explaining how to meditate. For those who hate reading I also made a video [Watch This](#)

METHOD ONE: Watch The Breath

This first method is the most common way people are taught because it is fairly straight forward. What you are going to do is find somewhere to meditate (preferably not in your bed so that you don't fall asleep). Find somewhere to sit that's comfortable (no you don't have to be the lotus position this is real life, not a kung-fu movie). Set the timer on your mobile phone for 20 minutes and put the phone out of reach to avoid constantly checking it! During meditation you can leave your eyes open but it might be better if you close them to avoid distractions. What you are going to do is breath normally as you usually would; only difference is that you are going to pay attention to your breath. That's it! Just pay attention to the sensations of your inhale and exhale. Seems easy right? WRONG! If you have never meditated before you are going to observe an interesting phenomena. Enter 'The Monkey Mind'. You will eventually get distracted and start thinking about a plethora of random shit. These thoughts can range from the calculus equations you learned in high school all the way to internal debates about the authenticity of Donald Trump's hair. The key here is to notice when you have lost focus, and not beat yourself down for it. Regain your focus and go back to the breath, the more you do this practice the more you will learn about your mind. Over time you will not get distracted as easily.

METHOD TWO: Transcendental Meditation

A bunch of funny folks will try to get you to pay thousands of dollars to learn some 'Transcendental Meditation Secrets'. Luckily due to the internet there is no need for such daylight robbery. The basic jist of Transcendental meditation is very similar to the breathing method. The only difference is that instead of focusing on your breath you are going to focus on an internal mantra. A mantra is a word that you repeat over and over again in an effort to focus the mind. The mantra you will say in your mind and not out loud. It should be a word that does not have any meaning to you such as: ruh, rum, mar, hmm, mow etc etc. If you want to spice things up a little you can try envision the word as it repeats in your mind. Once again if you get distracted (which you will) regain focus and go back to the mantra. This is the method of meditation I personally use.

METHOD THREE: Body Meditation

In this method you are going to pay attention to the sensations of your body. You can start at the top of your head and pay attention to the sensations at the top of your scalp. You slowly go down to your forehead area and feel that section, then your mouth, neck, traps and so on. Imagine that there is a laser scanning down your body slowly wherever the laser is, pay attention to that region. Do a full scan all the way down to your feet then come back again. If you find yourself thinking about Donald Trump's hair you know what to do!

METHOD FOUR: FEET MEDITATION? WALKING? I DUNNO

The last method is different from the other three. In this method you will not be sitting down, instead

you will be walking. What you are going to do is just pay attention to the sensations in your feet as you walk. Pay attention to the pressure you exert on the ground, every little possible detail. Do this as you walk to the bus stop, or maybe as you walk to the kitchen before grabbing some cake. Do this as often as possible and with time start incorporating other parts of your body. This is called being 'mindful' you are now bringing more awareness into your life! There is no right way to meditate! Find something to focus on and avoid getting distracted in order to train yourself to control your mind.

Anyway guys I hoped this post helped at least one person out! Once again you can check this video out where I explain all these methods if you don't like reading. [Shameless self-plug: How to meditate video](#)

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UPVOTES

The EASIEST way to Cure Approach Anxiety: Cold Approach Pickup is Chess

ShitsWithTheDoorOpen · 16 June 2018 · Archived copy · Reddit

I've finally done it. I've managed to put into words and metaphor an idea I've had brewing for a long time. Were going to talk about curing the number one thing that holds dudes back with women: **approach anxiety**.

Vulnerability and the Zero Sum Game

Before we can cure approach anxiety we have to understand *why you feel it*. The only reason guys have approach anxiety is because they feel vulnerable when going up to a woman at first. And lets be honest, if you don't know what you're doing and just hoping it will work out, **YOU ARE VULNERABLE**. Guys will try to "psych themselves out of it" and trick their brain into not being anxious but **THIS DOESN'T WORK BECAUSE YOUR BRAIN HAS A GOOD REASON TO BE ANXIOUS**. If you go up to that girl incorrectly, and she decides to humiliate you, she can, and I see it happen all the time. Many Women actually get a kick out of doing this. So how do you defend yourself? **Go into all approaches with a zero sum mindset**. A zero sum game is one where there is only one winner, anything that helps your opponent hurts you. Think of chess. You are not in this to help women, but you are also not necessarily in it to hurt women, you are simply oblivious to what effect it has on the woman and focused solely on your own interests. Many so called "guru's" will tell you to go into an interaction with women with a "win-win" mindset. To the newbie starting out not only is this unhelpful but its actually **DETRIMENTAL** to his success because all hes gonna go in as is a nice guy and then when the average cunty chick shuts him down he has absolutely no response. He walks away defeated and crushed. It affects his state as much as he tries and denies it, as much as he tries to sour grape his way out of it saying "I wouldnt want her anyways". This is toxic and something must be **DONE!**

3 Options and 3 Responses

Look, there are 3 options you and the girl have when going into an interaction: Nice, Neutral, Mean. Never go into a cold approach nice unless you've already mastered what I'm talking about. Its always safest to go in neutral. Its like chess, you are neither overextending yourself nor are you not being aggressive enough, it is perfectly balanced. What do I mean by neutral "Hey hows it going?" Keep it simple. What you say doesnt matter as long as its neutral. Youre just moving the chess pieces forward preparing for the endgame (fucking her).

Now here's why you wont have any more approach anxiety: **THE GIRL ONLY HAS THOSE THREE OPTIONS** and you will already have a strategic response for each. Its so fucking simple when you break it down like this...

Green light (nice): easy to work with, youve somehow managed to stumble upon a girl who is being genuinely nice. This is a layup, continue pumping her state, then escalate, isolate and close.

Yellow light (neutral): smartest move on her part and pretty common. It doesnt help you but it doesnt hurt you, biggest thing you have to watch out for is the interaction becoming boring because you're both being so neutral, so after she responds back neutral you need to say or do something slightly outlandish (could be just by escalating) but with plausible deniability such that you **POLARIZE and then pressure** her on which ever side she decides to take. You are forcing her to take a stance on what you said or did (either green light or red), making her react **TO YOU** and then you pressure her on that reaction. If she goes to green then fine, you can continue pumping the vibe and then isolate and close like you would with green. If she goes red then you hold frame and call her out. When you push this "line", you expose her vulnerabilities and thereby display your dominance and power. Attraction

ensues, isolate, polarize more, and close.

Red Light (Cunt): This is what dudes are so afraid of but to me its actually one of the funnest "lines" to play. And if youre having fun, then chances are your play will improve. The girl has just put herself into a vulnerable position because she was betting you wouldn't do what I'm going to tell you to do because she thinks youre a pussy and will back down. But youre not a pussy because you listened to what SWTDO told you and you learned to fucking slay with women, especially the cunties who want to be dominated. All you have to do here is **hold frame and call her out**. Thats it, do not deviate from the fact that you a decent person, just walked up to have a friendly conversation and now she met that neutral friendliness with unnecessary cuntiness. Whats the frame that youre holding? "I am an attractive guy that is offering something (social interaction, sexual interaction, conversation) to this girl in a socially acceptable way". So you were justified in approaching her, **you dont have to apologize for being social and talking to any girl**. Dont let them try and make you think this. So how do you call her out? An example would be a quick quip that exploits one of her weaknesses, while also reinforcing the fact that she was rude. "And thats why youre single sweetie." Or if shes late twenties or older, bring up her age while maintaining she was rude, "I know they say old women are shrill but I didn't believe them until now." Try it or something similar and hold frame, they will REACT SO HARD. If they are outraged, good youre winning, they are once again going to overextend and you can take advantage of this tactically. Chess metaphor starting to make sense? **Its a lot easier to turn anger into attraction than it is to turn indifference into attraction**. Furthermore when they are angry it is a perfect opportunity to show your high value by holding frame in the face of their tantrum, finding it funny like shes a cute little kid and continuing to fuck with her. "Aww, youre too easy to mess with..."

Conclusi

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UPVOTES

Ched Evans retrial: found Not Guilty of rape - after serving all the jail time and losing his football career

Fred_Flintstone · 14 October 2016 · Archived copy · Reddit

I wrote about Ched Evans a year or two ago on here: <https://redd.it/2rrdlv> (this sub, remove the space)

He was charged with rape and served 2.5 years in jail before release. Then feminists prevented him from returning to football by sending rape and death threats to all the football clubs that considered him. He always said he was innocent. Feminists were furious when he was given a retrial after serving his time.

Today he was found not guilty.

<https://twitter.com/search?f=tweets&vertical=news&q=%22Ched%20Evans%22&src=tren>

<http://www.bbc.co.uk/news/uk-wales-37659009>

A jury of seven women and five men took just two hours to clear him following a two-week trial.

There were gasps and cries in the public gallery when the verdict was read out, with members of Mr Evans's group breaking down.

Ultimately "the jury found they could not be sure, beyond reasonable doubt, that the complainant did not consent, or that Evans thought she was not consenting."

The major new evidence was CCTV footage of the girl who was "too drunk to consent" entering the hotel. She did not look drunk and at one point quickly squatted in stillettos to pick up a pizza box, then got back up again in a fluid motion. CCTV also showed she did not drink what she claimed in the bar/club, and she lied about taking cocaine.

Anyway the UK feminists are furious at this verdict. But Ched Evans has had his career destroyed and lost millions in potential earnings.

Action Implications:

- Record yourself during one night stands. Dont ever tell anyone that you have recorded anything. Back it up to a safe place in the cloud (lol).
- Be extra careful if you are doing something that makes a girl feel really like a slut. Ched had sex with a girl without even talking to her beforehand. Both him and his friend did not stay the night with her, so when she woke up alone she felt used. This is very risky behaviour and just asking for trouble.
- If you are accused of anything then find the accusers social media. Then archive all of it. The accuser in this case talked about how she was going to get rich from the accusation. A guy in canada found this from a deleted tweet that was archived on Google cache - on a German server! But unless you are a top footballer you should not expect people across the globe helping you out.

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UPVOTES

Woman hides her \$25k debt from her husband until after they're married. New hubby pays it all off and even adds her to his bank account.

KKona12345 · 17 September 2016 · Archived copy · Reddit

<http://archive.is/AtyJS>

I am having a hard time mentally moving past the fact that it took me so long to save that \$17K... I love and trust my wife, and I am committed to her. I know that paying off the debts was the best decision, but I can't help but dwell on the fact that I feel like I made it too easy and non-consequential for her. This feels like an unhealthy mindset. Any guidance for me?

That's right, a very unhealthy mindset indeed. Stop money-shaming her, shitlord. Keep your head down and keep earning money to pay off all the new debt she'll inevitably accrue in the future as well. You exist entirely to please and pay for your wife now - welcome to your new life. Consider the \$17k a payment for her accepting your lowly, pathetic, male hand in marriage. She's doing you a favor!

<http://archive.is/RsBEW>

2) We will go have her added to my current checking account as a joint tenant and have the account become OUR account.

Ah yes, very good idea indeed. Her financial history is clearly very solid, so giving her unmitigated access to your bank account seems like a good idea. Now that you've cleaned up her messes and given her a clean slate I'm certain she will turn her life around and put a complete stop to her irresponsible spending habits.

tl;dr don't fucking get married and if you do don't be this fucking guy, good god.

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UPVOTES

Learn the Art of knowing when to Shut the Fuck Up

The_BitterTruth · 17 January 2017 · Archived copy · Reddit

"It's better to let someone think you are an Idiot than to open your mouth and prove it."

Let's get right to the point. There's a lot of retarded shit on TRP recently. While I advocate writing down your ideas in order to better understand them - I'm also concerned that many TRPers are taking the same approach they do on this forum as they do in real life.

That is breaking Law of Power #4 with every breath they take:

Law #4 "Always say less than necessary When you are trying to impress people with words, the more you say, the more common you appear, and the less in control. Even if you are saying something banal, it will seem original if you make it vague, open-ended, and sphinxlike. Powerful people impress and intimidate by saying less. The more you say, the more likely you are to say something foolish.

Shut the fuck up once in a while, for a while. Give it a try. Watch it work wonders.

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UPVOTES

The Unknowability of Beta Turd

GayLubeOil · 26 December 2018 · Archived copy · Reddit

An Alpha Asshole is a stone. His shape and properties are easily determined and do not change depending on his surroundings. You might not like a particular stone. It might not fit your particular stone criteria. However your assessment will in no way impact the stone. You can yell at, bite or kick the stone. The stone will remain unchanged.

In contrast, a Beta Nice Guy is a moist turd. Beta Turds take the shape of whatever stepped on them last. Their entire existence is contextual. When a woman goes on a date with a Beta Turd all of her questions will be met with attempts to conform to her expectations. At no point will she be able to get a solid definitive response from mushy turd man because Beta Turds are conformists.

This dynamic creates a crisis of authenticity. Not only is it difficult for people to definitively know Beta Turd but Beta Turds don't even know who they are themselves. Let's use Paul Elam a man who I personally believe to be the *Creme De La Creme* of Beta Turd as an example. Paul Elam spent years writing articles discussing masculinity and the uncaring manipulative nature of women. Then one day a pretty blond girl named Cassie Jay gave Paul Elam a call about a Red Pill Movie. Next thing you know, Paul Elam has thrown masculinity out the window and is crying on camera begging women to sympathize with his problems. So the question is: Who really is Paul Elam? What does he really believe? Does he think that women are manipulative whores incapable of empathy? Or does he believe that women should empathize with men's issues? He's taken both positions. Which one does he actually believe? Does he even know? All we can say conclusively is that Paul Elam is a mushy turd.

There is something inherently unpleasant and disconcerting about mushy Turd Men. The unnerving feeling is felt strongest by women who are naturally more suspicious than men due to their biological aversion to risk. Imagine you are a woman and your Beta husband hands you a dozen roses while telling you he loves you. Now did he *really* do it out of love or did he do it to manipulate you into sex? Is he apologizing for something? Is he going to ask for something in return? The inherent anxiety of unknowability destroys the feeling those roses could have created. Now imagine that you are a woman and that your uncaring Alpha jerkboy boyfriend just gave you a dozen roses. He isn't manipulating you into sex because he can cock blast your ladyhole whenever he wants. He isn't trying to influence your emotions because he doesn't give a fuck how you feel. He did it because he wanted to. When an Alpha gives roses they are roses. When a Beta gives roses they are a pretext.

The Manosphere mythos is that Alpha Jerkboys give women tingles. Discussion of the female perspective usually ends there, before the pity party starts playing it's greatest hits. The truth is far darker and more interesting. Women know themselves to be emotional impulsive and a danger to themselves. They know that without a man holding them accountable they are capable of anything from binging uncontrollably like a wild dog to giving themselves a Britney Spears haircut. The problem is that a Beta Turd can't tell a woman no. Like a child he is powerless to stop a woman from doing anything that she wants because he needs her approval to function. A Beta can't stop a woman from becoming her worst version of herself. Women know this and hate them for it.

Beta males are unreliable, undependable and unknowable. They'll tell you all about their fitness and diet regimen to gain your approval then they'll skip the gym and eat a burrito when you are safely out of sight. They'll let their wives and daughters slide deeper and deeper into degeneracy without saying a word. For a Beta it's easier to watch wifey choke on strange dick and daughter cam-whore herself than protect the dignity of the family with a firm No!

There is nothing noble or enviable about Beta Turds. They are not men. Men have thoughts, convictions and values that are held fast and only change for good reason. Betas are nothing more than what their environment tells them to be. Beta Turds deserve only suffering. Only suffering can teach a Beta to stand up for himself and say: No! Until you learn that lesson the stomping will go on indefinitely.

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UPVOTES

If you don't sleep, you might as well not lift.

Whisper · 1 November 2015 · Archived copy · Reddit

*"Golly gee wilikers, Whisper, I work and work out until 11 pm, and then get up at 5 in the morning 6 days out of every 7, and then I eat a nutritious breakfast (cuz' I suuuuuuuure don't wanna be **unhealthy!**). But when I have a rare day off, and I go out to meet girls, I just feel tired and want to go home! Whatever could be wrong? Is it my attitude?"*

Look, I realize some of you bros never had fathers, but Jesus fuck, how dumb can you be?

If you do not sleep, you might as well not lift.

Lifting doesn't build muscle. Lifting *incentivizes* your body to build muscle. To actually build muscle, you need to eat and sleep. How the fuck are you going to build muscle if you don't give your body any rest to do it in?

Look down. Right now, sitting at your computer, playing with your phone, whatever, look the fuck down.

Do you have a fat belly, but the rest of you isn't? Then you don't sleep enough. And your testosterone is low, because you're using up all the same raw materials to make the excess cortisol that's making you fat. And your workouts aren't working because your testosterone is low and your cortisol is high and you don't get any recovery time anyway and your neurotransmitters are also all out of whack because your digestive system (yes, your digestive system, you scientific illiterate) is responsible for synthesizing most of them, and it's busy being fucked by all that cortisol.

And your dick doesn't work because your testosterone is low and your cortisol is high and your neurotransmitters are fucked up.

But you can't figure out why you are "tired and depressed".

Really. It doesn't get any simpler than this. If you are tired, sleep. Your body is speaking in the clearest possible language, and if you're still not listening, then it is not your body's fault.

Give your body what it asks for. **You could have learned this from a children's cartoon.**

If you are tired, do not fuck. Sleep.

#Whisper

This was a stupid article, and I shouldn't be putting my standard "Bitcoin-instead-of-more-Reddit-Gold" address (1DChc2Azt3zGHbZcwBwPG42jL9B8SuktdD) at the bottom of it. It's a stupid article because it states the blindingly fucking obvious, which is no great feat to point out. I shouldn't be rewarded for this. But none of you should need it, and apparently some of you did. For the rest of you, I apologize for this blatant insult to your fucking intelligence.

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UPVOTES

The young man's guide for a simplistic way to finding his purpose and fulfilling it

Metalgear222 · 28 May 2020 · Archived copy · Reddit

I was recently PMed for advice by a young man frustrated by trying to implement the advice here, but finding himself stuck with the **same** defeated **attitude**. The complaints he made were all too familiar to the voice in my head 6 years ago when I began my journey into swallowing TRP:

"How the fuck can I grow the fuck up man?"

"I've been a bitch for too long"

"I'm tired of letting life pass me by. I try everything, I workout 6 times a week, try not to watch porn, and try to educate myself daily on my goal. But still I lost my swag"

"How the fuck do I believe in myself?"

If this is resonating with you, don't trip. There's hope. Here's my message to the struggling young man unknowing of his purpose:

"I'm gonna give ya some medicine man but it ain't gonna taste good. (RIP Patrice)

First, I get where you're coming from man, but this shit ain't easy or everyone would do it.

Second, It takes more than working out 6 days a week and trying not watching porn to live a fulfilled life (Read: applying a miniscule amount of what's learned here). **You still have a self-defeatist attitude**. It's no one's fault but your own. **You are not a fucking victim**. Take responsibility for where you are and know that you still have a fuck ton of work to do. And that's okay.

Third and most importantly, the lack of confidence you have in yourself and the reason you're not fulfilled is because you're living your life in a way that you're not proud of. If you were truly working towards your goals and aspirations and getting closer each day you would be fulfilled. **The destination doesn't and NEVER MATTERED**. Read that again. It's the *journey* man. Once you get to the top, you'll realize that it wasn't enough to satisfy you either and you'll plot a new course to be fulfilled again. This time for an even more strenuous climb and higher peak. Raw confidence will grow when you truly respect your efforts to get to where you want to be. If you're frustrated, it's because you're dicking around not putting forth the effort into getting where you want to be. It takes a metric FUCK TON of dedication, practice, and failure to make it. You're half assing it and then wondering why you're not satisfied. Cause you instinctively know you're not giving it your all and wasting **precious free time on time wasting activities**. How can you respect yourself and your progress if deep down you know you're not giving it your best shot? Again, this shit ain't easy man.

Pull yourself up by the bootstraps, splash some freezing water on your face, and get fucking cranking. I mean forreal this time.

Evaluate what you want and then make a list on how to get there, for as little or as many things as you aspire to. Then each and every fucking day you look at that list and ask yourself did you get closer by following your plan. And if you did, you'll nod and feel fulfilled. If you did not, you will continually lack confidence and forever lose your swag.

I know this ain't what you want to hear and quite frankly I don't give a shit. There should be a pit growing in your stomach by now; Unease as you read this. *Good*. That's you being afraid of failure and afraid to give your all. Might just be easier to read this, feel good for 30 minutes, and change nothing right? **No**. Fuck that and fuck you. Force yourself to do it, **build momentum**, take all steps necessary every day by getting rid of time wasting activities and replacing them with actions that get you closer to your goal.

Right now, close your eyes and picture the life you want. *Actually* picture it. This should take 5 or more minutes to

visualize. Write down what it looks like (IN INK ON PAPER) and then write down steps to get there. You are *lying* to yourself if your internal dialogue is saying “you don’t know the steps to get there.” Throw that horseshit right out the window.

Time is the most valuable commodity we have. You Fucking ready yet or wanna live a mediocre life drowning in unfulfillment? As you thinketh, so shall you be. What’s it gonna be brotha?"

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UPVOTES

Joe Rogan is stunned at Miriam Nakamoto's open display of hypergamy

red_matrix · 13 March 2020 · Archived copy · Reddit

<https://youtu.be/no7FuVwcN6w>

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UPVOTES

In a rare moment of honesty, AskWomen admits they are disgusted/insulted by beta guys asking them out.

needsomehelp3211 · 20 January 2015 · Archived copy · Reddit

<http://i.imgur.com/HwLov2f.jpg>

I found this link from ForeverAlone, where it's been circulating for a while now. It struck me as a particularly red-pill truth that surprisingly came out from AskWomen, the home of political correctness.

If you read the link, the question asked was whether girls react differently when hot and confident guys (read: alpha) pay them attention rather than ugly guys. Now, we at RedPill are aware that no shit, of course they do. Girls flock to alphas.

But AskWomen, which usually nurses and encourages the Nice Guy mentality, couldn't lie to themselves about this one.

I feel mean admitting it, but sometimes a compliment from a guy I am not attracted to is like a job offer from a company I am not interested in. It's not really all that flattering, and depending how it's done, it can feel a bit insulting.

and...

When unattractive men have hit on me I have honestly been insulted. It's sort of like... someone seriously asking you if you want a minimum wage job.

This illustrates a pretty core redpill reality, which is that women are not only unattracted to beta guys - they are actively repulsed by them. They feel a sick sensation in their gut when they see an emasculated man. They feel an emotion similar to when someone steps in dog poop.

So remember this next time someone starts parroting about how nice guys and soft/gentle men win out in the end. She may marry you, but that don't mean she likes you.

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UPVOTES

Feminist Hamster: Leonardo DiCaprio will end up "miserable and alone"

Hayekr · 19 February 2016 · Archived copy · Reddit

tl;dr Writer for Daily Mail despises the fact that Leo can pull young and beautiful women every month well into his mid-life. Article is full of passive aggressiveness, hamstering, and (unsurprisingly) RP Truths.

For at the age of 41, Leonardo DiCaprio has become Hollywood's number one **toxic bachelor**, its biggest **lothario** and most **wretchedly dedicated modeliser**...His carnal appetite seems to be incorrigible, his taste in women immutable. His famous preference is for box-fresh blondes aged 25 and under — usually lingerie models, but any random glamourpuss will do at a pinch. He replaces this much-loved prototype as frequently as some men change their socks.

Right out of the gate, Jan Moir (author) shames him with emotive language so common from bitter harridans. "Toxic" -- "Wretched" -- even throwing out "lothario", as if the women chasing him are not acting in their own self-interest. Remember -- only men can be selfish when their is a significant age differential in any relationship.

And why not? Our boy is unattached and at a loose end after ending a six-month relationship with girlfriend Kelly Rohrbach. Their break-up came shortly before the blonde swimsuit model celebrated her 26th birthday. **Coincidence or strategy?**

Of course it's strategy. Relationships are reproductive strategy at their core. He trades up because he can. You said it yourself -- "Why not?". He is living life as an attractive, millionaire actor. He has an incredibly high SMV, and has no problem living a life of abundance vs scarcity.

Some might argue he is a handsome Hollywood millionaire with his pick of willing beauties. If he can't behave like an emperor of lust, then who can?

Some would argue this -- and they would be absolutely correct. It's amazing how a feminist can literally refute her own argument before she even makes it.

Yet what is acceptable at the age of 21 just starts to look sad and seedy two decades on.

And here we go. It only looks sad and seedy to post-wall women who are envious of the fact that a guy like Leo who hasn't "settled down or committed" can pull beautiful partners at 40+ years of age, while a single female at that age (even a millionaire actress) is relegated to the dust-bin of relationship potential.

This is a classic case of projection, because she knows that post-wall single women are typically a sad sight, so they assume it must be so for men as well.

Even George Clooney settled down and got married! Surely DiCaprio can do better than this?

George Clooney is 13 years older than Leo, and did not marry until he was 52.

But the real question is: Why the hell would Leo ever invite the government into his relationship, and sign a binding contract with a woman who can literally take half his assets if/when it "doesn't work out"? As the saying goes, why buy the cow when the milk is for free?

And despite this, he always looks as miserable as a man stuck at a Luton bus stop on a wet bank holiday...Many might envy his lifestyle, but be careful what you wish for. Don't laugh, **but there is clearly a sadness and emptiness to it**; ...For, ultimately, all that beauty must corrode the soul, **especially as he seems not to be interested in intellect or personality, kindness and wit**. Instead, there is only the eternal chase for a vision

of physical perfection; a pursuit that is becoming more unbecoming with every year that passes.

More projection: Intellect, personality, kindness, and wit don't get a man's dick hard. Men aren't women. Leo could give two shits how well his plates did on the SAT's, or if they have a PhD in molecular biology.

He can't commit to a proper cause and **he can't commit to a real woman** — with one honourable exception. Leonardo DiCaprio's first love, and quite possibly his last, is his beloved mother, Irmelin.

The classic "real woman" line. What, pray-tell, is a "real woman", Jan? A post-wall, nagging wife in her 40's that gives up starfish sex once every 3 months? Does it take a "real man" to settle down with something like that, when he can clearly pull younger, more attractive, less nagging women at his whim?

She has one thing right though -- no woman will ever love a man more than his mother.

Lessons Learned Nothing drives post-wall feminists more crazy than a successful man who has peaked his SMV being able to date beautiful women as he please -- especially when he refuses to commit and prefers to trade up.

<http://www.dailymail.co.uk/femail/article-3453884/JAN-MOIR-Lothario-DiCaprio-end-miserable-alone.html>

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UPVOTES

Remember: A Woman Will Have Sex With A Man She Doesn't Love, But She'll Never Love A Man She's Not Having Sex With

Meat-on-the-table · 6 April 2016 · Archived copy · Reddit

Intro: The title says it all, really.

Body

I wrote a post some time back about a female friend of mine who was cheating on her BB boyfriend; she was more or less celibate with him whilst she fucked a good friend of mine raw. She recently had a major blowup with the guy she was sleeping with, complete with emotional social media posts and a lot of whining on both their parts, none of, thankfully, directed at me.

This reinforced something I came across a long time ago that really needed a real-life example to ingrain: a woman will sleep with you without being in love with you, but it's generally impossible to find a woman who is in love with a man she's never slept with.

The first objection that comes to mind when you think this is that there are lots of couples who save themselves till marriage and are head-over-heels prior to ever having sex. This line of thinking does not take into account the truth of social and biological dynamics. Whenever people who haven't had sex proclaim love, what they're really saying is that they have an invested and practical attachment to the point where they will have sex.

Marriage was designed to be the optimum pay-off for the sexes exchanging their respective values: the woman would give a man sex for, ideally, her first time; the man would commit to the woman for the duration of her life, well past the point of biological utility. Could you call this love? Sure you could...but what's undeniable is the fact that the reciprocity of value exchanged influenced the decision to stay with each other and the "love" was just a practical realisation of the need to hang onto the investment.

These days of course, the chances of you being the first man a woman has slept with are slimmer than imaginable. More likely, you're just the latest in a string of men she's slept with, and when you make your exit, the trend continues

That means that buying into the paradigm that she needs to love you first is a fool's endeavour. The strongest bond you can ask for is that sweet, sweet oxytocin that gets released during sex. It's regarded as the love hormone for a reason, and the lack of its release, along with the warped dopamine release circuitry that a CC rider has, is one of the primary reasons why you should never enter into a relationship with a slut.

If we are to consider her sex as her prize, then she's already proven that she will give it away for X amount of input. Yet, many men fall into the trap of contributing X+X just for the same "prize."

Whenever you hear the hamstering about her wanting to make sure that what you have is more solid before she sleeps with you, ask yourself this: what are the chances that she's given it away for less in the past? If she's a virgin, then obviously the probability is 0; if she isn't then you rapidly approach certainty with every partner she's had since. You would essentially be paying more for something that has diminished in value.

One of the pillars of this deception is the belief that a woman's time is worth the same as a man's. This is patently false. Your commitment is far more important and precious than you can imagine. If you're giving her this, but getting nothing in return, you're forsaking your own place as her captain and implicitly informing her that what you have is of less value than what she has.

From all appearances, however, a man can love a woman without having sex with her. If we strip away all the conceits, then an orbiter essentially loves the woman he orbits, because he's giving her all the signs and perks of a woman he loves, all the while receiving nothing substantive except teases and carefully phrased glimmers of hope

that he'll get sex one of these days. Does the orbiter truly love the woman he's with? Unlikely--but if you were to make an assessment of who invested what and what returns they got, the woman being orbited will always come out on top.

Never fall into the trap of believing that a the rules of investment for men and women are remotely similar.

Summary: It's really in the title. Want more detail?Then read the post.

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UPVOTES

Habits and Momentum

TwelvePac · 19 April 2018 · Archived copy · Reddit

Life is all about momentum and habits. When you feel down, you will feel compelled to do things that will bring you more down. For example, when you're having a lazy day, all you want to do is rest and stay in bed. If you give into staying in this, your mind will next rationalize 'i'm already in bed, and don't really have anything pertinent to do, how about I jack off to some porn?' - No.

The key is snapping out of the comfort of doing nothing and holding no responsibility. The next time you're compelled to do nothing, negotiate with yourself to do a little bit of something that amounts to a win. Then, the next time do more of that.

As men, we must accept responsibility to do things that will advance our position in life. That is one of the things that make us men. These are things like lifting, meditating, reading/studying, and consciously socializing.

Maybe you'll need to start small, but do something to snap yourself out of the rut you may be in. Remember, constant steady progress trumps sporadic bursts of progress. You can start to read every day for just 5 minutes, then increase it to 10 after this has been cemented as a habit. Then raise from 10 to 15 and onwards.

The key is building a habit and then riding the momentum to propel you into an improved self. Then, once you're that improved self, improve even more. Never stop improving. Slow but persistent progress, compounds to great returns in the future.

Everyone reading this has the potential within them to succeed by forming solid habits, yet too many men in our society are squandering. Ask yourself, are you going to pull yourself up or fall like the rest of them?

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UPVOTES

Cucked husband (married to a single mother) gets cheated on. Don't be that guy.

ozenmacher · 21 May 2018 · Archived copy · Reddit

Nothing new here. Female hypergamy and the dual-mating strategy at its finest. I post this because it is good for both short-term and long-term TRPERS to see these examples from non-TRP subs. These are just your average, good BP men doing what society tells them to do. In this case, marrying a single mother and taking care of her through better or for worse. Of course the latter does not apply to the females.

<http://archive.is/Yue4I>

Let's dissect:

"Bit of background. My wife was going on a night out with one of her girl friends. Her friend picked her up and they went into town.

- Well, two sentences in and we read the classic ***"Girls night out"***, we already know how this one is going to end.

"It gets to 1 am, i send her a text saying dont be too late due to the door being open. No response. 2.30am still not home. At this point I start calling but there is no answer. Fast forward to 8am, 70ish calls later and still no sign of her. I was very worried at this point.-

70 calls later...oh boy. If she didn't answer on the 25th, surely she will on the 70th.

"So then this morning she finally texts me to say she is at her friends. I then check the laptop again and see an exchange of messages between her and said friend (I can't see what wife is saying, just friends responses). The friend was asking if she was home yet, and when she would go home. She then asked wife "What is your story? I will make sure I stick to it". They then plan the story about why she had to take a taxi home, and friend was saying "don't worry for all he knows you Are here asleep in my spare room".

- The female hive mind (group hamstering) knows no bounds. "Ladies Night Out" is codespeak for "Lets have a competition to see who fucks the hottest guy tonight". It really is a competition to them...which leads to the best part...

After a few further messages the best message of the lot was sent. So, how big was his dick then?" I photographed all the messages.

- We all saw that one coming...

"Later when wife returns home at first I play it cool like i dont know what went on. She is walking around the house acting perfect, like nothing was wrong.

- "Walking around the house acting perfect". Of course, she just got railed by Chad in all 3 holes while her dutiful beta stayed at home, worried about her all night. Life is great...for her.

When I showed her the last message she eventually admitted she was at this guy's house, slept in his bed but nothing happened

- Right...she only tried this fast one because her beta husband has ALWAYS trusted his unicorn NAWALT. Don't do that.

12 hours later, i am now not speaking with her or responding to messages. She started saying she did nothing wrong and that I was the one throwing it all away. Apparently me leaving was proof I never loved her."

-Once again, we know how this will all end. He was the cheater, the abuser, the neglecter, and all her friends in the hive, big daddy government, thirsty sims and white knights on social media will back her up.

Now we are at the borderline emotional blackmail stage. Claiming she is heartbroken along with her son (Not mine, he is from a previous relationship). I feel she is trying to make me feel bad about leaving, like I should go running back to her.

- Ahh, our sweet NAWALT is heart-broken because she took Chad's cock and Billy Beta is walking out the door. Note here how she uses her son as a leveraging device. Welcome to Western Society.

She wants to talk like adults and sort things out. In all honesty I don't even think this is the first time she has done this now I know she is capable of it.

-Welcome our newest member of The Red Pill.

- Don't marry a single mother, ever.
- There is no NAWALT, no Unicorn. Hypergamy is a built-in evolutionary trait in women, and now it is exploited openly and happily in our feminized western culture. Understand the rules of the game, keep your value as a man high. Always have options and walk when necessary.
- Be nice and caring to her, and her instincts will push her to disgust towards you. She will not respect or love you, and will hamster away her reasons for cheating on you ("he didn't treat me right", "he didn't make me happy", "he worked too much and neglected me"). Instead, in a good relationship, be her leader and her emotional rock (see bullet number one, first).
- Women's night out = code word for fucking Chad (or Chads).
- Beta Bux = No respect. Giving her commitment gives her power. With power comes no ability to dread, lead, or walk away. Don't be that man.

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UPVOTES

Narcissism and self-esteem cannot co-exist

chadee · 1 August 2016 · Archived copy · Reddit

Summary: How consumerism is incompatible with genuine self-esteem.

In the past, I've described how consumerism leads to us feeling empty and inadequate. I also made the case that consumerism for women and children ends with material things, while men are consuming women, with material things being one of many means to meeting that end.

In other words, we need more/better/newer material things than others as well as more/better/newer women than others in order to feel significant and worthy of love.

While residing in the Consumerism Paradigm, we are obsessed with having a greater identity than others. **We want more/better looks, money, charisma and women than others in order to “feel good about ourselves.”**

This is actually incorrect. When we (as consumers) “succeed” in life, **we don’t feel better about ourselves, we feel better about our identities relative to others.**

We care primarily about what others have, do, or think. This is why we constantly compare ourselves to others. We are obsessed with our imagined identities—not ourselves.

“You're not your job. You're not how much money you have in the bank. You're not the car you drive. You're not the contents of your wallet. You're not your fucking khakis.” –Tyler Durden

I'd like to add that you're not the plates your spinning, or lack thereof.

Many of us confuse ourselves with our imagined identities because we so strongly identify with how we're perceived relative to others.

Almost every rational decision we make is aimed at upgrading our identities in some way. When we're very “successful” at this, we become narcissistic.

Narcissism necessarily follows from needing to have a significantly greater identity than others and having that need fulfilled.

Narcissism is not self-love or self-obsession, if you had those, you would be more likely to have genuinely high self-esteem. Genuinely high self-esteem is when you love yourself—regardless of how others may perceive you. Narcissism is the love of your identity in comparison to others and as perceived by others.

The narcissist is the best case consumer. He is born out of playing the consumption game and winning. What happens when he loses?

When we lose the consumption game, narcissism fades to insecurity.

Insecurity is nothing more than a would-be narcissist feeling inferior as opposed to feeling superior.

This is why narcissists can't accept criticism. When their identities are even threatened, they fall into insecurity.

Insecurity and narcissism exist on the same spectrum. If you live in the Consumerism Paradigm, this spectrum is your world.

Women are attracted to narcissists. It's not that narcissism is inherently attractive, but narcissists are attractive to women because they display confidence and tend to be good looking and/or wealthy (it's hard to imagine yourself as better than others who look significantly better than you and have plenty more wealth than you).

Many of us don't make this distinction. We glorify narcissism because we think it's attractive to women in its own right. In fact, we glorify everything women find attractive as if attractiveness to women is a barometer of our virtue, but that's a different subject.

The truth is this ... none of us want to be friends with a narcissist. None of us want to be raised by narcissistic parents. None of us want to be in a relationship with a narcissist. Narcissism in others is baggage we sometimes put up with in order to be around “high-value” people.

When we’re plugged into the Consumerism Paradigm, narcissism is the end game; we’ve won. As long as we can stay better than others, we can remain narcissists. As long as we can remain narcissists, we can stay confident.

Being a consumer and confusing our external “identities” with our actual selves is problematic because our self-worth becomes something we can’t completely control. Our significance and worthiness is now highly dependent on external forces. In the narcissist’s case, he’s dependent on others being worse than him.

For example, **when a narcissist finds out he has received a raise, he feels pleased. His identity has been enhanced.** However, later that day when he finds out his co-worker received a significantly larger raise, he becomes indignant. His former enhancement turns into a downgrade and his narcissism fades to insecurity.

“Joe got a bigger raise than me? I know that mother fucker thinks he’s better than me now.”

He will stew on this for quite some time. Eventually **he concocts his own revenge fantasy against Joe.**

“That smug son of a bitch. It doesn’t even matter, in a few years I’m going to be making way more than him—besides, his girlfriend looks like Rosie O’Donnell on a good day.”

We’ve already seen that people on the narcissism-insecurity spectrum identify with the external image of themselves.

People on self-esteem spectrum, by contrast, identify with their internal self, that is, the values they’ve chosen and how well they defend as well as live in accordance to them.

We can see that by definition, these two cannot co-exist. If you’re identifying with your external image, you’re not identifying with your internal self, and vice-versa.

Narcissism and self-esteem cannot co-exist.

I’ve already made the case that **when we stop chasing status, we begin to live by our values.** I also believe that when we can do this, we begin developing our self-esteem.

Self-esteem allows us to be confident, like narcissism, except we will be likable and less prone to insecurity.

Visit my blog [On Consumerism](#) to read more.

Lessons Learned:

- Narcissism and insecurity exist on the same spectrum.
- Narcissism is not inherently attractive.
- Self-esteem gives one the benefit of having confidence, without the baggage which comes with narcissism.
- Develop self-esteem by opting out of consumerism and daring to live for yourself, as opposed to your made up identity.

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UPVOTES

When sexual assault data doesn't back feminist claims, data must be wrong. Aka "Sex assault reports on Canadian campuses too low, say experts"

onehonesttruth · 9 February 2015 · Archived copy · Reddit

Feminist groups in universities in Canada just CANNOT accept any concept that their message message isn't backed up by data. If data doesn't support their claims, THE DATA MUST BE WRONG! Urgh.... Why is this kind of unscientific approach even tolerated in academic communities.

I kid you not. Here are some quotes of the article below.

<http://www.cbc.ca/news/canada/sex-assault-reports-on-canadian-campuses-too-low-say-experts-1.2948321>

Overall, experts say the number of sexual assaults reported to Canadian post-secondary schools is surprisingly low, and an indication that they are doing a poor job of encouraging students to come forward.

I find [the numbers] laughingly low," says Lee Lakeman with the Vancouver Rape Relief and Women's Shelter and a leading voice on the issue of violence against women.

It's just not that possible that they're that low. I can get more reports of sexual assault by walking across the street on a campus [and asking students directly].

"As a parent or a prospective student I might want to say, 'What are you doing about sexual assault? What are you doing about prevention? What is your policy?'" says Charlene Senn, a professor at the University of Windsor who studies violence against women on university campuses.

"[A higher number of reported assaults] may well be because they have more supportive services, so I would want to know that. But if there is an absence of those services, then likely that relatively higher rate is something to be concerned about."

So basically, if the numbers are low, this is BAD. But if the numbers are high, this is also BAD. Bad men, bad.

A recent student survey at the University of Ottawa shed some some light on the actual rates of sexual assault at a major Canadian university.

It shows as many as 44 percent of female students experienced some form of sexual violence or unwanted sexual touching while attending the university.

Yet the CBC News survey shows that over the course of five years, only 10 students reported an assault to the U of O.

In 2013, 183 assaults were reported, a 11.5 per cent rise over 2012 and a 69 per cent rise over the number of sexual assaults reported in 2009.

A total of 727 assaults were reported over the five-year period reviewed by CBC News.

Several universities declined to participate

Maybe because they have a clue that the CBC News method of collecting data would be considered intellectual fraud?

A total of six schools either declined or said they weren't able to provide numbers when asked by CBC News. An additional six schools weren't able to provide data going back the full five years.

Three of those schools could only provide data by academic year -- rather than calendar year -- meaning their data could not be included in this analysis.

Yes, let's not include any data that doesn't support our agenda.

Dalhousie University declined to provide any data at all. The school's dentistry college was recently rocked by a scandal involving misogynistic comments on Facebook.

Facebook comments are now a form of rape.

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UPVOTES

The 15 most common mistakes I see day in and day out on AskTRP after having posted there the last couple of years.

RedditAdminsSuck_88 · 17 June 2016 · Archived copy · Reddit

Summary: I've been posting frequently on AskTRP for about 2 years now and here are the 15 most common mistakes I see day in and day out. Mistakes that aren't worthy enough individually for their own thread, but combined together are

1 - Thinking TRP is about women and only women

This is probably the most common mistake I have seen in AskTRP. It's really easy to spot. There are too many posters who come in, post some problem, and its blatantly obvious they haven't read the sidebar because the post is littered with things you would never see from someone who has at the very least read the sidebar. As if they think AskTRP is a relationships advice sub like relationships, OKCupid, AskWomen, etc. As if they assume TRP is some magic philosophy/mindset you adapt to get women to like you more, and its some easy ideology that can be adapted in 15 minutes before the bell rings at school and they see their crush out in the hallway.

I understand AskTRP is an advice sub, but what good is red pill tinted advice going to be if its clear you have no clue what TRP stands for? At the very least read the sidebar and have some ideas on the basic tenets of TRP.

TRP isn't some magic ideology you apply and fix your problems overnight. It's a process. It's a marathon, not a sprint. It's an on going process. There is no "end". You continue to work on yourself. You continue to get better. There is always room to improve. So if you are looking for a quick fix to woo your oneitis, or some kind of a shortcut to get your dick into a girl's pussy, this isn't the place for you. There are plenty of subs on reddit that just give out basic relationship advice.

2 - Not Fucking Lifting

My favorite question to ask posters who clearly fall into violating the first mistake I posted. I'd say 75% of the time, the answer is no, or some kind of hamster as to why they aren't in the gym being serious about lifting. Men, there is a reason why we emphasize lifting so damn much. Besides getting stronger, and getting in shape, and getting a better body, the natural high from testosterone racing through your body can cure a lot of problems. You'd be surprised. Had a bad day? Feel like shit? The gym can cure that.

There is no excuse not to be lifting. If you can't afford it, then stop worrying about women, go get a job so you can afford it. Get your own life in order before worrying about women, and that includes lifting. Lifting should be one of your top priorities, way ahead of women. If nothing else, lift.

3 - Acting like a dog and returning to its own vomit

So many posts on AskTRP. "Hey, I saw my ex, what should I do" or "My ex texted me, do I respond" or "Should I try to get back with my ex?". The answer is always no. She is your ex for a reason. Either you fucked up by being a beta faggot, and the amount of investment required to change her view of you as a beta faggot isn't worth it. Or you were alpha and she dumped you anyway, and therefore she isn't LTR material since she is a branch swinger. A dog returns to its own vomit. You are not a dog. Exes should always be nexted. Period. There are 3.5 billion other women out there. Going back to your ex is backdoor oneitis. Why focus on damaged goods?

4 - Getting easily offended over stupid shit

These posts grind my gears because its silly. They are very common. "Help, my friend is disrespecting me. What do I do?" or "How do I keep my boss from showing disrespect toward me" or "My friends insult me. How do I stand up to them?". These posts grind me gears because I read the said posts and the things these posters are getting offended over is really weak, low level petty shit that's not worth the energy to even make an AskTRP post about.

What you need to do is not give a fuck and ignore it. If your friends are picking on you or giving you a hard time, its because you have reinforced their behavior by reacting to it in the past. If you stop reacting to it, they will stop picking on you, because its no longer fun for them. Men don't pick on confident men who hold frame. If its your boss, tough shit. Find another job or deal with it. He is your boss, so you do what you are told. It's not worth risking your job over.

Ignore them. Hold frame. Amused Mastery. It might seem that by ignoring them, you are letting them show you up and get away with it. But its really not, because you are showing you are above it and don't care by ignoring and not entering their frame. Especially because a lot of these types are doing it to get a rise out of you and bait you into reacting. The only time you should stand up for yourself is in self-defense after being struck, as an absolute last resort. This goes for white knights too.

5 - Not gaming women in person first

Gaming women via Tinder or Social Media or dating apps should be done as a supplement, not your main method of gaming. If you don't have your in-person game down, what makes you think you will be able to game these women online once you meet up with them in person? Reading these posts where the posters don't game women in person and only try to game them on Facebook or Tinder make me cringe because its obvious they are too afraid to do it in person and therefore think that it will be easier behind a keyboard. All you are doing is shifting the eventual awkward disaster to when you meet up instead of the initial approach. Get your in-person game down first.

On a second note, please for the love of God do not add women you want to game on social media until well after you have met with and interacted with them in person. Preferably, don't add them on social media at all, its entering their frame. Make them do it. Way too many AskTRP posts have something along the lines of "I've never met this woman or talked to her in person before, but I added her on Facebook and she added me back! Is this an IOI?!?". If you want to end your chances with a woman before you ever speak to her, add her on social media. One way ticket to landing in the "creep" or "coward" box.

6 - Doing drugs

If you have your life in order, have met your goals, have a lot of money in the bank, are where you want to be financially, have your retirement accounts going, have your body in the shape you want it to be, and are where you want to be career wise, do what you want. Until then, stay away from drugs. All it does is the "D"s. Derail your goals, delay your goals, destroy your goals, destroy your health, destroy your finances, etc. etc. etc. It's not worth it in the long run. Too many posters on AskTRP talking about doing drugs like its no big deal and then wondering why they have problems in their lives whether it be with women, finances, or career path.

7 - Thinking that they HAVE to have a girlfriend

Hey men, there is no rule that says you must have a girlfriend, or even plates. That is female thinking. This is how women think: "If I don't have a boyfriend, then people will think I am an ugly loser that no man wants and I will be alone forever!!!". Reading posts on AskTRP I feel like too many guys have the same mindset because they make posts about their LTR or girlfriend and its clear they are trying way too hard and are having to invest way too much to make it work.

The best thing you can do is next a woman. If the woman is not adding value to your life and is more trouble than she is worth, don't put up with her. Next her and be free. I don't see why so many of you put up with the shit you do just so you can "Have a girlfriend". Talk about putting pussy on the pedestal.

8 - Not paying attention to red flags.

I get that everyone has preferences, but there are some red flags that you just can't ignore. I love reading AskTRP posts where the OP is posting about some girl he is gaming, and says the girl is a militant feminist, or is bisexual, or does drugs, or can't control her drinking, or has dyed rainbow colored hair, or multiple piercings, or some kind of obvious red flag and then wonder why things aren't working out with her.

9 - Not having your own life in order

Are you unemployed? Are you broke? Are you still living with your parents? Are you recovering from addiction? Do you not have enough money for a gym membership or means of transportation to get to one? Do you not have your shit together? If so, stop worrying about women and focus on yourself first. Once you get your life together and in order, then worry about women. All women will do is delay you from getting your shit together. They can wait. Besides, being unemployed or broke or living at home will dry most of them up anyway.

10 - Not escalating

A common AskTRP question is "Is this an IOI?" or "I am not sure if this girl is into me, how should I proceed?". When in doubt, escalate. If you aren't escalating, you are drying her out. Escalating is the only way to find out if she is into you or not. Here is the deal. You will get shut down 100% of the time if you don't escalate. So hamstering away a lack of escalation because "I don't know if she is ready" or "I am waiting for the right time" or "I don't want to move too fast" will dry her up anyway and get you shot down later. It's only delaying the inevitable. Women like men who take charge and make their intentions known up front.

11 - Not valuing your time

This is common in AskTRP posts where the OP is posting about where he went wrong and why she didn't fuck him or want to go out with him again or whatever. Often in these stories I see something along the lines of "We texted all day" or "We met at the coffee shop and talked to each other for hours". Do you not value your time? Talking to a women for hours without any escalation is basically saying "Here I am, your emotional tampon" to her. All you will do is dry her up and give her the green light to dump everything on you and turn you into an orbiter because you talked to her for hours without any kind of escalation or making your intentions known, and therefore she will view you as a weak coward too afraid to make a move. **Escalate early, escalate often.** Don't be the chump who texts or talks to women for hours upon end without escalating, that is what orbiters are for. Don't be an orbiter.

12 - Cohabitating

This is a basic Tomassi Iron Rule that needs no explanation. Do not live with women you aren't married to or are planning to marry within 6 months. Period. Way too many posters on AskTRP who cohabit and hamster up reasons why they do. Out of the dozens of reasons I have heard, not one of them is a good reason for doing so. Yes, you have a choice. If you are living with your LTR because you are broke and can't afford your own place, go back up to point #9 I made. Get your own life in order.

13 - Putting up with masculine behavior

Is your LTR a girl who goes out and gets blackout drunk trashed every weekend? Can she control her drinking? Does she get way too wild when she goes out? Does she do drugs? Does she get into verbal fights with other women, specifically strangers, when she is out? Does she have a potty mouth? Does she disrespect strangers? These are all masculine behaviors and therefore should eliminate her from LTR consideration. This is not LTR worthy material. Again, 3.5 billion women out there. Find one who doesn't behave like that. If she is already your LTR, demote her to plate. An LTR worthy woman should be feminine, not masculine.

14 - Not being direct when arranging meetup logistics with women

I made a post about this a couple weeks ago. Do not ask women out. Do not ask them what time works for them, or when they are free. Basically, do not put the ball in the woman's court when it comes to logistics. You are a busy man with a lot of shit going on in your life. Therefore you dictate the time and place and simply tell her to come along for the ride to join you. If not, oh well, you still went out and had a good time and did whatever it was you did. Practice outcome independence here.

15 - LDRs

There are 3.5 billion women on this planet. Are you telling me you have absolutely no options around you and have

to resort to an LDR on the other side of the country or in another country? Really? These are extra pathetic when the OP met the girl online and not in person. Get out there and game women near you in person that you can actually meet up with. It's hard to have abundance mentality when you are longing for some LDR 3 time zones away. It's nothing more than oneitis.

If your LTR moves away either temporarily or permanently, its not worth keeping the relationship together anyway. Women have short attention spans. The moment she meets Chad in her new city, she will forget about you in a heartbeat. No matter what she says and how strongly she vows to be faithful when she moves away.

Lessons Learned:

1. TRP is not a shortcut or quick fix ideology. It's a process of self investment.
2. If nothing else, Lift
3. Don't go back to ex's. Hard next and move on.
4. Learn to be a man and not get offended over shit.
5. Get your in-person game down before going online.
6. Don't do drugs.
7. You don't have to have a woman in your life. Don't put up with their shit.
8. Do not ignore red flags. Pre-screen with the obvious ones.
9. Get your own life in order before worrying about women.
10. Escalate Early. Escalate Often.
11. The more time you spend interacting with a woman and not escalating, the drier she gets and the more likely she will put you in her beta orbiter box. Do not talk to a woman for hours upon end without escalating.
12. Do not cohabitate unless you are married or plan on getting married shortly.
13. Masculine behavior should eliminate a woman from LTR consideration or require you to demote her to plate.
14. Do not ask a woman out, tell her where you will be and what you will be doing and invite her to come along for the ride.
15. LDRs aren't worth the investment.

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UPVOTES

Dave Chappelle: Marriage is Nothing but an Awful Contract You Shouldn't Sign

Parvenu76 · 26 March 2017 · Archived copy · Reddit

I have been reluctant to post here, but I think this will be of interest to the community. How many of y'all watched the Netflix special Dave Chappelle comedy come back tour double event? I think the line he dropped about marriage was the most powerful moment of the entire series. I honestly don't know if this video will get taken down or this post deleted.

Dave Chappelle: Marriage is Nothing but an Awful Contract You Shouldn't Sign <https://youtu.be/3ZYw6UnZuoE>

One of the defining characteristics of the red pill has been discussion of social theories that buck mainstream culture.

TRP's mission is to discuss men's identity, sexual strategy, and options in the context of our current global culture for the benefit of men.

Edit: IF YOU WERE ONE OF THE APPROXIMATELY 20,000 PEOPLE WHO SAW THIS VIDEO, CONTAINING A BRIEF CLIP FROM DAVE CHAPPELLE'S RECENT STAND-UP ACT AND SUBSEQUENT FREEZE FRAME / AUDIENCE ANALYSIS... I AM SORRY TO INFORM YOU THAT THIS VIDEO HAS BEEN REMOVED AND A COPYRIGHT STRIKE HAS BEEN PLACED ON MY YOUTUBE ACCOUNT

I was under the impression that the format I used where I showed a brief clip and then provided analysis/social commentary was legal and falls under the category of "fair use." I would appreciate if anyone in this community (especially if you saw the video so you know what you're talking about) could offer an opinion/guidance as to whether or not I should pursue a counter notification against the copyright holder.

Details:

Counter Notification Basics A counter notification is a legal request for YouTube to reinstate a video that has been removed for alleged copyright infringement. The process may only be pursued in instances where the upload was removed or disabled as a result of a mistake or misidentification of the material to be removed or disabled, such as fair use. It should not be pursued under any other circumstances.

If your video was removed but does not fit the criteria above, you may want to seek a retraction, or simply wait for your strike to expire.

Please note that when we forward the counter notice, it will include the full text of the counter notice, including any personal information you provide. The claimant may use this information to file a lawsuit against you in order to keep the content from being restored to YouTube. By submitting a counter notification, you consent to having your information revealed in this way. We will not forward the counter notification to any party other than the original claimant.

Counter notifications must be submitted by the video's original uploader or an agent authorized to act on their behalf, such as an attorney

Here's some information:

In the United States, fair use is determined by a judge, who analyzes how each of the four factors of fair use applies to a specific case.

1. *The purpose and character of the use, including whether such use is of commercial nature or is for nonprofit educational purposes*

- Courts typically focus on whether the use is “transformative.” That is, whether it adds new expression or meaning to the original, or whether it merely copies from the original. Commercial uses are less likely to be considered fair, though it’s possible to monetize a video and still take advantage of the fair use defense.

2. *The nature of the copyrighted work*

- Using material from primarily factual works is more likely to be fair than using purely fictional works.

3. *The amount and substantiality of the portion used in relation to the copyrighted work as a whole*

- Borrowing small bits of material from an original work is more likely to be considered fair use than borrowing large portions. However, even a small taking may weigh against fair use in some situations if it constitutes the “heart” of the work.

4. *The effect of the use upon the potential market for, or value of, the copyrighted work*

- Uses that harm the copyright owner’s ability to profit from his or her original work are less likely to be fair uses. Courts have sometimes made an exception under this factor in cases involving parodies

I'M NOT LOOKING TO BUILD A "TRP LEGAL TEAM", JUST GIVE ME YOUR OPINIONS ON WHETHER OR NOT I SHOULD FIGHT THIS If you don't want to leave any public comment that could be misconstrued as legal advice or whatever, please send me a private message. *What do you think? Fair use? Or it was a good run and quit while I'm ahead?*

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UPVOTES

Guide for better 1-on-1 conversations with Women.

[deleted] · 19 June 2017 · Archived copy · Reddit

[deleted]

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UPVOTES

Women require attention from higher SMV men like humans require oxygen. Deprive them of this and they will go crazy.

mallardcove · 3 April 2018 · Archived copy · Reddit

Women try to gain leverage over men with their vagina. The best way to turn the tables is to gain leverage over them by rationing or withdrawing your attention.

Let me tell you what goes on at my part time bartending job. I work 3-4 days a week bartending on the side.

At this place I work at there is a waitress there who we will call Butterface. She is the definition of a butterface. 27 year old already post wall girl who is a 6/10 on her absolute best day. Her face is a total disaster, but she has a good body and a huge ass which is the only thing going for her. One of those girls who look like a 10 from behind and a 2 from the front. Thanks to social media, she has a decent sized following because of all the whoring she does on there posting pictures of her ass on there and doing butt workouts at the gym. Naturally this inflates her self perceived SMV and ego out the ass and she walks around like her shit doesn't stink. It doesn't help that pretty much every guy who works there showers her with attention and validation.

Myself, being red pill aware, stoic and not shitting where I eat, does not shower her with validation and attention. That doesn't mean I completely ignore her. **(Sidebar: Just because we say don't shit where you eat, doesn't mean be a total shut in autist around women you work with. Act like a normal human being.)** I still talk to her like I would any other co-worker. I have never escalated or anything because I don't shit where I eat, and if I did, it wouldn't be with someone as flawed as her.

Since I lift, stay in shape, dress well and maintain frame, naturally she is drawn toward me when she is tired of the conga line of betas I work with. She has been trying to rope me into something more than a strictly professional relationship since she started working there last year. **(Sidebar: All women assume attraction. This is why you as a man should do the same. Women will assume you are attracted to them anyway, so this is why they are repulsed and disgusted when weak betas try to act like they are not moving too fast or taking it slow and hide their natural instincts and attraction. Women already think you are into them, so why hide it? Only hide it in situations like this, when it involves a girl who is off limits, such as one you work with. However, with Butterface, I am genuinely not attracted to her, so I have nothing to hide.)** I've always resisted. Again, I am not interested. I've made it clear. But she continues to try.

Now recently Butterface made a couple of mistakes. One night I was looking to pick up a shift and she was possibly willing to give hers up. I asked her to text me if she was willing to do so. She interpreted this as me asking for her number and proceeded to tell the entire restaurant I asked for her number. This angered me a bit. The final straw was when I asked her casually if she was working the next day as I was off, and she said I don't want to go on a date with you. I didn't ask her. Then she proceeded to tell everyone I asked her out and she said no, probably to fluff her own ego knowing damn well I didn't ask her out. This led everyone I work with to believe I was in love with Butterface despite it not being true. Overplaying her hand, I decided to give her the silent treatment going forward and not communicate with her for any reason unless it was directly related to work, which is rare.

While most men I work with are betas, there is one guy I work with, a fellow bartender, who I will call Dave. Dave may not be a TRP member, but he is extremely stoic, and practices the best IDGAF attitude I have ever come across. He is also rather high SMV, and he too has also been pissed off by Butterface and has no interest in her. Not only does Dave ignore her, but he yells at her and calls her names, not in a joking manner, when she annoys him. One time Butterface was mad that Dave was taking too long to make a bar drink, and she threw an ice cube at him. This really pissed off Dave and he told her to get the fuck out of his face, out loud, to where everyone could hear.

It's been several weeks since Dave and I have given Butterface any kind of attention that wasn't directly work

related. It's no coincidence that over these weeks it seems like Butterface has slowly descended into losing her fucking mind. Her behavior, her body language, her manneurisms, her mood. Yeah, she still gets showered in attention from the betas we work with, but she doesn't want that. Yeah, she still has a good social media following, but its all thirsty betas. Always complaining to other female coworkers about how she can find no good men. Her problem is that she is post wall and has rapidly declining looks that her good body and ass can't overcome. She is well past the point of no return when it comes to getting attention and commitment from higher value men. The problem is that since she gets so much beta attention at the gym and at work and from social media, in her mind she is definitely still worthy of Chad's attention. This is partially why she is going nuts - the results she is getting in terms of Chad Attention is not congruent with her self perceived SMV, which is inflated due to social media and attention from betas, and her ego.

Butterface has been trying very hard lately to get the attention of Dave and I, kind of like how Nice Guy Betas try to fix the situation with their oneitis who is rejecting them by peppering them with text messages and phone calls. She has done shit like do our sidework for us, sit at our bar off the clock and give us huge tips, try to carry on innocent conversations with us about things, talk about how great we are to customers, trying to guilt us into hearing her sob stories about how some guy wronged her, and she even gave me a fucking gift for my birthday. It's not working, and it won't. It's a fools errand and despite the fact I feel we have made it clear we aren't interested she continues to try anyway. This must be how women feel when betas who they friendzone continue to try anyway.

Now I know what you are all saying. [/u/mallardcove](#), **why the fuck does this post matter?** It's a field report about a girl you work with, don't shit where you eat. You didn't end up fucking her so what's the point?

My point is that women desire Chad's attention more than anything else. They survive off of it, and live off of it. By not giving her what she wants, you gain the upper hand. Just like as there is a such thing as too much Oxygen, there is a such thing as too much attention. If you give away too much attention too easily, she will perceive the value of your attention as worthless. Attention has to be earned and then carefully rationed. And when boundaries are crossed, it has to be withdrawn, and depending on the situation, withdrawn for good or work has to be done for it to be earned back. When you carefully ration and control the flow of attention, the woman will work harder to earn it and from there its easy.

This is why you see all these articles/stories about former high value women in their prime who have since hit the wall and are complaining that men don't pay attention to them anymore. Nothing could be further from the truth. They still get attention from men. The problem is the men who give them attention are basically invisible to them as they are betas. They are complaining that they no longer get attention from Chad. It's not male attention women crave. It's Chad attention. Attention from high value men. Attention from betas and orbiters on social media is like the free space on a bingo card, its expected and the baseline. It's there to keep the woman from feeling like a worthless piece of shit. **Attention from betas serves as negative re-enforcement for women. Attention from high value men serves as positive re-enforcement.** If you get nothing but negative re-enforcement and no positive, you go crazy.

Negative Re-Enforcement: "If you do this, I won't spank you".

Positive Re-Enforcement: "If you do this, I will buy you a treat."

Attention is a byproduct of commitment, the most valuable asset a man has, compared to the woman's most valuable asset, her pussy. This is why the male equivalent of a gangbang slut is one who freely gives out his attention to any woman who even gives him a friendly glance and why women don't respect them in the same vein that men don't respect sluts. Regulate the flow of the attention you give out and I guarantee you that you will see results. Your brain is hardwired to think that the way to win over a woman is to be there, be around them, constantly communicate with them and win them over. You have to fight your brain. Presence doesn't make the heart grow fonder, its absence. Challenge yourself. When you find a woman who you are attracted to, its natural to want to always be trying to talk to her and be around her. It's easy to pick up the phone and text her. Don't. See how far you can make it without communicating with her. The longer you go not only will she bend over backward

trying to communicate with you, but you will see that she isn't special, AWALT, and that there are better options out there.

TLDR: Your trump card is your attention. It has value. Therefore don't freely give it away, instead ration it like bread lines during the great depression.

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UPVOTES

The 5 Emotions You Should Never Show a Woman

kylerosa21 · 12 August 2018 · Archived copy · Reddit

Intro

I've begun reading Red Pill literature some time ago, and am currently going through The Rational Male Vol. 3: Positive Masculinity. Though the book is mainly aimed at Red Pill fathers, there is very good wisdom in it that applies to all, such as the 5 emotions that you shouldn't show a woman.

Body

The emotions are: **anger, rage, fear, despair, and despondency or depression**. These were derived from a quote that Rollo used in Chapter 2. It states:

'Women cannot bear to see a Man experiencing negative emotions such as extreme anger, rage, fear, despair, despondency or depression for extended periods of time.'

Of course, there is good reasoning for this. The reasoning is so simple that it essentially encompasses all of the emotions listed. We all know this by now, but it bears repeating: **you are the rock, the captain of your ship. A strong leader very rarely will show these emotions**. If these emotions are shown, it's very, very brief, and very rarely seen again.

If the captain of the ship crumbles at the sight of one mishap, gets extremely angry, and demonstrates rage for a long period of time, his shipmates will begin to question his level-headedness and ability to focus on the task at hand (leading them).

If the captain cowers in fear, his shipmates will lose courage in their ability to weather the storm.

If the captain shows despair, despondency, or falls into depression, his shipmates will be left with no hope, and may end up abandoning ship.

If you ever end up feeling these emotions, ensure that they are VERY short-lived and that nobody actually sees you feel this way. It will hurt your image in their minds. They will begin to question the faith they put into you, and then you'll be fighting an uphill battle to win their faith back.

Lessons Learned

1. Be a rock in the storm. You must be the one that others can confidently lean on for support during times of struggle, knowing that you won't budge and will provide support.
2. Lead with conviction and confidence. You must have faith in what you're doing and the choices you're making, and follow through whole-heartedly.
3. It's better to feel these emotions in private than in public. We must maintain a rock-hard frame. People seeing us feel these negative emotions will put dents in the armor we so carefully constructed. This applies to not only women, but also the men in our social circles.

Thank you to Rollo Tomassi, whose books on The Red Pill have been absolutely invaluable and educational to not just me, but to all of those who look to unplug.

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UPVOTES

Once again, AskWomen accidentally confirms TRP. "When I see a tall guy, like over 6'3, my vagina automatically flexes and gets wet. I'm not even exaggerating."

needsomehelp3211 · 27 March 2016 · Archived copy · Reddit

Summary: AskWomen confirms redpill. Alphas make women horny, betas turn them off. It's as simple as that.

AskWomen had a thread today titled "What's one thing you judge men for that you don't like to admit?" I like to present examples from that subreddit a lot because hearing it from the women themselves is further confirmation that our theory is universal and not just circlejerkng like our enemies try to pretend we are.

I judge men who require a higher level of criteria from the women they date than they themselves demonstrate. Physical, financial, social. Yeah, maybe if you're 38, broke, balding, out of shape, take the bus, seem to own only 3 shirts, etc., then yeah, you're not going to appeal to some 27 year old gal who makes it to the gym 4x a week and spends hours on her appearance while having a job that makes as much or more as you do.

^ On its face, the above statement sounds reasonable, right? But dig in a little more and you'll see some clear hypergamy in action. Notice how she lumps in "balding" with all the other gross things, as if it's something to be morally repulsed by. This is because women don't differentiate between an *intrinsic animalistic* attraction and a *behavioral/moral* attraction. It's all the same. It's why they feel churning of loathing in their stomachs when they see a short guy, even if he's done nothing wrong. Or in this case, a bald guy.

And "takes the bus". Apparently using public transportation is beneath this princess. Women immediately discount any guy who appears to be one of the rabble; they want the winners, the high achievers, the ones who don't mix with the proletariat. If a guy introduced her to his Lamborghini, her panties would be down in an instant.

This is a tough one to describe, but there is a thing that some men do that is like they... say things they think women want to hear? It's like fedora-tipping IRL or something. They'll claim that they're a feminist/ have sisters so know women/ are sensitive/ are courteous... or things that they, well, think the woman they're talking to wants to hear.

^ I can describe that for you, honey. It's called being a supplicating beta male. And yes, betas are incredibly unattractive. Women don't want to be listened to or empathized with or any of that bullshit, they want a confident muscular leader who will give them orders.

When men insist on hovering around the girl they like, licking the floor she steps on, even after she has repeatedly turned them down.

As in: "maybe if I stick around and show her I can be the perfect gentleman and do whatever she asks, be it running errands for her or carrying her bags for her or lifting her up so she doesn't have to climb up those pesky stairs, and treating her like both a child who needs protection and a princess who needs her knight, she'll finally respect me and realize I'm actually her soulmate and we'll be happy forever!"

One: that'll never work. Two: GODDAMMIT GUYS HAVE A LITTLE SELF-RESPECT FOR CHRISSAKES

^ More beta male hate. I gotta say, kudos to her for at least admitting the truth instead of pretending she actually likes that stuff.

Height.

It really isn't a judgement as much as it is a reaction. I don't know why, but when I see a tall guy, like over 6'3, my vagina automatically flexes and gets wet. I'm not even exaggerating.

That isn't to say I have something against shorter guys. I've seen lots of hot short guys who I would date in a minute, but I've never had that sort of automatic reaction just by seeing them on the street.

^ And here's the main course of our hypergamy feast. Nothing, *nothing* turns a woman on like traits that are reminiscent of a man's animal power and ability to physically overpower others. Height is a quick genetic indicator of this (even that's not true logically and exceptions exist, it still is a quick evolutionary "field test" used by women to judge whether the guy is genetically fit). Sorry, but this is the brutal TRP truth. Height automatically gives you points on the SMV scale because of evolution and natural selection. If you're a short guy who wants to get laid, you have to make up for your deficit with other impressive qualities - like muscle mass.

TL;DR: AskWomen admits the core of TRP truth, which is that women get wet for animalistic alpha traits while being completely turned off by betas. If you don't believe TRP theory from the men here, maybe you'll believe it from the mouths of the target women themselves.

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UPVOTES

Don't Ever Talk To The Police

Clint_Redwood · 11 February 2016 · Archived copy · Reddit

Summary

50 minute video from a lawyer and police officer of how you conduct yourself with the police

Body

We often talk about different scenarios in regards to the law, but after a quick search on the sidebar, i found this video hasn't been linked here.

I watched this video over 5 years ago and it rings in my head every single time i see a police officer.

Don't Talk to Police

This is a mandatory watch for any RP guy. Whether you have you're crazy wife claiming you beat her to the tinder slut you invited over for Netflix and chill and she magically wound up with your knuckle children on her face. Never mind the fact that she text you 20 minutes later saying, *"Had fun, we should do it again. :)"*

The polices job is only to gather evidence to convict. They don't give a shit about your problems, how fucking crazy your wife is, how much of an ass that guy was that you ended up knocking out or the fact that it was actually an orgy and you can call 4 of the guy and 2 other girls to confirm your story.

They don't give a fuck, don't talk to them. Their job is to gather evidence, not protect you. Be polite, be respectful, but don't make their job easier.

As a man all the odds are stack against you in this day an age. You are guilt until proven innocent. Don't make it easier on them.

Lessons Learned

Never speak to the police

Edit: I would actually recommend you listen to it multiple times to ensure it is ingrained into your head. It can be very easy to get caught up in the moment and let emotions drive your actions when situations get out of hand. Especially if alcohol is involved. Watching it multiple times ensures you won't forget the information when you need it most.

Edit: Unless i missed it, I also think this should be sidebar material.

Edit: Also, use common sense with these things. If you are smart enough to record conversations and interactions and have clear evidence for your defense, don't be an idiot and sit there silently. If they have no other evidence other than bruises on a girls wrists, guess who's going to jail. Never mind you that she came at you with a knife and you held her down to not get stabbed. *(My mother did that to me once actually)*

It's should be pointed out though that if you are doing your TPR homework, you should know how to identify crazies and get them out of your life before a situation like this ever even occurs. If cops are at your door because you are dating a crazy bitch, you fucked up long before that day ever happened. Again, AWALT applies, never handle the gun likes it's unloaded, but some girls are higher up on the crazy spectrum than others. Always record any and all information that could protect you in the event that a girl throws you to the wolves.

With that sad, you can still provide evidence in your defense and still choose to use your right to remain silent.

"Officer, I have direct evidence on my phone that proves she's lying."

"That's great, now what exactly happened here?"

"I'll show you the recording"

"We need you get your statements."

"I don't feel comfortable talking to the police without a lawyer, sorry it was drilled into my head since I was a kid. My video/audio will show you exactly what happened."

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UPVOTES

How To Fuck Quasi Autistic Phone-Tarded Sluts In 2020

GayLubeOil · 22 October 2019 · Archived copy · Reddit

Let's start by stating the obvious. The Manosphere exists out of a synergistic relationship between PUA hucksters who misrepresent their sex lives and clueless beta males who uncritically believe the bullshit. If everyone is so interested in helping you navigate the sexual marketplace, where is the guide on tricking a club bitch into washing her nasty club pussy after she turned up at your bropartment? You're not going to find that guide. Why? Because the grittiness of fucking whores is a turnoff to the beta males who fantasize about them. The Alpha Black Wolf Seduction guide is a much better sell than the Ay Yo Bitch Wash That Pussy So That I Can Stay Hard While We Fuck guide.

Now ask yourself how is believing in another man's delusional fairy tale going to personally help you get sex? Isn't that just treating blue pill with more blue pills? If a person's entire identity and business model is built on reinforcing beta male delusions by uncritically regurgitating sex scenes from Hollywood action films, how is that going to help you put your real penis inside a real vagina?

Fantasies and anti-fantasies distort men's perspectives and make it more difficult for them to achieve their goals. If you're traversing a desert see the desert for what it is so that you can navigate it correctly. Fantasizing about meeting unicorn Cinderella is counter-productive, likewise having paranoid incel anti-fantasies is also not beneficial. Today we are going to take a hard realist view, on the 2019 sexual marketplace, a place where $\frac{2}{3}$ of women are overweight or obese and $\frac{1}{5}$ are on antidepressants. The American Sexual marketplace is the absolute worst. However, it's the one that the majority of the Red Pill operates in so that's what we're going to discuss.

The American family is the most fucked that is has ever been which means that American women who are the product of the American family are the most fucked they've ever been. Keep in mind, I'm not taking a tradcuck moralist position. The men here are the product of exactly the same process and aren't any better. In other words, this is a guide for sewer-men to fuck sewer sluts in the sewer. We're not in the 1950's where three dates and a bouquet of flowers gets you a kiss. This isn't the 70's where you could barter cocaine for anal at the disco. Nor is this the PUA 2000s where you can dress like a steampunk pirate and cocky and funny your way into a taxi blowjob. We're three months away from 2020. Twenty-year-old women are autistic phone-tards who experience the world through technology and malfunction the minute reality doesn't conform to the virtual. Your sexual strategy needs to reflect that.

Just as twenty-year-old men of AskTRP are incapable of authentic unscripted human interaction, so are women. What remains of conversation, if you can even call it that, is people taking turns emoting in response to rigid set of memes, exactly like a Tik-Tok video. If you don't believe me treat yourself to a fancy Sunday brunch and observe these robo-Rachels in their natural habitat. Unlike previous generations, these people grew up immersed in smartphone and zero tolerance public education safe zones, so they are incapable of handling any uncertainty. If you say anything that deviates too much from NPC script, they'll freeze awkwardly like a deer about to get plowed by redneck in a Ford F-150.

Speaking of plowing into maladjusted half-retarded animals, here's the key thing you need to understand if you want to vag-plow this generation of 20 year olds. More so than any prior generation this generation of women lacks continuity of experience and is unable to conceptualize the world into a big picture. One minute they have a boyfriend the next minute they have a strange dick in their vagina. It just happened. They experience reality as a quasi-schizophrenic series of unrelated events because that's how reality is felt on the internet. Since most of their waking day is spent immersed in smartphones, they understand physical reality as if it's virtual reality. When a woman ghosts a man in her mind she is simply navigating to the next webpage.

The younger the woman and the greater and the percentage of her life that was spent immersed in her smartphone, the lower her attention span and continuity of experience. What this means in practical terms is that unless you're interested in dried up cougar or technologically isolated Afghan girl, you are going to have to ditch the slow PUA

style of the VHS 90s and DVD 2000s and move to a fast high energy 2020 meme style.

What this means in practice is that you need to make everything a joke and not a joke at the same time. Tell her that she should come up for coffee but only if she promises not to use you for your huge muscles and gigantic penis. Be so ironic you don't have to take responsibility for banging her. Make her reveal her "slutty side" and act surprised that she sucked your penis instead of appreciating your high thread count bed sheets. After you nut down her piehole, cuddle and talk like a romcom beta so the event isn't misclassified as grape. Tell her how proud you are of her for showing her full sexual side and living her truth, without being inhibited by the patriarchy that was dissolved 200 years ago. That's how you get her to blow you again by disguising your refractory period as a heart to heart. That's how you fuck in 2020 instead of masturbating to how James Bond fucks in the movies or how some dude allegedly fucked in his ultimate seduction DVDs.

If you're looking to strengthen your body with difficult workouts and your mind with difficult books, so you're not retarded like Sluts this guide teaches you to fuck send me a PM.

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UPVOTES

"I've been hurt in the past."

Archwinger · 18 February 2014 · Archived copy · Reddit

I used to meet a lot of women who allegedly loved me more than any man they'd ever had previously, but went to great lengths to never, ever have sex with me. They weren't virgins; many had quite the history with men. But I still never got anywhere. Their reasoning was grounded in woman-logic: "I've been hurt by a lot of assholes in the past, and I really care about you, so I want to do this right" or some variation of that.

If you're a loser, upon hearing that, you'll think to yourself, "Oh, joy! I'm totally not an asshole, and she notices that and is rewarding me with a real [non-sexual] relationship instead of a shallow one that's going to fail! I'm so lucky! I'll wait forever for such a wonderful person! I should find something nice to do for her right now to let her know how grateful I am!"

Here's how that woman-logic sounds to a real guy: "Other men worse than you have gotten farther with me, in less time, with less of an emotional and financial investment. But because I care more about you, I am making you jump through hoops and making you spend a greater amount of time and resources to get less far with me. Because I care more about you. What? Why are you looking at me like that? This makes perfect sense. Yes, giving less to people I care about more makes sense."

Here's what the girl really means: "I've pegged you for a chump. I don't think you have options with other women, and I don't think you're willing to walk away, so I'm going to frame this relationship on my terms. We fuck when I want to, and that's going to be after I've made you jump through a bunch of hoops to prove you're my little compliant bitch who's going to give me all the time, resources, and validation I want, at will. If you were a real man, you'd have fucked me already, but I've cast you for the role of bitch. I don't care about you. I care about me. I don't even like you. Sex is reserved for real men. You're not a real man. You're my bitch."

Here's the kicker: Most women don't know that they really mean this. They just know that the validation feels good, and that a guy who keeps validating them without sex makes them feel powerful, happy, and better about themselves. When any woman hears the line of girl logic, "I've been hurt in the past," it makes perfect sense to them – she's screwed up by giving it up too easily before and wants to stop screwing up. By stop screwing up, they mean that she needs to do a better job of withholding sex to bait men into doing shit for her to earn it. They don't know they mean that, but that's what they mean.

Only in the eyes of a woman does it make sense to give less to a man that you love more. But that's the rationalization kicking in. If a woman is giving you less, and making you do more for it, that's the exact opposite of loving you more. Being stingy with affection is the opposite of love. Requiring an exchange of favors rather than just giving of yourself is the opposite of love.

It's a difficult truth to admit and to accept, not just for us, but for women, too. I think on some level, they want to love that nice guy who's going out of his way for them, but they just don't. They can't. But they tell themselves that they do, and that they're just taking it slow to avoid getting hurt like they have in the past. Because they love him more. And if things don't work out, he's still a great guy – the chemistry just wasn't there. And if they slip up and screw some hot guy from work, it was a mistake. They don't love that guy. They love the nice guy, don't they? They were just drunk.

"I've been hurt in the past and want this to be different," is nothing more than an insidious shit test. By complementing you, telling you that you're different from every other guy, that you're not an asshole or a douche, and that she loves you more than every previous man, you're off-guard when in combination with all of that praise, she denies you sex. Because she loves you more.

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UPVOTES

"I want all the perks of maternity leave — without having any kids"

sandbm5 · 15 May 2016 · Archived copy · Reddit

[Link](#) to this article.

Meghann Foye, 38, was jealous of co-workers clocking out for maternity leave, and decided she needed a break of her own. Here, the author of the novel "Meternity" (Mira, out now), tells The Post's Anna Davies why she believes every woman deserves mandated "me time."

You guys hear that? It's not the fact that she wants kids to get maternity leave, she just wants it to have some "me time" Equality, amiright?

And yet, after 10 years of working in a job where I was always on deadline, I couldn't help but feel envious when parents on staff left the office at 6 p.m. to tend to their children, while it was assumed co-workers without kids would stay behind to pick up the slack.

Oh, so that "equality" women have been wanting so bad now rears its ugly head. You know, since men have to work longer hours throughout the entire week while not being able to see their kids but it's all justified since you need "me time." Fucking pathetic.

Of course, that didn't happen. But the more I thought about it, the more I came to believe in the value of a "meternity" leave — which is, to me, a sabbatical-like break that allows women and, to a lesser degree, men to shift their focus to the part of their lives that doesn't revolve around their jobs.

You guys get that? "To a lesser degree" cause men don't need to see their families.

For women who follow a "traditional" path, this pause often naturally comes in your late 20s or early 30s, when a wedding, pregnancy and babies means that your personal life takes center stage. But for those who end up on the "other" path, that socially mandated time and space for self-reflection may never come.

Are you fucking serious? Holy shit, the narcissism in this women is off the fucking scale. In other words, **"I wasn't givin all the attention I wanted out of life so now it's societies fault that I have to work and support myself just like feminism wanted"**

When I graduated from college in the early 2000s, I enjoyed the same unspoken expectation shared among my fellow Gen-Xers: If you poured your heart and soul into your career, you would eventually get to a director level and have the flexibility, paycheck and assistants beneath you to begin to create a work-life balance. Then the 2008 recession hit, and people were lucky to have jobs at all. Assistants and perks disappeared across industries, and I felt like the cultural expectation was that we should now be tethered to our desks and our smartphones.

Oh you poor poor baby. Having to work more in order to make a successful career and actually move up in the work place.

It seemed that parenthood was the only path that provided a modicum of flexibility. There's something about saying "I need to go pick up my child" as a reason to leave the office on time that has far more gravitas than, say, "My best friend just got ghosted by her OkCupid date and needs a margarita" — but both sides are valid.

Both are validated? Wanting to go get wasted with your friend and look for a new Chad compared to having to take care of your child. Jesus fucking Christ...

Honestly, I can't keep reading this shit. If you want to read more just click on the link.

Lessons Learned:

- Women wanted equality. They got it. Now they realize taking on a mans responsibility isn't what they expected when they asked for "Gender Equality"

- Give her an inch and she'll take a fucking mile
- Women do not want to work as much as a man has to to. Period.
- Western Feminism is Cancer.
- Want to know why women on aggregate don't make the same amount of money? "Meternity" leave will only further devalue your potential earnings. This self obsessed laziness and entitlement is the type of hubris that will lead to the economic collapse of the West.

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UPVOTES

You didn't win, Trump did

rayyaal · 10 November 2016 · Archived copy · Reddit

Just a friendly reminder given all the recent posts about the election - he won, he achieved, he worked harder than the other candidate and he managed a much more intelligent campaign. Whether or not you wanted him to win, whether you're happy or sad, with or against the SJWs, just remember that this isn't an outcome of **your life choices or your actions and behaviors**. The outcome of this election does not define your virtuosity or your capacity for providing value.

Your own life won't change because Trump won, so stop reading facebook posts and feeding your revenge boner with the rallying cries of the liberal crowd. And if you're liberal, get the fuck over it and start doing something productive again. The world won't end, and likely very little will change.

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UPVOTES

Don't talk about fight club.

notaselfdrivingcar · 18 August 2020 · Archived copy · Reddit

Today My LTR sent me a screenshot from one of her friend's stories on WhatsApp about him sharing something from Illimitable man's twitter (If you don't know who is this, read the sidebar).

She proceeded by saying that she spoke to her friend (M, 24 years old), and he shared with her other similar accounts, and she started asking me what I think of some the techniques shared, I kept it cool, didn't react or anything, and I changed the subject real quick.

She said she felt offended and she is about to block the dude etc, I was like you do you girl, she started shit testing me and trying to get a defensive opinion out of me about the anti-feminism tweets the account is sharing, and how some other similar accounts speak about how you should throat fuck your girl and let her text first after.

I wrote this post to remind you that if this is any of you, please stop, it's just pathetic to share something that's supposed to be meaningful for you, privately, not as a flex in your WhatsApp story, cause you will share something, girls will read it, and think that you're a creep, and at the end of the day they're going to suck an alpha cock who is aware of the red pill, but he doesn't speak about it like the first chance he gets.

Illimitable man's twitter

TL;DR:

- Do not talk about fight club.

731

UPVOTES

The amount of attraction you think you need to pull is much less than you think

azitah · 25 August 2019 · Archived copy · Reddit

Just a quick thought that's been on my mind lately, but I think a lot of men have a very overblown view of just how much attraction/IOIs you have to get to pull.

You don't need her to suck your face off in the middle of the venue, you don't need her to do your every bidding/have an extremely high amount of compliance to pull. The absolute hottest women will probably not make out with you in front of their friends, it can happen but it's rare.

In reality, if she hold eye contact with you, laughs at what you say, responds well to your physicality: Doesn't pull away if you come closer, claps hands when you high five, responds well to simply hand holding/a quick kiss etc., that is usually enough attraction to pull.

Frying her circuits with rapid-fire party game will do one thing usually: make her forget who you are when you text her the next day. Extremely over the top party game is good, but only when it is congruent to your mood. There is no reason to force it when you aren't in that state of mind.

Only around 20 percent of the things you say/moves you make will be gameish. The rest should be reasonably interesting or humourous communication while moving towards what you want. Like I said before, if she let's you lead, if she responds well to your physicality, and simply smiles/laughs then you are good to go. There should be no inner need on your part to ramp up her attraction to the highest degree. That behaviour is usually uncalled for and will make you look like a try hard to the hottest girls.

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UPVOTES

Become the Best Version of You

RedPillStoryTime · 8 May 2017 · Archived copy · Reddit

Summary:

Turned into a beta while dating a HB10, inevitable breakup ensued, used Red Pill ideologies to get my shit together. Story covers the span of 2.5 years. Part 1- HB10 & Red Flags. Part 2- how I got my shit together post-breakup. Part 3 -epilogue.

TL/DR: Bitches ain't shit but hoes and tricks, Lick on these nuts and suck the dick, Gets the fuck out after you're done, And I hops in my ride to make a quick run. **Dr. Dre**

Part 1:

During my third year of university I was on top of my game, Me (6'2", 225 pounds), academically on pace to get into law school, bartending at the college bar, in peak physical condition (lifted 5x/week + martial arts), big friend group and juggling 3 regular plates. Life was fantastic.

On my off night, roommates and I went out for some drinks and hilarity. We ended up at the college bar and immediately let the liquor do the thinkin'. While waiting for our round of drinks, my eyes were locked across the bar on **R**, a 19-year-old, HB10, brunette bombshell, who just radiated sex appeal. I approached her, told her earrings didn't match her outfit, she wasn't wearing earrings. She was hooked. We exchanged numbers and agreed to meet up in a few days.

A few days later, we grabbed drinks, engaged in great conversation and the attraction levels were off the charts. When our night ended, R slept over, but we did not have sex. She told me that she didn't do hookups, I ate it up. Within a few weeks, I cleared out the roster and started exclusively dating R.

I introduced her to my friend group, she drank for free whenever I was bartending, she partook in some pretty awesome weekend benders and the sex was crazy. However, my buddies told me R was a pump and dump, by pointing out some huge red flags. I wanted to be Captain Save-A-Ho and didn't listen.

- **Red Flag (1)** R was a self-confessed social (attention) whore. She loved to be the center of attention and knew how to use her looks to have everyone's eyes on her. Initially, it was a huge ego stroke for me when everyone's eyes were on her, but R's behaviour usually rubbed my friends the wrong way and/or attracted unwanted attention from thirsty dudes.
- **Red Flag (2):** I did my scouting report on her and found out she had a promiscuous past. I rationalized her past behaviour as not being an indication of who she was now. With my previous escapades, I felt I couldn't judge.
- **Red Flag (3):** R had lots of male orbiters, with only one female friend, **W** (whore). W was HB7, R's bff since day one of university, had a kill count which rivaled Wilt Chamberlain's and was damn proud of it too. R told me that all the slutty things she had done in her past was in conjunction with W, or done with W's influence.
- **Red Flag (4)** R loved playing the victim card. In every situation or story told, she was always ended up as the victim.
- **Red Flag (5):** R told me that a few months prior to meeting me, she was sexually assaulted after a night at the bar. Initially, I didn't know how to handle the situation other than being supportive and understanding. R was very nonchalant about the whole ordeal, told me not to stress it because she was 10/10 white girl wasted at the time and the police were dealing with it.

Despite the Red Flags and warnings from my friends, R and I were in a LTR throughout the rest of the year and dated into the summer. We made lots of great memories, had a great sex life and enjoyed talking about building a life together post-university. As the fall semester quickly approached, R told me her roommate situation fell through and she was left without a place to stay. She asked me if I would consider moving in together. I told her that my plan was to room with my training partner **A** (6'7", 250-pound, pre-med Chad) in a bomb-ass, 2-bedroom

apartment for my last year. She suggested that this living arrangement could allow us save on rent and to use the time together to judge our compatibility towards life post-university. I talked to A, he wasn't thrilled, but was cool with it.

Upon moving in, got the feeling A wanted to get with R. He would low-key shit talk me, would push to hangout with R without me around, in addition to habitually attempting to one-up me in front of R (If I got 80 on a paper, he had an 81). After a few tense months, A and I eventually got into a fist fight. Post-scrum, A and I aired out grievances, A admitted he had a crush on R, apologized for his behaviour and agreed to move out at the end of the semester.

Enter our neighbour **K**. K was a HB8, super cool chick, did not like R at all. K and R became "friends", so they would hangout, shoot the shit and act like BFF's, all while secretly hating each other. Female friendships are about as fucked as they come. A few weeks after the brawl, K and I were hanging out on my balcony, shooting the shit and having a few beers. K told me that while drunk one night, R brought up the story of her being the victim of a sexual assault, K felt that R's story didn't add up. K told me that she thought R was an attention whore and pulled the victim card to gather sympathy, in lieu of admitting to her drunken shenanigans. I never asked R about the details surrounding the assault and thought K was trying to stir the shit pot.

K told me:

"R had gone out on the Friday night with her friends, got white girl wasted, messaged her FWB. She asked to come over and "watch a movie", FWB agreed, so R went over to his house, initiated sexual contact, slept with him and spent the night. R walked home in the morning and went about her day. Saturday night, R went out again with her friends, got **Jim Lahey drunk**, called her FWB at 2 am wanting to come over to 'watch a movie' again. R walked over to her FWB's house, initiated sexual contact, slept with him multiple times and again spent the night. When FWB asked her to leave, R then went to the police station the following afternoon and reported the lad for two counts of sexual assault."

I was shocked at what K told me, but I thought that maybe she was being a shit disturber. I left shortly after and went home. When R came home that night, I told her what K told me. She confirmed K's version of what happened, with this follow-up conversation.

- Me: "Well I don't get it. Why did you go over at 2 am again on the Saturday? If he assaulted you the night prior, why the fuck would you go back?"
- R: "I wanted a place to sleep, and I didn't feel like walking home after the bar. He told me we would watch a movie, so I didn't see the harm."
- Me: "R...if he assaulted you, then why the fuck would you go back again the second night?"
- R: "I was drunk and he took advantage of me, plus his family has the money so who cares."
- Me: "what the fuck are you talking about?"
- R: "Well instead of him getting a record, or going to jail, the crown told me that he can just pay me restitution instead."

I was fucking mind blown. Despite my best attempts to explain the stupidity in her logic, R remained firm that her FWB assaulted her. A few weeks later the case was settled outside of court. R received a cheque for \$5,000 as restitution payment, the accused had a peace bond issued against him, in lieu of not having to register as a sex offender.

A few weeks after the shenanigans subsided, I was struggling to deal with some of my own issues on the home-front and was having a hard time looking at R the same way. I was at a weak point, became less social and leaned on R for emotional support. R immediately grew distant and began to hangout more with W. As W and R spent more time together, they began drinking 5 nights a week and our sex life dried up. Eventually, R told me she was moving out because she wanted to be single and have fun with W.

The next few weeks were rough, R moved out and I was a disaster. We talked for weeks post-breakup, in the redundant cycle of talking for 3 or 4 days through texts and phone calls, hook up, she'd cut contact for a few days, then repeat. It was killing me on the inside. I attempted to draw the line after we hooked up one night and told R that I couldn't deal with the situation anymore. I told her that I needed to know what the hell was going on between us. She laughed, said we were never getting back together and that her and A were hooking up. I was crushed, but I calmly told her to get out of my apartment and immediately cut contact.

Part 2

The ensuing break up broke me, mentally, physically, financially and socially. Mentally it served as a catalyst for me missing class and failing my finals. Physically, I was skipping workouts and was not motivated to hit the weights. Financially, I lost my bar job and was stuck with the full lease for the 2-bedroom apartment. I was so miserable I started to drink more frequently behind the bar and was subsequently fired. Socially, my friends began distancing themselves from me because all I wanted to do was drink and talk about R. I was at a pretty low place.

The following few months consisted of self-loathing, the carousel of Tinderellas and nightly binge drinking. I woke up the one morning and looked in the mirror, I was disgusted with that I saw. I was hungover, rocking a near dad-bod, broke and some HB5 in my bed. I hit the wall. I knew I had to get my shit back on track, I wasn't going to live like this anymore. I googled *psychotherapist* in my city and came across one that was highly recommended, **M**. I called her immediately and set up an appointment for the following day.

M was a 60-year-old, die hard bible thumper, divorcee and didn't put up with any bullshit. I told M about everything that transpired with R and told her I didn't know how to deal with it. She told me straight up, **focus on self-improvement**. M told me that I missed major red flags with R and that I shouldn't have been surprised with how everything went down. M challenged me to grow as a person by; **constructively dealing with my problems, accept that break ups are apart of life and R's pussy wasn't made of gold**. After a few months of therapy, positive thinking, I managed to get a new job, re-introduced myself to the gym and started hanging out with my buddies again. I felt like I had my head back on straight.

I hit a bit of a setback when I found out that due to my poor academic performance, I was forced to do a 5th year of University. I was pissed at myself for getting into that mess, but I took the advice of M and used my extended time in school as an opportunity to grow as a person. Fast forward to September, R was now the head of the student government and in a LTR with A. Everyone on campus knew her and she blacklisted my ass with anyone who would listen to her bullshit. My close friends had all graduated by this point, so I went through my last year just trying to grind it out. I went into monk mode for the first semester, slowly becoming more social, more involved within the university community as the year went on and my confidence grew.

What M did, was unknowingly expose me to Red Pill ideologies. I became obsessed with self improvement and focused all my energy on becoming the best version of myself.

- I started practicing mindfulness (positive thinking), as I listened to positive affirmations every night while sleeping.
- I started to take school a hell of a lot more seriously, resulting in higher grades, connecting with professors and crushing the LSAT.
- I wanted to explore my entrepreneurial side, so I started a lucrative start-up venture.
- I wanted to get into my peak physical shape, so I began to lift 5 days a week and became a vegetarian.
- I wanted to make sure my past bullshit wouldn't affect my future, so I managed to get my shit grades off my academic record.
- I exposed myself to school clubs and social groups I never would have joined prior, in addition to getting involved with the school. I ended up having a blast, made some awesome friends and met a shit load of plates.
- I wanted to give back to the community, so I volunteered at an at-risk school, made some amazing connections and got some killer letters of reference.

Although the year was a grind and a half, I grew as a person utilizing Red Pill ideologies. I became a best version of myself. By the time I graduated, I had enough volunteer, business and life experience to where I had multiple job offers. The connections I made with my professors and through my volunteer experience helped me earn multiple offers of admission for law school. The problems I have now, are great problems, with the people I associate with being genuine, positive people.

Part 3

By getting my shit together academically, I earned a spot on my program's academic team. Each year, universities from around the providence send their top students to compete against each other in this weekend long conference, which turns into a drunken orgy by the Saturday night. Although there were many hilarious stories which came from that weekend, the epilogue concerns my teammate, **B**.

B's a well-liked Chad on the team and the current roommate of A. Although I never had an issue with B professionally or personally, he and I did not associate outside of our mandatory team meetings. At the Saturday night binge drinking event, B told me that he wanted to smoke a joint with me outside and have a chat. Once outside, B said that when he first met me, he was indifferent with me because A ran his mouth off about what happened with R. I was annoyed, but didn't expect anything less from A. I told B that I didn't want to talk about A or R, I was here to enjoy my weekend and attempted to go back inside to the conference. B physically stopped me before I could open the door, started laughing and said, "Bro you ever hear the saying, karma is a bitch?". I was confused and asked B wtf he was talking about. B told me that A dropped out of school due to his failing grades and R has been cheating on him with multiple dudes since he dropped out, including himself. I initially called bullshit, but he pulled his phone out and showed me the texts...and the pictures. We shared some laughs, got high as all hell and all I could think was *"that's just the fuckin' way she goes."*

Edit: formatting

730
UPVOTES

Forbes fires columnist who points out that girls who get too drunk are irresponsible and that false rape accusations are real

Atavisionary · 24 September 2014 · Archived copy · Reddit

729

UPVOTES

"I know I was wrong, but you don't have to be a dick about it."

CrustsRemoved · 18 December 2015 · Archived copy · Reddit

Summary: Finally figured out the golden ticket to the most common shit test I face in my LTR.

Body: Last night, my LTR decided to shit test me. I don't remember what the details were, because who cares. As her behavior continued to get worse, I immediately withdrew my affection and went to bed. She continued to press her luck until she finally broke and delivered the usual hail-Mary attempt that most women will make when faced with being wrong:

"I know that I'm wrong, but you don't have to be a dick about it."

Now this is a blatant attempt to expand the argument in order to try to make you give ground. Furthermore, that's what all arguments are about with women: trying to make you give ground. It doesn't matter if she's wrong, because you don't expect her to lead you anywhere. Everything depends on you being right, or at least believing that you're right, as captain of the ship. I came back with:

"Why do you expect to be treated right, if you're not acting right?"

This was the end of it. She got quiet, and later apologized. Now, dedicating an entire post to one shit test may seem overkill, but considering that AWALT, I'm assuming that every man will hear that shit test at least once in his life.

Lessons learned: -Always enforce the rule of "good behavior, good treatment." -She has nothing to lose and everything to gain by arguing.

729

UPVOTES

Read how a mother "trains" her 6yr old son how to treat women. 1.000.000 FB Users liked it...

learnux · 2 January 2016 · Archived copy · Reddit

Never posted here before but just stumbled on FB over this. Try to imagine any post like this about teaching a 6yr old girl how to "properly" show respect to men...

Once a month my 6 year old son takes me out on a dinner date. He opens doors for me, pulls out my chair, talks about his day & asks me how mine was, pays the bill with money he earned by doing chores, and even tips the waiter/waitress. By doing this I am teaching him how to treat a lady & how to take her on a proper date. How to show that he respects the woman he loves (right now that would be mommy). We put our phone and iPad away (except to take this photo) and sit and talk to each other about our days, things we want to do, etc. I'm teaching him proper table manners and that it's rude to sit on your phone on a date with your mom or with anyone else. He learns the value of money and how to manage it. He learns how to do math as we add up what we want and make sure we have 15% of it to leave for a tip. Yes he is young but I believe this is something he should learn now. It's never too early to teach your child how to properly respect others, especially women. As a woman who has been abused & treated like crap in the past, it's extremely important to me that I teach my son how to show respect. Too many men these days have no idea how to treat women or how to take them on a nice date. It's nice to know my son won't be one of them.

TLDR: 6yr old is once a month moms date-servant to learn how to respect "especially women".

Edit: Link from the site dangerandplay.com

<http://www.dangerandplay.com/2016/01/06/nikkole-paulun-son-takes-mom-out-to-dinner/>

728
UPVOTES

"And no one wants the nice guy because just like a slut, he gives his love to anyone who will take it"

throwavvy · 14 September 2014 · Archived copy · Reddit

Long time lurker. Saw this pop up on my twitter feed and it just really resonated with me.

....I don't really know where this post is going. I just felt the power of this quote and wanted to share it with the community. It makes sense on so many levels.

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UPVOTES

You Need to Harden the Fuck Up

VasiliyZaitzev · 4 July 2021 · Archived copy · Reddit

You Need to Harden the Fuck Up

"Women are human beings. Men are Human Doings." -Dr. Warren Farrell

"You put pussy on a pedestal because, to you, it is a precious commodity; to them, it is a universally accepted form of payment."

-Uncle Vaz

So here's your fucking problem. You're a young guy. You want sex more than you want to stay alive. The result of that is you overvalue pussy. I get it, I've been there. The problem that you have is that there is a pussy cartel, and, while they will happily dole it out to you if you're Chadwicke von Chaddington IV, that's not gonna help you, loser.

You need to harden the fuck up.

There is no "magic text" you can send that will fix whatever broken Frame problem – which probably isn't that bad in the first place – that you think you have. Life doesn't work like that. You can't simply tap "left" on the joystick twice and then hit the yellow button.

Life isn't easy, and you need to harden the fuck up.

There is no Dimepiece "**Disney Girl**" waiting for you at the end of the rainbow. You have to find your own and train them up. Keep her off-balance. You know that feeling you get when you balance in a chair on two legs and you almost fall, but you catch yourself? She should feel that way all the time around you. Never quite knowing where she stands with you.

You need to harden the fuck up.

Earlier this week, one of my girls (my current favorite, actually) admitted to me that sometimes she doesn't feel "good enough" for me. First, that means my Frame is calibrated *PERFECTLY* and second it was an opportunity give her some comfort, but not too much – *"When you give the sweeties out sparingly, they are treasured."* - Niccolo Machiavelli (quote approximate) – and then steered her more in the direction that I wanted them to go, i.e. sluttier. Girls who fuck the way I want them to fuck and do so with enthusiasm get kept around longer.

I didn't spew comfort all over her like I was jizzing out the entire content of my balls. I didn't tell her everything was going to be alright and *"don't worry, wittle pookie-kins, I wuv yew, and I always will, even if you get fat and gross!"* I gave her *some* comfort and then some advice and goals.

You know why my Frame is that strong? Long ago, before you were an ache in your dad's balls, I hardened the fuck up.

Look, life is going to punch you in the mouth, and you'd better be ready for it. And you'd better be ready to **keep fighting back**.

If life knocks you down 7 times you need to get back up 8 times.

See that guy on the top of the mountain? He didn't fucking *FALL* there.

You need to harden the fuck up.

Takeaways

YOU are **the Prize**.

YOU belong are the Gawddam End Zone.

YOU belong on the fucking PEDESTAL – but only if you fight your way there.

Also, you need to harden the fuck up.

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UPVOTES

2.5 million men 'have no close friends'; Lets Brainstorm How to Make Friends post-College

LastRevision · 8 February 2016 · Archived copy · Reddit

<http://www.telegraph.co.uk/men/active/mens-health/11996473/2.5-million-men-have-no-close-friends.html>

I'll admit, this article hit home. As I've watched my social circle dwindle over the past few years, I'm realizing that as a man over-30, it's very very difficult to make new friends... and while it's somewhat reassuring to know I'm not alone with this struggle, I don't look forward to an Army-of-One future where I'm thriving in all other aspects of my life, and I come home to nothing.

So, first, why do men have such a tough time making/maintaining friendships:

- **Men do not have an in-group preference for one another.** Like all things feminists, the "boys club" trope is total bullshit. Men are usually thrilled to White Knight/virtue signal and let a girl into their club. Women, conversely, do have an in-group preference which means it's much easier for them to make friends (even if those friendships are superficial). Think of being in a new environment; a man will usually sit alone while a woman will have no problem sitting with the other women there.
- **Male spaces have been contaminated.** Furthermore, men have been contaminated too by the female imperative. This means that not only do men not have an area to congregate and speak openly, but even if they did, chances are there are White Knights present to limit/police authentic discourse (not that conversation must be limited to gender realism, but women do not face any restrictions when speaking with one another). And, of course, when a male space is contaminated and made uni-sex, immediately all men present must play by the Girls Rule playbook.
- **Married men/men in LTR are discouraged from outside friendships.** And isn't that fucked up?
- **There is more social pressure on men, and men respond to this by opting out.** Women face no social pressure, and you'll notice they often speak freely when talking to new people. Men feel pressure to meet a certain standard, and understand that they are under constant judgment from others, and often times will just say fuck it and avoid talking to new people. I've found that unless I push myself around new people, or at work, that I'll often only speak when I have something of value to contribute to a conversation... while this makes sense, logically, it isn't the best way to be social. RSD Tyler had a really eye-opening video about this where he dissects nerd talk/vibing; people DO NOT look for nerd talk in casual socialization- people look for vibing; or, bringing a fun/happy/positive presence to people, rather than having lots of value in the things you're literally saying.
- **Men seem to think there is something unmasculine about male friendships.** You'll notice there is A LOT of social conditioning in this direction; where on a sitcom, if they represent men getting together in a group, it's always something like men sitting in the woods, without shirts, banging on drums, or some bullshit. This is to convey to the average man that male friendships are faggy. And I can see naturally feeling that way, because seeking male friendship is almost like an admission of need- we need to move past feeling this way (or, at least, I do).

So, with that said, can we brain storm how a man post-college, or over 30, can make new friends?

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UPVOTES

Woman attacks man for flying drone. Cops arrive, woman claims man assaulted her. ALWAYS be ready to provide evidence. A mans guilt is ALWAYS assumed.

obama_loves_nsa · 23 August 2016 · Archived copy · Reddit

Summary:

- Young male flies drone for some beach photography
- Unstable female approaches and quickly assaults
- SHE calls cops
- Cops arrive to assess the situation
- She claims he assaulted her and was being a peeping tom to beach goers
- He is only released when he shows video evidence that SHE assaulted HIM

Body:

Gentlemen,

It's true. All of it. The red pill must be swallowed to survive in this world of madness *currently* ruled by fascists who only allow victim status groups to stay alive and prosper. Women (a current set of victimized groups) are not to be dealt with under any circumstance where you cannot prove your innocence.

You probably want to laugh this off and go 'oh this would never happen to me, I'm a pretty laid back and calm guy, no one would ever do this to me' 'This guy flying a stupid drone around probably was being a moron and annoying the shit out of her and begging to get his ass kicked'

Still don't believe me? Just watch this

Notes:

1. The guy was calm as a cucumber
2. He was well within his rights.
3. He was obeying every law. (Drones >5 miles from an air strip are legal as long as you stay below 400feet)

Final Conclusion: Keep witnesses near you. Keep video evidence around you constantly. Do not be passive.

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UPVOTES

If a girl blasts me with a barrage of shit-tests, I know I'm getting laid. Also, being corny is good + FR

kennytrp · 3 May 2017 · Archived copy · Reddit

I've observed this for a while now. Living in Scandinavia, being 5'9" may seem like a curse at first glance. Almost every man towers over me and most of my friends are 6'1"-6'3" - but I still get laid more than them. This does something interesting for me. I get to put my confidence on display.

Every girl I've ever met has hit me with the "You're kind of short" shit test. I've heard it in all its various shapes and forms. I stand on a platform - "Well now you're almost as tall as me", even though the girl is almost a full head below me.

This happens the more I exude confidence and charm. Honestly now, I haven't thought about my height negatively in years. I don't even have to view it as a shit-test to be passed because it genuinely doesn't bother me.

These height-tests have gotten so prevalent lately that whenever I hear them, I know she's down to fuck because my responses are always a display of confidence.

Whenever they come in abundance. I know she wants to fuck. She just wants me to pass her tests first. This is one of the few TRP truths I truly believe in. It's the one I've encountered first hand most.

FR: Last Friday I hooked up with this girl with whom I'd wanted to fuck for 10 months. No, not a oneitis. We'd been on and off on Snapchat with months of radio silence. We met for the first time last summer at a mutual friend's party where she'd said she loves tall guys and wouldn't have sex with a short dude.

Fast forward to a month ago from now, I run into her at a shopping mall, but I wasn't sure if it was her. I text her "Is that your fat ass at X". I get a response when I'm on my way home, we text some more, she has a boyfriend apparently.

Two weeks later I see her on Tinder, they've broken up. I don't mention it, though. I hit her with the good old KennyTRP corn-charm. I write stupid and corny shit on purpose (no, really, this is a 10/10 strategy that's always worked for me) such as innuendos like "I drink coffee with a purpose. I make sure to lick the rim of the cup too." and "Sit on my face so I can eat my way to your heart". She's Colombian, so don't doubt that I told her I wanted to snort cocaine from her arm-pit. In front of my friends. Everyone laughed, her included.

She's always found me sort of corny in this sense and has been reluctant to meet me. But the cornier I became while simultaneously setting up logistics, the more down to fuck she got.

We meet two days later. I keep being cheesy IRL. It works well with a sly smile and an obviously intentionally corny delivery. I put a bag of peanuts in her face and ask her if she wants nuts in her face tonight. She punches my arm and says "stop it" while giggling.

Cue shit-tests. I probably got 15 variations of "You're short". I deflect them and keep escalating physically and verbally.

We hit my place. I fuck her. She's happy. I'm satisfied. She stays the night. Come morning, she keeps calling me corny while touching my arm. I stay corny and 5'9".

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UPVOTES

[FR] She'll Cheat if the Time is Right, and You're Not

Rares5555 · 16 April 2018 · Archived copy · Reddit

I have referenced this example while answering a few posts on asktrp over the last couple of months, and I figured I should write a more detailed post to outline the experience I had.

The Setting

About two years ago I got accepted in an entrepreneurship program which lasted about one week. 50 of the best aspiring students in my country were there, placed in a nice four-star hotel in the mountains.

I'm at the beginning of my transformation process, not having found the pill yet, but starting to figure out that chicks like confident assholes. So I packed up my wit and gains and said fuck it, whatever happens, happens.

While at the first reception where everyone was trying to make connections, I chose a group of five and open them. The conversation went brilliantly, everyone was listening and laughing at my subtle jokes, but a certain girl in the group was quieter, and just looking at me with a slight smile. My antennas went up.

She had long, curly hair, was way shorter than me, had a stupidly beautiful face, and you could barely see her curves behind her clothing. I continue my conversation and the courses begin.

The Point of No Return

At the second reception, around 8PM, we do some team-building game in which we had to use some basic tools to build a device that could hold an egg intact while being dropped from 3 feet. She's on the team against me, and I catch her take a several glimpses at me while I was telling my team what we should do. I stare back once and smile, she immediately plays with her hair and looks down (a very submissive move that I like seeing, plus a big IOI). Nevertheless, my team wins, and after we congratulate each other, everyone gets back to chatting, and I see her in the middle of the room, checking her phone alone for a second. Later I found out she was messaging her boyfriend. I go in:

Me: "It would be a pleasure to talk to you away from this noise, let's go outside" Her: "Sure, I'd love to" with a big smile.

We talked for about an hour and a half, in which I escalated slowly and slightly teased her. Went in for the first kiss, she turned her cheek. I grinned and said "You know, life taught me that when girls reject my kiss, it really only means <<not now, a bit later>>". Pants got flooded, her eyes widened, and after five minutes she was all over me, with some people staring at us from the reception window.

My Shock Point

One evening, I was over in her room while her roommates were away, and was building comfort for the following f close. She was on top of me and I could feel her round ass on my dick (she played different sports and that ass was madly toned), when her boyfriend messages. She sighs in an annoyed manner, and takes a pic for him WHILE ON TOP OF ME. Checks if any of my body parts can be seen, then mutters while typing "I'm fine...babe...love you...sooo much...smiley face, done". Something clicked in my mind at that time, but I would understand it later in my TRP awakening. I play it cool and say "who's bothering us". She briefly tells me about her boyfriend of three years, which is a national gold medalist swimmer and blah blah blah. Basically older, more muscular than me, but still I outdid the fucker. We go on to kiss some more, she sings me a song (she's been a singer for all her life and her voice is angelic) and I call it a night and go have fun with my newfound male friends.

What Followed

Over the course of the remaining four days I had at that project, I gamed her constantly, we were making out, but the reason a sex-close was hard was because every night, we had "guardian angels", which basically were 50+ year old nagging women that were checking our rooms to see if boys slept with boys and vice versa (not kidding, we

were all 18+ year olds but they were strict about their rules). Last night, I tell my roommate that I want to bang the chick in our room, he tells me he wants to bang another chick in her room, and so we're set without any further debate. She comes in at about 9:30 PM, I put on some music and immediately escalate. During foreplay she would get so turned on she couldn't help but let out some light screams. I undress her and find out she has a petite body with a marvelous ass. I know I have another 45 minutes, so I give her the rough fucking she deserved. After that, I send her off to her room on the balcony (our rooms were on the same floor and on the same side, connected through balconies). She sent me a text saying it was the best night of her life.

The LMR/Shit-Test I Passed Unknowingly

Back to the sex part, during foreplay she was feeling my arms and my chest and said "do you work out?", to which I replied "yea, I bet it feels good". She said "do you know how good a swimmer's body feels naked?". I grinned and said "do you know how good MY BODY feels naked?". To this day, I consider this the best situation I've ever played. And shit, the dude was 6 feet tall with a toned body and I'm almost 5'10", muscular but with a bit of belly and love handles.

What did I have and her boyfriend didn't? Well I'm a self-sufficient, self-loving motherfucker and I could give a fuck how the other dude looked. I loved seeing myself in the mirror, even with my bit of belly. Confidence, guys. Self-confidence is key.

Take-Aways

1) Be careful with LTR's. It is a very big chance that she'll cheat on you if you're not on your A-game constantly and you don't know how to fuck with her head. I don't advise you use manipulation, mind games and power plays on chicks you LTR, but I do it and it seems to be effective.

2) Always be fun and witty. Also, have a few tricks up your sleeve to pull girls.

3) The best thing you can have is FRAME. I controlled every move we made, when we met during breaks, what we did, and how we went about fucking.

4) Never trust bitches. NEVER. Not even *trust but verify* could be applied to what she did to her boyfriend. The message was right, the pic was ok, what else could you think about apart from *yea, my girl's in her room, chillin and not being gamed by another dick*.

Conclusion: Take care and watch out for those whores. She's now in med school, really bright and smart girl. Still was a cheating, lying whore, hamstering everything on the fact that their relationship wasn't working out at that moment.

Edit: Shit-Test I Passed Unknowingly part added. Forgot about it, but guys in the comments mentioned the swimmer boyfriend and I realized I left out the best bit.

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UPVOTES

Socrates said, "No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable."

avacadotreelmao · 28 February 2017 · Archived copy · Reddit

To master your mind you must master your body. Everything in our body is interconnected. To ignore the physical compromises the integrity of the mental.

"There is more wisdom in your body than your deepest philosophy." –Friedrich Nietzsche.

First of all, to most people, the brain and mind are the same things. I'd like you to start to think about them as separate parts of your being.

Your mind is an experience and it is what makes us human. We experience external variables around us and internal variables such as thoughts. Our mind or consciousness is our experience of this awareness. In other words, who you are at your core, your deepest self or your 'soul'.

Your brain is what all animals have, it is an organ which serves biological functions. The brain is located inside the skull, it is comprised of blood vessels, neurons, and synaptic pathways.

Furthermore, think of your brain and mind as having a complex relationship to each other and at the same time are very different.

The Significance Of Your Body

The relationship of the mind and body.

Our brain is part of our body. Chemicals that enter our body through food and movement contribute to changes in the brain and directly affect how it functions and how our mind perceives the changes.

Soft drinks, drugs, junk food all have an effect on dopamine and serotonin, chemicals responsible for feeling good. These are external substances which (at different extremities) change our state of mind when 'under the influence'.

Your endorphins, adrenaline, and thyroid hormones are all affected by what we consume.

I won't get too scientific, the point I want you to understand is that when all these hormones and chemicals in the brain are balanced, everything works better. Your brain, your body, your mind.

The Power Of Exercise

No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.

Exercise is a huge part of this equation. Moving makes us feel good and thus the act really does go beyond attaining a muscular physique, getting stronger and getting fitter. I invite you to foresee the potential that exercise can give you if you are lacking in this discipline.

This should excite you as the possibilities for your mind are on equal and or greater to changes to your mind.

I always believed that the mind was all you needed to actualize your potential as a human.

The fact that we are conscious and can think of the past, future, present and be aware of ourselves is what makes us 'unique' and special, right?

I was wrong.

The body is where your life begins. To fail to master and understand the function and movement of your body to its

greatest extent raises the question of whether you can actualize the strength of your mind.

Over the last few years, I have come to understand that there is a pattern with those that lack energy and the glint in the eye.

Actualizing Your Human Potential

There are three fundamental keys to being whole and being happy.

- Mind
- Spirit
- Body

Those who lack a whole and happy energy are usually out of shape. They never exercise, eat garbage food and put no effort into improving their physical state.

What usually happens is due to a lack of a fundamental key there is the missing piece of the puzzle that needs to be filled.

The missing puzzle piece needs to replace the dopamine that would exercise would provide. This results in abuse of cigarettes, sugar, video games, etc. Chances are there is an activity that you use to kill time, one that is soul-sucking and creates a state of mind in a man that revolves around feeling good right now.

Exercise does just the opposite of this and this is why it can have such a huge influence on people's lives outside of improving their bodies.

If you really pay attention you see this phenomenon everywhere. When somebody commits them to physical discipline, change is usually seen elsewhere. The previously faded glint in their eyes starts to become a little less gray as they instill an inner confidence they were longing for.

Your body is like a masculine trinity, a temple if you will. Buddha has told us that our health is our greatest gift, your body is the very core and center of this and thus it should be taken seriously and respected.

To master your body doesn't necessarily mean to become the world's best athlete. Quite to the contrary, it is more about having a solid understanding of how your body works.

This process is one which must include the following stages.

- **Prioritize Your Health**

Hitting the gym isn't enough. Diet and lifestyle are so important in the process of mastering your body. Improving your health, your sleep and exercising all merge together as a part of the journey to mastery.

There are so many negative influences (bad food, phones) which can deter us from achieving an overall healthier life through sleeping more, eating healthier. It's vital to make sure all these needs are met.

- **Physical Awareness**

You must establish a strong connection between your body and mind.

Rather than using your body as a tool, try and see your body as a vessel that carries your mind. If you experience a disconnect from your mind and body try yoga.

Yoga is great, not only for flexibility and recovery but as a tool to better understand how your body moves.

There's emotional intelligence, IQ but I believe there is a third type of intelligence, your level of body awareness. This is your ability to know when you are energetic, calm, physically fatigued and to what extent.

Meditate, practice disciplines like yoga and try to connect your mind and body through your breathing to raise increase intelligence.

- **Explore Nature**

Nature is where we are meant to be.

I'm not telling you to become a nomad and live in the forest. I'm saying that a healthy dose of exposure to hiking, nature and escaping the noisy chaotic nature of our urban complexities is an incredible way to reestablish our innate connection with nature and mother earth.

Vitamin D is incredibly important to boost your mood and regulating your hormones.

A study actually showed that looking at a digital photo of nature (ironic I know) improves ones mood and energy, instantly.

- **Embrace Harsh Conditions**

Welcome to the harsh nature of reality. Never leave your body in comfort, when you find yourself comfortable with the stresses you are placing on your body, understand this is because you are being weak.

Life in general will be difficult and hard.

Don't complain, accept this and endure this harshness and utilize it as a tool of resilience to build integrity in your body and character. If it's cold outside, endure the cold, overcome your weakness that your body tells you to avoid (within reason) and cultivate a body that is able to be exposed to harsh conditions.

I hope you have begun to see how the physical is very connected to the mind. If you can endure the physical harshness life throws at you, the mental becomes a piece of cake.

- **Push Your Body To Its Limit**

Push yourself and progress. Never be content with where your body strength and conditioning is, because that moment is when you fail. Strive to conquer any limits you may have preconceived and force yourself to exert yourself through whichever path of exercise you have chosen.

Add weight to the iron and be disciplined in this intent. Through this, you will experience one of the highs of being a man — experiencing your maximum physical exertion.

It is a mind state that I personally feel is euphoric and few are fortunate enough to experience.

It is in these brief moments where everything is chaotic that everything feels right. In retrospect, my personal strength victories taught me that these moments are some of the few where you are able to feel truly invigorated with life.

Only those who exert their physical self to their potential understand this. Be one of the few.

Watch

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UPVOTES

Instagram = Hypergagam - No Country For Red Men

diomedes777 · 19 April 2017 · Archived copy · Reddit

I don't use Instagram. I had it for a couple of months before realizing it was perhaps one of the most insanely toxic and demonic of human technological conceptions in recent history, and I felt like my testicles were receding inside me ever so slightly every time I posted or "liked" someone's picture. I'm only 24, too. I'm also in very good shape and have no issues with women - so this isn't coming from a place of "jealousy" or "bitterness". More, a place of ... *fascination*.

Recently I've been browsing it again out of curiosity, checking up on people I know and hang out with, people from my gym, girls etc.

Every female profile I have come across, of women I know/women I see at the gym or work, is a collection of desperate, hypergamy-drenched soft-core porn. Every single profile is a work of unabashed, tasteless and hyper-sexualised vanity. Out of about 200 profiles of girls I know I could show you maybe 10 that don't feature relentless ass and bikini photos. One of my best friends has a 14 year old sister with 15k followers, and her profile is simply photos of her ass and basically nothing else. She is 14 for fuck's sake, I go to her house and eat dinner with her and her family and laugh at her when she has to be in bed by 10.

Her latest photo is her in a bikini from behind with a blurry, pathetic looking beanie sitting scrunched up on the bed next to her, her ass takes up almost the entire shot and the caption is *"loving my new (sponsored brand name) beanie!!"*, with ~4k likes and hundreds of comments all along the lines of *"peach emoji"* *"tongue out emoji"* *"praying hands emoji"* from not only men but other women. It's completely mind blowing. I've heard this girl fart and sing Justin Bieber around the house.

I discovered the profile of a personal trainer at my gym. She's post wall, quite attractive still and a really funny/humble seeming person. Her profile, once again, is just photos of her ass. The same fucking photo over and over, standing sideways in the mirror with her ass sticking out, sitting on her bed wearing an open shirt with nothing underneath and a G-string on with *"loving these warm days"* caption etc. You can taste the anxious, post-wall desperation to the point where it's almost uncomfortable.

Two cute girls at work - both quiet and shy, both in relationships. Their profiles look like preliminary casting-couch auditions. There is nothing of any interest on any of these women's Instagram pages, it's simply just photos of their bodies and thousands of likes and comments from complete strangers. In photos with their boyfriends, they are STILL sticking their asses out as far as possible and making that the center of the photo, as if to signal to the internet and the omnipresent Chad F. Thundercock himself *"please come and fuck me and cuck this little bitch i'm with"*.

At this point I had to take a break and put my phone down, my dick confused and my mind spinning. I was overwhelmed. I thought, *"Alright, Diomedes, so what, 50 out of 50 girl's profiles you've looked at have been full of ass and tits photos, there has to be SOME girls with decent, interesting profiles?"*

I remembered the feminist wearing a huge trench coat I met out in a bar a few weeks ago who scolded me for wearing a girl's Trump shirt and lectured me on misogyny and white male privilege. She told me she was an artist. I looked her name up as I managed to get her number and name anyway. *Lel*. Lo and behold, near complete nudes of her. Standing in the mirror in bondage gear, a g string up her ass, fingers in her mouth, lying in her bed in an open shirt, bent over in Victoria's Secret, you name it - this profile had it. Her art was all drawings of vaginas, dicks, and graphic sex. It sent me down a rabbit hole of all her "feminist" friend's profiles, and they were almost all identical. Nudity, sex, vulgar art, nudity, ass, sex, shitty art, ass, ass, ass, bondage, ass, alcohol, cigarettes, cats. Girls who talk about spirituality and equality, feminism and female empowerment - their profiles could all be mistaken for an amateur pornstar's.

What blows my mind even further is that many of these women are in relationships and their boyfriends are "liking" and commenting on these public pictures. I don't even know where to begin on that.

I'm not exaggerating or cherry picking here. Try it yourself. The girl you're into at the moment? A current plate? Look at her Instagram and you will see photos of her ass. The cute feminist in one of your college units? Look at her Instagram.

This shit is toxic for men, too. One of my training partners at the gym was recently dumped by his LTR, and since then he's started an Instagram profile entirely made up of him posing shirtless in different scenic locations. He gets a female friend and his sister to go on road trips with him specifically to take photos of him for his Instagram. His inbox is full of messages from gay men. At the gym he's constantly checking his likes and followers and asking me about which photos to post. He is heavily depressed, it's fucking sad and obvious he's doing this to get the attention of his ex who cheated and left him. He's extremely good looking, has thousands of followers, girls like his stuff, and yet moans to me on a weekly basis about not being able to meet women, about not fucking, and how he just wants his ex back. My mind tells me the women liking his posts and posts by other accounts like his, simply want to be associated with a physically attractive man, yet are fundamentally disgusted by his obvious insecurity and never want to actually meet him or fuck him.

Going from meeting women in real life, not having them on social media and only interacting with them in person, to then finding their Instagram accounts is like being smashed across the face with a BBC dildo. It's a parallel universe. All women are seemingly, inherently the same person. They all want to be famous, they all objectify themselves, they all conform to some unspoken law of "in order to be accepted here, you must objectify yourself". It totally tarnishes my idea of these otherwise previously desirable girls and turns me off to the point of not even wanting to have anything in the slightest to do with them.

This is the state of cuckoldry we've entered fellas. We've got to sit back and be told we're disgusting pigs, that toxic masculinity is the problem, that we are inherent rapists, that we objectify women, and here we have these exact same women willingly posing essentially naked for millions of men. You don't want a woman who shows off her body publicly to millions, if not billions, of men? *Too fucking bad*, you disgusting shitlord. It's 2017.

If an alien came to our planet and saw Instagram, it would believe it was some sort of amazing, God-sent breeding application built for men. It would then vomit and recoil in terror and disgust and immediately leave our planet once we explained the real state of affairs.

Interestingly, when I go far back on many of these profiles, the photos get increasingly more innocent, there's no ass shots or body photos or anything. You can actually pinpoint the moment this perversion started to take hold on these girls, as if some sort of whore-switch has been universally set off in their brains at the same time. It's fascinating.

Being on Instagram made me feel like some sort of utility or resource. I can't explain it. It is as if the average male exists on Instagram as nothing more than a faceless source of validation feeding and contributing to this "movement". A tool, if you will. I looked at some of my male friend's accounts, they have ~200 followers and post nothing but pictures of food and scenery and shitty selfies taken in their car or bedrooms. No one comments on anything, they get 10 likes, it is just fucking sad, i'm not even a woman and their profiles made my pussy shrivel up.

My foray into the world of Instagram was a disgusting but eye opening one. Men do not belong in this dark, twisted place. If you are using it to facilitate business, or to show off a top 1% lifestyle, more power to you. These are the only examples I can think where a man could be excused for using this platform, otherwise you are an orbiter and validation resource with an uninteresting profile whether you like it or not. Get off that app, retain your dignity and your mystery.

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UPVOTES

How To Develop The Mindset That Magnetically Attracts Women

Socialinception · 6 July 2017 · Archived copy · Reddit

(The Following is a Re-post):

Do women think you're a 'nice guy'? Do you find yourself square in the friend zone with women again and again? I understand this frustration as well as anyone (I didn't get my first kiss until I was 19).

Over years of trial and error I learned how to become emotionally (and sexually) attractive to women- in this article I'm going to share one of the most powerful lessons I've learned about success with women.

What Women Really Want

Women want to be swept of their feet. They want to meet a man who is thrilling, even somewhat dangerous. They want a man who brings them into a new reality where anything is possible, a guy who makes all her thoughts about work, errands, drama--- vanish.

Some men, referred to as 'naturals' intuitively understand this and have a mindset that helps them give women what they really want. The power of this mindset is due to a psychological concept known as emotional contagion.

Emotional contagion means that whatever emotion we're feeling gets spread like a disease to those near us. Scientists have found most laughter, for example, isn't a direct result of a joke being funny, it's a result of the laughter of others.

Surely, you've felt when someone else was anxious or uncomfortable around you. This was antimagnetic, wasn't it? It made you want to get away from them. The same concept applies to dating.

Most men are too doubtful in their interactions with women, and because they doubt themselves, the women they interact with doubt them as well. The average man is in a constant state of looking for signals that the girl likes him. If he gets enough signals, he may move things forward.

He spends the interaction wondering if she will be okay with it if he makes a move. He wonders if she will reject him if he puts his arm around her or if he suggests hanging out at his place. His doubtfulness makes her feel doubtful, she can't put a finger on it, but something feels a little off.

He can tell that she seems a bit uncomfortable, so he assumes that she's not that into him, so he keeps his foot off the gas. He was planning on inviting her to his place, but now he doesn't want to ruin his chances with her by moving things forward too quickly. When the date ends, he says goodbye, and kisses her on the cheek.

He texts her but she doesn't return his messages. He figures she didn't find him attractive, takes this as a blow to his self-esteem, and on his next date with a girl, is even more doubtful.

That guy (who represents the average man, btw) has got himself in quite the pernicious trap. Despite what he thought, the women he has dates with are (often) attracted to him. Unfortunately, when he's on a date, the girl can sense he's feeling uncomfortable, and then, as a result, she feels uncomfortable.

It's tough, because how is he supposed to know that the women he dates are uncomfortable because of his own discomfort?

Positive Assumption

The rare men who are naturally successful with women have a mindset in common. They assume the girl likes them until proven otherwise. They move things forward until the girl indicates she wants to slow it down. When he walks next to her, he immediately grabs her hand. When he wants to kiss her, he holds her and leans in. When he wants to take her home, he invites her over.

A girl is much more attracted to a decisive guy because his lack of doubt makes her feel comfortable. **Ironically, the guy who is afraid of making a girl uncomfortable by being too forward makes her uncomfortable by being indecisive.**

The normal guy tries to avoid awkwardness by waiting until he's absolutely sure a girl likes him to make a move, but he's creating more awkwardness than he's avoiding. The natural is more attractive to women because he's more assertive. That sense that a guy knows what he wants and that he's unhesitant to go for it, that is in itself a turn on. To be fair, when the natural gets rejected, he will get rejected more overtly than the nice guy, but he also doesn't spend all his time feeling stressed and wondering, "What if I went for it?"

Adopt the Natural's Mindset

If you're like the average guy who gets stuck in the friend zone it will help you to make a habit of taking assertiveness challenges. A very simple one is to go to any store and ask for an item free of charge. You probably won't get the item for free, but that's not the point. You're facing the risk of rejection head on. This will help you build your assertiveness like a muscle.

The second component to becoming a guy who is compelling to women is to change your mindset. Your mindset is the lens through which you see the world. If you're an extremely positive person your mindset might say that people are friendly and success is readily attainable by anyone if they work for it. If you're more negative you might think that people are negative and success only comes to those with unfair advantages.

One mindset isn't necessarily more objectively accurate than the other. But there is no one right way to view the

world, the right way is the way that helps you. Furthermore, mindsets are often self-fulfilling prophecies. In psychology, this is called the Pygmalion effect: people who believe they will be successful are more likely to be successful simply because they believe they will be.

This is because the belief that you will be successful changes your behavior. If you believe you are destined for success you're more likely to take the risks that you must take to succeed. Take me, for example. I know I'm not the best writer in the world, but I act like I'm destined to succeed. I regularly pitch articles to large websites with a million plus visitors per month. Sure, a lot of the time I get rejected. But I've also gotten published on some large publications and have gotten paid as much as \$150 for writing a 1000-word article even though I've only been writing for about six months.

I'm not succeeding because I have some unusual talent or skill, I'm succeeding because my mindset entitles me to work hard and take risks.

Similarly, what do you think will happen if your mindset says that women aren't that attracted to you. Well, you're not going to want to approach a woman because you don't think her day is going to be better for it. You're not going to want to lean in to kiss a girl because you don't think she really wants to. You're not going to try to bring her back to her place if you think women aren't turned on by the sheer sex-appeal of your presence.

I'm not saying objective reality doesn't exist. Sure, if you're physically unattractive, that's a disadvantage (and you can and should work on it). But, by cultivating a positive mindset, your chances with women will improve no matter how objectively attractive you are.

Your positive beliefs will translate into assertive behaviors that will be more attractive to women. It might be hard to believe this if you haven't experienced it, but I've seen guys who were far below average looking regularly succeed with highly attractive women. I've also seen guys who are much better than average looking totally fail with women. And the difference was their mindset.

The Seducer's Mindsets

"Every woman wants me." Delusional, I know. But can you see how this mindset can help you? You see the cashier making strong eye contact and you think, "She wants me." Or, you see the cashier look away and make poor eye contact and you think, "She's nervous because of how much she wants me."

Is it true? Probably not (although, you never know). The point is, when you think she wants you, you're much more likely to ask her for her number. And the very fact that you are confidently asking for her number is attractive. This doesn't mean she will find you attractive, but it increases your odds. Beyond that, your odds would have been 0 if you didn't try.

When I was developing this mindset, I would literally walk around and imagine that every woman who came near me was turned on by my presence. As far as I was concerned when a girl heard my voice, she would go home later and finger herself to the memory.

There's an important nuance that I want to hammer in here. I knew on some level this wasn't totally true. But I let myself flirt with the idea, it was a fun experiment. What shocked me, was over time, it actually worked.

Women have started saying things like, "I haven't felt butterflies like that in years," or "We shouldn't be left in a room together." Why? Because I've started to genuinely believe that women are turned on by me. That belief helps me to take assertive actions and project a sexual vibe.

Yes, I still get rejected by women, (because they're too nervous in the presence of the most attractive man in the world.. ;) but I also have a lot more success with women. You should be skeptical about this. If you haven't personally experienced it, it might seem absurd. But how do you know for a fact that this doesn't work? I invite you to give it a try. Be skeptical, but see what happens when you start intentionally mindfucking yourself to believe that women are attracted to you. See if you start to take more risks. If you start to see women being more attracted to you. Maybe mindset is total bullshit, maybe it isn't. Don't take my word for it. Try it for yourself.

I've found that by practicing assertiveness and intentionally pretending that every woman I meet is attracted to me; I've actually become more attractive to women. I've found that my self-belief is in itself attractive. It's strange because it's very intangible and it's not something that seems like it should be attractive.

Yet, I used to be that nice guy who went on four dates before a girl finally lost interest, and now I'm not. See what happens when you start to filter your thoughts through the mindset, "Women find me extremely attractive." You might make some interesting discoveries.

You can find more of my writing at: <http://redpilltheory.com/>

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UPVOTES

Never be an "employee"

Lendoran · 16 May 2018 · Archived copy · Reddit

It's been a while since I made a post here but I'm one hundred percent sure most you will be interested in hearing this.

Quick background about me, if you've seen my posts before you'll know that I started a business at a young age and made myself financially independent since the age of seventeen. That said, I often have these strange moments where I sit and study a subject just to learn more about it. This is how I've become who I am today. Something interests me or something seems strange to me and I begin researching and studying it. Lets begin.

I started watching a TV show called Better Call Saul, the breaking bad prequel. It's essentially about the world of Lawyers and other criminal activities. It was this show that first brought my attention to the difference in position just by body language and clothing.

Please note that I'm condensing a full essay down into a simple reddit post. I had prepared image examples for this but I honestly can't be bothered posting them. I'll stick with explaining.

Essentially I have been studying the concept of status in the workplace. Why was it that certain people were often treated better than others? I'm not talking in terms of friendliness. Most of the time people will be at the very basic, kind with each other. However why was it that the nicer people are more often stepped upon or disregarded for interest.

I then came to the realisation that how you dress and how you present yourself i.e the employee mindset, is what defines the position you have. This may sound like something simple which everybody knows but it's much more heavy than people realise.

The Employee Mindset:

- You see yourself as an employee doing a job
- You rely on a single paycheck for income
- You see your bosses as people of higher status
- You need to work hard to follow in their footsteps
- You wait for instructions

The above is the employee mindset in my perspective. You should never **ever** be like that. I don't care what job you are doing, always be the opposite.

With this in mind, I sat down and thought about this. If my theory is actually sound then it should work flawlessly. I always test my concepts out before revealing them to others. I decided to apply for a high level job.

Keep in mind, I have **never** worked before. I have no CV/Resume. I had to make one on the spot and list zero experience. (The only thing I had in that section was the self employment work). I also listed a few programming languages in the skills section.

I then went ahead and applied to big companies. Law firms, business firms etc. I have never studied these subjects in my life. Within 3 days I received responses. All asking for interviews or on the odd case, a little puzzle to solve via email.

There was one that actually got my attention. Honestly, I would have taken this job if I genuinely had the time. It was a huge business firm in the city with their own massive building. It actually looked like one of the big buildings in the TV shows.

I email back and forth with the recruitment lady who informs me of the process; a telephone interview then if successful, a live interview.

We set a date for the phone interview and I decided to do my research on the company.

They day came and the phone interview began. Skipping the unnecessary details, I got the job. The only problem was that I'm currently finishing my degree and they would like me to come full time. We scheduled something for next year.

So how the hell did I do it?

- The recruiter listed a youtube link in her email which I assume was the standard deal in all their professional works. The thing is, I actually clicked on the linked and went through their videos. I then went onto their website and studied every damn tab and section. There was even an events section for those interested in attending an event.
- During the interview, when talking about why I applied for the job I used the word "Selected" not "Applied". When you apply for something, you are pulling a string hoping that you get the thing. When you **select** something you choose it because you had so many others.

Example: "I applied for a car."

"I selected a car."

Selected implies that you have many options, this is what job recruiters are not used to. In their view, they have the power over you because they have the job and you often **need** the job. Saying that you selected their job erases that power.

- I told her that I would like to provide **value** to their business. I even went as far as to tell her that I signed up for a few of the events so that I can go and learn more. This completely surprised the woman. Again, recruiters are often used to your average person standing on tip toes hoping that they get the job. They are always interested in how much of a paycheck they will get and how long their hours will be. The word "Value" is never used. By using that, you will instantly separate yourself from everyone else.

At this point she had already told me that the job was perfect for me if I was willing to take it. She had completely skipped the live interview process.

Now even in a live interview, the same concepts still apply. All you need to do is speak to them on an equal level. Be realistic. If you come in there sucking their feet, it doesn't guarantee you a job, all you would have done is sucked some feet only to be rejected.

Being in my position, I have hired people before. I have my own employees and that is exactly how I treated the situation. I spoke to the recruiter in an Employer to Employer way. Not Employer to Employee.

Another thing I made certain to do was to speak to this woman by her first name. Again, most people you speak to on the phone or in an interview don't **expect** you to remember their name. To them it isn't important, they are there to interview **You**. Using their name hits them with reality. (I have often used this when talking to paypal/ebay workers. It makes them go the extra mile to help me.)

Example: "Hmm that's a very good question Sarah. I became interested in this subject since..."

^ That was an actual line I said to the recruiter on the phone. Reading that carefully does that look like a desperate man hoping for a job acceptance?

Here is a mock Interview that shows the basic power concept. The guy is completely subjecting himself to the woman. He is essentially saying "Here is what I can do, please hire me." *He is trying to prove himself*

https://www.youtube.com/watch?v=R_dxlajqA4s

When you get into the interview, you don't need to prove yourself. Assume you already have the job and be confident in that stride.

I hope this was beneficial to at least someone. If you would like to read my full study which goes into body language, High Status, High status seating and even NLP (neuro linguistic programming) just drop me a message.

Here is also a great article on high status seating that I believe everyone should read:

http://westsidetoastmasters.com/resources/book_of_body_language/chap17.html

Cheers

EDIT-----

A few of the groups I mentor have recommended that I create some sort of blog where everyone can come and read what I have to say. I decided to also share it here.

<https://absentmasculinity.com/>

It's a basic WordPress blog with no bullshit popups, course nonsense or motivational speeches. I give methods not motivation. You won't find tips on how to text girls so if that is your interest, the blog won't be for you.

I should also add that this blog is partly catered to the groups I mentor in which I teach them ways to be successful and stand out from the crowd. You may find my terminology there to be a little harsher than it is here on Reddit. You are also free to contact me over there if you have any direct inquiries.

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UPVOTES

Escaping The Pleasure Palace

GayLubeOil · 14 January 2019 · Archived copy · Reddit

January is here, which means it's time for everyone to make New Year's resolutions! Married Fat Dad Pill has to figure out how to get in shape without disrupting the goofy beer dad lifestyle. Feminists are doing their best to make Western women even more sterile and undateable. Self Help Motivation Sphere is gonna say some shit about one percent improvement everyday or whatever. Everybody wants to make a better horse carriage. But nobody wants to make the car. In other words, everybody wants to play within their rules. Nobody wants a Red Pill.

A Red Pill is a radical rejection of the system. In fact we're so good at rejecting the system, that the system went out of their way to try to de-radicalize us. First there was the Good Man Project. Then they deployed the term Toxic Masculinity to shame us. When that didn't work they set up a quarantine. Now if you want to read a GayLubeOil masterpiece you have to click through a warning that says something to the effect of: Are you sure you want to hang out with Toxic Bad Boys? Wouldn't you rather compliment our Gone Wild Butt Sluts or discuss video games?

The whole thing has an infantilizing maternal quality to it. Reddit Mommy knows best, because you're her little boy. If anyone finds out that you're a Red Pill Bad Boy they're gonna tell Reddit Mommy, or Twitter Mommy, or YouTube Mommy or any number of other technocratic Robo Mommies. What if your no one's little boy, but your own man? When did you agree to abide by Mommy Morality?

The problem is that the logos of matriarchy is the logos of castration. When anything is sublimated to female logic it becomes stagnant, boring, rule bound and standardized. Let's run through some examples. The more women participate in a conversation the less original it is. Ocasio Cortez is pedaling a flat middle school socialism because she's duller and less outgoing than **Fidel Castro**. Hollywood is in an uncreative dark age ever since it replaced their **Jew perverts** with fat unqualified women. The University has been stripped of controversial discourse and vigour. Why? Because **female intelligence is clustered around the mean** and women prefer stability to discovery. Women are the harbingers of "stagnant productivity", busy work which ultimately results in nothing.

This is the environment that modern men grew up in and spend the majority of their time: a mommy approved daycare where everyone and their feelings are safe. The external environment of the modern man is mirrored in his internal environment. Internally the modern man is a permanent child. The modern man doesn't want to fight compete or struggle. He wants to have fun. He castrates himself so he can stay in mommy daycare forever and never have to endure the hardships of masculinity.

The modern man is in a state of passive stupor, obsessive pleasure seeking, impotence, and depression. He's a child who's been left at the daycare too long. He's bored of playing but doesn't know how or have the drive to do anything else. He wants to climb out of the pleasure pit but he also wants to pleasure himself while he does it. That why AskTRP is on the constant lookout for *fun* ways to be alpha. Fun alpha movies, fun alpha pick up lines and books but only if they are fun easy to comprehend and alpha! This hedonic dysphoria is a prison without walls because it's self imposed.

The only way out of Mommy Daycare FunZone is to consciously reject it. Maybe start by telling yourself that you're a grown ass man who doesn't need to be having fun all the time. A lot of possibilities become available when you don't spend hours smiling at a fluorescent screen. Life is a struggle in which man must win himself a worthy place in the world, whether physically, intellectually or artistically. Ultimately you have two choices. You can either jerk off to the lives of others, never having lived your own. Or be a toxic Red Pill bad boy and live your own life outside Mommy Daycare FunZone.

If your interested in changing your life with difficult workouts and difficult books shoot me a PM before this community is deleted. My coaching service has changed many lives.

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UPVOTES

I Created a PDF Version of The Book of Pook

dream-hunter · 8 January 2020 · Archived copy · Reddit

The Book of Pook is one of my favorite books and I believe that every single man should read it. When I first got the book, I got it from bookofpook.neocities.org including the PDF version of the book. However, I wasn't happy with the PDF version; it was using a hard-to-read font, the pages weren't correctly formatted, and it was very difficult to read on my phone.

Therefore, I decided to use my coding skills to create my own PDF version of the book. And I'm sharing it with the community!

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Credits go to a little bit of my coding in PHP, and the code from the website bookofpook.neocities.org created by [/u/onlinebookofpook](#) (thank you for the great work). And of course, the one and only, Pook!

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UPVOTES

Most Guys Give Up Way Too Easy + FR

Thotwrecker · 16 March 2016 · Archived copy · Reddit

Summary

Let's talk about how to actually talk to women. Many people read all the important theory and tactics on it from seduction reddit or PUA sites, many people get confident body language they need to have or at least emulate, and they get the basic "gist" of how to flirt. These guys are all missing one key ingredient - **persistence**.

Women 101

These guys do not understand the nature of women, which leads to them interpreting individual acts of rejection as complete, final rejections. Women create resistance and barriers to test men. No means no to what you just tried, but try something else, I'm not optimistic about your chances, but you're not blown out yet. If I really think there's no way I want anything to do with you, I'll say so.

Before I start this example, please read it with the following principle in mind. Women are defensive, men are offensive. Our symbol is a spear, her symbol is a shield. This has been understood in all cultures since the beginning of time, and it's the same in most mammalian species. The female erects defenses that SEEM like a rejection, but in reality are more like playful shoves. She erects defenses that turn weak men away, saving her the trouble of having her time wasted by them. If she wants you to leave her alone, if she really thinks you're not a viable candidate at all, then she will end eye contact, turn away, speak in a really harsh tone, and so on. Push it to that point; you want to be hearing the actual rejection from her, not just leaving in anticipation of it coming.

Some may see it as beta. Like you're expending more effort or not being man enough to take your L and walk away. I get that. If you want to call it beta, I don't really mind. It's reeled in more pussy than acting aloof. At the end of the day, you will occasionally look like that guy who's been rejected but is still trying. You have to have thick skin and not worry about other people seeing you potentially getting blown out.

Field Report Time

For example, the girl I'm seeing now I met at a gym. Now, everyone knows it's rude to approach at the gym, no one wants to be interrupted in their workout. So initially she's standoffish - I got water at the same time as her and started talking about kettlebells. She's probably an 8 or so, pale blonde type, and in lululemons, top and bottom, wearing makeup. No doubt she knows that she's hot and she used to getting leered at, but probably not approached. Most guys are probably intimidated off by her rdf (resting bitch face). First thing that popped into my mind because she was using them when we had first made eye contact. Then she abruptly says "sorry gotta go back to my set" and starts to turn.

I say "**Hey, wait.**"

I didn't actually have a plan of what to say, I just saw that my window was closing and I blurted out something to keep it open. I felt the micro-rejection, but I didn't feel like she had blown ME out.

She waits and raises her eyebrows in a mix of annoyance and amusement.

I don't have gold to work with, I'm just making shit up. "You need a workout buddy? I'm ready to swing these balls."

She rolls her eyes. "No." Done, right?

But she's making eye contact and I just feel like I'm not really rejected yet. Obviously she just said no, but I felt like she would have walked away if she wanted the conversation to end. She's not walking away. It's not looking good for your boy, but until that bitch tells you to either go away **WITH HER TONE AND BODY LANGUAGE** or she herself moves away, you have not blown yourself out.

So I just stand there and say "Ok. That's fine. I don't actually want to swing kettlebells with you, I just want your number."

"Oh my god, does that actually work on girls?"

I shrug and say "we're about to find out, aren't we." I hand her my phone.

"I can't believe I'm doing this," she says as she enters it in.

She me the next day, a Friday, and I took her to bar at 9, so very clearly not a "dinner date". I don't care about "waiting to show that I am disinterested. She fucking knows I'm interested, there is never going to be doubt about that because the man had to approach.

She agreed to meet for a drinking date, which generally is a good sign, but then she gave me a lot of LMR after I got her back to my place. I was really surprised; usually if she agrees to go out to drink with me, it means she's pretty on board - it's very obvious what that date means. Still, we were making out and she had pushed away or pulled back when I tried to get more and more handsy, and the second time said "No I don't feel like I know you well enough for more."

I felt a little anger, like what the hell, she clearly thinks I'm a beta, maybe she sees that my life seems kinda boring now, maybe she's thinking he is TOO into me. Maybe I overplayed. Doubting myself now. These microsecond thoughts, they are your brain out of control. You have to control your brain, not let it control you. She has not blown me out, but she's trying to see if I'm going to blow myself out. She wants me to win, not lose, remember that.

"That's cool. I agree. We totally don't know each other well enough this." I continue.

She laughs a little and goes along for a while, but again says "Ok, seriously though."

"You're right, we're a good team. You're responsible, I'm not. There's a lot about you that I want to get to know, too. We'll get around to that. Eventually." I hold eye contact and then next thing I know, she's taking my shirt off.

I felt like I was 16 again, my dick had damn near scraped itself to death on my jean zipper. This girl had really put up a tough defense. All in all, she played the game well. Respect.

Turns out, she's actually pretty smart and seems low partner count relative to North American standards for her age, at least from my reading of her. And you see why, her LMR killed off most guys who approached her in the escalated manner. Her upbringing and life experience and personality all converged to result in a woman who has a decent resistance to giving pussy away; she's been taught the value of going the traditional courtship / dating route.

She's higher RMV, but a BYPRODUCT of higher RMV is often - not always, but often - increased difficulty. She's harder to lay, because if she wasn't hard to law, other dudes would be ramming that. See, her high RMV necessitates that she be harder for the generic guy, and you are a generic guy until you separate yourself out from the pack. If you give up easy, if that's your personality, all you are doing is sabotaging yourself with girls who are better, the girls you actually want.

Hopefully this illustrates the importance of being persistant. There were like 6 opportunities where I didn't have a great answer, but I just didn't REJECT MYSELF. Each roadblock I guarantee you would have 90% of guys thinking "Aww shucks, well that's that, I tried, did the best I could do but I'm done." They can give themselves a pat of the bat for having the balls to approach, they definitely came out ahead of the wallflower, but they didn't really want to succeed.

The Lesson

When you want to succeed more than you want to preserve your ego or look cool to your friends, then you will succeed.

When in doubt, look at her body language. If she's facing you and looking at you, she hasn't been dismissed yet. She hasn't dismissed YOU yet. Just blab. Say something to show that you are sure she'll come around, and you're aware

of the fact that she hasn't said no yet.

Never ever reject yourself. Force her to actively reject you - passive rejection is NOT rejection. I've seen guys reject themselves out of a set because they went in, said a line too soft to be heard, and the girls looked at them like "huh? What?" He saw the confused and unenthused faces, and said "err, sorry" and turned around. Pathetic. Just plant your feet.

What about when you're not at the club/bar/PU scene? What about in high school? What about in my hatha yoga class? What about...

This applies to guys who are pursuing women INSIDE of closed ecosystems too. This is a fancy way of saying schools, colleges, workplaces, social circles, and so on. People who you often develop some kind of peer relationship with and then you're trying to hit on them and bang them on top of that. This is where a LOT of guys will reject themselves either pre-emptively or after the initial dreaded LJBF or I don't see you that way. They will assume she's not going to be sexually into them and focus on building a friendship first (aka full retard), or they will nut up and ask her, but just not in a confident, dominant way. She says "I like you as a friend, sorry if that's not what you want to hear. I hope things won't be awkward?"

Most guys will be head down, say "OK" and then leave.

I'll say something like "You'll come around." I'll ignore them for a while. Try to fuck one of their friends (this is how you fuck the girl who friendzoned you, btw, my high school RPer. You fuck her best friend, she'll fuck you. I just taught you how to come in the side entrance.

I'll be giving them space, not going to go aspie on them. Then I'll chat again when I'm at a high point. When I have something that makes me a better candidate than last time. Maybe I'm starting to get recognized more in our social circle, and I'm hosting some events. Maybe I've gotten more time to develop and I know some of her friends have said positive things about me. I'm not looking for much, just some shred to signal that I have better circumstances.

I'll ask her out again. Etc. If she's still negative, but she's LESS negative than before, then I'm thinking progress. My dick's closer than it was. If her reaction is completely a "No and never" then I will back off. But see, if you at least are clean, in decent shape, well dressed, and you don't speak weird, she'll usually not hard-NO you like that.

Same thing with "I have a boyfriend" when you're out (and thus she's clearly OUT looking for something, even if she does have a boyfriend.)

"Ok. Respect. Are you allowed to have male friends. Male friends that you have ONE drink with?"

"No I don't think he'd be cool with that."

"Not ONE drink with a PLATONIC friend. One drink you paid for yourself, you didn't even let me buy it for you, there's no way you're not allowed to do that."

What can she say? See, she knows I'm not actually coming on as platonic (that is why I can say it. It's so obviously not true). By using the word "allow", I trigger her inner feminist to rear its head and say "no one tells me what I can't do."

Win or Lose, You Win

Now, you might not actually pick this woman up. Sometimes these hoes is loyal, sometimes they ain't. Sometimes these hoes ain't loyal, but you're just not good enough to get her to cheat. But you need to force her to make that decision; don't make it for her.

If you do not believe me and you think this will just lead to public embarrassment and no pussy increase, then I urge you to just try it out. Three times rule. Give yourself three strikes - only blow yourself out after you hear three rejections. You are Rocky and I have decreed that the definition of "going the distance" in this context. Last three rounds, and I guarantee you that your chances of getting pussy will rise at least 33%. Because ultimately, when you

buckle down, meet her eyes, and say "game on. I'm going to try to take what I want, and I don't think you WANT to stop me" and then you follow through by continuing your game, you're showing her that you are a man of tenacity and discernment. You know what you want, you know it when you see it, and you will do what it takes to get it.

You still might be too low SMV to seal the deal, but this will up your stock in her eyes because you played to win, not to "not lose".

Aspie Disclaimer

To close, I'd like to stress that this does not mean be an aspie at any point. Do learn to read social cues and body signals. Back off if she's really not having it, like REALLY not having it. If it's at work, don't be an idiot, be very careful, you have to protect your career first. If it's on a dark alleyway at night or on a grimey subway, only hit on her once and take her first "no" at face value. (Yeah, I will still holler at a ho in the dark. If she's nervous and not into it, I won't persist. It's the one exception to the 3x rule.

Be smart about it.

But if you're comparing a smart but timid guy to a dumb but bold guy... who do you think gets more ass? I'm guessing almost all of you err way too far in the direction of the smart but timid guy. Try erring too far on the side of the dumb but bold guy. As a result, you might just end up exactly where you want to be.

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UPVOTES

Stop trying to be someone women need; Be someone they want

Archwinger · 19 April 2016 · Archived copy · Reddit

Today, let's take an honest look at what's happened in the world, and how that led to this whole Red Pill thing.

Before the female empowerment movement came along in its current form, women were dependent on men, pretty much by requirement. We talk a lot about the "good ol' days" where women were sexually conservative, married young, stayed faithful to decent guys who were good providers, had children, and lived generally happy, old-timey lives. Many clueless men today still follow these old rules, thinking that if they work hard to become educated, high-earning, good providers who are nice, decent guys, this will attract women by demonstrating what great husband material they are. Too bad for those guys – the rules have changed.

Here's an uncomfortable reality. Back in the "good ol' days", a lot of women weren't happy. Women didn't avoid promiscuity, marry at a young age to good-provider nice-guys, and stay in that situation for the rest of their lives because it was their greatest fantasy and their deepest want, due to their innate female natures. They did this because they didn't have any other choice. Women were financially dependent upon men, and if they wanted to avoid social ostracization, starvation, and failure, they'd pair off with a good provider and stick with him.

Women did not become good wives because they wanted to, or because it's where they gravitate toward due to feminine nature, or because it made them happy. They became good wives because society practically forced them to do so. Many women learned to be happy in that role, but absent social forces pushing women in that direction, it's not where most women would have ended up.

Women are not sexually conservative, faithful, good wives, or attracted to decent, good-provider men by nature. If the constraints that force women in this direction are removed, women are pretty much the opposite of all of that, by nature.

It's a woman's true nature to be slutty, unfaithful, a shitty marriage prospect, and attracted to cads. Unless the consequences for that behavior outweigh the fun. Remove the consequences, and we see their true nature.

If a woman chooses to be a non-slut, faithful, cultivate good marriage traits, or date decent guys, this isn't a biological drive. We like to call those good behaviors "feminine" traits, but they're actually the opposite of female nature. They're a conscious choice to go against a woman's nature for personal gain. A woman like that has done some logic, weighed the pros and cons, and decided that she stands to gain more from certain social behaviors than the fun she could have if she gave in to her nature.

In modern days, women vote, drive cars, hold jobs, and own property. Legally, they have all of the rights and capabilities granted to men. Sure, they're a lot worse at some things, and a lot better at other things – they're not actually equal to men in a biological sense, but they're equal in a legal, societal sense.

In modern days, birth control is plentiful and pretty darn effective. And abortion is legal. So a truly unwanted child is a pretty rare thing. And in the event that a child is conceived and not aborted, the legal system will garnish the father's paycheck and give a chunk of money to the mother to help with the childcare expenses. That's not really a profit-center for mom unless the father happens to be wealthy, but it's still free money.

So today, women who want to become self-sufficient can do so. Women can get a job and rent an apartment or buy a house and buy food and live, completely independent of a man. They don't need a provider. If they fuck up or suck at life or end up a single mother who's restricted employment-wise as a result, there's even government assistance. And child support from the father if there are kids.

This means that when a woman is considering who she wants to date or marry, she doesn't need to consider his provider traits. At least not as strongly as women did historically. It's great if a guy is super-rich, but a normal dude with a normal middle-class salary isn't that impressive. She already has that kind of job herself. So do her friends.

That guy's providership won't improve her quality of life significantly.

Once we remove financial dependency from women, take a look at the kinds of guys women fuck: Hot guys and fun guys. Muscles and cocky behavior and social aptitude. That's what women fuck. Not nice guys, not respectful guys, not deep intellectual conversation guys. All of those traits of husbands women married in the "good ol' days" weren't actually traits women liked. They were just using those men for money and social status. If the women didn't need that money and social standing and could have done whatever they wanted, they'd have fucked good-looking, confident, socially apt guys.

The only reason the "good ol' days" of good wives and sexually conservative behavior existed is because women were forced to behave themselves. They didn't want to. Real "feminine nature" isn't good behavior, it's very bad behavior. I guess "bad" is something of a subjective moral term. A better description might be that feminine nature is very self-interested, pleasure-seeking, live-for-today behavior.

It's 2016. Women have jobs now. They get health insurance and birth control through those jobs. Abortion is legal and entirely up to them in every way. They don't need men any more, so it's time to cast off any notion of the old rules: Stop trying to be someone she needs. She doesn't care about your fucking engineering degree, your salary, and how much housework you're willing to do to make her life more effortless, because you're just so damn nice.

Stop being nice. Stop being a generous, good provider. Stop being well-behaved, respectful, reserved, and frankly, boring as fuck. Women aren't impressed by money unless it's obscene amounts of fuck-you, hog-wild money. And women definitely aren't impressed by you doting on them and showing off how fucking kind and respectful you are.

Definitely keep working your ass off and making bank, but save that money. Spend it on shit you like. Maybe retire early. Don't let the girls know you're doing well financially. I won't tell.

Start being someone she wants. Start being muscular, cocky, fun, and socially apt. Spend your spare time on you, at the gym, at the shooting range, at the basketball court, at a martial arts class, or whatever the fuck you like. Brew beer, grill steaks, rebuild car engines, or hell, do girly hobbies if you have them. But don't waste a single second sacrificing something you like to do for a woman. That doesn't impress her. It's a turn-off.

It's time to start honoring women's real nature. Real women are slutty, shallow, fun-loving lunatics with shitty judgment. And they don't want men to save them from that any more. They fought long and hard to remove men from that role and in most cases, replace men with the government. So pay your taxes and let the government do its job. And start giving women what they want, not what they need.

Grow some muscles, drop the nice act, and start fucking them like the sluts they've fought so hard to become. And quit reminiscing about the good old days. Women weren't any better then. We just chained them up and pretended they were.

If you haven't checked out The Red Pill's off-Reddit site, it's worth a visit. Find this and other content [there](#).

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UPVOTES

The Personality Trap

Archwinger · 24 May 2016 · Archived copy · Reddit

The modern blue-pill world wants men to judge women using the same standards by which they judge other men. In short, disregard a woman's age or appearance, unless she is unusually beautiful or grotesque. Act as though appearance is absolutely no factor for the middle 80% of women. Then, focus entirely on her intellect, her personality, and her accomplishments.

Except for her past sexual "accomplishments" which don't count, and should not be considered at all. I guess people realize that a history of sluttiness doesn't really count as an accomplishment for women. Though, they'll phrase that a little differently by telling you something about equality and sex-positive debauchery being important. But the truth is that fucking guys is pretty damn easy for most girls. So easy, that women take great pains not to bore you by talking about their sexual history. You know, because it's so boring and unimportant. Out of consideration for you, they don't mention it. Wouldn't want to bore you to death with a horrendously boring topic like sex. Are men even interested in that?

Essentially, the modern rules state that men are supposed to disregard the three most important factors of all when gauging whether a woman is relationship material: age, beauty, and sexual history. It's not that other characteristics are completely unimportant. They make a woman better. But you can't make lemonade when you have pristine sugar, fresh spring water, and all of your lemons are bloated, wrinkled, rotten, and covered with semen.

But men are supposed to hold their nose and drink the rotten sperm lemonade anyway, then comment how lucky they are to have Evian water in their lemonade instead of the store brand. Because Evian is really classy and spent a summer in France... but she was considerate enough not to bore us with stories about all of the boring stuff she did there.

Is a woman with a kick-ass, pleasant, fun personality better than a bitchy or boring woman? Hell yes. Is a smart woman who can ace college calculus better than a woman who has to move her lips when reading 50 Shades of Gray? You bet. Is a woman who cures cancer better than a woman who can't cure her own yeast infection? Definitely.

But let me let you guys in on an unpopular secret: Women aren't actually stupid. In fact, they're pretty smart, at least as far as their self-interest is concerned.

Women are very, very skilled actresses, and exceptionally accomplished liars. Women know the score. They know what matters to men and what doesn't. They know what to say and what to do based on what kind of man they're dealing with. And they know what to say and what to do to figure out what kind of man they're dealing with.

In fact, the paragraph just above this sentence is pretty much why The Red Pill exists.

Women want men to judge them based on their personality – whether there's a "spark" or a sense of "chemistry" there – because this is precisely how women hide the ball. A woman's personality is not who she is. In fact, it's the opposite. A woman's personality is her greatest tool for hiding who she really is. And she is very, very good at it.

I think every guy knew at least one: the cute, virginal, nerdy, girl-next-door that you were friends with back in the day. Maybe you liked her for something more that didn't pan out, maybe you thought she was out of your league, maybe you didn't want to ruin her because she didn't seem like she was into guys or dating or sex. Whatever. But fast forward a few months, maybe a year, and you find out that she's made her rounds. That she's "dated" (e.g., blown) half the football team, or that she has a soft spot (e.g., her vagina) for guys who play guitar in local bands, or that she casually fucks most of the guys in her friend circle – all while maintaining the carefully constructed, cute, virginal, nerdy, good-girl persona she presents to the world.

You can't trust the way a woman seems, because women know the score, and they know what you want to hear. Women aren't people. They're person-like. They're a collection of masks, costumes, songs, dances, and roles. Is

there a real person inside of there, somewhere? Maybe. But is that real person actually who she is when she's around you? Maybe not. She casts off that role so easily as soon as she's around somebody different.

A woman's age will tell you whether she was able to lock down and keep a man, and whether she's the type of woman who had the discipline and inclination to do so.

A woman's looks will tell you whether she has the discipline to eat right, work out, groom, and maintain herself.

A woman's sexual history tells you all about her impulse control, and how she regards men, love, sex, and relationships.

So you're supposed to be a good boy and ignore all of that. You're suppose to focus entirely on a woman's personality. Because that's how she hides who she really is.

Whether you feel chemistry, she majored in chemistry, or she won the Nobel prize in chemistry, the real issue is whether she's hot and how big of a slut-past she must be hiding by babbling on and on about her accomplishments.

Don't fall into the personality trap. Trap her instead. You want her to be on her best behavior with you, putting on her best mask and her prettiest costume, singing and dancing exactly the song and dance you want to hear, pretending everything you want her to pretend. All while you dangle the carrot just out of her reach, because you know who she really is. Let her think she's fooling you. Let her think she's just about to win. Let her think she's tricked you into believing she's not a lying slut...while you use her like the slut she is.

Be sure to check out TRP's off-Reddit site for this and other content. Here's a [link](#).

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UPVOTES

When she's making it simple, don't make it difficult.

OneInAZillion · 19 March 2018 · Archived copy · Reddit

When I was in college way-back-when, I lived in an apartment about a 1 minute walk way from a bar - the bar that would become my college watering hole. My first time going there, I got the number of an absolute smokeshow of a bartender. We made plans to get a drink one night, but the day of, I just got way too drunk during the day and was in no condition to do anything that evening. So nothing happened with her.

Over the next few months I brought a maybe 5-6 girls to that same bar. It was my go-to place to bring girl, and friends in general. Great service, great atmosphere, quiet enough that we could talk, etc. A lot of the time, it'd be that exact same girl who would serve us. I could tell she was a bit jealous and often times completely ignored the girl I was sitting with while getting orders. She'd look me dead in the eye and not even glance over at the girl.

When I went there with guy friends, I noticed she stuck around my table a bit to talk, and also when I went up to the bar to get a drink (and she served me), she pretty much did the same thing - she wouldn't ever just give me a drink and that'd be that. She always said at least a little something, however harmless.

I never ended up texting her again until a few months later, I got a bit curious about her and decided to antagonize her a bit with a text:

[Paraphrased; college was years ago]:

Me: "It's \$1 beers tomorrow right?"

Her: Yep.

Dead silence for like half an hour

Her: "Who's the lucky girl?"

Me: "Jealous?"

Her: "What do all these girls see in you?"

Me: "You wanna find out?"

The next day she had off she was in my bed. I could have made small talk, been somewhat of a beta and struck up a long conversation about dating and life or whatever else which is a mistake I think a lot of guys make, but I just figured that since I had social proof (jealousy is the ultimate aphrodisiac for women), and since she was jealous, saw me with other (good-looking) girls, and knew that I had other options, I figured the odds were in my favour.

I figured I didn't really need to make things too difficult for myself. I got straight to the point. Even if she had said no, at least I didn't waste a bunch of time. Better to get a no in 5 minutes than in 5 months.

Lessons learned:

- Don't complicate things
- Get a yes/no quickly. Don't waste your time.
- When she's making it easy, just let it be easy.

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UPVOTES

To everyone here, sex is great, but PLEASE have standards. I hope none of these men were you.

bostonburrito · 23 May 2018 · Archived copy · Reddit

TLDR: I stared into the abyss last Saturday night and it's been on my mind ever since. I'm not sure whether I'm disgusted, saddened, or horrified, or a combination of all three. One thing for sure, AWALT; and women get dick at the click of a finger. Even the lower class.

I'd just finished a date with a typical guaranteed n-close tinder girl. HB7, cute face, decent body, but from the info I'd gathered on the date this would be a simple ONS, maybe becoming a plate if she's lucky.

This story isn't about her though. It's about her roommate.

I knew this roommate existed, and on the way to HB7's house the idea of a three-way had been floated multiple times in my head. Of course this changed when she answered the door once we arrived home. Her roommate was a 3. Fat, caked face & pimples looking like a **Streets Magnum**. Would've been a 2 if it weren't for an okay rack. My hopes for a threesome sank like the titanic. Oh well, time to focus on the 7.

As we enter I discover another surprise. HB3 had already been laid that night anyway, and the dude was in the bathroom about to leave. I was intrigued to meet what kind of bluepill boy would tap that.

The door opens, out he walks....

He's an 8. Chiseled face, good fashion, pretty built. Way more attractive than myself. Internally my jaw drops.

We say hey, exchange that "ay we both scored tonight" look guys do, and he leaves. HB3 laughs about how he was only here for 30 mins and didn't even last that long. *No shit*, I think to myself.

HB7 offers a drink, I sit down, the 3 of us drink and chat for a bit. The bloke from before slips my mind; I dismiss the encounter as him getting catfished. Poor guy, happens to the best of us. HB3 leaves to her room shortly after for whatever reason, maybe she at least knew not to cockblock. I make my move, take HB7 to her room and things that needed to be done are done.

Lying in bed afterwards, I hear the front door shut again. HB3 comes bouncing into the room and smugly plants herself on the end of the bed. "That dick was much better haha."

What the fuck? While myself and HB7 were fucking, she'd messaged another guy, he'd arrived, fucked her, and left. All in the span of another hour. Even more gobsmacking, she flicks through his tinder photos to show HB7 what he looked like. He was another fucking attractive man. A 7, bit less than the first, but *presumably* out of her league. Apparently not. Jesus.

It's quite stuffy from all the exercise, so I invite HB7 to go for a shower (an excuse for some shower head tbh, and to get away from HB3's existence for a bit longer.)

We finish, and it's time for me to scoot. As I'm heading out HB3 says I should stay longer, "so 7 isn't lonely while shes busy again." You must be joking. I insist I have to go.

On the elevator down I'm wtfing hard. The door opens at ground level and I'm greeted by... another fucking attractive man. Another fucking 8. We exchange nods and he enters the lift. **I watch as it goes up to the same floor the girls live on.**

In the time I fucked one HB7, a HB3 got dicked by 3 other GOOD LOOKING men.

A few things came out of this. I now truly believe AWALT. Fully. I didn't before, not sure why. I guess I needed a proper example to be handed to me to experience its full extent. Somehow, in this day and age, any women, whether it be a 9 or a fucking 3, can be railed by *multiple* attractive men.

Now guys, sex is fun as fuck, but PLEASE. You do not want to be these boys. It's completely fine to have _____

standards. Don't go fucking every blob that moves just because they're all giving you consent to.

One last thing that came out of this. Now for a brief moment, I felt a sense of pride. I hadn't stooped as low as these men tonight. Even though some were more attractive, you still got the hotter woman, that has to say something about your SMV, right? Nevertheless, on the uber ride home, **My brain did a horrible thing..**

"She's her roommate. They're good friends. She's bound to have done the exact same thing as HB3 in the past."

Her number was out of my phone and tinder blocked moments after. AWALT.

725

UPVOTES

[Field Report] How I went from 3 matches in a week to 22 matches and an f-close the same day of downloading Tinder. - The Importance of Lifting and Frame.

[deleted] · 26 May 2018 · Archived copy · Reddit

The Importance of Lifting

(Skip this part if you just want to read the field report)

18 months ago I had just discovered TRP and was a lurker here. I decided to try out tinder, put a picture of my face, a picture of me with friends in a social setting and a picture of me with a dog. I got 3 matches in one week, none of which responded to my message. I eventually got frustrated and deleted Tinder.

The blow to my ego acted like a wakeup call, I became determined to improve my SMV as much as I possibly could. At the time I was about 19% bf, not skinny-fat but very little definition on my body and face. I did lift, but had a case of fuckarounditis and didn't take the gym seriously. I was determined to change this, I hopped on a full body 3 times per week program. Essentially Jason Blahas (lol I know) **ICF 5x5** except I did it 3x5 and removed shrugs and added chinups. With this program I increased my bench to 225 lbs, my squat to 330 lbs and my deadlift to 440 lbs. My body fat also decreased, my abs started to show and my face got more chiseled. All of this from only about 4 hours of lifting a week for about a year. Think about that. 4 hours a week. The AFC spends about the same time per week jerking off. **LIFT and don't eat shit food everyday**

Me now

About 180lbs at 5'9 and 12% bf. Visible abs in almost all kinds of lighting, alot of IOIs wherever I go, especially when I wear a T-shirt.

[Field Report] The Importance of Frame

Yesterday (friday) I decided to try tinder again. Now I have already achieved success with women through day game and social circle game from before, I have 3 plates and racked up a humble n-count of 7 after being redpilled for about 18 months. But I have never tried Tinder, mostly because there was never a need for it but also because I thought that due to my painfully average height I was better off sticking to day game and social circle game. But I wanted to try it out and see what the difference having a ripped body and a more chiseled face had. I used the same style pictures (but more newly taken), the only thing I added was a "candid" shirtless picture of me as the first picture, and I went from 3 matches in a week to **22 matches** within the same day of starting Tinder.

It is very warm here in Sweden (for now), I have a pool and my plan for the evening was to chill in my pool. So my opening line to all of my matches was "**Kom och bada**". This is hard to translate as "bada" is a verb that in this context stands for casually swimming/being in water. So basically "Come and bada". Some of them didnt answer, most of them said they wanted to but were busy that day, but 2 of them were up for it the same day (ended up picking the hotter one). ("Lätt" = "easily" or "I would love to".)

The second girl answers "That is perfect, as I just bought a new swimsuit today", to which I respond "Who said anything about a swimsuit?" Now this girl was about 10 km from me, but still decided to bike all the way to my place at almost midnight just to "bada" with me.

When she arrived I greeted her by hugging her (as always). I could feel that she really enjoyed hugging me as she was squeezing my lats, so I picked her up and and spun her around. She also really enjoyed this as she started to giggle, I put her down and with an arm still around her I pointed at her bike and said "Your little brother must be so nice to let you borrow his bike", which leads to her giggling even more

"Omg, I got it as a gift. Stop bullying me."

I smirk

"You are an asshole"

"I know"

I then tell her to follow me to the pool. Then comes the most predictable shittest. (keep in mind she is about the same height as me, maybe an inch shorter, and I'm about 2 inches below the national average.

"You are not completely as I thought you would be.."

I ask her what she means.

"You are short".

"I know, Im a down to earth kinda guy" (makes more sense in Swedish, where down to earth is called "jordnära", which also means close to the earth)

She continues the shittest

"But doesn't it bother you that I am taller than you" (she isnt)

I maintain frame and without flinching I answer

"Not at all, in fact you are not tall enough. I normally don't date women whos tits are not in the same level as my eyes, but ill give you a shot."

She raises her eyebrows

"Really? But Im still pretty tall"

"Yeah but not tall enough, but dont worry, Im sure you have other good qualities" **smirk**

Bam. Completely flipped the pressure and more specifically flipped who was in self qualification mode. She then starts to defend herself and explains that she actually is taller in the day, and that she has heels that make her 7 cm or about 3 inches taller that she wears often. I just sit back and smile. because Just by the virtue of having a stronger frame than her, I got a HB8 who is the same height as me try to qualify to **me** (the 5'9 manlet about 2 inches below the national average), about **her** height (I think 3 inches above the national female average) not being enough for me.

This is the essence of frame. The subconscious balance of whos reality you are operating within, as Rollo Tomassi puts it. As is known, in an interaction with a woman, if you have stronger frame she will submit to it. That is what has happened here. But keep in mind, I knew she was attracted to me beforehand due to the way she responded to my touch. That is also a big part of why that specific response to the shittest worked. If she was not already somewhat attracted to me, that kind of bold disqualification neg would probably not work as effectively.

Long story short, she initiates more kino while in the pool because she "wants to feel me flex my muscles", I escalate, go for the kiss. This leads to dryhumping in the pool and then I bring her up to my room and close the deal.

TL:DR

Lifting is very important, it significantly increased my matchrate on tinder. Frame is very important, it got a girl who is the same height as me try to qualify herself to me because of the fact that **she** wasn't tall enough.

Thanks for reading.

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UPVOTES

Research : "Women with tattoos reported greater willingness to engage in uncommitted sexual relations."

furry8 · 10 April 2020 · Archived copy · Reddit

<https://rd.springer.com/article/10.1007/s12119-020-09729-1>

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UPVOTES

How My Unattractive Friend Slept With Over 100 Women

Aghayden · 18 September 2020 · Archived copy · Reddit

I know a guy who's 6'2, muscular, good-looking, and he makes six-figures.

He hasn't had sex in over a year. His last girlfriend was a woman he wasn't even physically attracted to. Put simply, his dating life sucks.

But anyone who met him would assume the opposite. This is the guy who should have it easy with women.

I also have a friend who's 5'8, decidedly average looking, and not at all wealthy. This guy has been with over 100 women, many of whom are very attractive (in my opinion). And he's also had long-term relationships with intelligent, passionate, and beautiful girls.

There's one major difference between these two men.

My shorter friend has approached thousands of women, and he's asked hundreds of girls on dates. He's also been rejected many, many times.

The other stays at home 95% of the time, and when he does go out, he stands around, hoping that a girl will approach him (which occasionally happens, but not reliably). In his defense, he never gets rejected.

Now, being smooth is helpful. Mastering charisma is great. But it doesn't even matter unless you're genuinely taking shots.

And I know that most of the people reading this aren't. I know that because I lead a pickup group in my city with over 100 members, and in it, only 5 of them consistently take action.

I've been a part of other similar groups, and the pattern is always the same: 90% of the group members never go out. 5% goes out a few times before giving up. And the final 5% go out consistently.

A lot of your excuses are partially valid. Being taller would help. Having a male-model face would help. Those things would help a lot. But women are just people, and they all have different tastes in men.

Every time you approach a girl, you're rolling the dice, and sometimes that intimidatingly hot woman will find you charming or handsome—even if you're not those things by society's standards.

Or maybe you'll approach a girl who was just reading a romance novel, and she's pretty much down for anyone because she's turned on. Maybe she just broke up with her boyfriend who was cheating on her, and she wants to have some flings.

Sure, many women are going to automatically reject you (even if you are good looking, tall, etc.). But the underlying difference between the guy who gets laid all the time, and the guy who has a lot of expired condoms around the house—is whether you're really playing the game.

If you're not talking to new women, inviting girls on dates, leaning in for the kiss, inviting girls back to your place, etc., you're not playing the game, and your excuses are irrelevant. You don't even have enough information to know if your beliefs about women are remotely true or if they're based on your ego protecting itself.

Don't get me wrong; learning from your mistakes and improving is important. If every girl you approach responds negatively, that's a sign you need to reflect and adjust your approach.

Maybe you should try opening with a compliment to start things on a positive note. Maybe you're shocking the girls you approach because you're talking while you're behind them, and you need to get in front of the girls before you open your mouth.

But even if you do those things wrong, even if you make countless mistakes, some of the girls you approach will give you their number and even go on a date with you.

That percentage will increase the better your game and the better your appearance (which you can improve a lot over time). Still, I've seen a lot of guys who are decidedly average looking pull about 1 out of 20 girls they approach, even though they have no experience with pickup.

All the philosophy you learn in videos and articles can be extremely helpful, but only if it's used to build on a foundation of action-taking. Otherwise, it's just mental masturbation.

Cold approach isn't the only way to meet women; online dating can work just as well, and yeah, your social circle can help too (but relying on it usually backfires).

Just know that if you're not putting yourself in situations where a girl either has to say yes or no (like asking someone on a date), then you're probably not making progress.

If that's the case, you're likely to end up more like my 6'2 friend who never gets laid rather than my 5'8 friend who has an abundance of women in his life.

723

UPVOTES

Commanding 101

NightwingTRP · 26 March 2017 · Archived copy · Reddit

This is a supplementary guide following on from my TRP Field Toolkit. While commanding is used as part of game when you're out in the field trying to get laid for the first time, it's predominantly used on plates or LTRs. As a result, you should be confident and proficient in the majority of aspects of base game before implementing this guide.

Introduction

Women love being commanded. Telling a woman, straight up, what to do allows her to feel safe and secure being led by a strong, confident man. You'd think this was a straightforward topic. Tell women what to do, they obey, job done. Unfortunately, since women no longer wish to love, honour and *obey* it has made the issue of commanding more complicated than it needs to be. It's made it socially acceptable to perform the shit test of disobedience.

Since the dominant/submissive dynamic is still the one that creates the best harmony between men and women, we as men must simply find ways around the problem society has presented us. Naturally, we found a way, it's called not caring. However this is not ideal from the perspective of managing a woman. In experimenting with different plates I have found the most successful method of long term management is not caring less, but leading more. This guide should help you to do that and feel confident in the way you go about it.

Commanding is a broader subject than we tend to give credit on TRP. When we talk about commanding, we talk about commanding respect, we talk about issuing commands and we also talk about instructing, educating and laying down boundaries or rules. It is an essential part of leadership and a multi-faceted tool for managing the relationship dynamic (for either LTRs or plates) and altering the subtext exchange in order to deal more effectively with the plethora of mental and emotional needs a woman has.

From the bloopy perspective, this is the raw essence of the manipulation in TRP. Telling a woman what to do. Which it could be... but in that case it's only the male equivalent of a woman moving her body in a sexually suggestive way while asking a beta to do something for her. Just like the man can refuse to do her bidding, she is welcome at any time to say no to you. It is because your SMV is high and she trusts you that she will submit/obey your instructions. They try to discourage this in blue pill land because, underneath it all, they know that an order from a man with a commanding presence will be followed by most women. They don't like this because it takes power away from them and gives it to men, and in the great power struggle of our opposing sexual strategies – they want the ladies to have the upper hand. I don't. We should have the power. This is the correct dynamic. I would also state that the man being in the leadership role is absolutely vital for the success of an LTR. The opposing dynamic is what causes relationships to fail frequently.

As a point of reference when it comes to game: commands and commanding are used less in the beginning and more as a woman settles into being a good plate or an LTR. The reason for this is that your SMV is not cemented in her mind early on, however once she's slept with you once or twice she is less likely to presume your SMV could be lower – this is an ego defence mechanism because women need to rationalise that they've only slept with men of high value. If they didn't do this, it would risk them admitting to themselves that they are low value and not worthy of going after the highest value of men. They can't afford to admit this because it is counter to their optimal sexual strategy. (This is also why you have post-relationship rationalisations from women and the light switch effect, rewriting of history in her mind etc etc. She absolutely cannot let go of the idea that she would never willingly choose to sleep with any man who is not high SMV. Some other factor caused her to make the mistake. Usually some way of framing it that sees the man as a con artist who tricked her.)

The purpose of commands

All forms of command are heavy handed dominant moves. They are the clear assertion of your leadership

combined with a demand (not a request) for submission. Therefore they have a threefold purpose:

- To assert the dominance/submission dynamic
- To achieve a specific outcome
- To set the stage for the future social dynamic

The specific outcome you want can be anything from demanding a respectful interaction from the woman (e.g. don't speak to me like that. Apologise.) through expecting her to control her behaviour better, (e.g. don't do that – said in a fairly dismissive/disappointed manner) to simply wanting a specific task done (e.g. go make me dinner.) The specific context is what will decide what outcome you want and, when combined with the current relationship dynamic, will inform how heavy handed or subtle the command should be.

The other two parts, asserting the dynamic and setting the stage for the future dynamic are intertwined and both part of the subtext of the interaction. I separate them because they have active and passive subtexts. The active subtext is to tell the woman “you will submit to me now.” The passive subtext is after she has submitted, she is effectively replying “I will submit, I accept that you are the leader of this social relationship dynamic.” Similar to the sales idea that once you've got someone to say “yes” to you once, they are more likely to say yes to something else you ask.

Basic commands

In the most simplistic of terms, a basic command is to just tell a woman to do something e.g. “Come here” or “go get that table” or “bring that chair over here.” The important distinction that separates it from a request is that you do not use words like please. It is an order that is given with the expectation that she will fulfil it. The expectation is what gives the subtext its strength and thus why it is heavy handed dominance.

(As a sidenote, you may have come across women issuing you basic commands in a similar fashion. The correct response to this is something like “what's the magic word?” much like your parents may have said to you as a child, instructing her to change her command to a request. When she complies she is submitting to your framing of the situation and returning to the correct dynamic. You may use commands, she MUST use requests.)

Basic commands are a good way to assert dominance at any time when dealing with women. They're also an excellent addition for passing comfort tests in a more dominant fashion. For example, you identify the nonsense she is speaking is a comfort test. You issue a command such as “sit” while patting your lap, and then follow with physical comfort such as a kiss. If you want to add further emotional comfort you could add something like “I don't kiss girls who aren't attractive enough.” That's off the top of my head, but the point is that you can adapt this general use to be more personalised to the situation and woman depending on her emotional needs.

It is also a good idea to get into the habit of using basic commands on a first date. Simple commands like “wear a red dress tonight” or “come here” or “go get the tickets/drinks/food” are all excellent ways of setting the tone and the appropriate social dynamic.

Instructions/Suggestions

Instructions are a softer form of command, essentially coaxing the woman to submit to you. These are useful as a measure of your comparative SMV in her mind, along with all the benefits of a typical command. On a basic level, an instruction would be “you should do X” or “why don't you do Z?” It holds the same straight talk as issuing a command, but instead makes it a suggestion. If she responds to this as a bratty child, then you know the dynamic is not set properly. Respond as if it's a shit test (as it effectively is... she's subtextually challenging your leadership.) While it does not assert the dominance in the same way an assumptive command does, it will assert leadership and imply the dominant/submissive dynamic.

The subtext involved is “I know what to do, follow my lead.” As with all commands, the woman can choose to

submit or not. This is particularly useful because instructions or suggestions give a woman the social “out” that she needs in order to disobey you without looking like a bitch. So when she does submit, it is much more telling for the dynamic of the relationship and more telling of the future intentions of the woman (and thus indicative of how heavy handed you can be in the future.)

Simple examples would be “I’m hungry, why don’t you put together some sandwiches?” or “Empty glass here. You should grab us a refill.” These are all socially acceptable things which are easily included in general activities as a cheeky little line and will reinforce the correct social dynamic you want with women. They can also be incorporated quite easily into first dates to test the waters of the dynamic.

Educating/Demanding respect

Educating or demanding in simple terms is just telling the woman how you expect her to behave. There are various ways to communicate this and it is unlikely to work without a set power dynamic already in place. However, if the dynamic is in place and the woman still sees you as a highly desirable man, then this is the most minimal-fuss way of altering her behaviour. When using education commands or demanding commands, there is no room for disobedience as this is breaking subtextual womanese communication in favour of direct masculine straight talk. Disobedience must result in punishment, whether that be radio silence, increased dread or a hard next, something bad that she doesn’t want to happen, **must** happen.

In general you’ll tell her straight what she has done which is unacceptable. You’ll tell her not to do it ever again. Then you’ll tell her how you want her to behave and usually end by commanding her to apologise and think of a way to make it up to you. Dissent is not acceptable. If your frame is weak or she doesn’t respect you sufficiently then she will probably try to justify herself to you, usually interrupting you to try this. Simple retorts that speak back over the top of her “don’t interrupt me, it’s rude. Wait.” will reassert the power dynamic.

Note: never issue an ultimatum. There’s no point to it, and it implies that you think there’s a realistic possibility that she will disobey your command. Never leave that as a possibility that has entered your head. You are telling her what will happen. The subtext is very simple here: “your behaviour has been poor. Correct it now.” This is particularly powerful because as a man with strong game, you typically speak womanese to her. The fact that you have broken this and descended into one-sided masculine straight talk is a strength in itself, when used late on, as it implies that her ability to communicate subtextually or understand you on a subtextual level (read: speaking womanese) is not good enough and you have been forced to deal with her differently.

The classic shit test response of commanding respect comes under a similar umbrella in my view. I’ve said before that the subtext of dealing with a shit test in this way is a slightly exasperated “I’m tired of your shit. I’m obviously higher SMV than you, cut this shit out or else.” The “or else” in the subtext is always read by the woman since a high SMV man has options. It is one of the reasons that commanding works so well. While she is naturally submissive, she will also test you for your ability to lead her and she is acutely aware that if she won’t follow, then another woman likely will. This is also the same way you’d have a talk setting down boundaries or rules for your relationship, whether that be a plate or an LTR.

Rudeness and disrespect should not be tolerated. There are multiple ways to deal with this. Dread is the most highly recommended method. With multiple plates you can simply switch plate. This is a strategy that has served me very well. However, I don’t like only having one tool to correct problems like this. Commanding respect is the other major option and it’s such a heavy handed or “hard no” response to a shit test, you use a similar response to incidents of disrespect. Don’t tolerate it, come down hard.

Group Leadership Commands

These are the most diverse all-purpose commands. They can be used on first dates, established plates and just as regular reinforcement of the correct leadership dynamic in an LTR. In simple terms they are an order mixed in with a statement of intent. “You go do X while I sort out Y.” They clearly assert both dominance and leadership by

providing a plan of action for the two of you as a group while also being an order for her to follow. For example: “You go get dinner started while I clean up in here.” Or “You go grab the table/drinks while I get the drinks/table.” These are also very socially acceptable since they don’t come across as orders despite the fact they are part order. This is a subtle way to enforce the dynamic on particularly bratty women. Well behaved submissive women all react particularly positively to this because they feel like you’re investing in them when you’ve stated you’ll do something to share the load with her. It’s a sort of mini-commitment share, so it’s a useful plate management tool and something to point to dismissively/amused masterly if she says you don’t do things together.

Closing thoughts

Overall, game for me is a bit like woodworking. You’ve got your tools and your raw materials, use each tool correctly and you can put together an LTR a ONS or get a plate spinning. Commanding, on the other hand, is a bit more like moulding clay. Moulding the dynamic and using that to then tweak the behaviours. Try to think of it as a relationship dynamic tool that supplements your game.

As an example of my own success, my main plate (who has slowly learned excellent behaviour), joked once about me “scolding her” for her bad behaviour. She responded well to these demands for better behaviour, but this remark from her is clearly a test to see if my frame will bend at all on my demands for her behaviour. Of course, it will not. After I told her “when you step out of line, you need a spank” she responded very enthusiastically in her body language and demeanour. (Remember, even after all those months your women will still test you.) She was satisfied with my leadership and responded with more physical affection than usual. A beta would have apologised for behaving in a fashion she labelled negatively. Remember that you’re in charge and you’re sure of your decisions. Don’t budge. Tell her she needed the reality check and you command her because you care. When you hold women to account they will love you for it and follow you almost anywhere.

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UPVOTES

Girl opens her legs up for a guy on the first date, is absolutely shocked when he ghosts her afterwards. Alright boys, which one of you was this?

needsomehelp3211 · 16 September 2019 · Archived copy · Reddit

Post in question.

We talk about theory a lot here on TRP. And that's great, that's how education begins. By sitting in a classroom and learning about the fundamentals. You can't be an engineer without first digesting the basics on the chalkboard and learning about the laws of physics, after all. But eventually you need to actually apply these laws to build some cool shit, and it's no different with sexual strategy.

Sometimes we all need to take a trip to the zoo and see how things are like in the real world outside of our heads. I introduce you to the above story, which is a classic step-by-step instruction on how to make a woman go absolutely hog-wild over you using Dark Triad traits. Let's begin.

Our story begins online.

I really need to rant about this. So about a month ago I matched with a guy on bumble

Right off the bat this sentence tells you everything you need to know about the guy on a surface level. Bumble is an app that intimately rewards the top 20% men more than any other, because girls have to message first. Girls already have enough reluctance to go out with guys in a normal setting, so having a girl message you first means you absolutely *must* be a confident and attractive man. This dude probably has a chiseled bod, works out, dresses like a champ.

After dinner we went to a bar for more drinks and then after that we went to his friends- it was weird but I felt so comfortable around him I didn't even think it was weird that I was meeting his friends the first night we met.

He controlled the flow of the date from point A to point Z. See how they went to go meet HIS friends. He magnanimously allowed her to partake in his social sphere, establishing dominance right away. Now she knows who's house this is. His house.

I ended up sleeping over and we were talking about our past and what we want in a relationship. We both told each other we were very into this and wanted it to continue. Saturday morning rolls around and he let me sleep in his bed at his place while he goes for work (wow what a sweetheart right!) - and yes we did have sex but I made it very clear that I was not into this just for sex and we both agreed.

So I go home after I sleep at his place a bit longer and then at night we meet up AGAIN downtown because we were both there for birthdays. We couldn't wait to see each other again, the connection was unreal. I go back to his house again and we talk more and he tells me he likes me. Side note: I'm very cautious and tried to take this slow but I fell so hard for him it was difficult for me to hold back. Anyway, I slept at his house again and then all day Sunday we cuddled, kissed, had sex and watched movies. It felt like we were dating. This is weird, I had never felt so comfortable around someone so quick. It was scary.

Get 'er tipsy and bang her on the first date. This is Red Pill 101. Life doesn't wait for you, don't wait for it. Sex should happen ASAP.

Finally Sunday night comes around and I finally leave. I was so happy to spend basically the entire weekend with him. On Monday he texts me so now I know he is serious about this and still wants to see me. We talk lots over text over the next couple days and then all of a sudden he stops replying. I give it a couple days because I

thought maybe he was busy or maybe something is wrong. Finally after waiting for what seemed like forever I messaged him again asking if everything is okay because at this point I just genuinely want to make sure he is okay since I hadn't heard from him at all. He replies. "Hey thanks for the messages I've had a terrible week and been feeling so off. You haven't done anything wrong believe me. How's your week? What's your plans this weekend?" So I assume everything is okay so I reply to his message hoping we can keep talking - no reply again. So at this point I'm like okay I think something else is up here. I get in my head so much and just felt so broken because I instantly fell for this guy.

Making himself scarce. Far from annoying her, in fact it makes her desire him more because subconsciously she's getting the message that he's a man in demand and has more important things to do than to reply to every one of her texts.

A week goes by and no sign of him. I found out he deleted me off snap chat and blocked me from seeing his Instagram stories (mind you as the days go by I cried almost every day feeling so torn because I felt like I had finally found someone and I was on such a high from the weekend we spent together). Mind you I had his clothes and shoes that I wore home. So, I have come to conclusions in my head that he's found someone else. I go to his house and drop his stuff off at his door and carelessly text him "your stuff is at your door, honestly really hurtful to ignore me after that. You could've just been honest with me" he replies and said he just felt like he had taken too long to reply to me - BULLSHIT.

He lets her have her little tantrum, and keeps it cool the whole time. He doesn't allow her to reel him into her emotional world. Girl is mad at you? "Sorry you're upset, guess I'm a slow texter lol." End of message.

Well it's been a few weeks now and I found out that he matched with another girl on bumble and they are seeing each other. I know it may seem like I'm making this a big deal but why the fuck am I so hurt by this?? To hurt someone like that and not even have the courage to be honest with me? I feel like shit. PLEASE anyone give me some light on this situation because I have never experienced all these feelings at once about someone and I can't seem to get over it.

I'll tell you exactly why, honey. It's because women are drawn to aloof Dark Triad men like flies are drawn to cow dung. And as a cherry on top, he starts banging another chick and makes sure OP is there to see it, thereby intensifying her jealousy. You just know that despite her teenage-like rage in his post, the next time he texts her "I want to see that booty ;) Want to come over Friday?" she'll be speeding over in an Uber faster than you can say Alpha Male.

Moral of this story: when you fuck a girl, keep your cool no matter what happens next. She'll try to shit test you by acting like it's the end of the world, but keep denying her attention and keep steadying the ship through the storm until it passes. Don't get swept into her emotional female typhoon. This will be an all-too-common scenario that attractive men on dating apps will have to deal with. Better to know what to do in advance.

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UPVOTES

Suicidal lonely guy is frustrated by women, reaches out for help. R/AskMen decides the REAL problem is that he's a shitlord misogynist!

needsomehelp3211 · 11 June 2015 · Archived copy · Reddit

Good morning, TRP. Open your notebooks, today we are going to learn a very important lesson: **never trust women or bluepilled men to give meaningful support for anything**. They have been so indoctrinated by years of feminist culture that they can think of literally nothing else. They are robots. If they detect that you're not in line with feminism, they will put aside any empathy for your problems and attack you instead.

Which is what happened to [this guy on AskMen](#). If you read his OP and comments, he is starting to wake up to reality and realize that women have made him miserable.

I don't want to be anything. All those terrible experiences have left me fucked up in the head. I can never trust women. I will never get married or have children.

Guess what his comment score is at. That's right, -20. And while AskMen has long been known to be comprised of 50% women and 50% card-carrying betas, the responses to his politically incorrect posts were pretty remarkably vitriolic. According to a proud white knight who rode in to slay this horrible OP beast:

Your problem is seeing it as the fault of "women" rather than as the fault of those who caused the problems. You're generalizing about women based on what some women have done.

+47

Step one: stop calling us females.

+15. Yes, *that's* clearly the problem here. Not that OP has been constantly put down by women since high school, not that OP feels alone and has nobody to turn to - no, the problem is that he calls women "females".

If you knew what women say and think about ladies men you wouldn't want to be one.

Yeah, I'm sure women just hate playas and ladies' men. That's why these guys are slaying pussy every weekend at the club. Wait...

Because women don't have a shared consciousness. If every woman you meet smells like shit, you need to check under your shoe.

+47. Alternatively, if every woman you meet smells like shit, maybe that's because... every woman you meet smells like shit. Sometimes it is that simple.

Anyway. Short but simple lesson here. Women and bluepilled men cannot empathize with your issues, even if you are a suicidal man who desperately needs help. They will scold you instead for not accepting the feminist party line that all women are special snowflakes and wonderful creatures. The girls behave this way intrinsically, the guys do so because they're on a short leash and they hope that by helping kick down their fellow brothers, they might one day get some pussy. It's a sad cycle.

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UPVOTES

How much Dan Bilzerian understands.

nabosch · 9 March 2017 · Archived copy · Reddit

Came across a Larry King interview with Dan Bilzerian, everything you'd expect out of the guy. Pure RP gold. [Link to the interview](#)

"It's like, if a hot girl goes to the bar and she gets hit on 10 times she can go home and sleep like a baby and not hookup with anybody. But if she goes to the bar and no body pays attention to her and nobody talks to her then she almost like has to hookup with somebody to feel validated a little bit."

"I was at a club and had one girl that I flew down that I used to date but decided that we should just be friends because she wanted a relationship. I had another girl that I had been sleeping with for a couple years that was living with her boyfriend so she was kinda like my actual date but I couldn't be seen with her so I had the other girl that I could take to events."

Decided to just be friends when she wanted a relationship. Girls always trying to secure a high SMV man, but why settle when you're on top? Sleeping with another girl that was living with a boyfriend. Beta bucks and Alpha fucks.

What's something that people get wrong about you?

"I think a lot of people think that I'm just fucked up all the time, that I'm drinking all the time"

Do you drink a lot?

"No, no I really don't. No I actually don't drink to much at all. For me I always went out to get laid you know? So like a lot of guys when they go out they need to drink so that they're more relaxed so they can pickup chicks, but I just got to a point where I just didn't really have to work at all."

There's no need to waste money and calories on alcohol when you don't need it. Sure it's nice to have a drink at the bar but no need to get hammered thinking that's going to help you walk out with anything above a 5.

What are you embarrassed to admit you watch or enjoy?

"I'm not really too embarrassed by much, I always just kinda put my cards on the table and accept me for who I am kinda deal."

What TRP is at it's core. Being a high value man confident in himself, not afraid to put his cards on the table.

Do you feel like you use women?

"I feel like a lot of times girls are using me. A lot of times girls use me to get back at their boyfriends or piss off an ex or, you know I get used all the time. It's kind of crazy but I can't really get to upset about that"

AWALT

How often do you let yourself be vulnerable?

“Definitely not that often”

Do you ever want to just settle down?

“Um sometimes, at the end of a long weekend maybe”

35 and top of his game why stop now?

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UPVOTES

Understand Women, Don't Hate Them

bountyhunterdjango · 11 April 2017 · Archived copy · Reddit

So you just realised that the girl you've been texting and talking to 24/7, the one that's only ever dated assholes but is on the cusp of realising what a sexy, sweet, perfect package of a guy you are, is actually: a biological woman.

And you've realised that girls, as slaves like all of us to their own biology, actually just want a popular, confident, dominant man (you know, like those ones you hate) to fuck them.

Now an obvious reaction to the epiphany that girls operate in this way, is to hate them. Their search for a mate, independent of morality, is an instinctual need to track down specific genes, and it's a great example of our cold, indifferent universe that is completely at odds with the "win the girl by being nice!/yourself!" sentiment the emotional world of movies teaches us as children.

This is the thing though, us men are also slaves to our biology. Maybe some of you have had long-running female friends that have been extremely good to you. Now you could pretend you'd rather fuck them than a 10/10 supermodel, but that would be a lie, because attraction, again, can't be negotiated.

The trick is to understand and accept the upsetting (but uncontrollable) parts of girl's personalities without tricking yourself into thinking that you're somehow superior to them. This is for a couple of reasons: 1) Easy as it is in the anger stage, this kind of hatred just isn't healthy. Sure, starting off a bit angry might help you with weights, but when that motivation fades it's just a useless emotion holding you back from being the type of stoic man that attracts women. Also, it's stupid. Seriously, they can't control it, let it go.

B) If you're on this sub you probably want to fuck girls. Right? Well hating women is going to make that a hell of a lot harder. How are you meant to make interesting/engaging conversation with someone you hate? Adding to that, female friends do a lot for pre-selection and can be good wingmen, and you can't form genuine friendships by hating that entire 50% of the population.

If you want to keep hating women you have three options really.

- 1) Avoid them. Good luck.
- 2) Be openly hostile with them. Again, good luck.
- 3) Fake every interaction with women. Which is tiring, weird, and frankly, pretty dumb.

So my advice, don't let the things you learn about women make you hate them. It will make your life and your game a lot harder,

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UPVOTES

Wife's husband makes millions, he asks for a post-nup to protect his assets, but she's "confused" and doesn't feel the need for a post-nup because she would never hurt him.

DatingCoach111 · 26 December 2017 · Archived copy · Reddit

Edit: Exabiell. If you find this, send me a message you old bastard.

Found in a relationship sub. You should be able to copy and paste a snippet of the post into google to find it. Don't want any b0ts to remove it by providing a link.

From the title: Wife is 31, husband is 36.

"My husband "Daniel" and I have been together for 6 years, married for 3. When we met, he was an engineer here in the Bay Area (Silicon Valley) while I was a teacher. I was making around \$60K a year which is nothing in the Bay Area so I was still living at my parents house, and he was making around \$110K which is just enough to get a one-bedroom apartment in a decent area. After about a year of dating we moved in together and married a bit after that. He's always paid the majority of the bills, I'll admit that.

Daniel worked full time as an engineer when we met but had a side project that he & a friend were really passionate about. Just a few months after we married, the side project really took off and they had buyers interested. They ended up selling up the side project and my husband & his friend pocketed a couple million each. They teamed up again for another project and that one did well too. Two successes opened up a lot of doors for them -- investors, capital, resources, all of that. My husband quit his old job in order to work on innovating more products with the capital & investors that are now available to them(I know I'm being vague, don't want this to be identifiable). Anyways, he's not Elon Musk or anything but he's doing really well.

Just last year we bought a nice house in the Bay Area which I always thought was unobtainable. New house + 2 new cars + we eat out/go out more + vacations + no financial stress. Our lives have improved a LOT with this money. I definitely would not be living a life so comfortable if it weren't for my husband's success.

So I was a teacher up until about 6 months ago -- I've always HATED my job. I worked at an awful school with zero administrative support and poor funding, it was beyond stressful. Dreaded going to work each morning. My husband has known about this for ages and he sat me down this past summer and said "I finally make enough to support us both and I can't enjoy my life if you're not happy. Quit your job and pursue something else. If you wanna go to school, go to school. If you want to focus on raising our future kids, do that. I just want you to be happy". Music to my ears. I could write a book about how great this man is. We're planning on starting a family in 2018/2019. Things are really good right now.

Okay so that's all background here's the problem -- Daniel sat me down a few days ago and said that he wants to sign a post-nup agreement to "protect himself and his work" just in case something happens. He said that the circumstances when we got married vs. now are very different and, again, he wants to "protect himself". He basically wants something where if our relationship ends, he doesn't lose too much money. He gave me time to think about it.

I don't know how to feel about this. I talked with my best friend about it and both of us are just confused. I was with my husband when we were just two normal middle-class people and now all of a sudden I feel like he doesn't trust me because he has money. I've never asked him for anything now that I wouldn't have asked before. I didn't ask him to buy me a new car or to support me if I quit my job. I've never gone on shopping sprees with his card or anything like that. It just hurts me and honestly I can't help but to think about how now that he's rich he could leave me tomorrow and hook up with some gorgeous 22 year old. It's just a really sad feeling. He told me this a few days ago and it ruined my Xmas because I just can't get it out of my head. I would never, never, never hurt my husband even if our relationship ended so I don't feel the need for a postnup at all, but really I'm just sad.

tl;dr: Married a middle-class guy. He ended up becoming rich and now he wants to sign a post-nup."

It's interesting to note how she's very adamant on how great the relationship is, how her quality of life has improved, is planning on having kids, yet she "never asked for any of it" (the nice house, cars, vacations, etc), and how her husband could leave her for someone younger. She's already giving herself reasons NOT to sign the post-nu, but reiterates she didn't ask for the benefits of a millionaire lifestyle, as if that were her excuse.

Complete hamster.

I'm 26. I will never get a marriage license. I've seen mountains of cheating, financial rape, and other negative experiences that result from legal marriage. If a future fiancé wants a wedding, no problem. But no paperwork. And be aware of marriage laws (living together for a certain period of time considers you a married couple). I have followed the advice of wiser and older men, and things have gone well for me thus far.

This guy's future is already looking bleak. The top rated comment from a lawyer told her she doesn't have to sign it. If things end between them, he'll lose millions from his hard work. And all for what?

A woman.

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UPVOTES

Go to BED Bro

offthebeatmeoff · 3 July 2019 · Archived copy · Reddit

I just finished reading *Why We Sleep* by Matthew Walker. I'm not here to promote the book or anything, but I really liked it and would recommend it. With that said, that book really opened my eyes even further to the importance of sleep.

For some background, I've been pretty interested in and followed sleep science and protocols for the last 4 years or so, because I've had issues with sleeping. We all know sleep is important, for gains, and for focus, and general health, but I really think a lot of guys especially here don't realize how big it really is.

Note: this is going off memory, and won't be perfectly exact stats, but all the exact figures are available and sourced directly in that book

FINANCE

People who get 8 hours of sleep vs those who get less than 6, get 5% raises annually vs 2.5%

Naps as short as 26 minutes can improve focus by 50% according to NASA which translates well to productivity

Health

Pretty self explanatory,

Memory retention, helps prevent Alzheimers, heart disease etc.

SLUTS

Those who got deficient sleep were rated as being less attractive (compared to when they were less rested)

Insufficient sleep lowers testosterone- This is critical. Not getting enough sleep literally makes you less of a man. Less likely to get girls, more of a pussy, literally less of a man

Sleep Hygiene

No electronics in the bedroom.

No light or lowlight before bed. Avoid LEDs especially because of the strong blue light

No nicotine or alcohol before bed. Aldehyde and ketones which are by products of alcohol fuck with REM sleep which is critical for memory and other stuff. It takes a while to process those by products.

Sleep and wake up at the same time every day if possible.

Cool or even cold bedroom 65 degrees F is ideal for most.

Decompress before bed, not in bed. Take 30 minutes to read or whatever relaxes you

Hot showers before bed help, by letting you release more heat and cool your core temp which helps you sleep.

Give yourself an 8 and a half hour sleep opportunity. This means being in bed not necessarily asleep. Doesn't mean spending time on your phone

Conclusion

Wrote this in a bit of a hurry, but I got my point across. I usually like to write about getting girls, but apparently if you're not sleeping enough, you won't remember shit about what I wrote and girls are going to think you look like shit. Go to Bed bro.

PS 30 minute to 1 hour naps after lunch are natural and encouraged, and this is extra real authentic science. Check it out

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UPVOTES

The Power of Abundance

mrbasic · 13 January 2020 · Archived copy · Reddit

“So, is this what you do? You bring girls over from Tinder, put on some Netflix, and have sex with them?”

I look down at the stunning, petite, South American woman I brought over for the night. Her eyes are half open, her body still shuddering; we’re both coming down from our sex high while Joe Goldberg is doing his weird ass inner dialogue about Guinevere Beck.

I take a moment to reflect on my situation, my victory. The woman curled up next to me was a challenge. The shit tests were endless, the LMR I had to push through tonight would have frustrated the hell out of the old me, but listening to her deep sighs and feeling her trace her fingers on my chest made me feel proud.

“Um, hello?”

A light tap on my chest brought me back to the present.

“Hm? What’s up?”

“Answer my question.”

We lock eyes and I see that she’s not backing down; she really wants to know.

“Guilty as charged.” I say with a smirk.

“...hm.” She says then lays her head on my chest.

A few minutes pass before I’m hit with the question.

“So, when was the last time a girl was over here?”

Ice shoots through my veins and my mind starts to reel. My old, BP way of thinking starts to come back. *What if I answer incorrectly? Will I lose this one? We only had sex once, I want more! We should lie!* I take a deep breath and try to keep cool.

“Interesting question. The real question is why is Joe acting out over this one chick”? I say.

“Yeah, he’s weird. Now, answer my question.” She says, now propped up on her elbow and looking at me with a raised eyebrow.

“Wednesday. I-, yeah, Wednesday.” I say. I was almost about to explain that even though another prospect came over that night, nothing happened. But she didn’t need to know that.

“Wow, we move quick, don’t we”? she scoffs. At this point, she sits up completely up and checks her phone.

More minutes pass, but it’s awkward now. Do I explain that nothing happened? Do I ask her what’s wrong? No, I’m just going to sit here and watch a show about a stalker. She let’s out a huge sigh, abruptly gets up and heads to the bathroom.

At this point, my inner BP voice is loud and annoying. *You fucking idiot, you ruined it. Why couldn’t you lie? Now we’ll never fuck this chick again. Go and explain yourself! Tel her we’ll stop talking to other people. Do something, anything!* No, I’m going to sit here and watch a show about a stalker...but I’ll check my phone too.

The first message of interest I see is from the chick from Wednesday asking when we can meet again. The next message is from a prospect saying she hasn’t heard from me in a while and wants to catch up. My matches and messages have decent numbers on my datings apps. After closing my phone, it clicks. I have options. I. Have. Options. If this doesn’t work out, I have at least two options. If those don’t work out, grab more from the apps. Holy shit, I have options.

At the time of this revelation, she comes out of the bathroom. We make eye contact and she rolls her eyes.

“Well, it’s getting late. I’m thinking of heading out.” she says with a bite in her tone.

“Ok.”

She stops in her tracks and looks at me funny before putting on her clothes and packing her things. In that moment, we both felt the power dynamic change. She could no longer hold the power of pussy over me and she knew it. I had options, I had power.

I walk her to her car, give her a kiss, and tell her to text me when she gets home safely. A text was sent later that night and I replied with a thumbs up.

This happened Saturday and I’ve not heard from her since. Does it sting? A little. Do I want to reach out and see if what I said made her mad/hurt? Of course. However, it’s finally clicked that no matter the outcome, I’ll make it. Why? Because I have options.

Thanks for reading 🙏🙏

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UPVOTES

'All Men are Trash'

epictetus_irl · 24 March 2018 · Archived copy · Reddit

Imagine posting 'all women are trash' to twitter. It would take about 7 seconds for you be banned and the tweet would likely make newspapers.

Reverse the genders though and it's all fine.

https://twitter.com/_ellaroberts/status/976760262844919808?s=21

The comments on this are eye opening to anyone who thinks there's isn't a need to highlight men's rights.

One of my favorites is when a dude says "this message was written a few years after millions men died in war"

The female reply? "War is created by men so tough"

Also check out the people who have retweeted this, I see female CEOs on the list. Again imagine a male CEO retweeting the opposite message, he'd be removed from his post by Monday morning. The woman is celebrated. You go girl!

We live in a world where a man can be guilty of a hate crime if his dog raises its paw but open attacks and slurs against an entire gender are ok as long it's targeting men.

Note this women lives in the U.K. just like CountDankuka. Where's the outrage? Where's the arrest? The court date?

So what can you do?

Do not run off to twitter to start a name calling campaign.

Do report the tweet for hate speech.

Do keep your eyes open for this type of speech and attempts to normalise the hatred of all men. Call out double standards.

Do check the twitter feeds of women you're dating, this one is always an eye opener for me. It will reveal more about them than months of dating.

Stay vigilant. It's not good out there for men right now.

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UPVOTES

"Everyone is too accessible" - The harsh reality of the dating market for women

DerekMorganBAU · 25 November 2020 · Archived copy · Reddit

Prior to me stumbling on the weird part of the internet called "Reddit", I was just a regular youngin livin' life and enjoyin' the dating scene. I didn't question anything really, I just sat back and observed and used what worked.

"Oh....she didn't get mad when he called her a bitch. In fact, she laughed. Interesting. *takes notes.*"

"This guy is great at negging. I gotta be like that - *takes notes*"

"When you play fight with a bitch it's basically foreplay. *Takes notes*"

You get the idea. Whenever I saw something that worked I stashed it away in my memory bank and would use it at my leisure while calibrating it all to my personality.

When it came to dating I just did whatever I felt like doing.

LTR? Sure why not.

Cheat? Yep, I've cheated on all of my exes. Don't give a fuck.

I'd cheat on them, we'd have a "falling out", and then we'd fuck because I thought you were supposed to fuck your exes before you get more pussy. It's not like you're supposed to catch feelings or care (although I am incapable of such things but that's another convo) point is that you are doing it out of familiarity and sexual chemistry. You two both know what you like already.

Overall I was just living my best life, not caring much about the "state" of the Dating Market, my Sexual Market Value, etc, etc. I never had to "looksmxxx" or any weirdo shit like that. I look decent enough to put my foot in the door at best, and the rest was just pure game.

Then, after a day of sex with one of my exes, shit changed. She was wondering why it was so hard to find a decent guy to date, and then digressed to how our relationship ended because I cheated on her and then promptly dumped her.

That's when she hit me with one line.

"Everyone is too accessible."

At the time I had no idea as to why that line bothered me so much. I hit her with that "what the fuck is that supposed to mean" look.

She pretty much explained that it's far too easy for a guy to find a hoe to fuck be it online or otherwise. So there's no loyalty.

I just thought for a second and brushed off what she said, then changed the subject. I shrugged my shoulders but what she said lingered in my mind for days. And then weeks. Why the fuck was this bothering me so much?

It was like an innate "sting." And I only feel that way when I am face to face with a hypocrite (call it intuition). Nothing repulses me more than hypocrisy, so there was an innate subtext to her statement that even she had not picked up on but I did.

During my search I stumbled on Reddit, then The Red Pill. I read the sidebar, and it was some real shit. Most of it were things that I had known innately, but it was a dope ass read. Still, I didn't quite find the answer that I was looking for.

Then finally, a line from a poster over in PurplePill damn near gave me a paradigm shift.

"Women are having a hard time accepting the new realities of this new dating system, *even when they are one of*

the primary beneficiaries of the dating market."

That was it. That was the "sting" I felt. The hypocrisy, solipsism, etc, etc.

The very same bitch that was able to enjoy ONS, FWBs, and flings when it was convenient for her, AND cheat on her LTRs (yes she did it multiple times) by calling me up to go fuck her (or by me calling her up), had the audacity to turn around and say that, "Everyone is too accessible." Because *I* had the means to cheat on her?

Shit, it was all one big brain blast for me. But once you swallow that Red Pill you become obsessed with patterns and shit.

I thought back to another one of my exes when we had some pillow talk months ago. We've known each other for a long time, and we dated on and off twice (I cheated the first time and broke it off, second time I just got tired of her and dumped her).

We reminisced back to when we were in the "talking" stage of dating shortly after we first met. Back then it was just us going out for drinks, a movie, or over to each other's places to fuck. She admitted that she legitimately wasn't seeing anyone else during that time.

I just said matter-of-factly "Ohhh, well this is awkward, but you were one of three."

You should have seen the look on her face. ***It was the same look she gave me when I told her that I cheated on her.***

"Oh, I didn't know that you were that type of guy...."

At the time I found that statement funny, and now I know why. The same kind of bitch that ain't mind going on multiple dates when it came to other dudes, have a few flings and ONS, is judging me for 'multidating' with her before we were even official?

So I asked myself why?

Then during some study time (read: meditative porn time) it hit me like an epiphany.

Casual sex and the dating market is only seen as bad ***when it is the reason why they can't lock down the man that they want.***

So they blame tinder hoes, thots, 'Pick-me' bitches, etc, etc, because if they didn't exist then the man that they desired wouldn't have strayed or had more options to explore away from her.

In their mind, every guy up until the 'LTR-material' guy was simply a "learning" experience. Now she's ready for the "real" thing. But there are two things that they don't consider.

1) He has other (better) options

and more importantly.....

2) He doesn't see her as anything more than what she saw the last guys as - something fun to do

You see, when bitches talk about the guys that came before (and during pillow talk they love going down memory lane) there are men who they just didn't care much for. Hell, even ex-husbands are treated that way. Of course, she still fucked all of those men, but they didn't mean anything and what's more, "they just happened to be there."

So when the shoe is on the other foot, and she herself "just happened to be there" for a guy that they caught feelings for, *they cannot handle it.*

And we have a term for what these women end up as.....

Alpha Widows.

Hell, that shit reminded me of a Trey Songz lyric in his song Love Lost

"When the one you need, don't need you. What do you do?"

And the sad truth is....

They don't know what to do

And that is, the harsh reality. And why now I went from indifference, to a small little twinge of pity for a lot of bitches during these sexually liberated times.

The very same market that allowed them to explore their sexuality, is the same one that also allowed the men that they wanted to lock down to do the same. Thus, it's a gamble to see if the man that they caught feelings for actually likes them, is just fucking them, or will eventually come across a better option and throw them in the trash bin.

So, essentially, they hate being put in the same position that a lot of men are put in when it comes to dating women - the one with more to lose.

What's the point of it all then?

It goes back to what one of my OGs told me about street life and just life in general.

"There's no rules to this shit."

Act accordingly.

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UPVOTES

Insecurity in a relationship is asking to be broken up with.

h0tB0xing · 15 June 2020 · Archived copy · Reddit

We operate on a completely instinctual world, no matter how much we pretend we're above our primal instincts, we are not. My friends fiance recently called it quits after 4 years of a smooth relationship. He dropped his frame for a second, and opened up to her about his insecurities, he was going in heavy regarding being sexually abused as a child, and how it mentally fucked him up, and was crying in her arms. Not even 2 weeks later, she suddenly called it off. This was the first time he ever opened up like this, and even I being his best friend was not aware this happened to him. Women look for security in a man, and once they smell any sense of insecurity they leave, despite how fucked up the situation is. It's best to talk about these things with a male friend, or a female friend you are not sexually involved with assuming she keeps her mouth shut. This is not all women, and I imagine there are a few out there with a more caring spirit that can look past this, but it is not worth the risk. It is so sad, that this is the world we live in, but needless to say, and one of my favorite sayings that still holds true. "Women do not build, they move in".

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UPVOTES

My Experiences Working At One Of The Most Red Pilling Jobs On Earth.

FarFromAverage7866 · 16 January 2022 · Archived copy · Reddit

This is a long one, and don't mind my grammar errors as some had complained of it in my other posts. English is not my mother tongue.

Back when I was 18 and fresh out of high school, I had randomly met this person at the mall. You know, just casually. We had a good conversation, and this guy to me seemed pretty based. Turns out, he actually owned a very high end club near where I lived at the time, and asked me to join and bartend because he liked my communication skills. Where I live, you can legally serve alcohol when you're 18. At this time, I wasn't "red pill" at all. I had a classic case of oneitis which I really couldn't get over (high school things) and she had cheated on me, because I was just too open and honest with her. Basically I had no game, was too genuine and frank. Thinking back now, I was dumb and in a delusional fantasy world of where, "I'll marry this unicorn and live happily ever after." After breaking up with her, I somewhat had "woken up" to female nature, but I hadn't fully yet. But working at the club changed my life forever, and for the better.

Coming from a blue pill world, I was completely SHOCKED in my first couple weeks of working there. I just couldn't handle it. There's a myth of men being "majority" of the customers at the club. In my experience, the ratio was pretty balanced and majority of the women who used to come, was for their classic "girls night out." So many women I have served alcohol to and overhearing their conversations, one thing I must say, "Girls only just want to have fun." Majority of women have no purpose, or mission in life. Majority of what they used to talk about was, either their "bad boy" bf who's keeping them on the edge and complaining to their GFS about him, or it was about the guy who they wanted to fuck and their GFS giving their advice on "how to catch him."

The funny part is, as much as the feminists say, "Women want respect and want to be cared for" that's far from the truth. Women know instinctively, it's only their beauty which will attract a man. Their girlfriends always used to give advices such as, "show off more of your cleavage or booty girl!" And things such as this. Women instinctively know, they're only good for sex and they will do such things to "attract" a HVM in their eyes. They know their true value, but they act as if they bring so much "more" to the table, other than their pussy. That's how they cope with their random feminist ideals.

As TRP says, "Women want drama, entertainment, and something to talk about in their lives" and want that "emotional rollercoaster", this is nothing but the truth. Majority of the women that used to come who were fuckable, were always complaining about their boyfriends. Many were regulars, so I used to see them often and overhear their conversations. And it was the same complaining and bitching each time, about how their bfs are "unreliable and unpredictable" etc to their girlfriends. While they used to say this, one thing my BP mindset used to tell me was, "If he's so unreliable and unpredictable and all that, why's she still with him?"

Now as I know, unreliability/unpredictability and mysteriousness keeps that pussy wet and keeps her on the edge, with that highs and lows of the emotional rollercoaster. None of these women had the boring and reliable "Beta Billy" as their boyfriends. All had (because they were young) the stereotypical "bad boy" who's unreliable but she still can't get enough of him, and keeps chasing him. Betas bore women and make her pussy drier than the Sahara Desert. Why? Because they're so predictable and just plain boring. They have nothing interesting or entertaining going on in their lives. Girls just wanna have fun, and need that consistent drama/entertainment to be on her toes and want to be in a constant "emotional rush" which only the "bad boy" can provide.

And then oh, also, there were few regular milfs. I think they were in their late 30s or early 40s, married and had kids. And they used to sit at the same table. So as I used to serve them, I used to over hear them complaining about their husbands which we all know as the "good boy beta billy." None of these women were genuinely "happy" to be with their husbands. Only trophy wives at best, and were always complaining of how their husband is working 24/7 and not taking them to trips and what not. And how "he just comes home and sleeps" or "how he doesn't give

enough time to her" or "how he didn't finance the new car and says it's gonna be too much bills" etc. One thing that bothered me of all this was, these milfs while they're coming to the club and having fun, her husband is working his ass off to keep her "happy" and they just never appreciate it. And always only complaining about their husbands. Once you're married, no matter how "alpha" or "red pill" you are, over time, you lose "frame" especially when the kids come in the picture. You can't give her the "emotional rollercoaster ride" 24/7 and over a period of time, it becomes a boring old routine and she will eventually go through her epiphany phase again, of riding the cock carousel just like when she was younger. She wants the "excitement" and the drama she had, before marrying the beta buxx. And unfortunately, beta billy will never be able to provide that excitement. Or, she will do the classic, "I'm not happy" and screw him over in the divorce courts. The quote that resonates with me a lot from here is, "She's never yours, it's just your turn." There is literally no point of marriage for a man in the modern age, especially with these corrupt divorce laws. Marriage is a failed institution, and the divorce statistics don't lie.

The waitresses that worked there, all of them were hot and fuckable. I didn't hit on any of them, but the thing that completely stunned me was the dishwasher was piping down the cocktail waitresses. [??] This dude is what you call a typical "jerk" with the tattoos and what not. He had a huge physical frame and he had also played college football. Idk why he chose to do a dishwashing job, but he was fast and good at it. And one thing about him I remember, this guy did not give a fuck about whatever anyone taught about him. He said what he wanted, and had that idgaf attitude. I remember once, I was giving some plates to him and the waitress he was piping down was also there. So he goes like, "I can't wait to do you after work" and she was blushing and giggling. I had this idea ingrained in my mind that women don't fuck losers or guys like dishwashers, but oh boy, I was wrong.

This just shows, "She will make rules for the beta, and drop her panties in a flash for an alpha." The guy who makes that pussy tingle, she will not make him go through all the hoops and hurdles to obtain that pussy, even though he doesn't have money or "status." She will signal him, and because he knows how to read those signals, he will be fucking her in no time. While beta billy? He had to make the list and go through all the hoops and hurdles that she had set up for him, only for her to manipulate him with sex and little does he know, he's only her "safe good boy option." Also, that real attraction that's supposed to there, is just not there. Majority of the "alpha widowed" women, will never in a million years be attracted to their boring beta buxx hubbies. Once she's Alpha windowed, it's over for the guy who marries her.

And oh, also, for the guys who think the waitress is "flirting" with them at the club? She's only doing it, so you can tip her more. Overhearing the waitresses talking to themselves, one thing I'll say, majority of these women are hypocrites. Majority of them are swearing their asses off on the customers in the kitchen, while when she goes to hand their food, she has that fake lovey dovey smile and what not, and unfortunately many men fall for it. That smile, or that big cleavage that she's tryna show off, is not because she "likes" you. It's only because, you can tip her more and fuck the right off. A lot of these waitresses get hit on constantly, and they know how to manipulate men in getting what they want, and working at these places makes them even more sharper and clever regarding it.

And oh lastly, how can I forget the club fights. I witnessed just too many, and majority of the fights were for 1 reason only. And that was pussy. When the guys got drunk and something happened, or someone said some shit about some chick, Damn. I myself had to call the police once as the guys were going at it like crazy. Some guy's friend revealed to him while he was drunk that, he had slept with his girlfriend before they were together. Then this guy because he was also drunk, just got up and punched him and they went at it, and then their other friends joined in and it was like a brawl in a Ice hockey game where everyone joins in the fun. A scene to be witnessed LOL. Why? Just because over a piece of pussy. The chick wasn't even there. The guys did good amount of damage to the tables and what not, and I think they paid a huge fine. But this is what happens, when you take pussy too seriously. If that guy was red pill, he would have known, "She's never yours, it's just your turn" and would have remained stoic and used her only as a plate. But unfortunately, we have guys killing each other, over fucking pussy. Like what the fuck. That's why, never get overly emotionally invested with any women. It's never worth it in the end.

After awhile working there, I quit because I was moving away from that area. But that job changed my whole stance on how I view women and marriage and the world in general. The truth set me free. I used to have this blue

pill mindset of how, "I'll marry some unicorn and live happily ever after" and all that bs, but working there really made me wake up. Then shortly after, I discovered TRP and connected all the dots and it all made sense. There is not one thing I can ever disagree with TRP on, because I have witnessed majority of the things right in front of my eyes. Every saying, and every "theory" is indeed correct. RP not only saves lives, but makes you wake the fuck up, to the harsh truth and reality of the world, which society will never teach you. Society wants you to be a loser and dumb, just like any other blue piller out there. I advise all the men, to work at these types of places for the hell of it. I guarantee you, you'll truly wake up and will come out of the blue piller matrix.

Thanks to all the writers here, who have shared and contributed their golden knowledge and wisdom over the years. Every once in a while, every man needs that harsh, but true wake up call when he slips away, and heads towards the delusional fantasy of the blue pill mindset. And this sub indeed, provides that wake up call to get back on track and on your mission.

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UPVOTES

Don't wait for the New Year

Snufek · 1 January 2018 · Archived copy · Reddit

That's a pattern. You will change, just not today. Today you cut yourself some slack, because you will start tomorrow. Except you won't.

Who the fuck are you kidding? If it was important enough you would do it today. Instead you just throw empty promises around to feel better about yourself. You don't want it bad enough. It shows.

There're still some hours left in the day. There's still time to lift, to pick up the damned book or put in some work. And for god's sake, it's not only about the New Year's Resolutions. It's about life. Each day, you let those hours slip like it's nothing. Because you think there's still much time.

For now, there is. But one day, you will wake up being obese, stuck in a horrible job and without any hope for the future. You will stare blankly at the ceiling as you hit snooze for the third time, hating your life. Who will you blame then?

Don't start today, because it's a New Year. Fuck the New Year. Start today, because it is today. Because it's NOW. And NOW is the only good time to start something, if it is really important.

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UPVOTES

Show a slutty girl true acceptance, and she'll be slutty for you, too

CainPrice · 16 November 2018 · Archived copy · Reddit

Summary: Women hide their sexual sides from men they like out of fear. If you can make a woman feel accepted, without any expectations or judgment, she will show you her true, sexual self, and thank you for the opportunity.

A story as old as time, or at least as old as the 21st century: a woman spends her 20s partying and having some quantity of casual sex, that quantity ranging from moderate to absolutely jaw-dropping. Around age 28-32, she's had enough of the party life and wants to get more serious with a special guy. She takes things slower with him. They have a mediocre but not incredible sex life. That's okay with her, because she loves him for other reasons. He wouldn't mind a little more sex, but he's happy to have a devoted girlfriend who's good to him. Then he finds out that before she met him, she was a very, very busy girl. He shits his pants, because he thought he was dating a good girl, and it turns out she's a slut. He has no idea how he could have missed the signs or how she could have fooled him so thoroughly. Worse, he has no idea why she wanted to fool him in the first place. Why would she want him to think she's less sexual than she really is? Shouldn't she want to be sexual with her serious boyfriend as much or more than she wanted to with casual guys?

In modern times, sexuality has become pretty fucked up.

Men and women are both sexual creatures. Women especially. Women think about sex a lot more often than we're led to believe they do. Women masturbate. Women watch porn. Also, since finding guys willing to fuck them comes pretty easily, women have casual sex. A lot of casual sex. Why masturbate when they have willing partners?

Most women you've met have done things that would make your jaw drop if you knew. If you've never gotten a blowjob in your car from a woman on her lunch break from work, you don't know women.

The number of women who like their hair pulled during sex, being spanked, being choked, having their arms pinned, being shoved against walls, being fucked hard (and I mean hard - whatever you think is hard, they like it twice as rough as that) - it's staggering. Women love exploring. They love fun, playful sex. They love dirty, slutty sex. They love to feel desired, sexy, sexual, and even a little slutty. In the right context.

The thing is, when a woman really lets her sexual side show, that's a very vulnerable time for her. She doesn't want to be rejected. Worse, she doesn't want to be judged.

That's why the woman in our story as old as time hides her sexual side from her serious partner. She wasn't less attracted to him than she was to her casual partners. If anything, she was more attracted to him, which is why she worked so hard to pretend to be a good girl to keep him. She wasn't trying to con him. Not really.

She just didn't want him to look at her differently.

She was afraid that if she let her sexual side show and was as dirty and slutty as she likes to be, he wouldn't look at her the same way. She was afraid to be vulnerable in that way for him.

A lot of women, feminists, and blue pill guys would shout at this man and tell him that he has no right to feel the way he feels, or to judge her, and that he has major insecurities. In truth, he probably does feel a bit insecure. But the man in our story isn't concerned with his own insecurities. He's concerned with hers. He's with a woman who feels like she needs to hide herself from him and pretend she's something she's not. He's not worried that his girlfriend is going to suddenly leave him to go hook up with guys in bars again. He's worried that he's spent the past however long they've been together not knowing the real her, while she's felt like she needs to hide her sexual self from him.

She's the insecure one. Why is she hiding her sexuality from him?

He didn't judge her. He never had the chance to judge her. She didn't give him that chance. She was the one that judged him. She judged him as someone she couldn't be vulnerable with.

It's really a fucked up situation. Women are afraid to be vulnerable for their serious partners. But when they meet a fun guy for a hook-up that they're not going to see again, they can really let go and be themselves. They can be forward and fun and flirty and dirty and sexual and slutty, and it doesn't matter because they don't care if they see this guy again. A woman will be more vulnerable for a stranger than she will for her husband. A woman will be more true to herself and her sexuality with a guy she meets off of Tinder and never sees again than with her serious boyfriend.

When women are more vulnerable – more intimate – with strangers than with their serious partners, this causes them to separate love from sex. When a woman doesn't want to date a guy but she's horny, she'll let her true self show and go home with him an hour after meeting him so he can bend her over her bed and ram her from behind while yanking on her hair, then finish on her tits. And she'll enjoy the hell out of it. But if she really likes someone, she will be less eager and less enthusiastic about having sex with him, because she has trained herself over the past decade to treat love and sex as completely separate entities. Somebody she really likes earns missionary sex after romancing her for three dates, but never gets to see her true, sexual self.

Despite how evil we would like to believe women are, this isn't always a mercenary act of manipulation, done to trick guys they're not attracted to into commitment. This is primarily a defensive mechanism, born out of fear, not malice. She's afraid. Love and sex are separate for her because being her true, sexual self is vulnerable. If she's her true, sexual self with a loved one, she's afraid he won't look at her the same way.

Obviously, as Red Pill men, we want to be the kind of guy for whom women show their true sexuality, rather than the kind of guy who gets misled. There are two ways to approach this.

First, you can become the kind of guy who is sexy, but that women don't want to date.

We focus a lot on this first approach. Hitting the gym, improving our social, professional, and recreational lives, being fun and interesting, demonstrating confidence and value, but also bantering, being cocky, aloof, uninvested, and a bit of an asshole. Challenging women to earn our attention. We become the perfect guy for a hook-up. Someone hot and fun, but someone that a woman wouldn't want to date seriously.

Second, you can become the kind of guy that women trust not to judge them. Someone they're comfortable being vulnerable with.

We don't focus as much on this second approach. How to get a woman to really feel comfortable and open up for you sexually. How to get a woman to trust you with her vulnerability, as she lets go and gives you 100 percent of her true, sexual self. This one is a little bit harder, because for that to happen, a woman needs to trust in your ability to love and connect with someone, without judgment or expectation. A woman needs to trust in your sense of acceptance.

There's a threshold a man who knows the game can eventually cross, where he passes from being knowledgeable at the game, even skilled at it, to accepting the game. He reaches a point where he's no longer playing the game against women, or for women, or to get women, but is instead playing the game with women, together. Whatever happens, whatever a woman is like, it's all good. It's not that he doesn't care. It's that he accepts, perhaps even appreciates, each woman for who she is.

That is the man who can fuck a woman into oblivion, treat her like his dirty little slut, and when the sex is over, she will snuggle against his chest and thank him, and feel closer to him than she's ever felt to another man.

Accepting women, without judgment or expectation, and giving them the space to be as dirty, slutty, and sexual as they are, will lead to the truest connections, the greatest amount of intimacy, and the best sex. If you can be that guy, you will know a woman better and more intimately than her future husband ever will. You will see the real her, while her husband sees only the mask she wears for him.

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UPVOTES

Emma Watson says, "Gender equality not only liberates women but also men from prescribed gender stereotypes" as she dates an alpha male jock

redpillbanana · 24 September 2014 · Archived copy · Reddit

Emma Watson: "I want men to take up this mantle. So...that their sons have permission to be vulnerable and human too — reclaim those parts of themselves they abandoned and in doing so be a more true and complete version of themselves."

But remember that TRP encourages you to watch what people do, not what they say:

<http://theothermccain.com/2014/08/19/celebrity-feminist-emma-watson-says-something-really-stupid-on-twitter/>

...she has become "Goodwill Ambassador for UN Women," a job that evidently requires her to say silly feminist stuff on Twitter, e.g.:

Gender equality not only liberates women but also men from prescribed gender stereotypes.

Ri-iiight. Because what guys really need is to be liberated from "prescribed gender stereotypes." All the hot babes like Emma Watson are crazy for guys who don't fit "prescribed gender stereotypes," right? So you will probably be surprised to learn that Emma Watson is dating a ~~bald scrawny impoverished poet~~ the biggest jock at an elite university:

According to a multiple outlets, the 23-year-old former "Harry Potter" film star has recently begun dating a fellow Oxford University student named Matthew Janney. . . .

The UK's Mirror reported . . . that Janney, 21, is not only a student at the prestigious institution, he is also a star rugby player for their varsity team. Despite his prized athletic skills, Janney has also been recognized for something else: his looks. According to the report, the college student was named "Oxford's most eligible bachelor" and "best looking player" by the university's rugby team's official Twitter account.

In other words, an Alpha male, the epitome of "prescribed gender stereotypes" from which Emma Watson says we need to be liberated.

Smart young fellows figure out that listening to what women say is less important than watching what women do. Women are constantly saying they want sensitive Ashley Wilkes types, even while they're actually going crazy for the Rhett Butler types. But women are hopelessly fickle and self-contradictory, anyway.

As a man in our new feminist world, you are liberated from your gender stereotype and have permission to be vulnerable and human. And women have permission to dump you for the next nearby alpha male who decided that he doesn't need to be liberated from his gender stereotype.

Hat tip to [/u/nix_on_the_glowworm](#) for exposing me to this article, [/u/TRPsubmitter](#) for the idea of submitting this, and [/u/justmanthings](#) for posting the original quote about "taking up the mantle".

Edit: [/u/We_Are_Legion](#) suggests including this excellent image from [/u/tremenfing](#): <https://imgur.com/J5L4Ien>

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UPVOTES

Don't Talk to Me Like a Bitch.

Whisper · 14 July 2015 · Archived copy · Reddit

"Hi, I'm Noh Wang, and I think I'm a hopeless case. I'm Chinese, 5'1, 110lbs, a virgin, and hopelessly shy. Women never notice me, and I can't muster up the courage to talk to them. I've never looked anyone in the eye since I learned to walk. Every night I go home and soak my pillow with tears, hating myself for being me. I know I will never be Alpha, but can you please help me, or just tell me it's hopeless so I can kill myself (except I'm too much of a pussy to actually do it). I'm so miserable. Please help."

You are talking like a bitch. Don't talk to me as if you were a bitch.

I'm going to take a wild guess here, Wang, and say you were raised with an absent, uninvolved, or pussified father. Because you are speaking woman-language to me, and you are trying to get woman-help.

You are trying to get me to rescue you. To fix your feelings. To dry your bitch-tears and tell you it'll be all right.

That's how bitches talk. Bitches talk like that because it works for them. If I see a cute little piece of girl crying and begging for help, my male protective instincts are going to kick in. I'm going to feel some sympathy, and maybe pick her up, dust her off, and parent her a little bit, teasing her for being so upset at this silly little problem, and here's what we're going to do about it. Then I will fuck that bitch so deeply that whoever pulls me out will be declared King of All England and Scotland, and things won't seem so bad anymore.

That's men are wired. **Bitches talk like that because it works for bitches.** If they cry, big strong Vikings like me come along and give them a big helping of Alpha male attention and Alpha male cock, after which they have nothing to cry about anymore.

And bitches taught you to talk like that because they are bitches and that's what they know. Bitches aim for sympathy because it works for them when they do.

But you know what you get if you talk to me like a bitch? Contempt, that's what. You disgust me. It's as sickening as if you had put on lipstick and a dress. Because you are not a cute little piece of girl, **you are a man. And you sicken me when you don't talk like one.**

The first thing you need to do, Wang, is talk like a man. **Don't aim for sympathy. Aim for respect.** The bitches who raised you never taught you to aim for respect because they don't know how, and it doesn't work for them anyway. Of course they don't do it. A bitch aiming for respect is as disgusting as a man angling for pity. It's as sickening as if she had stopped shaving her legs, put on a false mustache, and started swearing like a sailor. Bitches get sympathy. Men get respect. Drill that into your fucking skull, Wang. I know you have very little to brag about right now, but **if you do not strive for my respect, I will not help you.**

So if all you have is pain, then impress me with how manfully you bear it. Take responsibility. You have a long road ahead of you, but show me you're ready to pick up your fucking backpack and march, and I will point you in the right direction.

Tell me this:

"Hi, I'm Dam Sun, and I've got a shit-load of work to do. I'm Chinese, 5'1, 110lbs, a virgin, and hopelessly shy. Women never notice me, and I haven't yet mustered up the courage to talk to them. I don't look people in the eye, and I have a lot negative self-talk that I need to fucking stop doing. I've read the sidebar, and I know many of the places I need to go, but there are so many things to fix that it's hard to know where to start. What I think I need is a set of easy intermediate goals, a few homework assignments to get me started. So I'm asking for suggestions."

Now **at least you're talking like a man.** I'll still kick your lazy ass for being lazy and needing your hand held, because *I came up with this shit and did it when there was no TRP at all to help me*, but at least that kick will be a force pushing you in the right direction. At least you'll be worth berating, which is a start, and more than you'll get

from talking to me like a bitch.

Better yet, read the fucking sidebar, lurk TRP and askTRP, work on yourself as if you were just another man who needed the standard advice and not a custom program, and, a year later, write me this:

"Hi, I'm Long Wang, and I've made some progress I need to know how to capitalize on. A year ago, I was a 5'1, 110 lb Chinese guy with severe shyness. I read the sidebar, went into monk mode, started lifting, cut sugar out of my diet, did a cycle or two of Test-cyp and Tren, practiced talking to strangers. Now I'm 5'1 and 160 lbs and ripped, and I can look people in the eye and talk to them. I've started seeing women's eyes sparkle when they look at me, but I don't quite know how to turn attraction to lays. Any advice on good resources and tactics for sealing the deal?"

Then you'll have my respect.

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UPVOTES

Do Not Open Up to Women About Your Struggle

mackstarmagic · 10 May 2016 · Archived copy · Reddit

Intro

I recently broke it off with a girl I have had as a long term plate/LTR of sorts. I will be honest it was not easy. The sex was the best I've had and she had an adventurous personalty which matched mine. The past month leading up to this I was in a rut and unsatisfied with my progress. I am currently working as an engineer and have been feeling it is holding back my SMV. I began to obsess about what I can do to satisfy my ambition. It caused me to fall into a low energy state and get bogged down.

Don't Open Up or Express Turmoil

Knowing better but wanting the warm fuzzy feeling of having someone be there for me, I made the mistake of turning to my LTR. I opened up to her about my internal struggle and some of the things I wanted to work on and change. Guess what? Two weeks later she is fucking some hippy bartender. I know the laws, but it was a wakeup call that women will not respect your struggle, even when it is the slightest. Instead they will do the opposite and take advantage of you showing your weaknesses. Don't go to women for support, turn to your male friends instead.

Being Vulnerable

You will hear people say "Be Vulnerable" this does not mean open up and show a women your soft side. Being vulnerable to the RedPill means taking chances and facing rejection and turmoil, not hiding from it. A women will never understand your ambition and drive. They don't need to get better or improve themselves "not until they reach the wall anyways". There is no benefit in confiding in them for advice on the matter.

TD;LR Work through your struggles on your own or with other men. Do not confide in women even if they are close to you.

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UPVOTES

How to ignore her beauty: Understand it is a Disguise.

The_BitterTruth · 18 July 2017 · Archived copy · Reddit

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UPVOTES

Kiss on Oprah discussing RedPill theory on an audience full of women

blackdowney · 1 December 2019 · Archived copy · Reddit

<https://www.youtube.com/watch?v=fY8eUjbeezY>

717

UPVOTES

Wealthy man hides past to find a good girl = Liar. Slut hides past to find beta provider= OK.

el_nikon · 17 October 2015 · Archived copy · Reddit

Summary

Women are the gatekeepers of sex and men are the gatekeepers of relationships, and its common to say that, in this exchange "her past doesn't matter." The common wisdom today is she should conceal it to get a good man who doesn't want her for just sex. In fact, its typical to say that him asking about her sexual past is just asking for trouble. This is a strong move for her sexual strategy.

What about his past in this exchange in regards to relationship and provisioning? What advice does a wealthy man get if he wants to hide his wealth to get a "good girl" who doesn't want him for his money? Then the advice is to show his hand. This is a weak move for his sexual strategy.

Body

People on TRP have described hiding the past and the adage "*women are the gatekeepers of sex and men are the gatekeepers of relationships*" with this script-flipping description.

No sweetie, I used to fly women to Europe on spontaneous weekend dining and shopping excursions, but I'm different now. The past is the past.

Rollo covers the relationship dynamic when a male discovers his wife's lurid past and his feeling of dejection in the article "[Saving the Best](#)." Of course, r-relationships [thread](#) after [thread](#) tell men that the "past doesn't matter" in regards to her sexual past.

But what about if we flip the script properly and find a man who hid his financial past? What kind of advice do men get and is it helpful for their sexual strategy?

Here is an example of a wealthy man who is quite dejected about how women change when they see his beautiful home.

I feel like my house destroyed my dating life. Since moving in I had four ~2 month long relationships and they all followed the same pattern. Things would be going great until about a month in when I'd bring them over to the house for the first time. I don't know how to describe it other than it's like their behaviour would change after seeing my home, and it'd weird me out to the point of breaking up. Here are just some of the notable examples:

Ex 1. We were both very adamant about having safe sex, but shortly after the first time coming over she started wanting to have a lot of impromptu sex sessions and almost seemed disappointed when I'd stop for a moment to take out a condom. After a few times I started getting suspicious of her intentions and ended things.

Ex 2. One day as she left my place I saw her take a selfie in front of my house before she got in her car. She had previously told me about her instagram account, so I looked it up because I was curious to see her photos, especially since she took several whenever we went out. I saw about 16 different selfie pics of her from different vantage points at my house, but NONE of the pics of us together were on there. WTF? I got weirded out by that and some other things so I ended it.

The other two simply started trying to make the relationship too serious too quickly, talking about moving in (after five weeks, seriously?) or becoming very possessive. Even my friends commented on the changes in how all four women acted before and after seeing my house for the first time, so I know this isn't just me being paranoid.

His gut reaction is natural revulsion. He doesn't want to be a beta provider. Due to perceived threats from women who want his resources hes trying to hide his provisioning.

In the gendered sexual contract, ♀sex does not equal ♂sex, but ♀sex=♂relationship (provisioning, commitment). The advice is for her to hide her cards and for him not to ask. Flip the script.

R-relationships asks him, of course, to show his cards and give up his defensive strategy.

1457: If you trust her, tell her. If not, you're in a tough spot. She will continue to think you're cheating if you dodge this with a lame excuse. If she's worthwhile, tell her.

1276: He came to pick me up in a Porsche, explained how I'd passed his test. He'd lied to me about the roommate, but also about his job, and some of his hobbies. Basically, I didn't know him at all. It was so embarrassing that I'd been so dumb. And I didn't want to keep seeing someone who obviously had no problem lying to me.

730: this ruse is likely to run off the type of women you actually want. Come clean now and show remorse. Maybe she can try to understand, but if not, don't do this in the future beyond a few dates. You seem to have a good head on your shoulders and realized the true motivations of your exes before getting too heavily involved. Just be smart and trust your gut.

388:Yes. The funny thing about that future situation is that if she leaves you for being dishonest, you will finally know for sure that she didn't care about the money. If she decides to stay with you after learning about your large fortune despite knowing you lied to her a lot? Well, there's more paranoia for you.

Added

Sexual strategy script-flip, just for fun.

♀ Thread: [boyfriend is jealous and sad about my sexual past](#)

Top Comment: Your BF has internalized a whole bunch of gender oppressive, sex negative bullshit and it's turned him into a cringing self-centered insecure bag of slop that can't handle the fact that the whole world doesn't revolve around his penis. To help purge him of these shitty attitudes I recommend tying him down in a chair and forcing him to watch Chasing Amy followed by listening to every single episode of Dan Savage's Savage Love podcast. Maybe that will help.

♂ Thread: [My\(24F\) boyfriend's\(28\) sexual past \(threesomes, orgies, polyamory, gay sex\) makes me feel insecure. Most of his friends have been sexual with him in the past.](#)

Top Comment: it sounds like you have different values in general. i personally would stay away from someone with a past like that.

Nice follow up comment: I really have to wonder if this would have been the top post if the genders were interchanged.

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UPVOTES

CorporateLand: How to Handle Salary Negotiations.

VasilyZaitzev · 1 December 2015 · Archived copy · Reddit

CorporateLand: How to Handle Salary Negotiations.

TL;DR: If you are working in CorporateLand, read this. If you are not, good for you, but read it anyway. This also applies more to moving from one job to the next and less so your first gig, b/c you will have more leverage when you are already a CorporateLand resident. Until then you are basically an illegal alien with no rights.

Note 1: If you are a total noob, like fresh out of school, they may ask about your 'other offers' which are, of course, none of their business. Everyone has a pretty good idea how to value fresh talent, or at least what the going rate is for noobs, so you're not going to have a ton of leverage

Note 2: I was going to write a longer piece on interviewing, generally, but then saw an askTRP question that DEMANDED that I Strike Back in the Name of Justice, immediately, and that reply formed the basis for this piece (which is, to the candidate, the IMPORTANT part of the process, anyway), which I thought I should get out there.

[EDIT1: There isn't an edit yet, but there will be. I'm good for about 4 each time, b/c I suck at formatting, I suck at adding flair, I want to add pertinent information, or I commit some crime against the English language so heinous that it requires correcting.]

Body:

Once you have established yourself in your first job (note: that's job, not career. Nobody really has a career anymore), you will eventually decide that the time has come to make more money. Or you're going to decide that the toxic environment¹ at whatever Corporation you are at has become too much for the amount of cheddar they are willing to trade for it. Either way, it's time for you to at least test the waters and see if you can jump ship. The best time to find a new gig is while you are employed, b/c when you're unemployed, you might as well have some horrible contagious disease that someone might catch from you b/c that's how you will be treated.

Nowadays, the best way to not get *totally* ripped off on salary, once you have outgrown your current position is to bail. It's that simple. Either take their '~~merit pay increase~~' shitty 3% "COLA"² or pack your bags. If they give you something more than a COLA it probably means that you should have bailed a long time ago. Most people will put up with known "medium shitty" over unknown anything and CorporateLand knows it.

There is always the possibility that you *might* find a company that does not have its head COMPLETELY up its ass, but that's not very likely. Forward thinking just isn't rewarded all that often, b/c of the tyranny of quarterly reporting. Quarterly reporting rewards "Results: Now" and squeezing every bit of ~~value~~ life out of employees, or as they are sometimes called "cost centers".

Okay, on to Salary Negotiations: Here is one Total Hard and Fast Rule, No Matter What Anyone Tells You:

Never Ever, EVER tell them what you are making now. Never Ever, EVER tell them what you are making now. Never Ever, EVER tell them what you are making now.

Got it? Good. Now repeat that to yourself a thousand million times. If you are asked this in an interview imagine that I am sitting next to you telling you that I will bash you over the head with a fucking sledgehammer until you are dead, thus taking your worthless self out of the gene pool. Then I will piss on your corpse. And I will be right.

Whatever Reason They Give You For 'Needing' to Know Your Salary History is Bullshit

How so? First, **the motherfuckers you are dealing with have already budgeted for the position and thus, they already know what they're willing to pay for it.** So fuck them, they're just trying to screw you.

Oh and it's going to be the people who don't want to tell you what their proposed salary range is that are the most insistent that you tell them, blah, blah, blah. Fuck them, they are just trying screw you (are you sensing a theme,

yet?)

Sometimes you get some story about **“managing equity in the department.”** In other words, they expect you to be bound by someone else’s shitty negotiating skills, life problems (i.e. the got someone who desperately needed the job, has a shit-ton of alimony or child support, or was otherwise defective). This is **NOT YOUR FUCKING PROBLEM!** Keeping some simp who took less than he was worth happy is their problem, not yours. Your job is **MAXIMIZING** your own income so you can pop bottles and bang broads on the weekend.

Another variation is If they give you some bullshit about how **“We need it to evaluate your candidacy.”** That’s bullshit--they are just trying to get you to give away all of your power and let them know how cheaply they can get you. I asked an HR drone how exactly they needed it to evaluate my candidacy? Tell me what they have budgeted for the position and I will evaluate my candidacy for them. What they need to evaluate your candidacy is your resume, an understanding of your talents and accomplishments, and a face to face interview to see if you have a **Second Evil Head** growing out of your shoulder. That’s it. Oh, and a background check to be sure that by “graduate school” you didn’t mean “prison”. It could happen.

Also, they probably think that **your previous employer had your value pegged about right.** Why they would think this when they suck at it is beyond me, but I can tell you for sure that HR departments are hardly overflowing with talent. As I said in my initial “CorporateLand” post, they are basically the “Elephants Graveyard” for people with No Fucking Talent.

“But Uncle Vasya,” you say, “What if they ask three times and won’t continue my candidacy if I don’t tell them?”

DO NOT TELL THEM. And don’t ask questions that make me look around for my **sledgehammer!**

Here’s the deal: any place that is this insistent is going to suck to work at. How can I tell? Because even their HR drones suck more than usual. Oh, and here’s another rule: **Any place that demands W-2 or 1099 verification is going to suck so bad that they might as well have an “Arbeit Mach Frei” sign over the entryway.** They probably will follow you around after hours to see if you’re violating the company’s “no sluts” rule.³

[EDIT2: A commenter who is in HR posted that this is now a compliance thing for government contractors. I’ve always been a private sector guy, where what I posted is still likely true.]

And don’t give them a range, either. It can work out badly for you in a number of ways.

“Three things can happen and two of them are bad.” -- Maniacal Football Coach and Pugilist Woody Hayes, on the forward pass.

Let’s say you are making \$160K (I know, but the numbers are made up and the points don’t matter) comprised of \$90K salary and a \$70K bonus. Assume that the company where you are applying has budgeted the position you are applying for at \$120K-\$140K. If you say *“I earn a package worth \$160K”* then you’ve priced yourself out of it (which is probably a good thing, but maybe you’re willing to take a \$20K pay cut to get away from your soul-destroying boss, or something. This is just an example to keep the OCD under control). If you say *“I earn a salary of \$90K not including bonuses and benefits”* then you are some loser who isn’t qualified enough for the position, otherwise you’d be making more.

Now, should they ask what your bonus is? Well, this is a trick question, because you never should have told them your base, but the secondary answer is “yes”, but HR is not known for having creative thinkers. It’s known for having “check the box” morons who just want to be done with you and go back to the 9-to-5 coffins.

Now, at some point, you may run into a hot chick in HR. They’re usually *very* junior and will do things like show you to the conference room where your interview will take place, or fetch coffee for you. They should, of course, be out locking down a man and having babies. What they are doing instead is working in some worthless job, doing nothing of real value, and complaining that they aren’t paid enough. They’ve bought into the “Big Lie” about “GRRRL POWER!” and will work that shitty gig until, around 28 or 29, the first stirrings of rebellion escape from

their uterus (uteri? Who cares, the Romans are all dead b/c they fucked up by rotting from within) and lay siege to their brains. Why these chicks don't figure out sooner that all of the women telling them how wonderful being an "Independent Career Wymyn!" (read: loser) is so awesome are all single, post-Wall, no-man-having Cat Colony Owners is beyond me. But I digress....

How to Handle the "Salary" Question.

As an initial matter, if you are applying anywhere that requires an application (and some corporations are still stuck in the 1950s in this way), leave the "salary history" bit blank, or put a "--" there. It's none of their fucking business.

When you get asked in an interview, answer this way:

Once you have decided, I am the right person for the job, I am sure we will arrive at a number with which we are both happy.

Really, this should be the start and the end of it. But it likely won't be. Nevertheless, you should stick to this position, i.e., that discussing salary is premature at this stage. If they want some comfort, tell them to tell you what they have budgeted for the position, and then you can decide whether it's worth your while to continue with the process.

Alt (early in the process): *"Let's keep an open mind on that for now."* If they press, use the line above.

I had someone say to me once, *"I understand what you're trying to do."* "Good," I thought, *"that means you're not retarded."*

You can also point out that "If you and I were playing poker and I said *"Hey, how about you show me your hand, while I keep mine hidden?"* would you? I am going to go with "no" on this. And you'd be right."

Things I Have Actually Said

"I negotiate for a living" [which I do]. *"If I actually answered this question, you should disqualify me from further consideration."*

"I am not interviewing for my last/current job; I am interviewing for this job, which has more and different responsibilities."

"I'm a lawyer...how much do you have?"⁴

"Do I look like a beautiful blonde with big tits and an ass that tastes like French vanilla ice cream? No? Then why are you trying to fuck me?"⁵

Good luck. And go learn to be an entrepreneur. I need the consulting fees. If I ever get into consulting, that is.

[EDIT3: I have stuck to negotiation of salary, here. There can be other elements of compensation, of course, but in my biz, the bennies are going to be relatively the same, and I view the *raison d'être* of my corporate job as funding my lifestyle, i.e. letting me bang bitches and pop bottles on the weekend, or in some exotic locale.

Everywhere has a 401k, I doubt a dental plan would be a difference-maker, and guys getting stock options don't need my help. You can always ask for more time off. That's the only other thing I care about but in my case, I stopped going into the office about 7 years ago, and haven't been fired for it, yet. /shrug. They pretty much let me do what I want, so long as my work gets done. Also, for some folks, titles are important. Since the Phoenicians invented money, there's only one thing I care about in terms of compensation.]

Footnotes

¹ If I were less jaded I would wonder about why fewer leaders, er, excuse me, I meant CEOs do not try leading through something other than fear and terror and why they undervalue employees that would be painful to lose. Then I remember we're talking about CorporateLand and I drive that hopelessly naïve thought from my head.

² These are even more awesome when they're less than the published rate of inflation. Like the government doesn't lie about the rate of inflation anyway. My personal favorite is *"Excluding food and energy costs, the core rate of inflation is..."* What do people spend money on again? After housing, it's food and gas. Maybe something else slips in there, but come the fuck on.

³ I think Ross Perot used to have this done. Didn't like anyone getting more tail than him, and just have a look at that evil little hobbit. Money only makes up for so much, even if you can put a "B" in front of your "-illions"

⁴ I actually am a lawyer, by training, although I do different stuff a lot, now. I sometimes describe myself as a "reformed lawyer" or "Mary Magdalene, 2nd phase" although you and I both know that's not true. Usually people get it and laugh. Sometimes you get a particularly dense drone who doesn't. Under no circumstances should you say *"My lawyer says to ask how much you have"* In job interview situations, the slightest innocuous remark, even one intended as humor, will often take on an "IMPORTANCE" vastly disproportionate to its merit, ESPECIALLY if some hugely negative and completely unwarranted inference can be drawn for it. In this case, they will start wondering about whether you will sue the company someday. So not a whisper about lawyer jokes. Except maybe how you've hated lawyers ever since you found out that your lawyer was fucking your 2nd ex-wife during the middle of your divorce proceedings. No, save that one for Reddit.

⁵ Ok, I didn't say this one. It's from *True Romance*. I did, however, say it in a negotiation for a client, years ago, when I was young and impetuous. As soon as we sat down in the meeting, someone from the other side said that *"they'd been thinking"* (never a good sign) and *"they wanted to tweak the deal a little"* (ALWAYS a bad sign). They then proposed a rework that took all the benefit away from my client and shifted a lot of the burden to him. I could tell he was going to explode, so I did it for him. For some reason, they weren't anticipating that we'd freak out when they tried to rip us off, so we actually made it out of the room. They chased us down the hall and to the elevator. I hope that bitch got fired. Oh, whenever someone "thinks about shit" overnight and the next day wants to change 95% of things that are all settled and done? That person invariably has a vagina.

Conclusion Do not ever disclose your salary history, do not ever mention a range, always make them put the first offer on the table and go from there, or I will hunt you down and kill you, and everything you love.

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UPVOTES

Relationships lost the feels and magic for me after taking the RP. It's like Santa died and you see Christmas for what it really is.

ozaku7 · 28 May 2017 · Archived copy · Reddit

I'll try to keep this short.

Ever since I found the red pill and having been done with the anger-phase, started to internalize the knowledge I gained from this sub and have seen so many truths that I just can't turn back anymore. It was like believing that the earth was flat, and then being sent to the moon for a couple of months to see our big round marble rotating around the sun, you just can't unsee it. I don't need to explain my beta past, we've all been there.

But I learned that I won't be able to marry, I just don't see any incentive at all just besides pleasing potentially religious parents in law. None of my family members had a stable marriage is one instance, seeing what happens around me is another. I've been to weddings, I've seen happy couples getting together. One couple was to each other their first, the second guy married a girl that only had him as a partner, while he has had many, and she's a solid chick. The third was the opposite, where the guy only had one girl, the one he married that day, and she was the one freaking out over being pregnant after having fucked in Cancun during spring break. You guessed it, she was getting old, he had the bucks, she tied him down. It's also the only girl that doesn't seem to like me but just tolerates me.

I doubt I will ever in my life fall in love like I used to, which I honestly miss because it was a hell of a drug. Taking the red pill is like being told that santa isn't real, the magic is gone and christmas isn't as exciting as it used to be. It's just a get-together holiday with pretty lights. It's something I thought of, but realized that at this very moment, it is very true. A relationship is now nothing to me besides an agreement that "We fuck each other and get all our needs met on the agreement that you don't fuck anyone else" which is pretty much like a business agreement saying "We will pay X for Y quantity of Z quality over the course of period from T to S". I learned to have sympathy with cheaters as truth be told, after listening to their stories, I could understand. It's not like it's a hobby to fuck anyone else while you are perfectly happy. I wouldn't blame anyone for fucking someone else while they are only being fucked once a season, and I internally laugh at those that don't fuck their partner more often than once every three months that they didn't see this coming.

Just this week I met a chick in the city, talked briefly, exchanged numbers, went out, had fun and applied RP, ended up in her bed and fucked her. Tons of guys approaching her, she was going nuts why I'm not jealous and whatnot, even complaining why I didn't kiss her. Before RP I used to be very shy around girls, now I bedded a girl like it's the most natural thing without any much thrill. Relationships lost the feels for me, and it's just all about the agreement... And women thought like this all along. Women are thinking with feelings, yet they know how to break and control a beta, want a man with status, financial stability, high income, and don't hesitate to branch-swing from the good to the better, as easy as upgrading from a BMW 3-series to a BMW M5, because in the eyes of a woman, you're like a car, like a tool for their life and not an emotional being. I've written a post about how women try to control men with sex, and one of my exes confirmed how she operated. She didn't want me to get too close to her, so she would withdraw sex, but once I started to wonder away and tell her I don't see this relationship working out, she fucked me three times that same evening with all passion until I was satisfied again and we went another out of many weeks without sex, until the cycle repeated itself.

Women operate on their feelings, but they don't look for feelings from you, just values. Social Value, Monetary Value, Security Value. Play the game, establish the transactions. I provide what you want (named values), provide me what I want (the key to opening your legs at any desired time, good cooking, being exciting to spice up my life). Losing the feelings for relationships, the magic of Santa and other similar losses feel much like withdrawal from drugs. You want to get that fix, but can't get it, and I just dread it. Eventually, it will fade and I will find my fix elsewhere like in extreme sports. It's just a bit annoying, but something that everyone must go through.

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UPVOTES

I finally told the girl who used me all year for school work I wouldn't help her anymore.

[deleted] · 3 April 2015 · Archived copy · Reddit

I'm a first year university student and met this girl in my Italian class in September. It turns out by coincidence that she's cousins with a girl on my floor which I thought was pretty cool cause it meant i'd see a lot of her. We became what I thought at the time to be "good friends" who'd hang out all the time, flirt with each other and casually hookup. Everyone thought we'd date and I fell head over heels for this girl. But as time went on, she started to show her true colours. My friends and girlfriends all warned me about her saying she was just simply using me for school work and keeping my hopes up just so i'd help her, while she was fucking random guys. They told me she's a narcissist and a very judgemental person. I didn't believe them though cause yeah know, she's a sweet heart who laughs at everything I say.

Well I then started to realize that she'd never help me, and when i'd ask for help and she'd always blow me off last minute. Then second semester runs along, she texts me asking if she can borrow a text book for the week, which I oblige telling her I needed to sell it at the bookstore by Saturday afternoon. She then ignores me after I gave her the text book and doesn't corporate to give it back to me until AN HOUR BEFORE THE SALE DEADLINE, which detailed me calling her and her ignoring my texts, and not even getting a thank you. I was pissed, but brushed it off.

She then made it obvious she was just using me, texting me solely for school work to which I obliged cause I was a pussy. But she'd still flirt with me when ever we hung out and she'd still wanna hookup, telling me how great of a guy I am. Then, a few weeks ago I get to my residence on a Saturday night at 2am and she's in her cousins room just three doors down from my room having a party with a bunch of guys and making as much noise as possible, I just did my own thing but knew she was going to fuck one of them. The next day a good friend of mine from my floor comes to me and told me she fucked a guy on my floor last night, the same guy who she told me she hated, and SHE TOLD MY WHOLE FLOOR NOT TO FUCKING TELL ME WHAT SHE DID. At that point I was pissed, but just told myself I need to stay the fuck away from her.

Since then she treats me the same, and ever since then, I have to hear from her cousin and her friends talk about all the guys she sleeps with in my own damn lounge where I live, which is quite a few btw. She had the balls to approach me at a party and talk to me last weekend, I was really drunk and don't remember, but apparently I told her to go fuck her self, and when she hugged me and told me she loved me I told her people who love people don't use them and walked away, she apparently just laughed it off and kept talking to me later on.

Well, yesterday she text me asking if I had done an assignment yet and I told her I did, when she asked I could help her I told her I was busy. When she knocked on my fucking door and practically begged me for the answers I told her I had to go out, and when I came back 2 hours later and she was STILL in my lounge with her cousin waiting for me to help her, she approached me and I told her after she asked, "I'm not helping you, it's not my responsibility to do your assignment, it's not even hard". Never have I seen a more defeated look on someones face, she just walked back to the lounge and didn't say a word. A girl on my floor later told me she was bitching me out the entire night and failed the assignment, while I gotta 90! It was worth 15% of our grade btw, fuck her!

TDLR: girl strung me around for almost a full school year and used me for school work, wouldn't take her shit anymore.

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UPVOTES

The Book of Jophil

CopperFox3c · 13 November 2017 · Archived copy · Reddit

Summary: Back a few years ago when I was first learning a lot of TRP and manosphere stuff, one of my biggest influences and someone I learned much from was a poster on SoSuave called Jophil. He was an older gentleman, in his 40's or 50's I think, from Australia, who sadly passed away a few years ago. His messages about dealing with disrespect from women, having boundaries, and holding frame are formative to my approach today ... and a lot of the responses I write here are based on his and others golden advice I learned all those years ago.

I've assembled some of my favorite passages and writings of his into this "book", before all of it is lost to the passage of time. Hopefully, you can take and learn from it as well.

Note: Below are just snippets from each post, but just in case the links should ever disappear or stop working at some point in the future, I've put the full posts here: **The Book of Jophil**

- **Being a Man with Boundaries -**

<http://www.sosuave.net/forum/threads/the-counseling-profession-and-their-mindgames.168190/page-9#post-1640215>

- *If you have time, read the entire thread, it's a lot of gold, with comments from Rollo, Warrior74, Sinistar, and some of the other old legends in the Manosphere.*
- -
- I do not believe that I have a bigger set of "balls" than any of you guys. What I do have is a self-crafted set of rules and guidelines to apply to disrespectful situations with women. And I am willing to use them, sometimes ruthlessly if the situation warrants it. Curiously, as much as I disagree with a lot of STR8up's stuff, his "walk away" strategy made sense with me after I got past the belief that "walking away" was a kind of surrender, or admission of defeat. I now embrace the power of silence and the power of just walking away from a woman who is acting poorly.

- **Is she Girlfriend Material? -**

<http://www.sosuave.net/forum/threads/girls-behavior-while-single-indication-of-girlfriend-material.180831/#post-1769421>

- People's behavior tells you what is important to them. In a nutshell, it is in your interests to ONLY ever consider a woman girlfriend material if she shows high IL (interest level), she acts consistently available, she does not demonstrate incongruent behavior, and she has no male bullpen.

- **Disrespect, Walking Away, and the Power of Silence -**

<http://www.sosuave.net/forum/threads/how-to-next-after-she-disrespects-you.126307/page-4#post-1474510>

- *This is actually a response to Jophil by another poster, but too much golden wisdom not to share*
- -
- Many women are blind to their own behaviour it seems. Until you point it out in a language they understand. That language is *silence*. And silent withdrawal of the one thing they thrive on: affection ... Just walk away. It's the loudest way to say: *F!ck you, childish creature*, without actually saying it.

- **Commitment-Phobic Girls -**

<http://www.sosuave.net/forum/threads/i-must-stay-clear-of-her-shes-poison.132366/#post-1252675>

- There are women out there who "talk" commitment but continuously sabotage their intimate relationships when it DEMANDS something of them. I do not call it commitment phobic as such it is more than that. These women are so damaged that they are unfit for an adult relationship. They "compartmentalize" their relationships with everyone. These women want, and expect, all the fun and rewards of a relationship with a man BUT they are NEVER willing to contribute anything in return. They want the involvement from a man. but they want to live the single life and DO AS THEY PLEASE.

- **You're Just the Latest Leading Man in the Latest Remake of Her Life Movie -**

<http://www.sosuave.net/forum/threads/she-needs-space-where-did-it-go-wrong.180277/#post-1762700>

- Sandow, I believe that we men need to go through at least one of these experiences with an uber hottie to realize how fragile and superficial they are. They have been worshipped and fawned over their whole lives because of their looks and sexual desirability. That becomes their intrinsic value. Their existence comprises a series of 'buzz experiences', one after the other, with men who treat them like the glittering prizes that they believe that they are. You are the latest leading man in the latest remake of her life movie.

- **Oneitis and "Closure" -**

<http://www.sosuave.net/forum/threads/anyone-go-back-to-gf-after-long-nc.179677/#post-1756668>

- The hardest thing to accept sometimes is that your 'feelings' may never be entirely resolved and there may always be a lingering desire inside you to see her again and sleep with her one more time.

- **Flaky Women – Part 1 ... Part 2 ... Part 3**

- Women who flake (without a credible apology PLUS a counter offer) are of the mindset that holds this belief: "I am a woman and that entitles me to act in any way I please. I have that golden pvvssy that all men want and that gives me the power, and a license, to do whatever I want whenever I want without being held accountable." The best method to counter this crap is to act as if her behavior is IRRELEVANT to you. Do not call her on it, or get angry. Do not email, text or call her for an explanation. Act as if she does not exist and move on QUICKLY. Remember this - if you ever confront a flakey woman on her bad behavior, she will immediately shift blame in her mind onto you for making her feel "bad" by calling her on it.

- **Flaking – Low Interest or Low Quality Girl?**

<http://www.sosuave.net/forum/threads/when-in-doubt-do-nothing.134007/page-2#post-1271768>

- The assumption on this board is that women mindfuck you or flake because of their low IL. I believe that this assumption is more a projection on our part rather than a legitimate explanation ... My own experience is that women's bad behavior is habitual rather than circumstantial. In other words, a flakey woman is doing "her thing". I grant you that she is more LIKELY to flake if her IL is low but it is a contributing factor rather than a clear cause. Low IL motivates a badly behaved woman to act worse. It does NOT cause a good woman to act badly. "Flaking" goes to low character or her habitual MO, rather than a clear indicator of her IL in you.

- **Feminism and Dating -**

<http://www.sosuave.net/forum/threads/how-feminism-ruined-dating.181649/page-3#post-1787875>

- No, it has not always been like this.

- **Dating Women Just out of an LTR -**

<http://www.sosuave.net/forum/threads/does-anyone-just-get-tired-of-the-games.124601/#post-1169167>

- When a woman breaks up, she tends to quickly retreat into the safety of her relationships with her children, sisters, girlfriends, mother, work pals and so on. Women do not tend to seek a replacement MAN in the same way that we go hunting for a replacement woman. Women typically enter an ego restoration phase in which they hide from men initially and then seek shallow dating experiences which are used to give them EGO REPAIR, superficial play and fun which affirm that they still are marketable - "they still GOT it". This period is a danger zone for men in your position. Beware!! You will get some initial hot sex (it makes HER feel desirable) and then you will start to get the flaky behavior and the 'to and fro' games and all the BS that only emotional unstable women can create.

- **Screening Women ... aka "Spinning Plates" Does not Solve All Problems -**

<http://www.sosuave.net/forum/threads/how-not-to-fall.165886/#post-1617018>

- "Spinning other plates" is limited in its effectiveness. It MIGHT save you from getting oneitis for a low quality woman, but it won't help much if you are actively seeking a good woman for an LTR.
- -
- *Response from Mr. Me:* I'd also look at why you're getting hurt... you're either pushing the woman (since you develop feelings so quickly) and she gets turned off and dumps you, and you get hurt, or you're getting involved with the wrong women: Women who aren't that interested and/or are using you or have a less than loving disposition or have issues or major character flaws. But when you're getting hurt, it does mean you're doing something wrong.

- **Frame Control – Be Her Priority -**

<http://www.sosuave.net/forum/threads/girlfriend-is-out-of-town-blew-me-off.155687/#post-1518311>

- Her actions tell you that being with YOU are not her #1 priority any more ... she assumes that you are "in the bag". She is solidly in control of the frame here. Women who are truly in love with a man do not offer to see him when all her other party commitments were out of the way.

- **Frame Grabs and How to Respond – Part 1 ... Part 2**

- This is a power grab by her in which she is trying to set up control of the velocity and direction. The fact that she is already trying to take charge is not a good sign. She is declaring her own favorite tactic – power and control. A less aware man would just go along with this and conclude that she is just a little gun-shy. Don't fall into that thinking - she is trying to set the frame. The way to weaken, or dismantle this tactic is to just shrug and ignore her resistance or walk away.

As Jophil would say: *Good Hunting*

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UPVOTES

50 Life Lessons From Marcus Aurelius, Emperor of Rome LTR

italianorgan · 18 October 2018 · Archived copy · Reddit

I don't know if this has been posted here before but here it is anyway for those who haven't seen it. I thought you guys would like this because you guys can actually get something out of this unlike some other subs

tell me what you guys think in the comments even if you only have the time to read a couple i understand.

really long read, if you cant read it right now, read it later.

1.

Concentrate every minute like a Roman – like a man – on doing what's in front of you with precise and genuine seriousness, tenderly, willingly, with justice. And on freeing yourself from all other distractions. Yes, you can – if you do everything as if it were the last thing you were doing in your life, and stop being aimless, stop letting your emotions override what your mind tells you, stop being hypocritical, self-centered, irritable.

2.

How to act: Never under compulsion, out of selfishness, without forethought, with misgivings. Don't gussy up your thoughts. No surplus words or unnecessary actions. Let the spirit in you represent a man, an adult, a citizen, a Roman, a ruler. Taking up his post like a soldier and patiently awaiting his recall from life. Needing no oath or witness. Cheerfulness. Without requiring other people's help. Or serenity supplied by others. To stand up straight – not straightened.

3.

Your ability to control your thoughts – treat it with respect. It's all that protects your mind from false perceptions – false to your nature, and that of all rational beings. It's what makes thoughtfulness possible, and affection for other people, and submission to the divine.

4.

Forget everything else. Keep hold of this alone and remember it: Each one of us lives only now, this brief instant. The rest has been lived already, or is impossible to see. The span we live is small – small as the corner of the earth in which we live it. Small as even the greatest renown, passed from mouth to mouth by short-lived stick figures, ignorant alike of themselves and those long dead.

5.

Body. Soul. Mind. Sensations: the body. Desires: the soul. Reasoning: the mind. To experience sensations: even grazing beasts do that. To let your desires control you: even wild animals do that – and rutting humans, and tyrants. To make your mind your guide to what seems best: even people who deny the gods do that. Even people who betray their country. If all the rest is common coin, then what is unique to the good man? To welcome with affection what is sent by fate. Not to stain or disturb the spirit within him with a mess of false beliefs. Instead, to preserve it faithfully, by calmly obeying God – saying nothing untrue, doing nothing unjust. And if the others don't acknowledge it – this life lived in simplicity, humility, cheerfulness – he doesn't resent them for it, and isn't deterred from following the road where it leads: to the end of life. An end to be approached in purity, in serenity, in acceptance, in peaceful unity with what must be.

6.

Our inward power, when it obeys nature, reacts to events by accommodating itself to what it faces – to what is possible. It needs no specific material. It pursues its own aims as circumstances allow; it turns obstacles into fuel. As a fire overwhelms what would have quenched a lamp. What's thrown on top of the conflagration is absorbed, consumed by it – and makes it burn still higher.

7.

Does your reputation bother you? But look at how soon we're all forgotten. The abyss of endless time that swallows it. The emptiness of all those applauding hands. The people who praise us – how capricious they are, how arbitrary. And the tiny region in which it all takes place. The whole earth a point in space – and most of it uninhabited. How many people there will be to admire you, and who they are. "The world is nothing but change, our life is only perception."

8.

Choose not to be harmed – and you won't feel harmed. Don't feel harmed – and you haven't been.

9.

That every event is the right one. Look closely and you'll see. Not just the right one overall, but right. As if someone had weighed it out with scales. Keep looking closely like that, and embody it in your actions: goodness – what defines a good person. Keep to it in everything you do.

10.

Beautiful things of any kind are beautiful in themselves and sufficient to themselves. Praise is extraneous. The object of praise remains what it was – no better and no worse. This applies, I think, even to "beautiful" things in ordinary life – physical objects, artworks. Does anything genuinely beautiful need supplementing? No more than justice does – or truth, or kindness, or humility. Are any of those improved by being praised? Or damaged by contempt? Is an emerald suddenly flawed if no one admires it? Or gold, or ivory, or purple? Lyres? Knives? Flowers? Bushes?

11.

Love the discipline you know, and let it support you. Entrust everything willingly to the gods, and then make your way through life – no one's master and no one's slave.

12.

Nothing that goes on in anyone else's mind can harm you. Nor can the shifts and changes in the world around you. – Then where is harm to be found? In your capacity to see it. Let the part of you that makes that judgment keep quiet even if the body it's attached to is stabbed or burnt, or stinking with pus, or consumed by cancer.

13.

It's unfortunate that this has happened. No. It's fortunate that this has happened and I've remained unharmed by it – not shattered by the present or frightened of the future. It could have happened to anyone. But not everyone could have remained unharmed by it. Why treat the one as a misfortune rather than the other as fortunate?

14.

Take refuge in these two things: I. Nothing that can happen to me that isn't natural. II. I can keep from doing anything that God and my own spirit don't approve. No one can force me to.

15.

The things you think about determine the quality of your mind. Your soul takes on the color of your thoughts. Color it with a run of thoughts like these: I. Anywhere you can lead your life, you can lead a good one. II. Things gravitate toward what they were intended for. What things gravitate toward is their goal.

16.

Nothing happens to anyone that he can't endure. The same things happen to other people, and they weather it

unharmd – out of sheer obliviousness or because they want to display “character.” Is wisdom really so much weaker than ignorance and vanity?

17.

Things have no hold on the soul. They have no access to it, cannot move or direct it. It is moved and directed by itself alone. It takes the things before it and interprets them as it sees fit.

18.

Keep in mind how fast things pass by and are gone – those that are now, and those to come. Existence flows past us like a river: the “what” is in constant flux, the “why” has a thousand variations. Nothing is stable, not even what’s right here. The infinity of past and future gapes before us – a chasm whose depths we cannot see. So it would take an idiot to feel self-importance or distress. Or any indignation, either. As if things that irritate us lasted.

19.

The mind is the ruler of the soul. It should remain unstirred by agitations of the flesh – gentle and violent ones alike. Not mingling with them, but fencing itself off and keeping those feelings in their place. When they make their way into your thoughts, through the sympathetic link between the mind and body, don’t try to resist the temptation. The sensation is natural. But don’t let the mind start in with judgments calling it “good” or “bad.”

20.

When jarred, unavoidably, by circumstances, revert at once to yourself, and don’t lose the rhythm more than you can help. You’ll have a better grasp of the harmony if you keep on going back to it.

21.

Not to assume it’s impossible because you find it hard. But to recognize that if it’s humanly possible, you can do it too.

22.

I am composed of a body and a soul. Things that happen to the body are meaningless. It cannot be discriminate among them. Nothing has meaning to my mind except its own actions. Which are within its own control. And it’s only the immediate ones that matter. Its past and future actions are too meaningless.

23.

You take things you don’t control and define them as “good” or “bad.” And so of course when the “bad” things happen, or the “good” ones don’t, you blame the gods and feel hatred for the people responsible – or those you decide to make responsible.

24.

When you need encouragement, think of the qualities the people around you have: this one’s energy, that one’s modesty, another’s generosity, and so on. Nothing is as encouraging as when virtues are visibly embodied in the people around us, when we’re practically showered with them. It’s good to keep this in mind.

25.

I can control my thoughts as necessary; then how can I be troubled? What is outside my mind means nothing to it. Absorb that lesson and your feet stand firm.

26.

No matter what anyone says or does, my task is to be good. Like gold or emerald or purple repeating to itself, “No matter what anyone says or does, my task is to be emerald, my color undiminished.”

27.

The mind doesn't get in its own way. It doesn't frighten itself into desires. If other things can scare or hurt it, let them; it won't go down that road on the basis of its own perceptions. Let the body avoid discomfort, and if it feels it, say so. But the soul is what feels fear and pain, and what conceives of them in the first place, and it suffers nothing. Because it will never conclude that it has. The mind itself has no needs, except for those it creates itself. It is undisturbed, except for its own disturbances. Knows no obstructions, except those from within.

28.

Frightened of change? But what can exist without it? What's closer to nature's heart? Can you take a hot bath and leave the firewood as it was? Eat food without transforming it? Can any vital process take place without something being changed? Can't you see? It's just the same with you – and just as vital to nature.

29.

To feel affection for people even when they make mistakes is uniquely human. You can do it, if you simply recognize: that they're human too, that they act out of ignorance, against their will, and that you'll both be dead before long. And, above all, that they haven't really hurt you. They haven't diminished your ability to choose.

30.

Look at the past – empire succeeding empire – and from that, extrapolate the future: the same thing. No escape from the rhythm or events. Which is why observing life for forty years is as good as a thousand. Would you really see anything new?

31.

Don't pay attention to other people's minds. Look straight ahead, where nature is leading you – nature in general, through the things that happen to you; and your own nature, through your own actions.

32.

Think of yourself as dead. You have lived your life. Now take what's left and live it properly.

33.

Either pain affects the body (which is the body's problem) or it affects the soul. But the soul can choose not to be affected, preserving its own serenity, its own tranquility. All our decisions, urges, desires, aversions lie within. No evil can touch them.

34.

Don't try to picture everything bad that could possibly happen. Stick with the situation at hand and ask, "Why is this so unbearable? Why can't I endure it?" You'll be embarrassed to answer. Then remind yourself that past and future have no power over you. Only the present.

35.

Stop perceiving the pain you imagine and you'll remain completely unaffected. External things are not the problem. It's your assessment of them. Which you can erase right now. If the problem is something in your own character, who's stopping you from setting your mind straight?

36.

Remember that when it withdraws into itself and finds contentment there, the mind is invulnerable. It does nothing against its will, even if its resistance is irrational. The mind without passions is a fortress. No place is more secure. Once we take refuge there we are safe forever. Not to see this is ignorance. To see it and not seek safety means misery.

37.

Other people's wills are as independent of mine as their breath and bodies. We may exist for the sake of one another, but our will rules its own domain.

38.

To privilege pleasure over pain – life over death, fame over anonymity – is clearly blasphemous.

39.

To do harm is to do yourself harm. To do an injustice is to do yourself an injustice – it degrades you.

40.

Objective judgment, now, at this very moment. Unselfish action, now, at this very moment. Willing acceptance – now, at this very moment – of all external events. That's all you need.

41.

Today I escaped from anxiety. Or no, I discarded it, because it was within me, in my own perceptions – not outside.

42.

Enter their minds, and you'll find the judges you're so afraid of – and how judiciously they judge themselves.

43.

Consider the lives led once by others, long ago, the lives to be led by others after you, the lives led even now, in foreign lands. How many people don't even know your name. How many will soon have forgotten it. How many offer you praise now – and tomorrow, perhaps, contempt. That to be remembered is worthless. Like fame. Like everything.

44.

When you run up against someone else's shamelessness, ask yourself this: Is a world without shamelessness possible? No. Then don't ask the impossible. There have to be shameless people in the world. This is one of them. The same for someone vicious or untrustworthy, or with any other defect. Remembering that the whole world class has to exist will make you more tolerant of its members.

45.

Spiders are proud of catching flies, men of catching hares, fish in a net, boars, bears, etc. How they all change into one another – acquire the ability to see that. Apply it constantly; use it to train yourself. Nothing is as conducive to spiritual growth.

46.

To feel grief, anger or fear is to try to escape from something decreed by the ruler of all things, now or in the past or in the future. And that ruler is law, which governs what happens to each of us. To feel grief or anger is to become a fugitive – a fugitive from justice.

47.

Characteristics of the rational soul: Self perception, self-examination, and the power to make of itself whatever it wants. It reaps its own harvest, unlike plants, whose yield is gathered in by others. It reaches its intended goal, no matter where the limit of its life is set.

48.

If you don't have a consistent goal in life, you can't live it in a consistent way.

49.

Everything you're trying to reach – by taking the low way round – you could have right now, this moment. If you'd only stop thwarting your own attempts. If you'd only let go of the past, entrust the future to Providence, and guide the present toward reverence and justice.

50.

It never ceases to amaze me: we all love ourselves more than other people, but care more about their opinion than our own.

Thanks for reading, sorry for long post but its worth it, tell me in the comments what you guys think.

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UPVOTES

Women love knowing they can break up with you and crush you

anon_nonapplicable · 11 October 2020 · Archived copy · Reddit

This is not my post, this is a post from 5 years ago (of the same title) but I'm posting it for new comments to be made, and new subscribers to have a read

I did not originally write it, but I'm leaving it unchanged from the original post.

Women love knowing that they can break up with you and crush you

I have grown up with two sisters, a single mother, and have had countless women around me throughout my years on this planet. One thing that I know almost all of them have in common is how they love knowing that after they dump their boyfriends, those once men are crushed to the point that they beg them to come back or cry to their friends about how they miss her. They love knowing that they are so good, that men weep when they leave them.

This is something that CANNOT HAPPEN TO YOU. Women want to destroy your manhood to the point that you cannot go on without them. Once that happens, they will leave your ass sitting in the shit box that you created for yourself. All the while, they are off having wine with their girlfriends laughing about the fact that they heard for so and so that their ex boyfriend hasn't gotten out of bed for days and has been asking about her.

Do not do this shit. You have to be the man that doesn't give a shit if a woman leaves you. You have to be the man that has his shit together at all times. Not only have I seen and heard first hand women revel in the fact that they crushed their boyfriend but I have also had the pleasure of hearing women upset because their ex-boyfriend has a new and improved model version of a girlfriend lined up right after the chicks dump their boyfriend. They hate that shit even more and will do anything to get you back in their vagina to ruin your new relationship. Why? I'll tell you why. Because women are miserable if they are not destroying a man's life. And what they hate worse, is a man who is happy without them.

Don't be a man that basis your happiness around a woman. Be a man that is happy by your damn self. Be a man that can be dropped off in the middle of the desert without food and water but still find time to have fun drawing big dicks in the sand so any rescue aircraft will see it when they find you.

Please keep in mind that this is not a woman hating post. This is an awareness post. Some of the things on this forum sounds like we hate women. Granted, there are some men who are waking up that have reached the anger phase. Sure, it turns outward and blames women but really this is just how we, men, deal with disappointment while being blue pill. We whine and blame others when deep down we know it is our fault all along. Always remember, when it comes to all this information about women, YOU CAN'T HATE A FISH FOR SWIMMING. Women have evolved the skills to weed out weak males that will not produce superior offspring. Since women did not evolve in a strength aspect where they could just overpower someone to get what they want, they evolved mentally and physically in a way that manipulates men into doing what they want. From the soft skin, plum lips, and hour glass figure to their mental games. ~~It has all been designed by God~~ (original poster wrote that) to make sure the human race remains at the top of the food chain. So don't hate the player, hate the game. Learn the game and beat the game.

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Woman believes she's dating the perfect man until he reveals that he was repeatedly raped as a child. She proceeds to distance herself and contemplate a break-up

Heinous_White_Man · 15 February 2019 · Archived copy · Reddit

Each time I think I've seen/read it all, a [post like this](#) pops up.

Summary: While dating who a 20-year-old woman believes to be the perfect man, she finds out he was repeatedly raped as a child. Her tingles slowly fade away as she believes he is no longer the "macho" man she once 'loved.' She distances herself from her boyfriend and soon begins contemplating breaking up with him. In the comments, she gets raked over the coals.

The Rundown: I will run through this amazing example of [women in love](#) piece by piece.

Im a 20yo woman currently dating my 24 yo boyfriend of 5 months.

Hes tall, muscular, blonde with blue eyes. Hes also really dominant and works at a start up doing marketing. In general hes very smart, funny, yadda yadda you get it. I like him.

Basically, he is everything a man should be; handsome, strong, dominant, works a great job presumably making lots of money, and has a great personality. She believes she truly knows him and likes every part of him. However, even this isn't enough and, as we will soon learn, once emotions and the hard truth come into play, the woman wants to ditch.

However even though our sex life is good hes been having trouble performing starting a week and a half ago. I thought it was me at first so i asked him and he started to break down a bit before crying. Hes just started seeing a therapist or "counselor" about his childhood.

Then he tells me that he was raped as an 11 year old by his stepbrother, multiple times when he was young. This floored me as up until this point he seemed so macho and sort of like a "tough guy" and now hes confessing to being raped by another man while completely being in tears and holding me.

I would like to quickly point out that it only took 1.5 *weeks* (not months, not years, *weeks*) of poor sexual performance for her to start questioning her boyfriend.

This is the crux of the story. Her macho image of him, a superficial image, has been shattered, replaced by who she believes to be a weak man for crying and seeing a therapist for an extremely distressing event.

Of course, the guy *is* macho. Even after going through this horribly traumatic experience, he still built a life for himself. Presumably went to college, earned himself a great job, and, in general, keeps moving through life refusing to let the weight of this event hold him down. That is true masculinity; he pushed back against the weight of the world. But this woman doesn't see that, only seeing that her masculine man is revealing his feelings, relying on her for emotional support, being revealed as damaged goods in her eyes.

He broke down in front of her crying and holding her as he poured out his feelings. In that moment, he was reliant on her and she thinks, "A man crying? My perfect man relying on a woman to solve his emotional problems? I can't have that."

A big rule on The Red Pill is to never reveal your hardships or show their effect on you to the person you're dating; it shows weakness. Recognize your emotions, use them, but never shout out in anger or cry in front of your SO. Of course, I'm giving this man a pass because rape is, obviously, an extremely traumatic event that changes your whole life. This guy did everything right; he never revealed himself and instead went to a counselor. The dam of emotions simply broke at the wrong moment, and what was revealed to his SO was a flawed man.

I held him back and let him vent but i ended up leaving (we were at his apartment).

I completely understand that its horrible being a rape victim but honestly i dont know if i could see him the same way again. I had this image of him thats completely shattered and honestly everytime i see him text me I just feel weird now.

At least she recognizes that the reason she feels weird is because her macho image of him has been destroyed. Instead of being with him and helping him through this small breakdown, she contemplates leaving at the first sign of trouble, at the first showing of real emotion.

My best friend thinks i should try to keep dating him for a bit but im really not attracted to him like i was before. We're not broken up yet but im considering it kinda. AITA?

"My man is perfect in every way, but went through a traumatic life event in his childhood that was probably in no way his fault showing a crack in his armor? Sorry, no longer attracted." Is she an asshole? The answer is obvious.

Takeaways: There are many warning signs for men to read that can be helpful in their lives.

- A woman's love is not the same as a man's love. Her love is almost entirely opportunistic, generated by the amount of tingles the man can provide her. A man's love will persevere through thick and thin in a relationship. A woman's love will waver at the slightest hint of weakness from the man.
- Never stop improving, never stop moving forward. Always strive to be better than the guy next to you because your SO is always looking for that better man to swing to.
- If your SO wants to leave, let her go. If a woman's masculine image of you is shattered and her love is gone, it is impossible to get it back 99% of the time . Remove her cleanly and move on with improving yourself and take the harsh lessons to heart. She isn't worth your time, and I hope this girl breaks up with her boyfriend because he deserves much better.
- Never reveal your true emotions to your girlfriend/wife. Find male friends or a therapist/counselor to vent to, but never your SO. On paper, this guy was perfect; good looks, good job, good personality. Once he revealed a chink in his armor, she was gone even if the chink was a traumatic event that was out of his control.

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Aim for Progress, not Perfection

grogbottle · 5 May 2017 · Archived copy · Reddit

Kids come to me for advice, and they be like:

"Do I approach the girl of my dreams from 30 degrees off to leeward and speak at a 212 hertz pitch"

"If I take this steroid with this other steroid should I increase this third steroid by 83 micrograms per kg"

"Should I apply to this top law firm or this top medical school or maybe to this giant investment firm"

And I tell them: "You're not at a point where any of this shit matters".

Due to bad parenting and mass media, there's a culture of failure aversion and nothing-less-than-perfection in many people. What that leads to is people unwilling to try things out for fear of *getting it any less than perfect*.

Tough shit, bud. If you weren't born with it, you gotta do it and fail to get better. When you're better, then you can start thinking about perfecting whatever it is you're doing.

I don't like the kids who tell me "give me another year to prepare". The ones who go far say "tell me all you know, let me put my mom on speed dial, and sorry if I fuck this up but I gotta try it with my own hands". Not the kids who say "I'm so sorry I'll never touch this again", but the ones who say "I'll do better next time, please tell me how I fucked up".

That means you. No such thing as the perfect opportunity. You make the best of what you have, improve, and get ready for the next challenge.

Not sure how you should approach that girl? Good, go up to her and say "nice shoes, wanna fuck". Didn't work? Try something else next time. Keep trying. If you weren't a natural the first time, you'll be practiced by the hundredth.

Not sure what supplements to take? Which workout regimen to start? Don't take any. Pick Stronglifts. Eat well, work out regularly. Weigh your groceries, then your options.

Not sure which job to apply for? Bitch, apply for all of them, then sit back and think which one you like best. Hell, apply to that mom and pop convenience store down the road. Get a feel for what people want.

There is nothing wrong with wanting to do the best. But getting there involves failing repeatedly along the way. Go out, fail more, learn, improve.

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The Curse of Man
italianorgan · 22 October 2018 · Archived copy · Reddit

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A Red Pill Warning (for the fuglies on here)

Filmguy000 · 15 September 2019 · Archived copy · Reddit

So I've been lurking on this subreddit for a couple years now. It has been an uphill battle to say the least but I digress. Now, I would describe myself as a below average dude. I'm 34 years old, I'm balding (losing hair since age 19), I'm about 5'6 and I weigh about 200 pounds. I have a square face with oversized cheeks, my teeth are super crooked, my nose is too big, my mouth is too small, I have a tiny chin, a bad underbite and my body is covered with coarse hair (like really thick).

The reason I stated my physical attributes is not to complain, whine or any of that. I just feel that there aren't too many guys on here that fit in my physical realm. So this one's for you guys. And I hope this helps.

It comes to no surprise, my dating life was shit from the time I hit puberty all the way to my mid twenties. My first kiss was at 24 years old with a drunk cougar at a bar. And I lost my virginity to a hooker in Tijuana. I was also raised super Blue Pill and raised by a religious single mother (my dad was alpha but died when I was small). So I pretty much had a life of not being listened to, not taken seriously, women would only talk to me if they needed something, you get the picture.

I spent years in total confusion, depression, hopelessness and then flat out nihilism. I mean I was a hard worker, right? I was trustworthy, right? I was a good and loyal friend, right? People would tell me how guys like me were a dime for a dozen and many women would kill to find a guy like me. But no one cared. I still asked girls on dates but they would usually go out of politeness and make it clear that we were just friends by the end of the date. I had no motivation, stayed at a stagnant job that only promoted the pretty people that talked the talk but couldn't walk the walk if it could save their lives.

Well in a nutshell, I got tired and changed things. First and foremost, I had to change my attitude and philosophy. Over time, results came but they were far and few between. But better than nothing nevertheless. Then after years of practicing approach (mostly bad results, was spit on multiple times, was slapped for refusing to buy a girl's friend a drink, shoved out of the way at clubs by women often, verbally assaulted many times), results got more frequent. Then I discovered the red pill and it was the first and only confirmation of what I was observing about women and people in general.

Now at 34, I am 40 pounds lighter (still working on weight), back to school for a career in pipe welding, and currently in a LTR with an attractive chick who has beautiful hair, great body and is three inches taller than me.

Now here is my warning to my fellow "fugly" brothers.....

You are going to have a hard life ahead of you, the struggle never stops. Life is hard on everyone, but dudes like us get little to no easy breaks. In fact, if you work hard and get better at frame control, learn game and improve yourself overall, some people will hate you very much for it. I have had to cut off friends due to this. When I introduced my current gf to them, most of them were clearly puzzled and showed signs of jealousy (even though they are better looking yet single). Even when we go out, people constantly (especially guys) will try to join our conversation and ALWAYS ask me who she is to me. One guy flat out started talking shit and asked why I wasn't holding her hand and tried to out alpha me to impress her but ended up making an ass out of himself.

People don't like to see the perceived "lesser people" succeed as much as we all say the contrary. That is why so many guys like this remain in their misery for life. Because they sense that they are marginalized, yet feel helpless which is understandable. And if you're below average and on your way to being that top 20%, you are gonna get more heat. And it's going to hurt, and you will feel very alone.

But always remember that the Blue Pill/Feminine Imperative philosophy you've been holding onto is something that will need to be eliminated over time (and it will take years). The better looking dudes can get away with some beta game since they offer eye candy and social status points to their women. But that doesn't usually apply to us.

As hard and painful as it gets, never give up. EVER. Because, trust me, when you start to slip, or let bad results get to you, you will return to that dark hole in no time. And its far easier to fall into a big dark hole than it is to crawl out of one. Remember it is better to be a lone man on a mission to greatness, then have "friends" and be "liked" at the expense of your mission, your happiness and your overall well-being. Accept the fact that you are on your own. And only you can turn the tides to your favor. Good luck to you all.

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Women need men. Society has done a damn good job convincing everyone of the opposite

KetogenicKraig · 3 January 2020 · Archived copy · Reddit

I feel that the points I'm going to be outlining are already common sense to a lot of you. But since I've only recently come to this realization myself I feel I should share my thoughts regardless.

The "independent" woman: Ahh. Yes. Everywhere we go this idea of the "independent woman" is hammered into our heads. The career woman. Climbing the corporate ladder. Working on her education. All while "taking care" (feeding and not much else) her chad spawns from her youth. She is in fact, quite the opposite internally, however. She's dependent on many, many things. She's financially independent and that's pretty much it. See but women, as we all know, are all still mostly children from an emotional standpoint. You take any "strong, independent" woman and I guarantee you she is dependent on many things. She clings to her friends for emotional support and validation constantly. She *needs* her weekly brunches with her girlfriends desperately. Women with strong partners typically take the alpha role amongst their friends. She's fine if they come over but if they all left her, she couldn't care less. She still has "her man." I've seen this a lot with girls I've dated. When I'm dating a girl she typically has many friends around her that adore her and respect her. In fact, she often only uses her friends for validation. She loves to show off her man and talk about her man. And her friends know their place. Women with strong male partners bring vast amounts of value to their friendships and her friends know they offer less value and thus treat her better. Women without strong male partners tend to have chaotic clingy friendships, which I've found to be the case when I leave them. They're constantly fighting with their friends and the "value pendulum" in her friendships is constantly swinging. I could list a million other things the "strong, independent" woman is dependent on. But that's the main one. She clings to friends to attempt to fill the void that only an alpha male partner could ever fill. Women tend to have 2 friend groups these days, I've noticed. One for when she's with an alpha male and another for when she's single or with a beta. Of course another thing the "strong, independent" woman is dependent on is sex from SMV men. Why do all career women seem to be tearing it up at the club every weekend?

Men need sex That's all really. And when I say men, I'm of course referring to red pill men who have their shit together. We're emotionally self-reliant completely. That's how men are supposed to be. That's the ideal anyways. We don't need our friends, we don't need our mothers, we don't need a girl. We're fine exactly as we are. Anybody is welcome to come into the kingdom of our lives but they must obey the law or risk exile. Besides sex, we also have a biological *desire* to care-take. It's ingrained in us to try to find a girl who can rely on us and who we can take care of. Emotionally, financially, etc. much in the same way women have a biological instinct to want to have children to look after, men have a biological instinct to want a woman to look after. It makes us feel strong and powerful. Always remember; Men can love a woman unconditionally. Woman can love their children unconditionally. That's it.

So in conclusion; A man's commitment is far more powerful than a woman's sex. Given the man is high value and has his shit together. It's great that women have the option to climb to be financially independent in this day-and-age. But make no mistake; you can't undo millions of years of evolution. For a vast majority of human history, women were entirely dependent on men. Our species was successful because of this. Women needed men for protection, food, emotional stability, etc. Men needed sex from these women. The transaction was a no-brainer.

Look for signs and you will see it; Blue pill society has done an amazing job convincing everyone of the opposite; that a woman's commitment is valuable while a man's sex is valuable. And society is crumbling because of it.

So for those still hoping for successful LTRs there is still hope; unicorns do exist. As long as you are a strong alpha, any girl with a strong alpha father will be a unicorn *for you*. Problem is, most women today are growing up with beta fathers or without fathers all together.

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UPVOTES

The reason why they don't want you to be blunt/straightforward arrogant asshole, because it gets pussies wet.

vicious_fate00 · 7 April 2021 · Archived copy · Reddit

(English not my first language so sorry for bad spelling)

Guys who are experienced with women in this sub will know that women are all about emotions, it's like some ying yang shit, we crave the feminine essence of a big titted blonde woman, their voices, their smell and all that gets our dicks hard. Well same with women they're programed to crave masculine, dominant men. Unfortunately for many and for todays society, high dominant masculine is seen as aggressive and relentless, that's why women go for evil men(drug dealers, inmates, killers, narcos, etc etc), Mother Nature doesn't care about our morality or what psychologists say, its how it works in the animal kingdom and that's it.

I used to work with this guy back in the day, he was average looking, didn't go to the gym and liked to drink modelo beer every other day. He was the type of dude you will perceive as an antisocial-jerk kind of guy, he didn't like to get into polite small talk, more they type of attitude like " this is my opinion about this (topic) and I don't give a fuck what you think". No wonder why he didn't have many friends, just me and 2 other Mexican kids would hang out with him once in a while.

When it came to women he would not have any filter at all, he would just speak his mind out, I'm not talking about being seductive or charming nah, he would be a bossy motherfucker, if he found something funny about the chick he would make fun of her with no remorse and just laugh form it. He gave them orders, was rude to them when they asked him to do stuff and when he found an opportunity he will use "inappropriate" sexual language towards them, those chicks would get shocked from his IDGAF attitude and bluntness.

Now don't get me wrong, majority of these women will call him an asshole, jerk, misogynist, sexist rude motherfucker, but this guy will just ignore them like and continue doing whatever he was doing, walk away or keep drinking his beer, he delivered the message and he didn't gave a fuck= SUCCESS. But what really amazed me was after a couple minutes/hours or even days, these same women who he would "treat like shit" would be fucking him, taking him out and even bring him lunch to his job, so I decided to ask him why he was so successful.

He gave me a simple but powerful answer, he said:

" I don't know what it is but every time a woman is complaining about something you do or say she's pretty much begging you to keep doing it deep inside, those bitches get wet from it but don't want to accept it, many men will surround to them and step back that's why they behave the way they do and when you find out how it works they're fucked"

I heard he passed away last week, and wanted to honor his memory posting one of the many histories I've experienced while knowing him.

Conclusion: Aggressiveness, bluntness, arrogance, dominance and IDGAF attitude will get pussies wet, it's not something you fight with morality, it's just how nature works and nothing we can do to change it. But yeah In order to achieve that you need to let go 100% and don't care at all, that's the secret, many men say they don't care but deep inside they do that why it's so hard, no one wants to be seen as the bad character... no one.

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UPVOTES

I Archived The Entire Subreddit And Coded A Simple Website To Read It (Part Two)

dream-hunter · 20 January 2019 · Archived copy · Reddit

What is **TheRedArchive**?

A simple and lightweight website I coded with up to 160k archived TRP posts. See [I Archived The Entire Subreddit And Coded A Simple Website To Read It](#)

What's new since Part One?

- We went from 5,000 posts to now 160,000+ archived posts
- Search by title, post, author and comment
- Up to 15k deleted TRP posts have been **recovered** and can now be seen on the website
 - [Übermensch Mode](#)
 - [The Sadness Phase](#)
 - [The man in the mirror.](#)
 - [Fuck your male hamstering](#)
 - etc.

How were the deleted posts recovered?

A very long process that took me hours to figure out. I already wrote how I did it, so PM me if you're interested. Shortly said, I coded a script that downloaded backups from <http://files.pushshift.io/reddit/submissions/> > removed all non-TRP posts > checked current archive for deleted posts > the deleted ones are replaced with the ones from backup.

How many were recovered?

In total, 15,395 posts. [Here's a preview](#) of my script in action recovering 4 months of deleted posts. (Each backup was 10-20gb, so I had to do month by month due to lack of space).

Can I request a feature for the website?

Sure, PM me or write in comments. :)

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UPVOTES

The most important implication of swallowing the pill: women are now the least important part of your life

RP-Doctor · 13 November 2016 · Archived copy · Reddit

I can absolutely assure you that if you follow the advice given on TRP **you will have everything you want from women long, long before you achieve satisfaction in any other major aspect of your life.** Truthfully, what TRP is asking from women as a community is incredibly small. Though you might *think* you're putting a greater emphasis on women since swallowing the pill, really you've reassigned them to a niche part of your life meant to fulfill biological desires and provide transient emotional connection. The asking price is low, far lower than the blue pill fantasy had you believe.

What do you actually need from women?

To understand what I mean above, you have to look at what you're actually looking for from women and then from everyone and everything else in your life. I believe I need 3 things from women.

- 1) Sex, when I want it.
- 2) Commitment, without giving it in return.
- 3) The ability to be left the fuck alone when I want, without worrying about future consequences.

In the TRP model of the world, that's all a man needs from women, and he can achieve it in 1-2 years of taking care of his appearance (lifting and dieting), learning game and amused mastery, and acclimating himself to the idea that all women are replaceable. Sex when you want it happens around plate #3. Getting commitment without giving it in return is a matter of learning to pick out the right type of women. Abundance mentality takes care of #3.

What do you need from everyone else?

- 1) Respect
- 2) Companionship and camaraderie
- 3) Loyalty

These are far higher asks. Respect is earned within a community. You can be rejected by 99% of all women and still have 3 plates by next Monday, just approach 300 girls. However, you have to earn the respect of the majority of your community to qualify as "well-respected." **The blue pill world places the far greater responsibilities of companionship and loyalty on a single person: a woman.** At TRP we recognize the glaring instability in that and instead pass these roles on to our friends, family, and community. **Blue pill men cannot get what they want from women (or life) because they ask these things from a single woman and expect to get them consistently for the rest of their lives.**

What do you need from everything else?

- 1) Comfort and financial freedom
- 2) A sense of self-fulfillment through your career and hobbies

Now we're talking about hefty demands, especially #2. Most people work their entire lives towards these things and never achieve them. TRP teaches discipline, ambition, and drive. This community encourages paths towards financial independence such as business ownership and smart investing. However, there are no shortcuts to these things. TRP can only really open your eyes to the idea that your options are more numerous than you think (e.g. you don't have to follow the prescribed path), but it cannot put in the years or more likely *decades* of work that it requires to become truly satisfied with what you've accomplished.

This is the true advantage of swallowing the pill. **You've reassessed your priorities, you've discarded the** _____

enormously stupid idea that a single woman should be responsible for key aspects of your happiness, and you've opened your eyes to what it requires to feel independent and fulfilled.

Here's the main takeaway:

TRP is primarily a sub devoted to sexual strategy, but understand that a direct consequence of the form of sexual strategy we preach is that women have become a tiny aspect of your life. Getting what you want from women is easy once you swallow the pill and reassess your expectations of them. Like all things, anything worth having is going to require hard work. The vast majority of your focus should be on ensuring you are able to work towards those other five pillars of success, all while keeping your dick wet enough that it's off your mind.

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UPVOTES

Girls see guys on a scale of 0 - 1

MarketGiraffe · 17 April 2017 · Archived copy · Reddit

If you are a zero to them it means they simply don't find you attractive. They won't care if you have a BMW, have 100k in the bank account, like traveling, or anything that makes you who you are beyond that superficial physical attraction. You simply will not even get a chance to demonstrate value. If you ask them for their number and text them they won't text back, they will flake on your plans and not reschedule, and mostly completely uninvested emotionally. Similar to a person without a degree not getting a chance at an interview.

If you are a 1 to them they will love your hobbies, make time for you, be excited and giggle with you, probably have sex with you pretty easily. The difference in how you get treated is night and day.

It doesn't matter if she looks like Shrek or she looks like Arianny Celeste, if she doesn't find you attractive she won't settle, she will move the fuck on.

I'm still struggling with depression and anger after working my whole life to be semi successful monetary wise and it's been killing me inside. Women will never like me for who I am until I become physically attractive. However, I understand and am trying my hardest to change. I've given up fast food and candy and been cooking vegetables, brown rice, and lean meat for a week. Currently at 190lbs 20% BF at 5'9" and my first goal is to be at 179 with 15% BF within 90 days.

Thanks for reading.

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UPVOTES

Accept that all women desire to have a dick inside of them, no matter how cute and innocent they seem to be.

ozaku7 · 7 January 2018 · Archived copy · Reddit

In my time as the true Billy Beta, I would believe that women aren't pieces of meat who should be treated like princesses and all that, and in the end it got as far as not chasing them for my desire to get my dick inside of them, but to show them I have more to offer than that, and that if they wanted sex, they would come to me. Eventually it came down to that I put myself in a submissive position where women had to take the lead where they wanted the dating period to go. It was as clear as the sky that this didn't work at all.

Looking from a natural perspective, and not from the caveman ages but purely on all living beings, we are ALL the product of sexual reproduction, the male sticking it inside of the female. Physical attraction includes your desire to have sex with women that are physically attractive to you, which makes it okay to judge internally people on their looks and only date those you find physically attractive. Yet also, you should not be fooled by the cute and innocent women of which you think you can't fuck them as hard as the slut next door.

It is a truth preached even by women and by people outside of the TRP domain, but many men fail to understand that. It is natural for women to crave a cock inside of them, as much as it is natural for a man to want to have sex.

So next time you are talking to any woman, just imagine that your cock in her mouth or any of the 3 holes is just completely normal and natural, as much as talking to her that very moment. Sex is eventually nothing but a higher stage of social interaction, to the point where you feel like inviting her home as if it's the most normal thing in the world and bang each other to get off and have a good night sleep.

It's perfectly natural to crave sexual interaction with the other gender, but don't put it on a pedestal. Chase it, but don't overvalue it. So next time when you are interacting with a woman, you will realize that once you drop that value of sex it is so much easier and comfortable to interact with them, get closer, more intimate and all that. All the while you are still welcoming the opportunity of having sex and fucking each others brain out.

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UPVOTES

When hypergamy hamster collides with maternal instinct.

WhorehouseVet · 15 March 2018 · Archived copy · Reddit

Just want to share an interesting story with you all.

Visited my folks this past weekend just to see how they're doing. My mother, bless her heart, is a great woman and a great mother but loves her tabloid magazine too much, they were just everywhere in the living room.

I got curious, picked up a random magazine and casually read the cover page out loud: "Mr. Moneybag gives a million dollar mansion to his new girlfriend to celebrate their anniversary."

My mother immediately chimed in, "Isn't she lucky? She dated Mr. Pop Singer for years and had never received any expensive gift from him, he's such a scrooge. But Mr. Moneybag is different, he's treating her right, don't you think?"

Without skipping a beat, I said "Yeah, but if I'm Mr. Pop Singer, you'd praise me for being smart with my money, whereas if I'm Mr. Moneybag, you'd slap me in the head for wasting my money."

It doesn't happen often, but when you point out people's cognitive dissonance, you can often see it on their face when their brain freezes; that's exactly what happened to my mother, she was trying to work through her hypergamy conflicting with her maternal instinct, and come up with an explanation for what she said.

It was kinda funny to watch her tried to come up with a response. After a few seconds, I can tell she has nothing so she just dropped the subject and walk into the kitchen.

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UPVOTES

You should NEVER ignore any signs of infidelity

BlueEstee · 28 February 2019 · Archived copy · Reddit

Here's a clip from [Late Night with Jimmy Fallon](#), featuring Katharine McPhee, an actress and a singer and Russel Brand, an actor and a comedian who's quite open about his promiscuity. I highly recommend watching videos of him flirting with women, he's basically Chad Thundercock, the Slayer of Pussy.

From the very beginning of this clip you can see that Russel wants to fuck Katharine, openly flirting with her. She seems to enjoy his attention, so much that she happily sits on his lap for a brief moment, and lets him hug her and touch her hips in a very intimate way.

Later during the interview, she tells him she's married, after which Russel decides to "fuck off" and leaves the studio. I think her mentioning that was a shit-test, which Russel obviously passed. Maybe they fucked after the show - who knows.

Right before he leaves he yells at her "Be clear!" - he thought she was down to fuck. But clearly she's a loving wife who's just naturally flirty with men and this small chat with Russel doesn't mean anything, right?

This video was taken in 2013. One year later she divorced her husband because of an affair she had with a movie director. Oh my, who would have thought!

Katharine openly flirting with Russel should be a clear message to her husband that he should get a lawyer, he definitely shouldn't ignore her behavior. And same goes for you:

You should never ignore any signs of infidelity from your LTR, wife, or even plate you want to become serious with. Observe how she behaves around other men. Is she flirty? Does she allow other guys to touch her? Does she touch other guys back in a sexual manner? If so, think twice before committing to her. Even if hasn't cheated on you, if she displays that behavior all it takes is her having a convenient excuse ("I drank too much and you weren't there!") and BOOM! You're a cuck.

Also never allow your woman to make your hamster spin by telling you "oh, he's just a friend".

Yeah, a friend that will put his dick inside her soon.

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UPVOTES

The pinnacle of game: Creating a void of value

Wingflier · 26 November 2019 · Archived copy · Reddit

It's no secret that the reason most men discover or are interested in the RP philosophy is that they want to up their game with women and/or engage in a journey of self-improvement, which are more or less the same thing.

So it's important to understand how female psychology works in regards to what makes the Red Pill so successful.

Women want to be with a guy who they perceive as being more valuable than they are. This is basic human psychology. This is hypergamy in a nutshell. This is why the more money women make, the more money they need the guy to make to find him a suitable mate. This is why the more options a woman has, the more selective she becomes. This is why during sex women like to be degraded and humiliated by the guy, or spanked and choked. In the most primal and ultimate expression of our animal instincts, the man is asserting his dominance over her, his power over her, and increasing the void of value between the two of you to the most extreme level possible. You are her god and she is your slave. Why do you think women are so into bondage and rape fantasies? It's all power dynamics.

So if you want to have a powerful game, what you're really focusing on is creating a void of value. There are many ways of doing this but I'll focus on the most obvious 3:

1. Increasing your actual/objective value through physical means like lifting, losing weight, or making money.
2. Increasing your *perceived self-value* through meeting goals, meditation, and psychological training.
3. Decreasing her perceived value through approaching, unyielding confidence and negging.

It's important to note the blatant distinction between points 1 and 2.

In method 1 you're increasing your external sense of value (determined by society) through physical means like looking better or being financially better off. In method 2 you're increasing your internal sense of value by doing things which make you proud of yourself. Do you see the difference? One is external and material, the other is internal and psychological. They are both important.

This is why you so often hear the repeating motto in this sub of "Lift. Lift. Lift. Just shut up and lift." It's because lifting inadvertently creates so much value for the adherent, even if they don't understand why.

1. It makes them look better by being more muscular and losing fat, therefore making them more socially valuable.
2. It increases their internal sense of self-value by meeting goals and having discipline.
3. The physical appearance and confidence of a ripped guy is often intimidating to women, lowering their own sense of value.

It's not that lifting is some ancient magical ceremony that guarantees success. In fact there are many different ways one could achieve a similar effect. Lifting is simply an easy and effective solution that any man can do to maximize his results, even if he doesn't fully understand why.

In fact, the more you think about it, ALL of the most common and mainstream Red Pill mottos and philosophies boil down to creating a void of value between a man and the woman he's trying to fuck. "Abundance mentality" lowers her value because she's replaceable. "Neg her" lowers her sense of self-value by making her feel as though there's something wrong with her. "AWALT" makes her like every other girl, therefore not valuable. The entire meditation on shit testing is a way in which a man asserts his value over a woman by not allowing himself to be emotionally provoked by her, but instead treating her irrational outbursts as if she were a mere spoiled child. What could create more of a value disparity than that?

There are a million ways to create a value disparity between yourself and a woman, I encourage you to take some of the most common advice but also be creative. Always keep it in the back of your mind that this is your goal from the moment you meet her. Even long into the relationship, if it begins to fail, it will be because she started to lose

respect for you and therefore the value disparity began to shrink. For men, respect is vastly more important than "love".

Addendum:

Another example of RP words of wisdom are "Don't worship the pussy." Why do you think that is? Because it's low-value and makes you look desperate. If a man seems desperate to a woman, he's automatically considered low-value. This is why approaching is so non-intuitive to guys. When they first begin approaching, most guys will seem nervous and desperate to her. But if you are desperate to get laid, why would you approach? Because you must build desensitization to this activity until it becomes completely normal and natural, like talking to your friends or family. You must change your own frame through action, not just thinking. Once you can be perfectly comfortable around beautiful women, and accepting of rejection, you will love and respect yourself more, which directly translates to more success. The reality is that the reason any man does not approach is fear. It is a fear that controls him but is also in some ways perfectly rational. He knows he will be rejected because he does not have self-respect and confidence around women. Again, this comes with practice and lots of **failure**. This is why, against all intuition, you must keep doing it. As long as you are ruled by fear, you will never truly have your own respect.

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UPVOTES

A Comprehensive Guide to The Red Pill

bsutansalt · 23 December 2014 · Archived copy · Reddit

*Looking for a community of like-minded individuals? Head on over to **The Fraternity** and **apply now!** New members are being accepted, but that window closes soon!*

This guide is broken down into several sections:

- Introduction
- KISS
- Desires
- The Red Pill
- The Sexual Marketplace
- Improving Sexual Market Value (SMV)

Note: if you're looking for the red pill handbook, that thread can be found [here](#).

INTRODUCTION

What did I make this guide? All too often guys grow up hearing the typical dating advice of:

- “Just be yourself”
- “Be confident”
- “The right girl will come along some day”

As just about everyone who's found TRP knows, those statements aren't real advice and are at best little more than platitudes. So why don't they work? What are the alternatives?

- Not realistic and overly simplistic
- What good is it if Ms. Right walks though the door if you don't have the skills to get (and keep) her attention?
- What's the alternative?
- "Become the best version of yourself."
– Neil Strauss

Keep It Stupid Simple (KISS)

- Approach and Stay
- Don't leave until they tell you to leave or they themselves walk away
- Hit the gym
- Old fashioned lifts are best
- Eat right
- Minimize fast food
- Dress your best
- Get into a habit of talking to everyone!

DESIRES

- **Goals** <-- Before you go any further you should take a few hours and go through the steps in that thread and really think long and hard about what you want out of life, relationships, you name it.
- Standards & Expectations

What qualities do you want in a mate?

- Personality
- Physical
- Spiritual
- Economic
- Cultural
- Screen for qualities you seek
- Speak up! Let her know what you want
- What happens if they fail to measure up?
- If there are consequences then you **MUST** follow through

Checkpoint:

- Come up with a few goals and think about how you'll achieve them
- What are some standards and expectations?
- What happens if they don't measure up?

THE RED PILL

- What is the Matrix?
- Terms and Theory
- Women like sex!
- Rational Male's Iron Rules of Tomassi
- Heartiste's 16 Commandments of Poon

What is the Matrix?

In other words:

“Seeing reality for what it is the first step in changing it.”
– Tom Leykis

Terms and Theory

This section presents core ideas and theory found in TRP:

1st Rule of Relationships: In any relationship, the person with the most power is the one who needs the other the least

Alpha, Beta, Omega, oh my! You often see talk in our community regarding alpha and beta males, but it's important to understand this is merely a framework for understanding the social pecking order. Ultimately the goal is to find balance.

- Alpha = Dopamine = Exciting
- Beta = Oxytocin = Bonding

Alpha Widow: A woman who's past lover was an "alpha" male

- May still fantasize or have lingering feelings for him despite being in a new relationship with a "beta"

Anti-Slut Defense (ASD): Women's internal fear of being judged as a slut by her peers, family, or society. It is also why the creation of plausible deniability before sex is often important so not to appear as if having sex was in any way "her fault".

Approach Anxiety: A combination of fear of rejection and stage fright, aka "Love Shyness"

Body Agenda: Body agenda is a shorthand for describing our instinctive sexual desires and instincts that shape our mating habits and sexual strategy. They differ between men and women and that's okay. To quote Athol Kay:

...your body has its own agenda that it's pursuing... it wants to make babies... and your highly intelligent homo sapiens brain is in fact a tool it uses to get that job done. To be sure, we can think logically and make decisions, but we're not nearly as in control of ourselves as we'd like to think we are. Hormones and neurotransmitters are our bodies' way of telling us what to do.

Boobs vs Booze: Men looking at attractive women have the same parts of the brain activated as when drinking

Briffault's Law: The female, not the male, determines all the conditions of the animal family. Where the female can derive no benefit from association with the male, no such association takes place.

Dark Triad Personality, aka why "chicks dig jerks": A catchall phrase that describes the personality types MANY women are naturally attracted to:

- Narcissistic
- Machiavellian
- Psychopathic

Why are women attracted to these "bad boys"?

- Power-driven (status)
- Low neuroticism and extroverted
- Low amounts of empathy and agreeableness
- Not prone to being needy or over investing

In other words they're a challenge and tend to live life by their own rules. Some research on the subject has also shown that Dark Triad personality types are more likely to be successful in business. Furthermore:

- Works best for short-term mating strategy
- Being disagreeable (an asshole) is attractive to women
- Being power-hungry is attractive to women
- Never sweating the small stuff is attractive to women

In other words, being an aloof, uncaring asshole — an amalgamation of all the above traits — makes you optimally attractive to the greatest number of women (in the short term). However, these traits are NOT conducive to emotionally healthy long-term relationships.

Feminine Imperative: The tendency of media and culture to put women first, excuse their misdeeds (see also: rationalization hamster), and criticize any holding of accountability or pointing out of double standards as being

“anti-women”.

The greatest threat to the Feminine Imperative is men becoming self-aware of their own sexual market value and the dissemination of information about how the imperative uses this lack of awareness to perpetuate itself.

Feminine Imperative: Example

Feminine Imperative: How it happened

The feminine imperative is also why so much of what we discuss here rubs people the wrong way. Humans have same-group preference for many things, but when it comes to gender all bets are off. What scientists have found time and time again is that women have same-group preference, but men do not. Furthermore, a large portion of men in fact prefer women's group preference over men's when the two come into contention. There's some interesting theories why that's the case, namely that those who kowtowed the feminine imperative line had better odds of reproducing.

Ultimately we challenge the status quo. As such we face mountains of opposition both online and in the real world, and it will challenge your resolve at times. Those who stick it out and come full circle with the self-improvement process will see lifelong improvements in themselves and interactions with others. However, a common result of which is that you will quite possibly lose some friends along the way, and for two primary reasons:

- Your successes are a reminder of their failures
- People resist change, and you moving up the pecking order is exactly that

Friend-Zone: Mental frame used primarily by women to disqualify certain men as sexual prospects

Kino: A pickup artist term for haptics, or non-verbal communication through touch, the purpose of which is her becoming comfortable with growing levels of intimacy between the two of you.

Last Minute Resistance: Contrary to feminist sloganeering, no doesn't always mean no. Often times “no” simply means “not yet”. Simplest advice is to back off and try again later, or if she's adamant and clearly shutting you down. Some people in the red pill community have also made the point that LMR is the female equivalent of approach anxiety for men.

Humblebragging: Covertly bragging by making good aspects of your life seem bad. For example:

Girl 1: “Can you believe it, I've been hit on 3 guys tonight already. We just got here! What a bunch of losers, I wish they'd just leave us alone so we can dance in peace.”
Girl 2: “Yeah, totally! 4 guys approached me already too! I hate that.”

They are both bragging about how many men have hit on them, with the additional subtext of girl 2 saying she's gotten more interest than girl 1.

Hypergamy: Commonly referred to as “marrying/dating up”. In a dating sense this translates to being attracted to men of high(er) status than that the women hold themselves. The grand irony of feminism is that the more successful a woman becomes, the fewer desirable men exist above her on the socioeconomic ladder. Translation: women's success = smaller dating pool.

Indicators of Interest/Disinterest (IOIs & IODs): Cues a woman is interested or disinterested.

Mere-exposure effect: The more we're exposed to a product or idea, the more likely we'll prefer it over lesser-known alternatives.

Nice Guys Finish Last: Being nice isn't itself an attractive quality. In fact, being nice often turns women off; they must be attracted first! If not you risk coming off as needy, clingy, over-investing.

- We value more what we have to earn

Oneitis: An intense romantic obsession with one person (“the one”) to the point of being counter-productive.

Orbiter: Men who are friend-zoned, but kept around for a variety of reasons:

- Resources
- Validation/attention
- “In case of emergency, break glass for dick”

The main reason most men allow themselves to be friend-zoned – biding their time hoping they still have a shot to have sex with her.

Peacocking: Drawing attention to yourself *in a positive way* so women have something to initiate a conversation about. There are good and bad ways of doing so.

Plate Spinning: When spinning plates, a man will have a natural, subconscious (but not exclusively) understanding that if one prospect does not work out, others may. This perspective change often manifests in a man’s behavior that women key on covertly.

- Opportunity and options makes the man the prize
- Confidence is derived from options
- Gives men the ability to NEXT women without worrying about “what's next?”
- Women would rather share a high value man than miss out on him entirely, or worse...be stuck with a loser
- Monogamy is a byproduct, not a goal
- “Dating around” gives you experience to know what you want and don't want
- Be honest; never imply exclusivity
- Develop buffers
- Women freely spin plates, we're usually just oblivious
- They're usually more adept at hiding it; ASD
- Metered attention
- Spinning plates can help divide your time and attention so you don't over invest with any one woman
- Created scarcity

Preselection: Females tend to prefer males who have already been chosen by other females of their species.

Propinquity effect: The tendency for people to form friendships or romantic relationships with those whom they encounter often.

- “Like attracts like”
- The higher people's propinquity level, the more likely they'll form some type of relationship. For example, living in the same city is higher than different cities, same neighborhood is higher than different neighborhoods, and so on.

Rationalization Hamster: Analogy for the thought processes used by women to turn bad behavior and bad decisions into acceptable ones to herself and her friends. When a woman makes a bad decision, the hamster spins in its wheel (the woman’s thinking) and creates some type of acceptable reasons for that bad decision. The crazier the decision, the faster the hamster must spin in order to successfully rationalize away the insanity.

Rejection: Good game takes thousands of approaches. You'll eventually become acclimated so that it doesn't bother you.

Sexual Marketplace: The sexual economy of supply and demand for sex and relationships.

Sexual Market Value (SMV): One's worth in the sexual marketplace; often conflated with one's attractiveness.

Shit Tests, aka Fitness Tests: Subtle (and sometimes not so subtle) tests women do on purpose or subconsciously to test men.

- Typically a congruence test
- Occasionally as a rapport break as a hamfisted form of flirting
- **How to handle shit tests**
- More often than not women actually have pretty bad “game”

Social Proof: Perceived value of someone in a social setting

Women like sex! Just look at **women's advertising** – the media gives them what they want:

- How to get sexy
- To attract the best possible mate
- To have more sex
- Sex tips
- To secure their “alpha” male
- Enjoyment

And it's not just Cosmo! Look at the last picture above, the media directed at jailbait is no different! On that note, know your state's Age of Consent.

- 16 is the most common
- Crossing state lines becomes a federal issue and the age of consent automatically bumps to 18

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UPVOTES

The difference 4 years makes.

da-trap-masta · 3 January 2018 · Archived copy · Reddit

About 4 years ago I went to a party, met this very cute girl and ended up getting her number about 3/4 way through the evening. Later, people were loitering outside as the party was wrapping up. From a distance I saw her giving out her number to a roided up asian guy and being all touchy-feely with him before getting into a taxi with her friends. Like an idiot I still tried to meet up with her -- I set up a date via text a week later, only to have her bail 20min beforehand as I was en route to the coffee shop we were supposed to meet at.

Saw the same girl at a NYE party a few days ago. From a distance she looked the same, but up close it looked like Father Time took a belt sander to her face. I don't know if she's a smoker or a boozier or what, but she had aged very badly -- sagging double chin, wrinkles, bit of a muffin top. Make-up caked on thick in a vain attempt to cover it all up. She emanated desperation, it was painfully obvious that she was "single and available".

A couple hours into the night she came over and spoke to me. Still working the same shit retail job, still into her shit 'photography' hobby, complaining about her friends being busy with husbands/kids/travel/careers, being broke, etc. In the middle of all that she also worked in a half-hearted apology for ghosting me. Yeah, thanks.

Later in evening, more tipsy this time, she came up to me apologized again. She kept insisting that she "owed me" and that "she'd have to make it up to me". Hmmm..... later still, she finally made her boozy pass at me. Drunk as a skunk, she burbles that she has to tell me a secret. She leans in and whispers "Ryan Seacrest always makes me horny." He was on a TV on mute near us.

It made for a funny moment. I remember feeling so dejected driving home from the coffee shop after she ghosted me. Now she was practically throwing herself at me and it was disgusting.

Not much to tell beyond that. I didn't bang her for obvious reasons.

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UPVOTES

"It's better to be a warrior in a garden than a gardener at war" - Chinese Proverb

KingStoic · 5 February 2021 · Archived copy · Reddit

I'm always impressed by ancient Chinese proverbs, one of my favourite goes like this,

"It's better to be a warrior in a garden than a gardener at war".

Life comes in cycles.

We have times of peace and prosperity, technological revolutions, and economic growth – times many think will last forever.

Inevitably nirvana ends and we have recessions, depressions, pandemics, and war.

Most men do not read, let alone study history.

Their only point of reference is their own lives and maybe stories passed down by their mothers and fathers.

Smart men look back in history to uncover patterns and trends that will reiterate in the future.

With the understanding that hard times WILL come, they prepare for war.

So how can you be a warrior in the modern age?

1. Get your finances in order

You should have enough money saved to last you at least six months without cash coming in from your job or business. This is your safety fund and will give you peace of mind if anything goes wrong. Half a year is more than enough to figure out your next move. Ideally you should work on developing multiple streams of income so if one thing fails you still have money coming in.

2. Strengthen your body

A men should not be weak. Our bodies are built to work. I recently watched a video of a guy who was hitting the gym at **99 years old**, even when he turned 100 he was still going. When you stop using your body, it starts falling apart. There is no excuse for being a fat ass or a skinny twig, hit the gym and prepare your body for any obstacle that might come your way.

3. Learn a martial art

This is something on my to-do list. Brazilian Ju-Jitsu, Karate, Boxing, wrestling, Muay Thai, it really doesn't matter what you choose. Learn how to defend yourself in one-on-one combat.

4. Learn how to use a gun

It doesn't matter what your political views are about gun-ownership it's important to learn how to use one just in case you might have to. You might enjoy catching an Uber everywhere you go but it's still a good idea to learn how to drive a car. You might get your food cooked for you, but it's still a good idea to learn how to cook.

5. Master your mental health

When shit hits the fan the biggest obstacle won't be enemy bullets, poverty, or a virus – It will be your mind. The mind can destroy a man even in times of prosperity, during hard times it is much more fragile. The best defences come through self-mastery. You can check out my free ebook **Thriving** if you want to learn everything I know about the topic.

6. Learn how to learn

Gone are the days of being rigid in your area of expertise. The world is changing at a faster rate than ever before,

artificial intelligence will make many jobs redundant so it's your responsibility to learn how to learn. Adaptability is the most important evolutionary trait, being a quick learner is the closest thing to a superpower a man can have.

7. Have basic provisions

Have some extra canned food stored somewhere for a rainy day. If you have a house look into having a small garden for growing vegetables. Extra bottles of water, medical supplies, backup generator, solar panels, copies of important documents and a second passport. Maybe even some bitcoin on a cold wallet for good measure. Look for the fragilities in your life and figure out a way to make them more robust.

Ask yourself the question,

“What needs to break for me to be ruined?”

When you have your answer work on fixing it.

I know it's difficult to have all of these areas in order (I'm still working on it too), but the more things you can tick off this list the more anti-fragile you will become. You will be the warrior in the garden who is ready for anything.

What would you add to the list?

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UPVOTES

I've never seen a male fat acceptance movement before. Logic doesn't seem to be enough to convince these fat activists they're obviously wrong.

yaupaufau · 15 February 2017 · Archived copy · Reddit

Fat acceptance is ridiculous. As a personal trainer I have seen people's entire outlook on life change and they lose weight and transform not only their bodies but their mindsets.

Being 'thin' isn't some made up societal expectation, being a healthy, reasonable size is healthy.

Being healthy is good for you; you live longer, you are happier and life is better lived. To try to manipulate people into believing fat is ok, just to satisfy your own decision and denial is shameful.

I believe anyone who has the ability to should voice their concern over this matter. Obesity is an epidemic and health should be one of the virtues we always strive to achieve; rather than accept the opposite as 'enough

To me, the whole concept of "fat acceptance" is completely insane because I find it absolutely fascinating that we've reached a point in time where people's feelings take prescience over their health.

We're living in a time where a morbidly obese tub of shit who will likely die in the near future if she doesn't change her lifestyle is perfectly content with herself as long as she has enough people saying "Fuck the haters. You go girl!".

I often wonder what it'll take for these detrimental feelings-saving campaigns to cease so we can have a real honest conversation about what it means to be healthy, rather than unhealthy+happy.

The first thing I've gathered from this movement is that it involves a serious lack of agency on the part of the people who want to be accepted for being fat.

Feeling beautiful has replaced being/feeling healthy

I've come to the conclusion that if we all woke up tomorrow and unanimously accepted all these people begging for acceptance for their unhealthy choices, which they are way more often than not in COMPLETE control of changing, that they would not ever make the effort to improve themselves.

With that being said, I believe the prime motivator for these people is how the world perceives them, rather than their own self perception or even their own health. Who cares if you take up multiple seats on an airline or eat a large bag of doritos and a super-sized coke for a "light snack"? You're beautiful just the way you are! Don't let anyone tell you differently! #fuckthehaters

The way I see it, they have 2 choices:

1. Make an effort to improve themselves - eat better, exercise, lift, and make some real positive changes in their life - all of which will improve their health and life expectancy.
2. Sit around and blame the world for not accepting them as they are, because god forbid anybody tries to school them on their life choices.

I don't see why focusing on laying down the hammer with regards to health and why trying to shift the standard to which people judge themselves while addressing unhealthy lifestyles is such a big issue.

Why is there such a focus on accepting fat people rather than motivating them to make lifestyle changes that will not only improve their lives, health wise, but also make them feel a lot better about themselves, and be a lot happier in general.

You know who actually needs acceptance?

- People with serious mental illnesses that they cannot control
- Men who need support but won't ask for help because of the stigma of looking "weak"
- Anybody actually ASKING for help and actively making an effort towards their goals.
- ..but fat people who want to remain fat? gtfo.
- Fuck all of this coddling of the oversensitive.

Lessons Learned:

Fat acceptance is complete bullshit and is extremely detrimental the people involved, their kids, and to society as a whole.

Fat acceptance was created to absolve the unhealthy of any personal responsibility for not only their lifestyle but their unwillingness to change.

From beauty standards, to self acceptance, to the motivation to work on oneself - everything is relative to these people and dependent on external factors (other people's opinions, how high the bar for beauty is set, etc)

Watch this

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UPVOTES

Needy Texting Instantly Destroys Attraction (Image Example)

TRPDigesting · 5 December 2017 · Archived copy · Reddit

I highly doubt that anybody who has arrived at TRP sends messages like the example I'm going to share, but I wanted to post it here to make a point.

Brief Backstory I have an older sister who is in her upper 20's, and she's been passively looking around for someone new to date.

She's reportedly been pretty disappointed with the lot of whiney, emasculated men out there and never takes things anywhere with them due to boredom and being un-attracted.

Her most recent endeavor was re-joining Bumble. She's been sharing some of her conversations and matches with me for chuckles.

This is one that I thought was particularly interesting.

The dude in question here is a guy who "stacked up pretty well on paper." Attractive enough, seemed like he had a decent life put together, has a dog (which is something stereotypical she goes after).

But he pretty much immediately killed any attraction he had going **with this message that he sent**.

She texted me the screenshot and said, *"Is this beta? I'm not into that."*

Here's some areas where things went awry for him.

- Exorbitant use of Exclamation Points !
- Reply is about 4 times longer than the message she sent to him first
- Message is littered with excited, happy emojis...5, in total versus her original message which contained 0
- Bombards her with questions right away instead of going with the flow of conversation
- Puts all the decision on her by saying when he is free, and suggesting *"Lunch, dinner, or something"* if she's *"up for it"*

I highly doubt any of you are out there tripping on your faces this hard.

I felt a micro-ounce of sympathy for this guy, because he seems to be embodying the cultural values of being nice and interested in the girl...non-aggressive...all of that. He probably can't figure out why he was ghosted after this.

This is partly why it's a RP golden rule around here...keep your texting **just for logistics** only (*especially in the initial stages of knowing the girl*).

If texting is *part of your game* I'm inclined to believe that you're probably doing it better than this chap.

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UPVOTES

Last night I attended a screening of "The Red Pill" by Cassie Jaye.

NPIF · 3 December 2016 · Archived copy · Reddit

Last night I had the opportunity to attend the Toronto screening of Cassie Jaye's "The Red Pill: A Feminist's Journey into the Men's Right's Movement." Because I've seen many posts on TRP which discuss the concept of the film, but have yet to see a review, I thought I'd share with the community my findings.

First off, I want to make it clear that I am not an MRA. My first exposure to gender politics was in university, where I minored in Women's Studies. I mention this because I found myself identifying with Jaye's "awakening" throughout the film; her perspective of women as an oppressed class slowly eroding under the weight of the evidence. This was similar to my own experience, which made the film personally relatable. If you have any interest in my personal RP awakening, you can find this in my post history.

Regardless - on to the review.

If you haven't seen the trailer, or read any of the posts discussing the content over the past year, the film documents a successful feminist filmmaker's exploration of the MRM. Jaye starts the film by highlighting her past work, her most recent film prior being focused upon marriage equality. As part of her research into "rape culture" (which was originally intended to be her next topic) she chances upon the highly controversial website "A Voice for Men", written by none-other than GLO's favourite, Paul Elam.

As Jaye delves further into Elam's writings, she becomes fascinated by the dissonance between the media portrayals of MRMs as "rape apologists", "woman-haters", and "misogynists" vs what they are actually saying, and decides she'd like to interview Elam and several other prominent MRM speakers. These include names like Dr. Warren Farrell, who penned "The Myth of Male Power" in the 70s and was an outspoken figure in men's issues long before TRP. She also meets with The Honey Badgers, a group of female MRA's; as well as Elaine Pizzey, who opened the first domestic violence shelter in 1971 and who was one of the first to acknowledge publicly that domestic violence can be perpetrated by both men and women equally.

As she collects insight from the MRA side of the discussion, she also consults leading feminist figureheads on their views of the mens movement. Participants included the Executive Director of the Feminist Majority Foundation, Katherine Spillar; and Dr. Michael Kimmel, American sociologist and gender studies "expert." She even interviews Big Red, the infamous loud mouth who is immortalized on YouTube for disrupting an MRA event at U of T and then proceeding to scream and demean the participants.

Without highlighting every single point that Jaye makes in the film, she does an excellent job of exploring traditional gender roles and their impact on normative behaviours (particularly compelling was the comparison of men as "success objects" to the feminist script of women as "sex objects"). Jaye also delves into the statistics surrounding so-called "male privilege", pointing out that 98% of military deaths are men; 94% of workplace fatalities are men; 75% of suicides are men; 90% of the homeless are men; and that 1 in 4 men will be victims of intimate partner violence (compared to 1 in 3 women). She covers the significant drop in male enrollment in post-secondary education; sexual violence against men and boys; and the epidemic of autism diagnoses and Ritalin prescription to "control" boys' behaviour as they grow.

She also explores father's rights and the damage of wrongful paternity. Jaye touches on examples of willing Dads forced to see their children adopted, or others who fought justly for 14 years in custody battles, only to lose their children forever. She highlights cases where men were forced to pay child support for children that DNA proved were not theirs; and others where entire families were destroyed by paternity fraud.

Throughout, Jaye records video diaries where her perspectives gradually shift. At one point, she attempts to revisit her feminist leanings by involving herself in women's events - but this is in vain. As the credits begin to roll, she states that her journey has transformed her - and in good conscience, she can no longer identify as a feminist.

Some of you may read this and immediately assume that Jaye is pandering to her audience. You may be familiar with the Breitbart campaign to raise funds to make this film. I was skeptical as well, and going into this experience I decided to reserve my judgement until I had watched the whole thing and could comment fairly on what I had seen. I am happy to say that I do not feel Jaye pandered at all. There was adequate screen time for both the MRAs and Feminists, and any holes or flaws in the feminist logic came directly out of the mouths of their speakers - not from Jaye.

This is an important film. Jaye successfully unpacks the extremely complex issues surrounding modern gender politics and presents mens rights as a multitude of intersecting topics, and all worth discussing. Through evidence, she debunks the hateful rhetoric which is associated with the manosphere, and opens the door for further dialogue around the meaning of egalitarianism in the 21st century.

Part of the reason we all visit TRP is because we acknowledge that our culture increasingly lacks a positive identity for men. One of the central tenets of TRP is, a-la Fight Club, that you do not talk about the red pill. But therein lies a problem - if we cannot have an open dialogue regarding equality in our culture, especially when it pertains to half our populace, we cannot consider ourselves free. We remain prisoners in a gyno-centric society where men are disposable and unwanted. If any of you one day wish to have sons, it stands to reason that we cannot allow this to continue.

I hope that this film opens new doors to the public discussion of the issues facing men and boys, and as such I give this film ***** - Highly recommended.

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UPVOTES

Tumblerette fucks five guys to get her indie "game" done and gets #rekt by 4chan, namely, /pol/.

Rei-Deus · 19 August 2014 · Archived copy · Reddit

The video covers all the details except for her personal life.

[/u/LeviGoldberg](#) shared the link: thezoepost.wordpress.com

THE VIDEO IN QUESTION: <https://www.youtube.com/watch?v=C5-51PfwI3M>

See the whole video. You won't regret. This guy completely analyses beta-isms and corrupt feminism.

EDIT: Check out what [/u/trudatness](#) posted in this thread. He posted a really nice link:

<http://www.redditlog.com/snapshots/935401>

<http://i.imgur.com/U1ytwbv.png>

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UPVOTES

I want to reject the red pill.

[deleted] · 21 August 2014 · Archived copy · Reddit

After years of lurking here, after all the lessons I've learned, I want it all gone.

Most of what is said here is true.

My LTR shows me the most affection when I hold frame. The times where I lost frame, when I showed my insecurities, were the times where she suddenly didn't want to be with me.

Dread game works wonders. I have more control over my current relationship than I know what to do with.

My girl is basically a subservient, though this is partly due to her nature (perhaps most asian girls are like this). She cooks, she cleans, we fuck when I want to fuck, we go out when I want to go out, if I ever put my foot down, that's the end of it.

But this isn't what I wanted. I'm a beta at heart.

When I was young, people would talk about soul mates as if it were a real thing, and I, in turn, believed it. I would fantasize about how I was going to meet her. What she was like. How nice it would be to have someone who's perfect for you in every way. Basically a disney fantasy on steroids.

It's still what I want.

I don't put pussy on a pedestal, I put the concept of a unicorn on a pedestal.

I want a woman who will love me for me, who will keep loving me if were to lose everything, if I stopped making her feel secure, if I stopped giving her the tinglies, if I lost frame.

Sometimes I want to chase the unicorn. To prove you all wrong. To show you it exists.

Sometimes I wish I never swallowed the red pill.

I want blissful ignorance. I want my fantasy back.

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UPVOTES

Stop trying to prove to women that you're a "good guy"

Woujo · 11 March 2017 · Archived copy · Reddit

Many guys have the following mentality, even if only subconsciously: I am not the richest, most successful, attractive, "alpha" guy, but I will get girls to like me by proving to them that I am a "good" guy, who is reliable, caring, trustworthy, and most of all, doesn't want to just use them for sex. After the big mean alpha males fuck them and dump them and hurt their feelings, the woman will realize how good of a guy I am and then come back and realize that I am overall better option.

STOP THINKING LIKE THIS.

First of all, you are not a good guy. You, like all men, are a fucking creep. Your daddy was a creep, your granddaddy was a creep, his daddy was a creep, the President of the United States is a creep, and the list goes on. Stop lying. Men evolved to be predatory animals that want to fuck every single attractive woman they see and then move on to the next one. God put a cannon in our pants that does not understand logic or reason, wants to shoot every hot girl it sees in the pussy, will gladly ruin your life to get what it wants, and has no off switch. There are no "good guys" - there are just men that do a better job at controlling, repressing and directing their insane sexual urges than other men.

Also, you don't want to commit to this girl. You don't want to be nice to her. You are just telling yourself that because you think she is too good for you so you would stick to the best you can get. You should never decide to commit to a girl until she's proven that she will commit to you, that she is worth committing to, and that she makes you happy. And you should make this clear to girls. If they ever say "what are we" say "I don't know! I just met you. So far so good, but you still might fuck it up."

And here's the thing: even if you really were a "good guy," no woman would believe it. Women must assume all men are creeps to protect themselves. A man trying to be a "good guy" is like a lion promising he will not eat you. You may nod and say "ok", but in your heart you know he is still a fucking lion and his promises and acting are not worth shit. Women encourage guys to be "good guys" not because they really believe such a thing exists, but because if you had to be around a lion, you would try to get it to promise to not eat you, as unreliable as you know that promise is. Women don't want a lion that says "I don't eat people" but rather a lion that says "yes, I like to eat people. But I only eat people that want to be eaten and on my own schedule. Plus I have a lot of other people I could eat, so you don't even need to worry."

Every attractive woman in our society has seen men do insanely creepy shit to try to fuck her. Many of the worse creeps are self-proclaimed "good guys" that pretend they aren't sexually interested for a long time and then suddenly one day make a creepy, awkward move proving that their entire relationship was a lie. Part of the reason feminists act like all men are creeps is because the beta "nice guys" they surround themselves are often the creepiest dudes out. Nothing you can do can prove to her that you are "different." I do stand up comedy and I have a joke where I say "men are way creepier than women realize" and almost every time women in the crowd yell out "we know!!" Think about the creepiest thing you've ever done. Now think about the fact that in the grand scheme of things, there are guys that do way creepier shit on a regular basis. Now think about the fact that the average woman has seen this creepy shit, so her opinion of guys is way, way, lower than yours.

What to do

Women kind of fear men, but that fear is mixed in with desire and fascination, which is partly why women act so strange when they are being gamed. To reduce this fear, the answer is not to try to convince women that you are some eunuch not interested in sex, but rather that you are self-aware of your sexuality, that you know how to control it, that you are sensitive to her feelings and concerns, and that **YOU HAVE OTHER OPTIONS**. By presenting yourself as confident and "in control" of your sexuality, she can feel comfortable around you and let herself relax and become attracted to you, which is essentially what women want.

To talk sexually to a woman you must speak matter of factly, as if you were Donald Trump interviewing a government official for a job in his administration. In romantic comedies and R & B songs, when the man gets sexual it's a big event where his tone changes, he suddenly gets very serious, music starts playing, etc... In the real world, that's a surefire way to creep girls out. In the real world, you should just talk like with no emotion in your voice, as if you are just giving her information. You would be amazed at how much responsive women are to sex talk if it is done matter of factly and with no emotion. Of course, you can add emotion later – but only after she is emotionally invested in you.

The easiest, slam-dunk way to ease women's fear of your insane sexuality is by showing her you have other options. A guy who has a bunch of women around him that want to fuck him is "safer" to a woman because if the cannon in his pants wants to fire, he MIGHT choose somebody other than her. Also, a woman knows you have other options, she will realize that you are not just talking to her because you want her sex, but because you actually like her.

Women are not creeped out by a guy expressing his sexuality or even saying that he wants to fuck them, even if the guy is ugly. A guy becomes creepy when is emotionally overinvested in a girl – i.e, he makes clear that he is fixated on her, has no other thoughts or emotions in his head, has no other girls that want to fuck him, and will not stop until he gets laid. For obvious reasons, that guy is terrifying to women. He is an annoying pest that provides nothing of value and could morph into a rapist if he is not immediately rejected. Unfortunately, that's how most men become around women. Women know that guys want to fuck – women want to fuck too! A guy only becomes a problem to the woman if he starts getting in her space and time. If you "step back" both physically and emotionally, and let her become emotionally invested in you first, she won't feel creeped out. What matters is not what you say so much as how you say it. Are you saying matter of factly that you like to fuck, or are you doing in an uncomfortable, aggressive way?

You know what else is creepy? Lying and being manipulative. If you walk up to a girl at a bar and pretend you like her jacket she will immediately know you are full of shit. You want to fuck and she knows that and even if you were the 1% of weirdos that actually wanted to talk about her jacket she would still assume that you were a creep that wanted to fuck. Nobody likes being lied to or manipulated. I was a nerd in middle school and all the kids wanted to copy my math homework. That got annoying, but I would still rather have them say "hey can I copy your math homework" than pretend they actually liked me when I knew all they wanted was math homework.

If you express your sexuality to a woman in a confident, un-emotional way, making clear that you are not going to be overbearing, overly fixated, or weird, women will respect it. In fact, saying something overtly sexual early in the conversation oftentimes creates a deeper connection and breaks a weird awkwardness that most male-female interactions are infused with. First, it shows that you are not lying to her or trying to manipulate her. Second, it shows that while sex is on your mind, there is other stuff on your mind too so you are not going to be a mindless zombie. If a guy walks up to a girl at a bar and says "OMG I love this song!" the girl will think "this guy doesn't give a fuck about this song, he just wants to fuck me and is using this song as a pretext to talk to me." But if the guy says something sexual and later says "I love this song" the girl thinks that you actually love the song. Now you guys can emotionally connect on every level because she knows you are being authentic.

A good way to introduce sex into a conversation is by making what I call a "fuck sandwich." I'll say something non-sex related, then I will say I want to fuck, and then I will go back to something nonsexual. For example, I'll be watching a DJ with a girl and I will say "Could you imagine how awesome it would be to be a DJ? Touring the world, fucking tons of girls, and making tons of money for doing nothing?" If you weren't thinking about it you may not have noticed I said something sexual. Once the woman has become emotionally invested in me, I will make her the target of my fuck sandwich. I might say "Hey, you are really fun to hang out with, and I'm not just saying that because I want to fuck you, you're also pretty funny." With a fuck sandwich, I've communicated my desire to fuck but I've also made her feel comfortable that I am not a crazed animal who only wants sex. Also, this way my statement that I want to fuck doesn't hang in the air and create some weird awkwardness and get to her weird thoughts and insecurities.

I also put conditions on my desire to fuck so she doesn't feel like she's on a track with a runaway train coming at her. If she says like "do you want to fuck me" I will say something like "probably, if you don't mess this up." I also leave open the possibility that she could do something to ruin it so she doesn't feel "trapped" or that I am a desperate pushover.

Creepshaming

What if you say (or do) something sexual and the girl tries to shame you for it? Any time a woman tries to shame you or make you apologize for something, you must ask yourself "did I actually do anything wrong"?

If yes, give her one genuine apology and that's it. If she continues to try to shame you or bring it up, tell her to knock it off or walk away.

If no, then she's bluffing. Laugh and I say "I regret nothing!" Look at her body language and demeanor rather than her words. If she still shows interest (or even if she is just still there) that means she is interested, even if she is saying shame-y things. Your actions don't necessarily matter – what matters is how she feels. And I can just tell you that saying sexual shit doesn't make women feel bad. They only feel bad when you become a threat or a pest.

If I was just more attractive

Another subconscious mindset that men sometimes have is "I would love to be sexual, but I'm not attractive enough. Hot girls only want good-looking, alpha guys to be sexual, not schlubs like me." This is also a terrible mindset. If a woman doesn't find you attractive, beating around the bush and pretending like you have no sexuality isn't going to want to make her want to fuck you. Whether or not she is attracted to you, you still must be sexual. She is an adult and can tell you "no" so if she is not interested or just leave. Women know that ugly guys want to fuck too.

I feel weird being sexual

Many guys can't be sexual because they have been trained by society and women to feel weird. They just can't imagine those words coming out of their mouth, especially when casually hanging out with people. The solution is to not direct that sexuality at any women. Just say it like you are expressing a preference for anything else: "I like vanilla cake and chocolate pussy." Obviously be appropriate and don't say that shit on the microphone at a funeral or a bar mitzvah, and use your emotional intelligence.

Also, the whole concept of "awkwardness" is misunderstood. A situation is only "awkward" if you let it be awkward. I would define "awkward" as a "situation where there are no clear guidelines to follow or leader to listen to." If somebody takes the leadership position and declares that the situation is no longer awkward, then it's not awkward. If somebody wants to continue to pretend it's awkward, that's their problem, not yours. If a guy whips his dick out at a funeral, it is only "awkward" if nobody takes the lead in removing him. If the guy is immediately removed, no more awkwardness.

Women don't want a "good guy"

The last reason to not be a good guy is that women don't want a good guy. Women want a sexual, confident guy that gets what he wants, and also a rebel that acts unconstrained by society's rules. Similar to Freud, I sometimes think that women are jealous of men having dicks. Dicks have power – you set the agenda, you push the interaction, and sex doesn't happen unless you make it happen. If the only time you could ever sex is if somebody approached you, called you, and escalated, you would probably get annoyed and want to be the aggressor.

Women are fascinated by men because men have the aggressive, confident, dominant male sexual energy that women don't have. This aggressiveness scares women, but they also like it if it directed correctly. They also want it when they want it, not necessarily when the man wants to give it to them, which is why you need to read women and make sure you escalate when they are emotionally invested. I love Oreo cheesecake, but if you came to my house right now and tried to force feed me Oreo cheesecake we'd have a problem.

Part of women wishes they could vicariously be a man and fuck lots of girls, degrade them, call them bitches, etc...

Women sometimes shame men that fuck lots of girls, but the man in their head they are shaming is a weak, insecure dork who will fuck anything with a vagina. But on a biological level, women admire a man that enjoys his life, apologizes for nothing, does what he wants, feels no shame, and slays lots of girls.

Finally, considering that men scare women with their aggressive sexuality, the solution for the woman isn't to find a man who has turned his sexuality off, but rather the baddest, scariest guy possible that can protect her from all the other bad, scary guys. Have you noticed that when a woman is grossed out by you she goes cold in a way a man never could? This is biological. Women evolved to stick to their alpha male protector with all their heart and mind and to shun outside males as if they are the enemy because in the jungle, outside males ARE the enemy. That's why if your girl starts cozying up to other guys, it's over – she sees those guys as her protector, not you.

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UPVOTES

Cynical Implementation

GayLubeOil · 19 May 2017 · Archived copy · Reddit

When women go to a night club they want the night club experience and the guy who provides it best is the stereotypical night club guy. Women don't go to clubs to have intellectual conversations, political debates or learn about the historical significance of your double lightning bolt tattoo. They go to have fun with Night Club Guy.

The problem for most Red Pill men is that they are not Night Club Guy. While they could look, lift and dress like Night Club Guy, which definitely are prerequisites for success. In their soul they are not Night Club Guy. Night Club Guy can talk to **basic bitches** without feeling resentment and feel good in a basic environment, **because Night Club Guy is a basic bro** who speaks lives and breathes basic.

The main barrier to success with basics is resentment towards basics. How long can you listen to a women mouth vomit about the new Starbucks Mermaid Frappuccino before you decide to help George Soros depopulate the earth with Super Aids? How long can you stoop to the basic level before you start resenting yourself for stooping to the basic level? You can't win the basic game unless you play the basic game. You also can't play the basic game well because you hate the basic game too much to emotionally align with the basic game.

The question is: How do you enjoy the unpleasant enough to excel at it? Most people will say if you don't like something you shouldn't do it. That's stupid. In this life there are plenty of times you have to win a game you dislike. The prevalence of unpleasant games is only going to increase as the West becomes more cucked and plebian. Choosing not to win or not to play is for losers.

The answer is a cynical implementation. Instead of telling yourself to endure drunk basics mashing their genetalia together while Lady Gaga destroys your ability to hear your future grandchildren, tell yourself that you are going to become the most basic basic. Start by telling girls they smell like Bath and Bodyworks. You won't be able to hear them so watch their facial responses. If it's neutral or negative yell *I'm just here to party!* Then disappear like a Black father. If it's positive take her to the dance floor and grind to Rhianna's *We Found Love in a Hopeless Place*. After exactly two songs of dick butt grinding and one song of face to face dick thigh/vagina grinding, yell *your cool but I have to find my friend*. Hand her your phone. Regardless of the outcome disappear faster than Luke Skywalker's Black father Darth Vader. If a fat girl starts talking to you shield yourself with a random guy and yell my friend is *in love with the shape of you*. Then disappear like Kenyan Economist Barack Obama Senior.

A cynical interpretation allows you to perform a lot of functions that would otherwise challenge your internal state without compromising your internal state because provides an **ironic distance**. Remember you're not doing the thing. You are making fun of the thing by doing it. Are you in a Gender Studies Class? Be the biggest Feminist there. Girlfriend starting drama with you? Pretend to be her dad. Boring meeting? Become the embodiment of the company man. Leader of an internet hate group? Challenge yourself to take it as far as possible.

Whatever the task, if you have doubts about it you can shield yourself from internal contradiction of by becoming a deliberate stereotype. People are tribal. They like people who are like them. They hate those that are not. The tribe always rewards those who conform to the tribe even if the conformity is a satire. The tribe is too stupid to comprehend satire but is ruthless in punishing nonadherants.

In conclusion be the douchiest night club guy, the meatiest meat head, and the most progressive college student. If you play a game then play to win or don't play at all. Morals and values are for idealistic losers too deluded to comprehend how the world functions. People don't care who is right only who is on their team. Be on everyone's team. But most importantly be on your own team and don't tell anyone about it.

[Follow me on Twitter](#)

PM me if you are interested in becoming a fitness coaching client as I now have spaces available.

711

UPVOTES

What My Mother Blessed Me With

DoubleOsiete · 10 July 2018 · Archived copy · Reddit

What my mother blessed me with.

I grew up dirt poor without a Father. I had terrible examples of men inserted in my life time and time again by my branch swinging mother. One thing I was blessed with was the ability to understand humans and their behavior.

I watched my mom swing branches for over a decade until she found a man to take care of her who was well off and owned multiple properties had a pension and was generally well off.

From a very early age I knew that women were hypergamous and would always take a better opportunity if it were presented to them.

Enough backstory.

I was blessed with struggle:

Being abandoned by my mother from an early age for weeks at a time and being raised by my siblings and their friends taught me that I had to become one with loneliness and thankful to those who gave me their precious time, lessons, and resources for my benefit.

Being hungry. I mean actually hungry. My mom abandoned us to live with her boyfriend(s) and would check on us every five days, six days, two weeks... She would leave my older sister with a book of food stamps and sometimes pay the electricity and water bill. Being hungry taught me that I had to get it for myself.

At the ripe age of 11 we were killing our pet rabbit and using the shake and bake in the cupboard to season him. The shake and bake and flower and a couple spices were the only things in our cupboard for two weeks. After days of trying to mix flour sugar and water together and make "bread" and begging strangers for money we decided to kill the rabbit and eat it.

A couple days later we walked the couple miles to where my mother was staying with her boyfriend and his family. She was drunk from the night before. Her boyfriend wanted to know what we were doing at his house. We told him we just wanted the food stamps and we would leave. We got in her purse and there was only the "ones" left. She was still drunk and we could not talk to her. My older sister asked my mom's boyfriend why all of our food stamps were gone. We didn't have any food in our house and she just got these food stamps. He said that they had been barbecuing and spent most the money on steaks and that she had got him some groceries. This guy's fridge was full, like overflowing full, his cupboards had more food than I had ever seen in one house. We called our Father and his mother to ask for help. They called CPS, we only wanted groceries.

This taught me a very valuable lesson. My mother could give a fuck less about me. The woman who taught me what I should think about women showed me that no matter what, **they would always choose what was best for them.**

We sent my little sister to Taco Bell to beg people for food and we would split five ways whatever she came back with. We also stole and begged a lot.

Some lessons I learned from some of the branches that my mom swung to.

****The Cop-***This man was around when I was quite young. Some of my earliest memories are of this man beating my brother and I relentlessly in the middle of the night. Literally coming in and yanking us out of our beds and beating the shit out of us. Often with a belt. This man taught me that you should never trust anyone and that those in power are often the most cruel. I can wake up at the drop of a dime, a dog sleeping at the foot of my bed is the only thing that allows me to sleep heavily through the night.

The kickboxing instructor- Taught me how to fight, to mercilessly destroy your opponent at all costs, groin shots, eye gouging, whatever it takes. Knives, guns, whatever it takes, the only thing that matters is that you win and never

let another man best you especially when your life depends on it.

Cruelty. This man taught me that humans are inherently evil and that there are no limits to the evil that men can do. This man molested my sisters and beat my brother and I relentlessly for years. **I learned to never trust anyone.** I have only lost one fight in my life, out of the hundreds of altercations that I have been in growing up I have never been severely injured. I have quickly and effectively dealt with violent and dangerous situations more often through fighting but through intelligent retreat as well (usually when guns are involved).

The Mason- This man was in my life for a short period of time. In and out for about a year. He was a bodybuilder. He taught me that if you want to fuck women you have to be in great shape. At twelve years old he bought me an olympic ez-bar and weights. He also bought me dinner (a hundred dollar lobster dinner) for quitting smoking. He taught me to pass on what little you know to the next generation, regardless of whether they are yours or not. **The weights helped me fight, a lot. In high school I was able to get so many girls to blow me that my older brother and his friends were often jealous at how many girls I could pull.** This guys name was Joe, and although he was a piece of shit he blessed me with lifting which I have never stopped since that day.

The superintendent- This was the highest branch she could ever swing to. Actually the father of her previous boyfriend. This man taught me work ethic. He worked harder than anyone I have ever met. I learned that you could own anything you want as long as you are willing to pay the price. **This man taught me that my mother was worthless, I knew it, but when he kicked me out and I had to sleep on a park bench in a dangerous area full of drug addicts it really set in. I begged her to help me, that I was scared and I needed her. She told me "There is nothing I can do for you." I was 14.** This blessed me with an inner strength and a drive to never fail. I have never from that day been in a position where I could not pay my own way. I told myself that I would never sleep in a place where I was unsafe again.

There are many others that I have derived many lessons from but it would be an exhaustive list to go through them all.

What I took away:

I have created a life for myself and my sons that is like nothing that I have experienced. They know nothing but security and the only examples of "men" allowed in their lives are ones that I have thoroughly vetted. I have invested heavily in my education and am starting a new job soon that pays \$100,000+ a year without traveling. (I made more than that before but I was never home.)

I dropped out of school by 7th grade (I continued through to 9th grade which I repeated 3 times before I ultimately quit). I taught myself from books to get a GED. I then went onto go to college. I am one math class away from my AAS. Which I have studied while working and raising my sons, not for my career, solely for my need to be a better more intelligent man.

I have learned to lead by example. I make mistakes all the time. I reflect, problem solve and keep pushing forward(upward). I try to become a better version of myself everyday and I pass that knowledge onto my sons and those around me.

All my friends are either in prison or degenerate filthy drug addicts. I do not do drugs and never have. I control my drinking like a man and never lose control anymore, my twenties were another story. I have stopped associating myself with any negative people.

Some of the negatives and maybe some positives:

I treat women the same as I do men. Only for what they are truly worth. I can and have slain so many vaginas that women are truly of zero value unless they have actually built value in their lives and themselves. My wife knows this, and is constantly trying to improve my life through her positive behaviors that affect me. **I am happily married, but my eyes are wide open.** I am truly ready to drop her like a rock if the need arises, she is eerily aware of this, and acts accordingly.

I have finally become a man that I am proud of. I feel like I am still at the bottom of the mountain, but I am always climbing.

My "Fathers" entire line is dead now other than my sons and I. It has released me from an obsession to have a positive male mentor in my life and truly allowed me to get over my past.

I have forgiven all of those who have wronged me and written them into my history, none are allowed in my future.

TLDR: Search exhaustively for lessons from positive male role models and examples of positive behaviors and insert them into your being to become the best version of yourself.

There is lessons to be learned from everyone. Sometimes how to act, sometime how not to act.

Struggle is the chisel that you craft your coliseum with.

"So many women, so little time." Gramps.

Edit: Thanks for all of the love.

I explained this to a guy I went to college with, when he asked why I was always so positive about other mens work and never had anything but good things to say even when some peoples speeches were garbage or their skills were lacking. Always lift you brothers up never put them down. It's amazing what a man can turn into with the right words of encouragement. None of us were born with inherent value, we have to build it, and in turn build each other.

I tried to reach all of you that messaged me. I am not really keen to give you my personal info, start a chat maybe we can get to know each other first lol....

And to you haters-Suck it(())-----))))

711

UPVOTES

Do not let your mind be corrupted and consumed by the blackpill. My warning to some of the younger guys on here.

RP_Throwaway_4U · 13 November 2019 · Archived copy · Reddit

Summary: If you are a person who reads and/or participates in blackpill/incel communities I would advise you to stop because, from experience it will have a serious impact on your self image and social skills and will more likely than not severely hinder your path to self actualisation. Rather, trust the process of TRP and work on improving yourself in ALL aspects beyond the physical.

Body:

Today friends, I am going to tell you the story of how I wasted some of the best years of my life and missed great opportunities to build fun and exciting relationships with great people.

I remember being 15 years old blue as they come, I was innocently browsing 9gag one day (I know I know) when on some random post I came across a funny looking word, "manlet". I had never seen or heard of this word before so naturally I decided to google it, the day I hit that search button was the day I ruined my mental health forever.

I don't know about you guys, but being an insecure, inexperienced 5'6 (at the time) 15 year old and then being bombarded with a shit ton of 4chan memes, bodybuilding.com threads and incel subs all in hit a bit too close to home for me. I took a nosedive into that rabbit hole, reading this stuff was butchering my already fragile self esteem, but I was HOOKED, it was fascinating, learning all these things about how looks and height affect your life. During my descent into the madness of the manosphere I actually came across this very subreddit, but I couldn't comprehend anything and was too impatient to learn all the acronyms, read the sidebar and all that good stuff.

The incel stuff on the other hand was incredibly easy to understand: "If you're not a natural born Chad, you are either doomed to a life of incelldom or being a beta provider, nothing inbetween, this is set in stone from birth, deal with it". This of course led me to feeling like shit about my place in the world, I wasn't a Chad, not even close, why bother doing anything, my fate was set.

The more blackpills I consumed, the more I became withdrawn, didn't bother to make any good effort to socialise with friends, my social skills stagnated, I became more anxious and started hating myself, but I just couldn't stop visiting these online communities.

Come summer 2017, I just turned 16 and went to some local festival in my city with friends and friends of friends, met some cute mixed race girl who was quite similar to myself, she took a liking to me, even gave me my first kiss, me, being blackpilled as fuck couldn't understand this one bit, I made a bunch of rationalisations in my head

"It was just her being nice, she doesn't really like you, you're an ugly subhuman manlet, how could any girl possibly like YOU?"

These were the thoughts that went through my head, looking back she was absolutely into me, always initiating conversations, I of course didn't escalate and naturally she lost interest. I could have had my first bluepilled teenage relationship and lost my virginity and blah blah, I could have gained some experience and confidence like any normal kid would, but nope, my mind belonged to the blackpill now.

I started sixth form autumn 2017 (for Americans, this is the final two years of high school here in the UK). On Christmas break I went to a gig of a band with my friends and a group of girls, one of which my then best friend was orbiting at the time. I met a hot redhead who appeared to show me interest, my friends seemed to think so aswell, this however was not the case and I had my first experience of being an orbiter. My self esteem hit an all time low.

Early 2018, I found the red pill again, actually read it this time, it was tricky to understand but one thing stuck with me, and that was to lift like a motherfucker, so I did, people started noticing.

I got cold approached when working one night shift by some girl who somehow remembered me from primary school and her friend, both like HB5/6's. We exchanged social medias and I hung out with them one night, the one who approached me invited us both back to her house, we had drinks played truth or dare and I made out with both of them, two girls on the same night, slept in bed with the girl, (her friend ended up leaving), we were making out all night but I didn't escalate, I was scared tbh, how anyone could leave such a situation still a virgin is beyond me. I never heard from either of them after that night blamed it on my looks, of course, I was an unfuckable subhuman incel after all.

Throughout 2018 I was reading both incel subs aswell as trp, two opposing ideologies telling me two different things, the incels were still winning me over, I carried on anyway, getting more makeouts at parties, fooling around, fingering, handjobs, but still no sex, or relationships, I started believing the blackpill more and more, "if I was chad, i'd be having sex all the time", the possibility of my poor social skills being the issue didn't occur to me at all. I became more jaded and bitter. Time went on, 2019 comes, I'm borderline obsessed with my physical appearance, unable to accept any imperfections, believing my face and height were the be all and end all of my social life, fragile ego, unable to accept myself and improve in other areas and forge good friendships, unable to live a little and be a normal fucking teenager.

By now I have failed high school, luckily they're letting me retake my final year due to mental health issues. I've lost contact with all but two of my friends, drifted apart from most of them. I only recently lost my virginity at 18.

Upon reflection though, I realised that I am probably not even unattractive anyway. I had many friends who were shorter than me, not as goodlooking, in worse shape, who were able to get sex and relationships just fine because they developed social skills and decent banter/game. I realised that I spent so much time fixating on what I could not change, wanting perfection and being unsatisfied when I couldn't find it, I didn't bother to work on my social skills, being funny, cultivating and attractive personality, hobbies, a strong frame, because of this i'm at the lowest point i've ever been in at my life. I've actually had a fuck ton of missed opportunities which were only missed due to me disqualifying myself from the get go.

I've grown to around 5'9/10, which is perfectly average and acceptable amongst my age range in my area, i'm not a 1/10 unfuckable incel, and I have lifted my way to a decent physique I got attention from several attractive girls my age, but I was completely delusional I wanted them to do all the work, "they would for Chad", well sorry to disappoint, but most of us will never be Chad, if you are, good for you, bloody lucky fucker.

The point i'm making is, do not allow yourself to be destroyed by the blackpill like I did, I could have a much happier, more fulfilling social life, with great fun people and hot girls, had I not bought into that bullshit. I tell no lies, as i'm typing this post up I'm getting rather emotional thinking about what could have been, what could have went differently. I really fucking wish I could go back in time and tell myself from 3 years ago not to worry and focus on the right things.

Then again, had I never found the blackpill I would never have found TRP community, so, who knows. What I do know is that I've got work to do.

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UPVOTES

Woman decides that she wants to ride the cock carousel before she hits the wall and ask her BF for an open relationship. BF responds like a boss.

scoobydoes1 · 7 November 2013 · Archived copy · Reddit

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UPVOTES

The Light-Switch Effect - Why Women Re-Write the History of Relationships.

redpillschool · 28 March 2016 · Archived copy · Reddit

I was originally typing this as a comment reply to [this thread](#), but it turned into an entire post.

[/u/projectself](#) was writing about how women re-write history towards the end of a relationship:

Re-writing of history - It doesn't matter that she was sending you love notes and texts a month ago. She has been unhappy for a long time now.

I call this the **light-switch effect**. And it happens when a woman is no longer attracted to you and is moving on, whether or not she cheated.

It's not that she's discrediting all the past good in the relationship, she actually believes it never existed. Let me expand on that a little, and tie it into what we call Briffault's law.

Women use their emotional state to define reality- we already know this. When a man feels an emotion, he asks, what could have caused this emotion? Is it reasonable and rational? Perhaps it is, or is not, but exploring this line of reasoning is how he determines whether or not his feelings match objective reality. If the facts don't line up, perhaps his reaction was wrong.

When a woman feels an emotion, she uses this as her objective reality. Why would she feel betrayed unless somebody had betrayed her? Why would she feel sad unless somebody or something made her sad?

Therefore the decisions she makes based on her reality may seem like total nonsense to a man (women are crazy, right?), because she has determined her reality based on the only prime truth she knows: her *emotional state*. If a woman is sad, she tells you "you made me sad." She didn't decide her emotional state, you did. Changing her own emotional state is outside the purview of her control.

So that means the emotional state she is experiencing means that you've done something to create that state, intentionally or not. Since she is sad, you've made her sad. Her objective reality states that you've done something wrong to make her sad. This is where a lot of arguments begin, because the man mistakenly will argue "you've taken what I said the wrong way, of course I didn't mean it that way," and to her, it doesn't matter what is rational or reasonable. She is sad and she wouldn't be sad if there wasn't a reason to be sad. Her sadness defined this reality for her. If you hadn't done something worthy of her being sad about, she simply wouldn't be sad.

So back to the light-switch effect. When you've dated a woman for multiple years, and things start going sour, you experience the revisionist history where she claims to have "never loved you" or that you were "always abusive." Yes, the always/never statements. And what they reflect isn't a reality, rather, they reflect her new reality based on her emotions.

The thought process looks much like this: *If true love is permanent and real, and I am not feeling true love for this person, but rather disdain and anger, then I must be feeling this way because of who they are. They make me feel bad, so they cannot be good. And since this person makes me feel bad I could not have loved them, because I would never love somebody who makes me feel bad (the qualities he exhibits now must have been inherent qualities he has always had). So I must have never loved them. The entire relationship must have been a lie. Real true love would be permanent, and this is not permanent, so it was never real true love.*

And just like that, her emotional state defines a new reality, where nothing was ever good and everything was based on a lie. Like a light-switch goes from on to off, everything that you two had built disappears into the off position, as though it had never existed.

Many men at this stage try to bargain. "After all we've been through together, how can you throw this away? *We can still salvage this!*"

And it's a pointless question. What is she throwing away? Absolutely nothing, in her mind. If there was any value in the relationship, she wouldn't feel this way. Therefore there must not have been value in the relationship.

Briffault's law operates around this very principle:

The female, not the male, determines all the conditions of the animal family. Where the female can derive no benefit from association with the male, no such association takes place.

Corollaries:

1. Past benefit provided by the male does not provide for continued or future association.
2. Any agreement where the male provides a current benefit in return for a promise of future association is null and void as soon as the male has provided the benefit (see corollary 1)
3. A promise of future benefit has limited influence on current/future association, with the influence inversely proportionate to the length of time until the benefit will be given and directly proportionate to the degree to which the female trusts the male (which is not bloody likely).

Specifically corollary 1- past benefit does not provide for continued or future association. The concepts of past benefit and continued association requires a consistent objective reality where a woman can look at the implicit contracts made in a relationship: *We'll love each other forever, we'll make it through thick and thin, I'll give you a place to live and provide for you, and you'll remember these sacrifices I made in the future when the chips are down.*

In her mind, when the chips are actually down, her emotional state will define a new reality where past benefit doesn't just not count, but rather it simply doesn't exist at all. If her reality included that your sacrifices and love were genuine and real, she wouldn't feel the way she does. She wouldn't feel betrayed, she wouldn't feel unattracted. But she does feel unattracted to you, so the reality where you provided benefit must not be real. The real reality is that you must have lied, and there was never a true relationship at all.

The light-switch effect.

And make no mistake, even if you're in a good relationship with a good woman, when the chips are down, the light-switch *always* turns off.

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UPVOTES

My female housemate and her Sugar Daddies

Wolveryn · 10 November 2017 · Archived copy · Reddit

These events unfolded 2.5 years ago now, although it seems like yesterday.

So I needed someone to fill the spare room in my apartment as I was paying crazy rent money for a 2 bedroom in Sydney city.

I meet this girl on Tinder, she's 22, from Germany staying in a hostel, great tits and body, fairly nice face. The night we meet, our friends with benefits relationship begins, I tell her I'm not looking for a girlfriend and I have 2-3 other women in my life that I bring around on a regular basis.

Anyway I get desperate to find a good housemate over the current weeks, so I let her take the room for short term (3 months). Which results in a weird situation where we're both seeing other people, but sharing a bed and fucking every now and then on the weekdays when we're both busy with work... as well as including her in FFM threesomes. At the time, a TRP advocate, follower and reader... I felt like my life was pretty much perfect.

Anyway she announces one day that she's read about a website for matching chicks with rich dudes... and she was poor, not enough hours working at a bar in the city, on basically minimum wage, she was stressed, so she starts thinking about signing up.

I said it's pretty gross, but do what you have to do to pay the rent.

Anyway, a few weeks go by, and she eventually does it for a whole weekend, earns \$3000 cash. And has the next few Friday nights booked out with a guy in the rich eastern suburbs, who was semi retired early with a family, but the family is usually away.

She confides in me about the family photos on his walls, and how he explains that he loves his wife, but she fulfills his needs etc.

Now, the moment I see she's now a hooker, while amused at her mental gymnastics to tell herself otherwise...I tell her no more sex.

And she's somewhat offended by this, our relationship is slightly altered... but we remain friends and she continues to feel she can speak frankly with me... She also happened to be an excellent wing women when we'd catch up from time to time after work.

Then comes, we'll call him Bevan .

Bevan comes from California, Bevan is 34 years old, greying hair, but a youthful personality... he had been travelling with her before Sydney unbeknownst to me, and he had flown to see her, I had no idea about him til he arrived, but the guy it turns out was in love with her. She liked him, but found him too clingy, but strung him along for his trip to see her before flying back to california.

She stressed that he must never know about the sugar daddies.

She continues to run her new venture into tax free prostitution... which I was barely keeping up to date with as I was busy with work and staying at a Syrian/british girls house I'd met on Tinder most of the week...

Anyway Bevan flies back home, only to tell housemate that he'd like to pay for her flight to california to stay with him for 2 weeks and be his date for his family members wedding in Tahoe.

She accepts, free flights to the USA! But here's where it gets amusing, she's now on a bunch of sugar daddy websites, and lines up 2 guys in Vegas, and a trip on a luxury Yacht, where she has to fuck a bunch of old rich guys over the course of a week somewhere off the coast of California Presumably... which paid \$15000.00

Anyway, she'd moved out of my apartment at this stage, but was still telling me in her german accent 'how crazaaaay the money is, and how fun it is'.

I test her on multiple occasions throughout this, "What would Bevan say, if he knew."

She says "Don't be a fucking asshole, I'm telling you this in, how do you say... confidence?" in her strong german accent.

She gets on her flight.

And I get on Facebook.

I was new to TRP at the time, and still processing how good life can be when you just follow your balls and instinct regardless of the rules society expects of you...

I message the guy, and I tell him that it took me a long time, to decide whether I should tell him, as I was reading a lot of comments on line suggesting that I should stay out of it... but I couldn't in good conscience keep it from him a day longer, so I tell him about what she's been doing...

I tell him about her other plans, and why she was extending her trip to 'travel by herself around the USA' after seeing him.

The message was sent, and I go to bed as it was late and I had work the next day... knowing that while I slept she was on her flight to cali-forn-I-A expecting to be picked up by Friendzoned Bevan.

I check my messages in the morning, not sure how he would take it.

Sure enough, he writes:

"THANK YOU! THANK YOU THANK YOU!"

Dude! Thanks for the heads up, yea I already suspected something strange was up and this confirms it. It's worse than I thought...

She and I need to talk.

~Bevan"

I'm relieved he took it that way, as I was afraid he was going to redirect his anger at me somehow...

Anyway 2 things happened, she never spoke to me again. Fair enough! And Bevan never went to pick her up at the airport.

I felt a little bad that Karma got her for deceiving Bevan as it was true that I appreciated her honest chat, but I had simply asked myself... would I want to know if my women of interest was secretly a whore? Yes I would.

Karma in my opinion.

Bros before hoes.

I also learnt that I'd never have a female housemate like that again. And I suspect she learnt that she shouldn't have told me her plans.

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UPVOTES

Tupac Shakur at age 17, on being nice to women then grows up and understands the true nature of women.

jay_jay_man · 11 March 2017 · Archived copy · Reddit

<https://www.youtube.com/watch?v=4AHH0bdNKyM>

He realizes at an early age that being nice to women gets him a lot of friends (but no pussy), one even told him he's too much of a nice to fuck. Idealistic Tupac then goes on to explaining his white knight strategy for getting all the girls, essentially get girls to reject Chad and only accept nice-guy behaviour. Clearly it didn't work out.

Later on in life he comes to accept that "btiches ain't shit". If you dealing with a cool female (a unicorn) that's cool but if you dealing with a bitch you need to break her ass and shake her ass. At this point in his career he's dealing exclusively with 10s.

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UPVOTES

This community is quarantined: It is dedicated to shocking or highly offensive content. For information on positive masculinity, please see the resources available at Stony Brook University's Center for the Study of Men and Masculinities

redpillschool · 27 September 2018 · Archived copy · Reddit

It finally happened. We've been quarantined. It's a matter of time before we're entirely removed.

The mods will discuss our next move and report back.

In the mean time, make sure you visit Stony Brook University to find out what *real* positive masculinity is.

That's right. The people telling men they shouldn't be heard or seen are telling us they know what *real* masculinity is.

You couldn't prove TRP any more right than the admin are right now.

I don't expect to be here much longer. Make sure you register on <https://www.trp.red> today.

It happened as we approached 300,000 subscribers. Guess what quarantined subs can't see? Their subscriber count.

THEY ARE SCARED OF US.

If anybody feels inclined to help support our offsite page- which may very well become the homestead of TRP in the very near future, here's a bitcoin address to donate to:

1Hyvva2G5aCJwNqYToGoCCGATVNMB81zk7

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UPVOTES

Feminists around the world are in mourning today as /r/TheRedPill fails to make "most toxic" subreddit list

[deleted] · 14 March 2015 · Archived copy · Reddit

[link](#)

They gave us an honorable mention at the end though. #1 for "\"bigotry\"". Yay!

On the other end of the spectrum we see /r/TheRedPill, a subreddit dedicated to proud male chauvinism, where bigoted comments received overwhelming approval from the community at large.

"Proud *male chauvinism*".. what? Has anybody actually used that term since 1975? Maybe them gosh durned "women's libbers"? Dagnabbit! Tarnation!

I'm reminded of the "\"bigoted\"" thread yesterday where older divorced men were warning young never married men how life-wrecking a divorce can be for a man in 2015. Smell the "\"*bigotry*\"". Yeah, OK.

Really the fellow should have actually read some posts here before he wrote the article. I see TRP as a tonic for the bullshit about women we were all fed for decades by movies, TV shows, etc. vs. **the reality of how women actually behave every day in the real world**. Young guys especially need to know that stuff so they can protect themselves.

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UPVOTES

Never sacrifice a thing. Make her sacrifice for you.

Archwinger · 6 April 2015 · Archived copy · Reddit

Disney, popular culture, and modern feminism foster a viewpoint that having a woman in your life is a great reward. The modern story goes that a regular guy is supposed to pursue a fairly average girl, she probably rejects him a few times at first, but he keeps himself present in her life, is a great guy, does things for her, and demonstrates how much he can benefit her and how in love he is and willing to sacrifice for her, and she eventually agrees to be his girlfriend. The fact that she agreed to be a part of his life is his reward. He had to jump through hoops to earn it, and he needs to go out of his way and do everything he can to keep her happy so she stays with him, because having her in his life is his reward. A man should be grateful to have a girlfriend at all, because if you don't have a girlfriend, you're a loser.

A girlfriend's not really required to do anything. You're not supposed to make her buy you things, clean your apartment, cook your meals, or insist that she have sex with you. You're not entitled to any of that just because she's your girlfriend. She does those things if and when she wants to. Your reward is that she's willing to be your girlfriend. Not any of those things you'd think a girlfriend might do for you. Just having her in your life is the reward. A woman spending time in your presence is the greatest thing ever. Forget that spending time in your presence usually involves giving you one-word responses to anything you ask while not looking up from her cell phone, because she's too busy doing something on Facebook. That's more than those losers who don't have girlfriends at all are getting.

Meanwhile, to keep your girlfriend, you have to keep her happy, entertained, and feeling special. That's a girlfriend's biggest complaint by the way: he never makes me feel special. You have to plan and execute an entertaining date at least once a week, buy her gifts, be smart and funny and at the top of your game, complement her often, and if you successfully make it through enough of her hoops, she might let you hold her hand for a little bit, or even give you a goodnight kiss. Keep up this great behavior long enough and maybe, just maybe, you guys can take it to the next level and she'll reward you with sex! But even if you never get there, it's a great reward just to have a girlfriend at all. Guys who don't have girlfriends are losers.

And that's how the others would prefer the game is played. Jump through hoops, do what you're supposed to do, be entertaining for girls, sacrifice left and right giving them whatever they want in a desperate attempt to make them happy, as the bare minimum just to get a woman to spend time with you. Forget sex. Just having a woman in your life is considered a great prize for which you must sacrifice heavily. A man should be lucky he had a woman agree to this! A woman who will put up with him? That's a rare find! He'd better work hard to keep her happy.

We know how this story ends. A man who spends his life searching for a woman he can sacrifice for ends up getting his wish. He sacrifices everything and becomes an empty shell, all for the joy of having a woman grudgingly spend time with him, hoping that maybe, just maybe, if he sacrifices a little bit more and works a little bit harder, she might even let him touch her. Oh, sure, that guy is still screening women somewhat. He won't date just anybody. But his perspective is that of the supplicant. He's searching the world for a woman he wants to work for. A woman worthy of his hard work and sacrifice, so that he may give it to her, impress her with it, and maybe one day get to hold her hand.

That's the true measure of love. How much you're willing to sacrifice for someone. And men across the world leap at the chance to demonstrate their love for their women by sacrificing.

But wait...If the true measure of love is how much someone is willing to sacrifice for someone else, what's up with all of these women who aren't doing a damn thing, except spending time with their men? Surely, a woman's love is measured differently then, right? We don't ask a woman to sacrifice. It's her willingness to accept a man's sacrifice that demonstrates her love, right?

Wrong. Women show their love the same damn way. When a woman loves a man, she sacrifices for him. She does things for him. She buys him things. She begs to fuck him.

If your woman is not sacrificing for you, eagerly, in an attempt to please you, impress you, and keep you happy, guess who doesn't love you?

The Red Pill is a shift in our perspective. Cast off the old system. The goal is not to find a woman worth sacrificing for. That's the old you. The loser you. The goal is to find a woman who will sacrifice for you. And to do this, you become the kind of man women will want to sacrifice for. You're not searching for the right woman. You're searching for the right you.

If you build the right you, women will be bending over backward trying to please you, just for the pleasure of your time, and maybe, just maybe, you can reward the best few whose sacrifices please you the most with a good, hard fucking.

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UPVOTES

Some Men Just Aren't Ready.

TrenGod37 · 6 September 2018 · Archived copy · Reddit

Back Story

Last night I go to meet up with my buddy at the gym, Daryl. Lately when I see him, he seems really sad, Just not there. We work together and he seems to be having trouble handling the job lately. On top of that he's banging the secretary in the main office. Told him this was a bad idea. He doesn't listen.

Not only is he shitting where he's eating with a women he speaks directly to, frequently, on a professional basis. He has developed hardcore oneitis for her. Worst part, she is married. She has 2 kids. And is 41. He is 24. Breaking every RP principle known to man. But some guys just aren't ready to be saved.

The Incident

We meet at the entrance of the gym and he got that sad look on. I say "you Aite man? Every time I see you anymore you look like you're about to cry"

His voice cracks. I am confused...He actually is crying. He says "remember how you told me not to get emotionally attached"

Why yes Daryl I do recall.

"Well I did. And look" (as his eyes start to water)

He hands me his phone and there's a legit 6 paragraph long email from "Pudding ♥"

I read the first sentence which has the "I'm letting you down easy. It isn't you it's me tone" and then I tell him I'm not reading all this. And hand him his phone back and go to work out. The whole fucking time he's looking at this email. Closing it out. Pacing. Opening it. Reading it. Closing it. Tearing up. Opening it again.

"Wtf bro? Let's lift"

He's zoned out. Staring out into the beta abyss. Then comes the Same shit, On his phone. Scrolling. Reading. Pacing. Crying.

I can't help but think, why??! What are you looking for? But then I remember, I've been there before back in the day. So I think, what was I looking for? Why do we do this shit and torture ourselves?

Hope

Was the only thing that could come to mind. Just searching for some sentence in there that would give him hope. That he still might have a chance to make things work with old Betty baggage.

I then start thinking about the recent post from [u/gaylubeoil](#) that many of you bashed. How convenient, it actually came in handy. "Be a leader and get this poor puss out of his head."

I tell him let's go bro. I start making him do supersets. High reps. Very short breaks between exercise. Tell him to fucking breath. "3 More. 2 More. That one looked easy. 2 more." (Anything to get his Mind off this chick. And really push him) He's laughing now but pushing through.

He said no when I asked him about grabbing food after when we first got there. Now he's in. We order, sit down. What's old Daryl doing? Looking for hope again. I grab the phone and say:

"I'm deleting this shit"

"NO!" He shrieks.

"Why? So you can read it all night and torture yourself?"

I give in and start reading it. I skim. She is talking about how much she loves him that's why she has to let him go and blocked him. How their age difference is a big issue and "everyone keeps telling her that." How he's young and looks at other girls and she already has wrinkles. How she can't just leave her kids and husband who needs her. For a younger guy who hasn't lived fully and is so into just the sex. But she knows he can make someone else really happy. 6 paragraphs pretty much summed up to "you can't/haven't passed one shit test"

I huff out a laugh. And shake my head.

He's silent. I delete it.

We talk about it briefly. (Now I have spoke to Daryl about red pill concepts when he has come to me for advice, without saying what they were exactly. So if he took it serious he wouldn't be here. but again. He's not ready to be saved.)

The next thing he says..

"Do you think I can **get her back?** She says she loves me" (*with a naive sense of hope*)

No Daryl. But this gyro is banging right now, what time are we lifting tomorrow?

The Take Away

The only real hope here is that after a couple more let downs Daryl will open his eyes to the reality of it all.

We have all been Daryl. We are no longer Daryl. Or no longer have to be him. But Daryl is not ready to be saved from the false reality he has been raised to believe to be true. Daryl is still looking for hope in his blue pill beliefs.

It's humbling and a good thing to see this shit first hand every now and then. To see how far we all have come. To think how we too used to do cringe shit like this. And to be glad that this place exists to stop living like this, we know better now. But To see one of your boys who is a grown man, crying, In the gym. Over an email from some post wall is enough to make ya sick. Sheesh.

All we can do is be good leaders/examples and friends. Instead of preaching red pill to your boys who aren't ready to hear it, And wasting your breath. you can push them to be the best they can be along with you. Maybe one day they will jump aboard. We all needed to go through this type of shit to get where we are today. Daryl is just another one of us.

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UPVOTES

Can't find a better man.

FooleryCommaTom · 6 October 2014 · Archived copy · Reddit

I see a lot of guys on here bitching and bellyaching about hypergamy and AWALT. I completely understand the sentiment. However, before you attempt to plug back in and give up because the comforting BP lies feel better than the cold RP truths, try a change of perspective.

BP "philosophy," i.e. Disney/RomCom/Feminism/SJW/etc, has taught men that when you find the girl of your dreams, you are supposed to show that girl that you love her by sacrificing of yourself, placing her needs above yours, and abandoning the life you lived in favor of a happily ever after that I'm sure most of you by now have discovered doesn't exist. It just fucking doesn't. And it hurts to have that facade pulled away. So you take to the Internet, you bitch and complain about how AWALT, consider giving up on women, get your ass in a knot about rape hysteria and other unfair laws governing men, and make it a point to spout off RP stuff any time you see the opportunity because you know and you want others to know you know.

Do you feel any better? Any different? Have you really swallowed the pill or did you just read the active ingredients, uses, and side effects? You're still bitter. You still feel like a loser. You still have that one girl that you're trying all this shit on and it just doesn't seem to be working. Maybe all of this is bullshit and maybe you just need to wait a little longer for the girl of your dreams to come along because "you're the type of guy that girls want to marry," or at least that's what your mom and countless "the ones" have told you. You're so far away from being that top 20-10% man, depending on whose blog you're currently reading, that it feels pointless. Hopeless.

What you need is a change of perspective. This is the greatest opportunity of your life. You've been given the chance to change the way you feel and the way you think, the way you react to the world and the way the world reacts to you. All those years of failure and despair are on their way to being over.

All great men are MGTOW. Maybe not in the sense that the term is commonly used here, but they have forged their own paths and pursued their own goals, all others be damned.

The BP lies that women want to be the center of your attention and the focus of your efforts is all bullshit. You are doing the best for her by doing the best for yourself. If you're into MMA, go be the best ass kicker you can be. If you are a programmer, go write the next big thing that changes the world. If you like to cook, learn how to make 5-star shit look like McDonald's. And I promise, she will love you for it.

Go. Your. Own. Fucking. Way.

No one will fault you for putting in effort to be a better person. You might encounter some crabs in your bucket, but that just means it's time to find a different bucket. Fuck people who want to hold you down, including you.

The best part of all this is that you will love yourself for it. Constantly being on the cutting edge of your ability, perpetually honing your craft/s, and pushing the envelope of what you thought was possible. Life will take on a new, more exciting shape and meaning.

That's what being an RP man is all about.

And then, they'll come. All that pussy you thought was unattainable will come rushing at you like flies to shit. They'll try you and test you and cry and laugh and disappear and show back up, all in an effort to get your attention.

When you finally get to the ones that are worthy, they won't want your full attention. They'll be in love with the tingles they get from being with a real man, the man that you created, carved out of the grizzled, gnarled rock that was the old you.

This is what your mom meant when she said the right woman will love you for you. She will love you for being the man that you wanted to become, and she can't find a better man.

Even these women will come and go. You are your only constant, everything and everyone else is a variable. If you

can really learn to love yourself, which is what this is really all about, the storms of life, be they women, family, jobs, health issues, whatever, will crash against your carved rock and none will move it.

And at the end, when you're lying on your deathbed, surrounded by the people you've influenced and lives you've bettered because of your mere presence in them, you can look at the man you created and the life you lived and tell yourself, "Well done."

Be hopeful, be disciplined, and always be moving forward, brothers. This is your time.

EDIT: I'm glad most of y'all like this post. I'm sure if you want to, you can find fault with it somewhere. Just remember it's harder to be an artist than it is to be a critic.

EDIT2: Shit, fellas. I'm glad I could raise some discussion. I, for one, find the negativity around here to be a little overwhelming. Who cares if you're a textbook alpha now? You'll be supplanted by a bigger dick or a thicker chest or broader shoulders at some point. Be who you want to be. That's what is really alpha. You'll find women in any venture you pursue. She may not be the one you think you want now, but she'll fit right where she needs to when the time comes. And it will probably be more than one "she."

EDIT3: If you take anything away from this, I hope it's to strive to be better than you were yesterday. Night, fellas.

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UPVOTES

4 Lessons From Stoicism On Discipline

notamexican1 · 5 February 2018 · Archived copy · Reddit

Stoicism is an old masculine philosophy from Greece & Rome which we can learn A LOT from.

One of the Stoic virtues is temperance and under temperance comes discipline.

Discipline keeps one rigid, in a routine and making progress towards whatever one is pursuing.

Here are some lessons I've taken away which has helped me develop discipline in regards to my health and overall quality of life.

1. Find Wise People To Emulate

Seneca was a Roman Stoic philosopher. He once said: "Without a ruler to do it against, you can't make crooked straight."

We need to recognise the importance of having wise people in our lives which we look up to for inspiration.

These figures serve as models for ourselves to emulate.

Pick carefully and choose someone who is living a good life. By good life I mean someone who is morally sound.

Watch what they do, listen to what they say, learn from them and more importantly pay attention to what they don't do.

What is motivating this person's actions, their ambitions, why are the consequences they experience happening to them.

Changing your mindset into own ahead of your own will build confidence and trust in yourself to stay on track and become more self-disciplined.

Humble yourself and embrace ignorance. Socrates, who needs no introduction, describes this wise idea well by telling us to admit wholeheartedly that: "I know that I know nothing."

2. Review Your Day

It's not enough to go to sleep without considering the implications, lessons and knowledge you gained throughout the day. It's a shame to forget to do this.

Thinking about thinking late at night were referred to as 'evening retrospections', today one may call this journalling.

Ask yourself, what did I do well today?

Where were my discipline and self-control tested, where did I do good?

What did I do bad, why did this occur? Furthermore, how can I improve?

One of the best ways to become more disciplined is to scrutinise yourself, find your weak spot. Be brutally honest and use this time to connect with your subconscious.

Practicing evening retrospections on a consistent basis will allow you to become more self-aware through every step of your day.

The moment you find something which derailed you from your pursuits, recognise it, don't ignore it. Never regret your actions or words and most importantly strive to never make the same mistake moving forward.

3. Your Distractions Are Your Own Doing

Being distressed, being bothered by small things instantly is really bad for discipline and often de-rails you.

Epictetus was born a slave in what we call Turkey today; he lived in Rome, was then banished and spent the rest of his life in Greece. He was famous for the dichotomy of control, which is a fundamental Stoic idea carried through time.

You can do this by reinforcing to yourself what is within your control and what is out of your control; if you embrace what is out of your control and accept it, you will experience tranquility.

4. Every day is a new life.

Seneca said, "Begin at once to live, and count each separate day as a separate life."

The moment you wake up, remember that the new day is a new life. The past shouldn't be forgotten, but

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UPVOTES

70% of men aged 20-34 aren't married. 50% never will

Vegeta41 · 10 March 2015 · Archived copy · Reddit

<http://cnsnews.com/news/article/barbara-hollingsworth/bachelor-nation-70-men-aged-20-34-are-not-married>

"The high percentage of bachelors means bleak prospects for millions of young women who dream about a wedding day that may never come. 'It's very, very depressing,' Crouse told CNSNews.com.

"Feminism was supposed to bring women happiness," Crouse said. "But the research shows that women today are much more unhappy than they have been in the past."

Ah, brings a smile to my face. Standing ovation for the American men smartening up. Also, the comments on the article are absolute gold.

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UPVOTES

St. Jerome, 393 AD: Men Should Not Marry

MCMLVII · 18 March 2016 · Archived copy · Reddit

St. Jerome (AD 347 – AD 420) was one of the most prolific of the early Christian theologians. His main accomplishment was the translation of the Bible into Latin, an important part of the crumbling Roman Empire's conversion to Christianity. He is frequently ranked among the likes of Augustine, Ambrose, and Gregory the Great as one of the original Doctors of the Church.

Although Christianity has a long history of supporting holy matrimony, St. Jerome was vehemently opposed to the idea of marriage. In my opinion, his condemnation goes too far; he claims furthermore that all sexual contact is inherently sinful and unclean, and urges chastity for all people. It is worth noting that he engaged in much sexual hedonism and debauchery as a young student in Rome, so he at least speaks with experience, if only to reject that lifestyle. Nevertheless, his dissection and critique of marriage and male-female relations remain supremely insightful.

(His advice could be applied to softer relationships too, for the same dynamics and drawbacks are present, albeit in lesser form. Where he says "marriage," one could easily replace it with "LTR," and "wife" with "girlfriend.")

He lays down his reasoning in a book written in 393 AD, *Against Jovinianus*. An extremely well-learned man, Jerome brings up many quotes, anecdotes, and famous figures from the Classical world. Here are the **original sources** for these excerpts if you want the whole picture.

Theophrastus' Golden Book of Marriage

I feel that . . . I have said far more than is customary in illustrating a point, and that I might be justly censured by my learned reader. But what am I to do when the women of our time press me with apostolic authority, **and before the first husband is buried, repeat from morning to night the precepts which allow a second marriage?** Seeing they despise the fidelity which Christian purity dictates, let them at least learn chastity from the heathen.

Even back then, women were quick to move on with their (love) lives, and marriage vows held little sway.

A book - *On Marriage* - worth its weight in gold, passes under the name of Theophrastus. In it the author asks whether a wise man marries. And after laying down the conditions that **the wife must be fair, of good character and honest parentage, the husband in good health and of ample means**, and after saying that under these circumstances a wise man *sometimes* enters the state of matrimony, he immediately proceeds thus:

"But all these conditions are seldom satisfied in marriage. A wise man therefore must not take a wife. For in the first place his study of philosophy will be hindered, and it is impossible for anyone to attend to his books and his wife. Matrons want many things: costly dresses, gold, jewels, great outlay, maid-servants, all kinds of furniture, litters and gilded coaches. Then come curtain-lectures the livelong night: **she complains that one lady goes out better dressed than she; that another is looked up to by all; 'I am a poor despised nobody at the ladies assemblies.'** 'Why did you ogle that creature next door?' 'Why were you talking to the maid?' 'What did you bring from the market?' 'I am not allowed to have a single friend, or companion.' She suspects that her husband's love goes the same way as her hate.

God, those complaints sound word-for-word like what you'd hear today. Things just don't change.

There may be in some neighbouring city the wisest of teachers; but if we have a wife we can neither leave her behind, nor take the burden with us. **To support a poor wife, is hard; to put up with a rich one, is torture.**

Notice, too, that in the case of a wife you cannot pick and choose; you must take her as you find her. If she has a bad temper, or is a fool, if she has a blemish, or is proud, or has bad breath, whatever her fault may be -- all this we learn after marriage. Horses, asses, cattle, even slaves of the smallest worth, clothes, kettles, wooden seats, cups, and earthenware pitchers, are first tried and then bought; a wife is the only thing that is not shown before she is married, for fear she may not give satisfaction.

I'll admit that it is now easier than ever to "try before you buy," but even so, a woman has incentive to hide her flaws and stay on her best behavior until you're invested and committed. In any case, you'd still have to do a lot of sifting to find one without any major faults.

Our gaze must always be directed to her face, and we must always praise her beauty: if you look at another woman, she thinks that she is out of favour. She must be called 'my lady,' her birth-day must be kept, we must swear by her health and wish that she may survive us, **respect must be paid to the nurse, to the nursemaid, to the father's slave, to the foster-child, to the handsome hanger-on, to the curled darling who manages her affairs, and to the eunuch who ministers to the safe indulgence of her lust; *names which are only a cloak for adultery.*** Upon whomsoever she sets her heart, they must have her love though they want her not.

But she say he just a friend!

If you give her the management of the whole house, you must yourself be her slave. If you reserve something for yourself, she will not think you are loyal to her; but she will turn to strife and hatred, and unless you quickly take care, she will have the poison ready.

Poisoning is harder to get away with these days, so they use divorce papers instead.

If you introduce old women, and soothsayers, and prophets, and vendors of jewels and silken clothing, you imperil her chastity; if you shut the door upon them, she is injured and fancies you suspect her. But what is the good of even a careful guardian, when an unchaste wife cannot be watched, and a chaste one ought not to be? **For necessity is but a faithless keeper of chastity, and *she alone really deserves to be called pure, who is free to sin if she chooses.***

In other words, mate-guarding is useless, and a woman who is faithful only out of fear of consequences or of losing you is not truly pure at heart. She can still mentally undress anybody she wants.

If a woman be fair, she soon finds lovers; if she be ugly, it is easy to be wanton [i.e. promiscuous] It is difficult to guard what many long for. It is annoying to have what no one thinks worth possessing.

If nobody's buying her goods, then the price of entry goes down. But since most men value sexual exclusivity as much as sexual attractiveness, then so does the value. It's a vicious cycle, but what's a plain woman to do to snatch a high-value mate?

But the misery of having an ugly wife is less than that of watching a comely one. Nothing is safe, for which a whole people sighs and longs. **One man entices with his figure, another with his brains, another with his wit, another with his open hand.** Somehow, or sometime, the fortress is captured which is attacked on all sides.

Jerome notices that there are many ways to stimulate a woman's lust. Wealthy noblemen, lanky musicians, sly conmen, brutish warriors, and stern rulers all enjoy sexual success in exchange for what their lifestyles have to offer.

Men marry, indeed, so as to get a manager for the house, to solace weariness, to banish solitude; but a

faithful slave is a far better manager, more submissive to the master, more observant of his ways, than a wife who thinks she proves herself mistress if she acts in opposition to her husband, that is, if she does what pleases her, not what she is commanded.

Then, as now, men had the same fears and faulty reasoning in pursuing relationships with women.

But friends, and servants who are under the obligation of benefits received, are better able to wait upon us in sickness than a wife who makes us responsible for her tears (she will sell you enough to make a deluge for the hope of a legacy), boasts of her anxiety, but drives her sick husband to the distraction of despair. But if she herself is poorly, we must fall sick with her and never leave her bedside.

Notice he uses the word “sell” to describe the woman’s crying and pleading for children (i.e. a legacy). Jerome had enough experience with women to see through the long con.

Or if she be a good and agreeable wife (how rare a bird she is!), we have to share her groans in childbirth, and suffer torture when she is in danger.

Even if she does her best to make your life easy, a good woman still needs much support, protection, and care. Proceed at your own risk.

Then again, *to marry for the sake of children, so that our name may not perish, or that we may have support in old age and leave our property without dispute, *is the height of stupidity.** For what is it to us when we are leaving the world if another bears our name, when even a son does not all at once take his father's title, and there are countless others who are called by the same name. Or what support in old age is he whom you bring up, and who may die before you, or turn out a reprobate? Or at all events when he reaches mature age, you may seem to him long in dying.

Many of my grandfather’s friends raised incompetent sons, despite being hardworking and conscientious themselves. As a result, they’ve had no support from their offspring in their old age. It is always a gamble, even if you do right by your family.

Friends and relatives whom you can judiciously love are better and safer heirs than those whom you must make your heirs whether you like it or not. Indeed, **the surest way of having a good heir is to ruin your fortune in a good cause while you live, not to leave the fruit of your labour to be used you know not how.**

This is probably a big, big factor in how the children of good men become spoiled. They know a great inheritance is in the works, plus they’ve had every want and need fulfilled since their parents were so successful at providing, so where’s the children’s incentive to work hard themselves and pay back the favor? For those same reasons, a wife can be spoiled the same way your children can.

Examples Showing Why Men Should Not Marry

When Cicero - after divorcing Terentia - was requested by Hirtius to marry his sister, he set the matter altogether on one side, and said that he could not possibly devote himself to a wife and to philosophy. Meanwhile that excellent partner, who had herself drunk wisdom at Tully's fountains, married Sallust his enemy, and took for her third husband Messala Corvinus, and thus, as it were, passed through three degrees of eloquence.

Socrates had two wives, Xantippe and Myron, grand-daughter of Aristides. They frequently quarreled, and he was accustomed to banter them for disagreeing about him, he being the ugliest of men, with snub nose, bald

forehead, rough-haired, and bandylegged. At last they planned an attack upon him, and having punished him severely and put him to flight, vexed him for a long time.

I find it interesting that St. Jerome pointed out Socrates' ugliness as the reason for his wives abusing and disrespecting him. I guess looks do matter.

On one occasion when he opposed Xantippe, who from above was heaping abuse upon him, the termagant soused him with dirty water, but he only wiped his head and said, "I knew that a shower must follow such thunder as that."

Socrates had another quip, something along the lines of "If you marry a good wife you will become happy; if you marry a bad one you will become a philosopher." At least he had a sense of humor about it all.

Metella, consort of Lucius Sulla the Fortunate (except in the matter of his wife) was openly unchaste. It was the common talk of Athens, as I learnt in my youthful years when we soon pick up what is bad, and yet Sulla was in the dark, and first got to know the secrets of his household through the abuse of his enemies.

To put this in context, **Lucius Sulla** was one of the most successful generals and leaders of Rome. He sacked Athens, captured Rome to end a civil war, became dictator, and reinstated the Roman Senate. He was declared by none other than Machiavelli as having the prime attributes of an effective leader – cunning like a fox, courageous like a lion. Apparently all this had no bearing on his wife's fidelity.

Pompey had an impure wife Mucia, who was surrounded by eunuchs from Pontus and troops of the countrymen of Mithridates. Others thought that he knew all and submitted to it; but a comrade told him during the campaign, and the conqueror of the whole world was dismayed at the sad intelligence.

Pompey could be considered a successor of sorts to Sulla. As a young military commander, he was wildly successful, ruthless, and bold. He became consul of Rome at age 35, an unprecedented feat attributed to his popularity. All this was still not enough to inspire his wife to remain true. They divorced after Pompey learned of her frequent adultery during his military campaigns.

Cato, the Censor, had a wife Actoria Paula, a woman of low origin, fond of drink, violent, and (who would believe it?) haughty to Cato. **I say this for fear anyone may suppose that in marrying a poor woman he has secured peace.**

A poor woman will not be automatically appreciative of your relative wealth, and make only modest demands of you. She will still want everything you have to offer. Just as you want her *sexual* best – and nothing less – she will want your *provisional* best – and nothing less.

When Philip, king of Macedon, against whom Demosthenes thundered in his Philippics, was entering his bedroom as usual, his wife in a passion shut him out. Finding himself excluded he held his tongue, and consoled himself for the insult by reading a tragic poem.

Even kings are made to sleep on the couch. Sing it with me: "Who run tha world?"

Gorgias the Rhetorician recited his excellent treatise on Concord to the Greeks, then at variance among themselves, at Olympia. Whereupon Melanthius his enemy observed: "Here is a man who teaches us concord, and yet could not make concord between himself, his wife, and maid-servant, three persons in one house." The truth was that his wife envied the beauty of the girl, and drove the purest of men wild with daily quarrels.

How do you keep multiple girlfriends happy? Make each one secretly believe she's number one.

Whole tragedies of Euripides are censures on women. Hence Hermione says, "The counsels of evil women have beguiled me."

In the semibarbarous and remote city Leptis it is the custom for a daughter-in-law on the second day to beg the loan of a jar from her mother-in-law. The latter at once denies the request, and we see how true was the remark of Terence, ambiguously expressed on purpose -- "How is this? **Do all mothers-in-law hate their daughters-in-law?**"

A mother often understands her son's wife/girlfriend better than he does – that hatred means something.

We read of a certain Roman noble who, when his friends found fault with him for having divorced a wife, beautiful, chaste, and rich, put out his foot and said to them, "And the shoe before you looks new and elegant, yet no one but myself knows where it pinches." Herodotus tells us that **a woman puts off her modesty with her clothes**. And our own comic poet thinks the man fortunate who has never been married.

In all the bombast of tragedy and the overthrow of houses, cities, and kingdoms, it is the wives and concubines who stir up strife. Parents take up arms against their children; unspeakable banquets are served; and on account of the rape of one wretched woman Europe and Asia are involved in a ten years' war.

I am not sure what war Jerome is referring to here, maybe someone with better history knowledge can chime in.

We read of some who were divorced the day after they were married, and immediately married again. Both husbands are to blame, both he who was so soon dissatisfied, and he who was so soon pleased. Epicurus the patron of pleasure (though Metrodorus his disciple married Leontia) says that **a wise man can seldom marry, because marriage has many drawbacks**. And as riches, honours, bodily health, and other things which we call indifferent, are neither good nor bad, but stand as it were midway, and become good and bad according to the use and issue, so wives stand on the border line of good and ill. It is, moreover, a serious matter for a wise man to be in doubt whether he is going to marry a good or a bad woman.

The Snares of Marital Love; Chastity Recommended to Women

Aristotle and Plutarch and our Seneca have written treatises on matrimony, out of which we have already made some extracts and now add a few more:

"The love of beauty is the forgetting of reason and the near neighbour of madness; a foul blot little in keeping with a sound mind. It confuses counsel, breaks high and generous spirits, draws away men from great thoughts to mean ones; it makes men querulous, ill-tempered, foolhardy, cruelly imperious, servile flatterers, good for nothing, at last not even for love itself. For although in the intensity of passion it burns like a raging fire, it wastes much time through suspicions, tears, and complaints: it begets hatred of itself, and at last hates itself."

The course of love is laid bare in Plato's Phaedrus from beginning to end, and Lysias explains all its drawbacks -- **how it is led not by reason, but by frenzy**, and in particular is a harsh gaoler over lovely wives.

Jerome is talking not only of oneitis, but of pure lust as well. Both can lead to a man's downfall. In both cases, sexual jealousy can rear its ugly head. But if a woman wants to cheat or branch-swing, there is virtually nothing you can do to stop her from acting on that desire, or from having the desire in the first place. And if a woman does not want to cheat or branch-swing, then jealousy is useless and can only damage your standing in the relationship, perhaps leading to a self-fulfilling prophecy. And all the while, your feelings of rage and inadequacy only cause you

psychological harm. That said, I completely understand the natural tendency to become jealous. It is probably an evolved, instinctive response to being cuckolded or losing reproductive opportunity, which would've been useful to avoid wasting resources and to keep your genes in the gene pool. But if sex is all you're after – and the women you sleep with fulfill your sexual desires – then what do her other lovers matter to you? Sure, STDs are a concern, but if it's your goal to sleep with multiple women, you're already exposing yourself to considerable risk.

There is nothing blacker than to love a wife as if she were an adulteress. Men who say they have contracted marriage and are bringing up children, for the good of their country and of the race, should at least imitate the brutes, and not destroy their offspring in the womb; nor should they appear in the character of lovers, but of husbands. **In some cases marriage has grown out of adultery; and, shameful to relate! men have tried to teach their wives chastity after having taken their chastity away.**

I think this speaks to the hypocrisy of men expecting women to enjoy having sex, but only with them and no one else. If a woman likes wine, would she only drink chardonnay? If a woman likes country, would she only listen to Carrie Underwood? Likewise, if a woman genuinely enjoys sex, why would her tastes be limited to just one man?

Marriages of that sort are quickly dissolved when lust is satiated. The first allurements gone, the charm is lost.

Relationships based on attraction alone do not last, simple as that. You actually have to be compatible as people – if that's possible between a man and woman. You both need enough self-control and motivation to overcome your straying impulses. Men must check their desire for polygamy, and women must check their desire for hypergamy. Otherwise, the relationship will become exploitative on one side or the other, or dissolve entirely.

What shall I say, says Seneca, of the poor men who in numbers are bribed to take the name of husband in order to evade the laws promulgated against bachelors? **How can he who is married under such conditions be a guide to morality, teach chastity, and maintain the authority of a husband?**

Even then, men were compelled to marry and place themselves under the yoke. Remind me again how Marriage 1.0 was such a good deal? Ain't a damn thing changed.

Summary: St. Jerome, one of the most influential figures in early Christianity, warned of the follies and dangers of marriage, and advised wholeheartedly against it. Even during Marriage 1.0, women often ruled the relationship. Famous philosophers, powerful rulers, and charming orators were unable to keep their wives in check. Jealousy and mate-guarding are useless to prevent cheating, they can only help a man to walk away from potential cuckoldry and abuse. It is paradoxical to expect a woman who enjoys sex to only desire it with you. Conversely, it is irrational to expect a chaste woman to act like your own personal whore.

Do not marry for sex or love, because the relationship will crumble when mutual attraction fades. Marrying to have kids is also foolish, because you don't know how they will turn out or whether they will actually support you in your old age. Ultimately, it is impossible to know for certain beforehand if a woman will make a good or bad wife, so it is wisest to avoid the risk altogether. **DO NOT MARRY.**

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OkCupid's Depressing Confirmation of the 80/20 Rule - The Majority of Men are Invisible to Women

diomedes777 · 25 January 2017 · Archived copy · Reddit

This is an old article and I'm sure a lot of you have either seen it or at least heard of it before. I feel like it deserves a refreshed look and discussion for anyone who hasn't seen it. This was a *monumental* redpill when I first saw it.

Check it out [here](#).

OkCupid has revealed (I'm actually pretty surprised this post is still up to be honest) the nature in which men rate women on their site vs. the way women rate men.

The graphs speak for themselves. While men rate women on a somewhat symmetric and even bell curve, the way women rate male attractiveness implies that 80% of men are unsatisfactory to the female users of this site.

Average men are deemed to be universally undesirable among all women. We have to understand that a woman with an SMV point-score of say, 2 out of 10, is rating men anywhere from 2 to 3, even 4 points above her in SMV as being undesirable and unattractive.

I consider myself an 8, maybe 8.5 at the moment. I've been told this by women so that's mostly what I'm going off. I'm in the best shape of my life. I experience this phenomenon first hand constantly as I'm sure many of you guys do as well. Objectively ugly women approach me from a place of entitlement; they are flabbergasted when I turn them down or ignore them and will hound me for days or weeks after, refusing to believe that a man they've actively shown interest in has rejected their vagina.

This happened at the gym recently; a fat little pilsbury-dough-boy lookalike from my gym added me on Facebook and would not stop hounding me, despite me ignoring every single one of her messages. It was just mind-blowing. This girl is a 2. She then proceeded to spread rumors about me to people at my gym, telling them I was gay and that she'd heard I had a small dick.

If this girl is approaching me, we can be god-damn sure that the men at her equal SMV level or even slightly above are *repugnant* to her. She just doesn't see these men as sexual objects. They are just slaves; scenery even; to her.

The implications of this are as follows. *Men who are average or below average are invisible to women.* Only the top 20% of men have their pick of sexual partners. 80% of men are not having sex and are treated as mere disposable workhorses. This is simply biology. It's inescapable.

I hypothesize that this is a direct result of the contraceptive pill and the female sexual liberation that followed. Women no longer had to think about sleeping with educated, wealthy, stable men who were often perhaps not particularly sexually desirable in the same way a broke, ripped outlaw biker is. In order to raise their children in a safe and healthy environment women had to, at least to some degree, choose their sexual partners based on the provider qualities of the man, necessarily forgoing men that would otherwise make her pussy drip; for the sake of her children. After the pill, women fuck whoever they want. It's total unchained hypergamy and the result is women following their biological imperative to mate with the strongest, most tingle-inducing alpha males they can find. I'm sure pre-pill the female chart on OkC would look somewhat more similar to the male's chart. Women marry their beta-bux, dry

up after 1 year, become repulsed by him and then with the knowledge that they will be supported by the government no matter what, that they can fuck freely with no implications of pregnancy or punishment, are free to follow their hypergamy to it's absolute extent.

The cold, brutal reality of hypergamy is that women are inherently aware of the power their vagina commands. They're aware of the gynocentric nature of our society. They know their vagina has been the catalyst of wars and development of human civilization. This means they feel entitled to the strongest men. If all around them they see men unanimously falling over themselves to get a whiff of a pussy, they are only going to choose the men who they will feel good about giving their pussy to; the men who will make them *feel good* about their decision to give away their treasure because they understand the inherent biological worth of said treasure.

Sleeping with an average or below average man for a woman is repugnant to her and her biology prevents her from doing so by making these men invisible to her. They are simply part of the scenery. For a woman to sleep with an average or ugly man she is risking her reputation and she is risking destroying her fragile solipsistic conception of herself and her place within the sexual hierarchy.

Nothing is going to reverse this. Lift heavy. Lift like your life depends on it - because it does. As an average man you are entitled to nothing and deserve nothing. If you stay average, you have only yourself to blame when the women in your life are fucking more attractive, richer men than you. You can either sit around and feel hopeless at the situation or you can, to the best of your ability, do something about it and push yourself up into that 20%.

Then you can post here and laugh about how you turned down that delusional little fatty at your gym.

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The Importance of Morning Ritual: Setting Your Day Up for Success

Mattalec · 2 July 2017 · Archived copy · Reddit

Introduction

Every day, each and every one of us is given a gift.

That gift is the ability to wake up each morning with a clean slate—a blank sheet of paper onto which we have the power and ability to write the fate of our day, before it even begins.

The actions that we take immediately after waking up are the foundation (or lack thereof) from which we form the quality of our actions for the remainder of the day.

Set your day in motion by creating an everyday morning ritual that leaves you feeling grounded, focused, and ready to tackle the day with all of the energy and spirit that your body can muster.

1) Wake up early

At dawn, when you have trouble getting out of bed, tell yourself: “I have to go to work—as a human being. What do I have to complain of, if I’m going to do what I was born for—the things I was brought into the world to do? Or is this what I was created for? To huddle under the blankets and stay warm?

“But it’s nicer here...”

So you were born to feel “nice”? Instead of doing things and experiencing them? Don’t you see the plants, the birds, the ants and spiders and bees going about their individual tasks, putting the world in order, as best they can? And you’re not willing to do your job as a human being? Why aren’t you running to do what your nature demands?

—Marcus Aurelius: *Meditations*

Throughout history, many great men, including Benjamin Franklin, Charles Darwin, Napoleon Bonaparte, and Donald Trump, knew the immense power that waking up early had on setting the day off right.

When you overcome the temptation to hit the snooze button, you solidify your day with the precedent of discipline.

Jocko Willink, author of *Extreme Ownership* said it best—

The moment the alarm goes off is the first test; it sets the tone for the rest of the day. The test is not a complex one: when the alarm goes off, do you get up out of bed, or do you lie there in comfort and fall back to sleep? If you have the discipline to get out of bed, you win — you pass the test. If you are mentally weak for that moment and you let that weakness keep you in bed, you fail. Though it seems small, that weakness translates to more significant decisions. But if you exercise discipline, that too translates to more substantial elements of your life ...

Willpower levels are highest in the morning.

Studies have shown that willpower acts like a muscle, and that repeated acts of self-control cause short term impairments in subsequent self-control.¹ This means that the more willpower you expend making choices throughout the day, the less likely you will be willing and able to complete difficult tasks as the

day goes on.

It is prudent to take advantage of this time frame to complete your most demanding tasks—those tasks that you constantly talk yourself out of completion.

You are more likely to be productive in the morning.

The most powerful advantage of early rising is that it shifts your window of free time from late at night to early in the morning.

Generally speaking, we are much more likely to waste our time lounging about, watching Netflix, playing video games, or surfing the web in the hours after work leading up to sleep. We use our free time in the evenings and nights recreationally to relax and “unwind” rather than investing it into more beneficial endeavors. Shifting this time frame to take place in the early morning is a surefire way to mitigate the likelihood of us squandering it on cheap pleasures. Have you ever heard of anybody who wakes up at 5AM to binge watch Netflix for three hours before work? Neither have I.

How to wake up early:

1. Go to bed early – The most important thing to consider when shifting your wake-time back is that you still manage to get a solid 7-9 hours of sleep. If you don't, you'll feel groggy, your cortisol will increase while your testosterone levels drop, your workouts will suffer, and you'll feel awful until you finally give up. It is extremely important that you remain well rested by shifting your bedtime back to accommodate your new sleep schedule.
2. Work up slowly – Abruptly altering your sleep schedule is ineffective and unnecessary. Instead, work your way up to an earlier bedtime by going to bed 30 minutes earlier than the previous day.
3. Supplement – To help aid the process of resetting your circadian rhythm, I highly recommend dosing with 0.5mg to 3mg of melatonin an hour before going to bed. For sleep quality and feeling well rested and energized when you wake up, supplement with magnesium glycinate—I can't recommend this stuff enough; the effects have been profound for me in terms of sleep quality. I also recommend taking a good vitamin D3 supplement, as vitamin D deficiency has been linked to the recent increase in global sleep disorders.² Make sure you don't take vitamin D3 before bed, as it temporarily inhibits the body's production of melatonin.

2) Make your bed

<https://youtu.be/KgzLzbd-zT4>

I know what you're thinking. “How could making my bed possibly help me?”

The truth is that by making your bed every single morning, you chalk up your first task of the day as a success. This leaves you with a feeling of accomplishment, making you more willing and prepared to face the rest of the day.

Leaving your room every morning, cleaner and neater than it was when you came in the night before, does wonders for your psyche by improving your mood, keeping your mind clear, reducing stress, and giving you a feeling of control that will permeate through the actions that you take for the rest of the day.

3) Keep away from your phone

The worst thing you could possibly do first thing in the morning is to immediately start checking texts and e-mails, or mindlessly browsing through social media.

Seeking novelty and instant gratification immediately upon waking is a surefire way of starting your day off on the wrong foot. It will only waste valuable time and kill your motivation to get out of bed and attack the day.

Over 90% of adults aged 18-30 wake up to their smartphones.³ Don't be part of the 90%.

Disconnect.

4) Fast

Intermittent fasting has an astonishing number of health benefits, including:

- Autophagy (cellular cleaning).
- Reduced oxidative stress.
- Increased growth hormone.
- Increased testosterone.
- Fat loss.

But the main reason myself and many others incorporate fasting into our morning rituals is due to its profound effect on mental clarity.

This is likely due to the spike in catecholamine levels (epinephrine, nor-epinephrine) that occurs deep into a fast.

When I skip breakfast first thing in the morning, my mind is clear and runs like a well oiled locomotive. Fasting in synergy with caffeine is the combination when faced with a task that requires my full focus and mental capacity.

5) Set your philosophical foundation

Pick a book/text that you find inspiring that explores questions such as:

- How to live.
- How to deal with external/internal struggles.
- How the self relates to the whole.
- Dealing with loss.
- What it means to be human.
- What is the ultimate *good*.

It can be any material that you find intriguing and relatable: Buddhism, Taoism, Stoicism, Epicureanism, Kantianism, Nihilism...

Take about 10-15 minutes to read a few passages, really focusing on internalizing the content and relating it to the events and circumstances in your life.

This arms you with an instruction manual on how to live out your days and how to deal with the trials and tribulations of everyday life.

Personally I read and internalize about 5-10 maxims from Marcus Aurelius's *Meditations* or Epictetus's *Enchiridion* every morning before I meditate.

6) Meditate

The mind needs to be regularly exercised just like our muscles. Meditating is like lifting weights for the mind. The well documented psychological and health benefits of meditation include:

- Decreases feelings of depression.
- Increases gray matter in the left hippocampus (information retention), the posterior cingulate cortex (willpower and meta-cognition), and the temporo-parietal junction (empathy and compassion).
- Decreases cell volume in amygdala, which is responsible for stress, anxiety, fear, and anger.
- Improves information processing and decision making.
- Improves focus.
- Reduces risk of having a heart attack or stroke by 48%.
- Reduces blood pressure.

Despite all these benefits, most people don't incorporate meditation into their everyday lives.

I'd venture to say that having a consistent meditation habit is equally important to having a solid workout regimen.

Meditation is really quite simple, all you need is a quiet place and a timer.

Here is a short guide to meditation that I have successfully been using for years:

How to:

- Sit in a comfortable position.
- Observe the breath. Is it cold as you inhale? Warm as you exhale?
- Observe the uncontrollable act that breathing is. Observe the unconscious force which compels you to breath.
- Thoughts will arise, simply realize that you are thinking and return to observing the breath.
- Do not feel anger or frustration if thoughts continue to arise incessantly. Each time you recognize that you are thinking, the frequency of thoughts decreases.
- Start with 10 minutes daily, progressively adding 30 seconds to each session each day until you reach 20 minutes.

7) Take a cold shower

If you've never taken an ice cold shower first thing in the morning, you don't know what you're missing.

If there is one litmus test to predict how well you will perform for the rest of any given day, it's this: Do you have the discipline, and quite frankly the balls, to jump into a freezing shower for 5 minutes first thing in the morning?

Cold showers have a number of health benefits such as:

- Decreased muscle soreness
- Healthier skin and hair.
- Improved immunity.
- Improved circulation.

But that's not why I like them.

Nothing quite energizes you like being hit with the feeling of cold water running down your back.

Cold showers are a true test of discipline as they train you to continuously plunge into the deep end of your comfort zone.

Cold showers are a simple (but not easy) way of training yourself to embrace bold action and to act in spite of hesitations you may have in other areas of your life.

Conclusion

Having a solid morning ritual is an invaluable tool that will instantly set you up for success once you start implementing some of the powerful habits listed above.

Don't be somebody who passively goes with the flow of the day. You must take the proactive measure to *take control* of the outcome of the rest of your day.

Arm yourself with simple habits to be performed every morning that will drastically improve the quality of the actions that you take for the rest of the day.

If you have suggestions of any other powerful habits that you incorporate in your everyday morning ritual, post a comment; I'd love to hear about it.

<http://themillennialmonk.com/importance-morning-ritual-setting-day-success/>

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Mystery Man

Heathcliff-- · 10 April 2018 · Archived copy · Reddit

I deleted a lot of my old posts; *it wasn't the mods*. I'm scared of being outed and doxxed, and I also broke up with my girlfriend of 5 years recently (who knows my reddit account). I'm still not sure whether it was the right call or not, but I've had literally countless messages from people asking for copies of old posts that they found useful.

I feel bad depriving you all of my masterpieces, so over the next few weeks I shall repost edited and improved versions of the ones that survived on my computer. Some posts, like "The Sadness Phase", are gone forever, so count yourself lucky if you got to read them.

For now, here is a post I made when I was new here that got a lot of traction when I first posted. I haven't edited it much, just cleaned up a few bits. Hopefully it will open some eyes, but it's mainly for those that were late to the party.

The Flake

I got flaked on recently... for a second time, by a girl who I thought I had wrapped around my finger. She's never done this before, and in fact, her behaviour recently has been colder, more distant. I reflected on what could have happened to cause the sudden shift in attitude; maybe she found a better Chad, maybe she's been doing drugs, maybe she's just at a stage in her cycle where she doesn't care for the Alpha dick.

But after thinking for a while, I realised why. I had broken frame with her; not for long, maybe like, a few sentences; I let her know a bit too much about me and what I was struggling with, and while at the time she seemed to not care too much, in fact seemed supportive, it changed our dynamic completely.

Girls will find lots of different ways to dress up a flake. It will normally come packaged as "Sorry I can't do today I feel kinda sick and I got a test tomorrow", sometimes they've "had a death in the family", sometimes they "have lots of work to do" or are "tired from work" sometimes their "car is playing up" or "dog is ill".

Regardless, a girl who is lazy and unreliable will come up with multiple different fabrications in order to skip out on meeting you. She needs to keep up appearances and feed her cognitive dissonance that she's a good, trustworthy girl. Reliable people don't flake out on plans made with their friends or a guy, but sometimes life just gets in the way you know?

Except for these girls, life just keeps getting in the way of meeting you.

You need to start picking up on what's a flake and what isn't. Sometimes it's true, something really *did* come up that means she can't see you that night, but these are much rarer than you think. People, especially girls, don't have lives as exciting or varied as you imagine they do in your head. Accidents do happen, but not at the rate the average excuse-maker likes to think they do.

And if a girl has a date booked with a guy she likes, chances are that will be the highlight of her week and she's been thinking about it every day leading up to it, she's already picked out her outfit.

If a girl *really* wants to see you, she'll get over her dead grandma and leave that assignment undone in order to drive the 20 miles to your place. A girl who is head over heels for a guy will jump any obstacle to get the chance just to see his penis again.

I'd say 9/10 flake excuses are absolute bogus. Girls who come up with an excuse to not see you are telling you two things:

1. She is still a good girl and "reliable" and it's just *not her fault* she can't see you today. This is an effort to keep up appearances, have plausible deniability, and feed her female solipsism; she can't be a bad person for flaking, it's just out of her control! The problem is, she can't be upfront about what the real reason is which is:
2. You no longer give her the tingles enough that she can be bothered to see you. She's vetted you, assessed you and decided you aren't good enough.

Realise this now.

Girls *do not* flake on guys they are attracted to.

The thought of disappointing or letting down a Chad, or an Alpha guy they are really into, is *mortifying* for the average girl.

Their sole aim is to impress this guy enough that he chooses *her* to stick around with him. That he picks *her* over the countless other girls courting him at that moment.

Girls understand abundance mentality and understand that a top-tier guy has options. If she flakes on him, she will be replaced by the next thot who was ready and available.

Girls **do not** let down guys they are trying to impress. They are on their best behaviour. It's like flaking on an important job interview, no one does it, even if their grandma died that morning.

So where does that put us?

If she flakes on you, more than once, it means you've blown it.

It means she's decided that you're the kind of guy she can skip out on because

- a) She isn't attracted enough to try and impress you anymore
- b) She knows you don't have any other options so you'll stick around anyway
- c) She's come to a conclusion on who you are and where you stand in her own social hierarchy

Thus, she's stopped trying her best to stay in your good books. She knows that flaking is lame and that you'll probably be mad at her. She doesn't care. You aren't Chad anymore and the only guy she wants to impress is Chad.

The Demi-God

We've all experienced the 180 flip from a girl who thought you were cool and alpha and did all she could to keep you happy, to when she realises you're none of those things and actually kind of lame and then bam suddenly it's like meeting a different woman.

There's a reason for this:

Girls project an aura of mystery around guys they know nothing about, *and they assume the best*.

The less a girl knows about you, the more attractive you are to her.

This is because her hamster likes to spin any unknowable facts about you into good qualities. The more she has to wonder about your life, the more she assumes you've got your shit together, have a large group of friends, are always busy, and are banging multiple other girls.

In fact we all kind of do this, by default we assume strangers are more competent or better than we are. Our own inferiority complex and insecurity makes us assume that every new person we meet is cooler or doing better in life than we are, if we see a stranger doing something "odd" (like turning up in the wrong dress code for example) we don't automatically assume they're stupid or making a mistake, we first wonder if maybe there's something *we're* missing and that *we're* the ones who are mistaken. We assume the best, rather than the worst.

Women do this too, at a much greater level. They pedestalise *every* hot guy into demi-gods. They get giggly and submissive and cutesy around these guys because they assume these guys are vastly *superior* to them.

You'll notice this the first time you get into a new girls pants, it's nearly always the *best*, most animal fuck, because she sees you as absolutely above her in every way, and is trying *her hardest* to satisfy the superior man.

And as you fuck her more and more you'll realise that her investment and enthusiasm slowly diminishes, why is this, what's changed?

She's got to know you better. And as she's done so, she's come to realise you are nothing like the idealised version of you that she's come up with in her head.

And the more she realises this, the less attracted she is to you. Eventually you'll figure out that she was attracted to the *ideal version* of you she'd hamstered into existence, an ideal that you could never accomplish.

And you'll start realising this with every girl you fuck, they expect you to be so much more than you actually are. They don't have a solid grasp of reality, they don't realise that the guys they are attracted to *are just normal dudes on the inside*. They see this big muscled alpha who passes all her shit tests but they never consider the fact that he farts and sometimes gets acne and has depressed days and his friend group is actually quite small. And when they do, well the attraction fades.

Beauty in Perfection

To put it simply, they want you to be perfect, they want you to adhere to the image they have of you in their head, they want you to essentially be *the man of their dreams*. Only the literal man of their dreams is enough, and when they realise you aren't him, you're nexted. You're flaked on. She flips from submissive and available to "just tolerating you".

Now we know she will never actually find "the man of her dreams" and will eventually settle on some beta shmuck once she hits the wall. This is the plight of the modern woman. Their standards are so inflated that no man can ever reach them, and this is because the standards for each woman are vastly different and vastly changing according to her own whims and greener grass.

Have a strong bulky, masculine blue collar father for her children, lust after a millionaire, have a guy who makes lots of money, complain he doesn't spend enough time with her and cheat with Jamal from the gas station; deep, mysterious guitar playing band member, "hasn't grown up" and needs to "get a real job".

Women, even those who have met a decent mate who used to live up to her standards, will always lust after *more*. They always want *better*. They are qualifiers and consumers and they will never really know what a super good deal to settle for is, they will always want the next best thing, the next rung on the ladder. It is absolutely in their nature; they're programmed to swap out their man if a better option comes along. Why wouldn't they? The pre-historic women who stayed loyal in the face of upgrades were quickly bred out of the gene pool

The problem here is; they will lust after *perfection* until the moment they realise they have diminished bargaining power, and then they will begrudgingly settle for *less* than what they could have achieved before.

If women are "Sex Objects", then men are "Success Objects", and women are attracted to the success, but they don't really understand the true sweat and hardship needed to achieve that success, they don't like to see how the sausage is made, and they are turned off by *any* sign of weakness, any slip up.

Show any weakness, any imperfection to a girl, and you will get a mental black mark in her head. Women treat frame-breaking, pussying out, being broke, anything "embarrassing" as mortal sins. They want the perfect man, and every slip up from the act you have to put on shatters that image of "perfect" she's created in her head, and also pisses her off because she feels like she got swindled; she put so much effort into this guy she thought was the winning formula, only to see him lose his job or pussy out from a challenge.

Cracks in the Armour

Women completely overvalue weak moments and focus on them much harder than any of the attractive things about you, Briffaults law comes into play. You could be masculine, swole, charming, witty, foot the bill, sweep her off her feet, but if you trip on the doorframe as you leave the restaurant; ALL of that is shattered. The façade of perfection has been broken, and any past attraction she had to you is overshadowed by that big glaring mistake that she will use to take you down a peg.

Keep making mistakes and eventually you have a ghost or a flake. Once she realises you aren't the perfect man of her dreams, she will move on and start testing the next guy. Women have abundance mentality and they *do not* waste time with guys they have already deemed *imperfect*. They know that if they drop quick and move on, the next guy might meet the standard.

You will never be able to meet up to the standards of your plates or girlfriend even if you are pure Alpha Bucks, this is impossible because their standards are always changing and readjusting to new base levels, and will always be too high. They **dehumanise men into success objects to the point that they are not allowed to have any flaws**.

It's impossible for us to have no flaws, but women, especially hot women (alpha females), do not understand this. They want to find that one magical, perfect guy who has *no flaws* and they want that guy to swoop in, make her a princess and live happier ever after. At heart, women fantasise about these ideal situations and ideal guys, just like children; you will find few who are rational enough to understand the struggles, hardships and imperfections of the modern man (but there definitely are some).

And we all *know* that women fantasise about this shit, all you need to do is look at the popular female literature/television. It all follows the same fucking plot, scene by scene. Generic bland female is lusted after by demigod alpha bad boy/vampire/millionaire for no discernible reason, and he swoops her away and takes her to a much better world that is nothing like that the boring grey world she used to live in. This world has crime, or BDSM, or werewolves.

But the thing about this is; while most men consume our male reading/viewing-porn with the knowledge that it is all just fantasy and our lives won't go the way described; women truly believe that they *deserve* to be rescued by a Christian Gray type like this, and that it actually *will* happen to them one day (with no effort from them of course). And so they wait for "Mr Right" until their pussy dries up and their vet bills overwhelm them.

Joseph Campbell describes the Hero's Journey, the monomyth story that all men strive to emulate and fulfil in their own lives. Well, women have their own version of this; The Princess's Rescue.

Combating the problem

Her goal in "getting to know you" is to find out who you really are. She is trying to build a general idea of what you are, what you do, who you know, what your frame is like, where you're placed on her rating scale, and what your imperfections are, so that she has an excuse to drop you for "the next best thing*."

Her power comes from *what she knows*. She can only work with the information given. So there's one easy way to win her game; **control the information she has**.

The less she knows about you, the more she has to guess, the more she has to idealise, the more she has to pedestalise.

If she knows little about you, she won't know your weaknesses. She will start filling up the gaps with her own imagination. She will start imagining you as *much cooler* than what you really are. She does this because her solipsism doesn't allow her to think that she is crushing on a loser, this mysterious guy she has the hots for *must* be awesome.

The more information about you that you give her, the more she has to disqualify you with. The less you give her, the more she idealises you into something better, as Rollo says (paraphrased): "A woman's hamster is the best tool of attraction you can use".

Keep her guessing. Always. Make her always be wondering where you are, who you're with, what you're doing. You could be in your basement watching anime, she doesn't know that, she assumes you're off at some high-profile event with girls hotter than her.

You could have the most dull, monotonous job ever, but if you refuse to talk about it, she starts wondering if you're some CIA agent or secret billionaire.

Never tell her how much you make or what you really do unless it's cool af, and even then hold back on the details. Definitely do not reveal your job or money if it places you in the beta bucks category. Don't let her into your friendship circle, don't let her meet your family, don't tell her about your life story and childhood and exes.

Every scrap of information you give her exposes you as the imperfect human being you are to her, and for her, that's not enough. She will use all this as ammunition to eventually discount you.

"Oh his friends are kind of lame and he's a Trump supporter and still not really over his ex and he seems pretty disposable and low-ranking at work.... Etc etc etc".

Do not have long conversations with her over text or even in person. You might think it makes you sound smart and you're impressing her, but really she's thinking "this guy talks too much and is too passionate about boring shit and he's telling me all this, why is he wasting time with me doesn't he have better things to do?"

The most attractive thing a woman can hear coming out of your mouth is "busy".

Your life does not revolve around her, the less she can get her claws into your personal goings on, the more interested she is in you. If you are too busy for her all the time, she will go *crazy* trying to get into your pants. If you only ever communicate with her to set up meets, she will blow up your phone and social media constantly, if you're always kicking her out after fucking because you got shit to do, she will go wild trying her hardest to see you again and again and again.

The more she knows about you, the less attracted she is to you. It's simple.

Methods

Women *love* mysterious men. They can't make their mind up on the guy yet, they haven't seen his flaws and weaknesses, they overhype his strengths, and the guy seems *perfect* to them. The only way you can be Mr Right for a woman is to be dark and mysterious.

How do we incorporate this into game?

When Opening a Girl

Do not divulge too much information. Do not show off. Get her to ask questions of you, don't just spill the beans outright. Don't linger or hang around too long, always "be in a rush", always "have somewhere to be". Look busy, look important. Don't try and impress her, get her to try and impress you, remember, you are the prize. Close quickly and then leave. Don't text her straight away, wait a day or two. Always seem "busy" and like you have a faster paced life than hers.

Plates

Plates are disposable, treat them as such. They aren't girlfriends and they are not there to be your emotional support, or your personal diary. Don't rant at them, don't talk to them about your politics or ideologies, and don't tell them about your friends and family and work. Mention hobbies or interesting bits of information but only on a surface level. Always be too busy for them, kick them out after you're done, ignore their texts sometimes. If they ask to meet up and you're free, pretend you're "too busy" anyway. Make the meetings on your terms. She needs to get this idea that you have shit going on outside of her and she's just a side part of your life. She will be attracted to this, this is what women want to see.

LTR

Dread game is your friend here, and as they say "comfort kills attraction". You never want your LTR to get too comfortable with you or "fully understand" you. Of course she will get a lot of information out of you because she's the closest woman to you, but you can still be dynamic. Always be cultivating new hobbies, new friends, new missions. Never stagnate. Ignore her; sudden phone silence, busy days. Don't let the relationship get boring, always be starting new things, new dramas, keep that engine fuelled. As soon as you settle out and flatline, that's when she starts to wonder. Keeping yourself busy occupied and silent will keep her guessing. Guessing is the biggest aphrodisiac. She will think you're at parties with supermodels and Saudi bankers. She'll fuck you like she did when she was trying to impress you at the beginning of the relationship, because now she thinks she has competition and has to "win you back". You might just be playing games on your computer, but if you ignore her "wuu2" texts, she thinks you're snorting coke off a hookers tits in a private jet.

To sum up:

- If a woman flakes on you more than once or twice, she is not attracted to you. Women do not disappoint guys they are trying to impress.
- Women are all seeking the "perfect" guy with no weaknesses to sweep them off their feet.
- Women test guys and can only qualify them with the information they have of them.
- If you disappoint a woman too many times, she will next you.
- It doesn't take much to disappoint a woman, they undervalue strengths and overvalue weakness.
- Women who don't know much about you fill in the gaps of knowledge with idealised versions of you.
- The less information you give to a woman, the more mysterious you are, the more attracted she is.
- Stop talking too much and shut your fucking mouth.

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UPVOTES

Stand Tall Making Eye Contact

King_dom_cum · 10 December 2020 · Archived copy · Reddit

TL;Dr:

Chest out, shoulders back. Head up, making eye contact with anything ahead.

Body:

You ever come home to a garbage can tipped over, the bag tore open and trash covering the floor. Then there's the dog. Sitting in the corner. Pouting, looking at the ground, not just avoiding eye contact but avoiding your image all together. Are you a bad dog? Did you do something wrong? Then why are you always looking at the ground and why can you never maintain eye contact?

Do you check out women?

Yes I'm checking women out. Checking out the men to but not so sexually. If you see a pretty little thing dressed like a tramp you're going to take a look. When she catches you looking at her body, do not look away in shame *like you just got caught* doing something disrespectful. Embrace her eye contact, let her know you see her.

When anyone enters your view of sight it's instinctive to observe the new creature. ~~Lesser~~ Animals do it. It's an evolutionarily survival trait to be observant of your surroundings. Don't feel shameful when checking out women. It's in human DNA. What culture has hyperinflated into an exaggerated attempt to shame men for what comes natural, are a few instances of overly creepy men staring, following *them* around the venue, either physically or with their eyes *the entire night*. Even still if you read romance novels, which I recommend you not, *I could feel his eyes following me the entire night of the event, it made me burn hot knowing he was watching my every move*. Goes to show you; they want it, just not from losers.

Check her out. If she catches you, own up to it. Acknowledge what you are doing. If you're really that interest, now's the time to approach. Otherwise leave her be but don't run from her eye contact. Worst she's going to do is give you a look of disgust, tap her friend on the shoulder and point. I've even had *ghetto bitches* yell *What the fuck you starrin at, whitey?* We all laughed about it.

Eye contact is a lot more important than women. Like I said I'm checking out the men in my surroundings too. I'm taking a good look, drinking in their persona with my eyes. If they catch me, there's been less than a dozen instances in fifteen plus years where it didn't end with a smile. That's it. The vast majority of the time, *a head nod and a smile* is it. Sometimes there is a verbal hello, old timers love to stop you for a chat. If you become a regular at the same locations, a little eye contact and a smile can open the door for conversation.

Eye contact goes further with repeat encounters than strangers but that's a good place to start. Eye contact is a huge part of good communication. It helps form trust, looking into someone's eyes while talking. Feeling intimidated by it at first? Stare at their nose or eyebrows to help. Leaning into the discomfort will build a tolerance, eventually making the behavior normal. Trust me it's a lot harder to make too much eye contact than not enough.

Now there are a good number of people who avoid my eye contact. There's others reasons than this but the vast majority of men I see in public look defeated. Shoulders slouched. Head hanging low. If they're not avoiding my eye contact, they never had a chance to make it. They're staring at the ground in front of their feet for their entire lives. *Walking around oblivious to their surrounding*.

Imagine that's your first impression, the look of defeat. It's a heck of a lot easier to maintain eye contact when your heads already lifted. Stand up straight, looking ahead. Bring your chest up, shoulders over your hips, over your ankles when you walk. That's where you start. Past that is an individual personalized remedy to actually straighten your spine and fix your pelvic tilt. I'm not a doctor but we can all start here. *Posture check* yourself throughout the day.

Either when you're sitting or standing, check yourself through out the day to see if you're slouching or hunched over. Straighten up, bringing your chest up and shoulders back. Sitting or standing tall, erecting the spine. Hold it for as long as you can. I'm not kidding when I say some of you will have a sore core, shoulders, lower or upper backs. You might have to actively engage your core. After time and time again of *posture checking* yourself you'll see you're standing/sitting straight more and more often.

Good posture makes a world of difference with how you're received by everyone. That's why it's Jordan Peterson first rule in his book: *Twelve Rules for Life. Stand up straight with your shoulders back*. That's not an edorsment to go read his book, though I'm sure it's great, I've never read it. You don't need to be a professor of psychology to realize this. Be observant.

Having doubts? Go to any large venue and scope out the public. See how poor the populations posture is. See how grossly out of shape most people are. Watch them avoid eye contact and each other, some literally scared of interactions with strangers. Decide, do you really want to walk around looking like that? You'll notice a few men though, walking around tall, proud, sure of themselves. Gazing around, happily waiting to greet you. Much like my dog, owning his behaviors, confidently exclaiming, *yes I knocked down that garbage can, wanna see me do it again*. You do the same.

In Conclusion:

Eye contact is king, it's easier to maintain if you're already standing up straight. Standing up straight, having good posture makes you appear more confident to the world. Start *posture checking* yourself regularly to get in the habit of maintaining good posture whether sitting or standing. If you're nervous about eye contract, look at their nose or eyebrows. They won't be able tell. If you get caught checking out a woman (or anybody for that matter) give them a nod, do something to own up to your actions. Don't dart your eyes away like scared puppy.

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UPVOTES

Be the hero in your own story, not the cuck waiting at home

igiveblowjobstohobos · 15 April 2018 · Archived copy · Reddit

Bit of background on myself, I'm 26 and been backpacking in Oceania since October.

For anyone who isn't doing too well romantically, pulling down girls while travelling is like shooting fish in a barrel made of fish. Despite what some people might say to you, backpacking and sex have always gone hand in hand

Anyway, I arrived in a new town and made myself at home in the hostel dorm room. There I met two Scandinavian girls, one single, and one in a relationship, both reasonably attractive. Anyway, our backpackers has free pool so we agree to play a few games.

I invite a dude over who's eating by himself and him and the single girl hit it off immediately. We play a few games and have a few beers, now I'm not really a big drinker so I have a few and tell them I'm retiring to the room. They're all dressed up and ready to hit the bars and try to convince me to come out but I'm just on a write in my journal and listen to electronic vibe (big mood).

Anyway, single girl wakes me up at 3am when she comes in with her loud ass and we chat for a little while, tells me the girl on a relationship stayed out with some random backpacker from the bar. Now bear in mind this girl has been talking about her boyfriend for the last few days, has a picture of them together as her phone background, but he isn't here, he's back home doing God knows what while his girl runs around abroad for two months getting her face sprayed at every opportunity.

She comes back 9am the next day before checkout looking embarrassed as fuck and they start blabbering away to each other in their mother tongue about how she can't believe she did that

Tale as old as time really. Here's some advice for you guys from someone who travels a lot.

1. If you're in a relationship and your girl wants to travel for an extended period without you, let her go but let her know she's now single
2. I'm not saying all girls in LTRs will cheat, but it's a shitty environment for a relationship which makes them easy prey for A&F looking backpackers who they'll feel connected to because they're sharing similar experiences
3. Your girl's friends are not your friends, their loyalty lies with her and they will watch her suck a hundred veiny dicks without any kind of heads up.

4 and most important. You're the hero in your own story, don't be the person waiting at home for anybody ever.

This guys girlfriend is out hitchhiking around Oceania, having the time of her life and getting consequence free lays when she wants it, what the fuck is her boyfriend doing except missing her , I have a tonne of these stories if people are interested, some involving me some not including banging a geologist in an open relationship while her boyfriend was in the Antarctic, and a French girl who's cheeks I blew out in the hostel showers after she told me her boyfriend had given her a "free one", and a girl who fell asleep on a guy who wasn't her boyfriend in a lounge where I was working and everyone started taking photos

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UPVOTES

"How do I make more friends?" By providing value. Here's how.

laserdicks · 24 November 2019 · Archived copy · Reddit

I'm getting tired of this question on AskTRP. I only bang through friends - I don't do clubs, and so I think it's an important question to ask. But there are three levels to the answer and all I ever see is the (somewhat dismissive, but fair) answer "get a hobby" "play sport". These are correct, but not complete. Lotta assholes playing ultimate frisbee and still feeling lonely. There's more.

Trigger warning: For the Americans among us, I'll flag that the rest of the world understands the difference between attacking someone and laughing with them about something at their expense. And mock insults as a form of socializing. Everyone else on the planet understands this, so for the rest of this post please interpret "attack" to mean insult or mock without consent. Consent can mean that you know each other and are comfortable ripping each other off like this. Some people think they have that consent, and aren't that funny. These are assholes. Anyway, separate topic. On we go.

People like to receive value. Therefore, to have people seek you out, you should provide value. Money? Fuck no. Social value. Here's how:

Step 1: get into a group of human beings

As we all keep saying, yes you gotta go and find the group. I don't like the suggestions of hobbies and sport though; it's too limited. Get on Meetup and see what's happening in your city. Join your city's subreddit. Check your local council/library if you're really desperate. Whatever. Pick something. The only variable here is:

Volunteer

- this provides the most observable form of value second to money, but avoids framing you as a provider to abuse
- It filters you into a social setting with people who also chose to volunteer
- it gives you something to do and to talk about which helps avoid awkward small talk

Sport/hobbies/church/literally any excuse that humans use to gather into a group

- the value you bring is less obvious, but often still there, for example adding numbers to the group can enable the thing to continue (a sports team needs a minimum number of players etc)

Step 2: Provide value

Showing up is bare minimum value, and you can add more. Here are some ways to do it:

1. Remove the baseline obstacles to being considered an equal/normal member of the group. Join groups where you can afford to participate without being a burden. People won't pay you to show up until you're already at like a level 4 in popularity. get your transport and resources sorted. Obviously.
2. Be visually attractive. This is a huge force multiplier, as it is what people judge first and it opens the door. The rest is yours to lose. And for men it's dead easy; lift, shave your head if you're balding, dress well, hair cut, and fucking shower.
3. Have confidence. Oh? just like that? It's that easy? No of course not. It's hard and takes time. But it absolutely does not happen unless you actively work on it. Find out what you value in people and build those parts of yourself. That's the magic formula. Men especially are lucky in that our value is not in our youth but in things we have the power to make. Use that advantage.
4. Turn your focus to the individuals you're hanging out with. How do you engage with each on *in particular* in a way that they will enjoy? I actually do this subconsciously, but I think it's worth listing as an active decision.

3.1 If you're in the strong position; protect the weak. In a group of 5 lawyers and 1 maccas employee, I'm *absolutely not* going to bring up anything related to law. That's gonna make maccas bro feel like shit. Lawyers tend to have no life outside of work, so I'll actively move conversations away from work in this situation as well, because once we get in their domain, the conversation is going nowhere fast.

3.2 If you're in the weak position; learn from, and flatter, the strong. I'm moderately fit but I have small muscles. Built dudes are often attacked for it ("in jest") because people are threatened. I automatically compliment them on their bulk and ask about how I can build my <choose random part of the body>. I'm immediately on their side of that line they always socialize on and we're good from there on out. Plus bodybuilding is their art form. Everyone likes having their art noticed and admired. Don't be desperate in how you do this, do it from a place of self-respect and inner strength. That's why this is step 2.3.2, not 2.1. If the people you're around would attack you for engaging in this way then they have the maturity of a young teenager. Even older teenagers have figured out how repulsive that insecurity is. See my note about negativity above.

1. Be funny. I'll write a separate post on this if asked, but here's a cheat sheet: If it fails, STFU and let someone else take the conversation, wear the loss and move on. People can forgive a bad joke, but we all hate the insecurity that forces someone to keep going. Remove all negativity. All jokes have a true element. It's only funny if they get it. I'll fucking stab you if you explain a joke *everyone hates this*. A joke is a surprising discovery of a link between two concepts.

Step 3: Leverage your popularity

I know this post was only about step 1, but there's more on offer here, and I'm going to mention it. Don't just get enough friends that for 90% of the time the fear of loneliness goes away. become popular, and then *use it to make the world better*. I don't mean save the whales, though you're free to of course. What I mean is that your new friends have subconsciously voted you into a position of influence in their community and you now get to call some of the shots. Call good shots. Make the community enjoyable to be in. This is a vital part of popularity that most people miss as their own individual and immediate needs have been met, and it usually results in the community stagnating and then breaking down. Fuck that, we're here to get better. Here's how:

1. Don't become a despot. Many outcasts hold resentment towards people and when they get into power they do the only thing they ever learned from the popular: they make them feel like shit. Congratulations, we have an infinite loop of not happiness, not productivity, or creation, but shit. Literally what could be worse than an infinite loop of shit. Fuck outta here.
2. Change the community. A community averages out the personalities of its members weighted by their value quotient. Yours is now higher. Use it. Some communities have negativity; start by removing it entirely from your own language, then subtly helping others to do the same. Instead of taking advantage of people's fuck ups for humor, actually become funny or interesting. When you remove that people are free to take more risks and you can start having fun. Judgement by other girls is the number 1 factor between you and some pussy. Consider that.
3. Find new communities. The whole point of providing value to the first group you come across is because *that's how you get invited to the next community*. I've now got a field of friends who I've filtered from between 20-30 communities. These people are the highest quality; typically have their body in order, are funny, confident, *they have enough self worth that we can relax together and be weird*. And they invite me to the coolest shit this city has to offer. I only see any particular one of them 1-2 times per month, but they still keep inviting me because they know when I show up I'll make them feel good.

Conclusion

Just like all other human interaction, socializing (and popularity) is a market. Improve your market value. The sidebar will tell you how to do this in a male-female relationship. I hope the above will have some pointers on how to do it in a community scenario.

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UPVOTES

****One Key Step To Not Giving a Fuck (Sidebar Post)****

nevva_Again · 21 March 2020 · Archived copy · Reddit

I found TRP 5 years ago while Google-searching “How to get out of the friendzone”. Thankfully, one of the Google search results led me to TRP where I read post after post after post; alongside articles from Rollo Tomassi’s *The Rationale Male*.

During my first four months of finding TRP I literally read TRP all day long, day after day. I read through TRP posts as if I was studying for an examination. I particularly enjoyed the comments section, they were pure gold those day. You got even more revelation from the comments than from the main posts. I read TRP so much that my eyes began to hurt – literally and figuratively (“Why do my eyes hurt?” – Neo).

However there was one theme I kept reading over and over, yet couldn’t internalize: **How to Stop Giving a Fuck**. I won’t forget that day I clicked on a Sidebar Article which had been posted a few months before I found TRP – **One Key Step to Not Giving a Fuck** (Originally, **The Guide to Accepting Yourself Even When Women Don’t**). The poster deleted his account shortly afterwards. May the soul of his account rest in perfect peace.

That post changed my life forever. I later realized that learning to accept myself and not to give a fuck about many things is key to developing many other traits such as Frame, Abundance, etc. The post is on the sidebar, but throughout my 5 years on TRP, I have never seen anyone refer to it either in a post or a comment; hence this post. I’ll paste the original post here:

Recently someone here posted about how women define "average" in astronomical terms, based on some bullshit a girl said while shit testing him. Most of the responses didn't understand that he was being tested because most of the commenters aren't ok with themselves at all.

Quick Method

Know all those dating apps and sites you use? Know how you like to finely craft introductions designed to make the woman see you in a favorable light?

Don't do that.

Send any one of these messages that say, "I love me and I don't care if you do."

1 - "Boners."

2 - "Super boners."

3 - "I'm going to be playing video games all week but you can come over this weekend and do my laundry."

4 - "Do you ever get those crusties in your asshole and pick them out in the shower?"

5 - "Want to help me practice for my driver's exam? The police said I can finally get my license."

These messages are not meant to get you a woman. The responses you receive (you will get responses) will show you how much better this type of "who really fucking cares right?" attitude matches up against, "Oh god oh god oh god I'd better say the right thing."

And that leads us to today's lesson:

You don't matter that much.

Sorry, but if the fate of the world rested on your shoulders we'd all be fucked. You're reading how-to guides about becoming ok with yourself. So really you don't matter that fucking much.

And that's fine! That's preferable. It takes pressure off your shoulders. You can walk into a bar and tell a girl that you're a martian whose pants will explode at midnight unless an earth girl removes them with her teeth. Guess what? No one will care! Tomorrow CNN will run a headline about ISIS feeding babies to elephants and your pickup line will become just another blip in the endless history of the universe.

Corollary - Women will try to make you think that you **should matter a whole lot**. They'll tease you and ask you why you're not a buff macho kingpin or why you don't own 10 businesses and a thousand dogs. The important thing to notice here is: *That's what they say, not what they think*.

Most women wouldn't give ten shits about your income or dog breeding knowledge if you are ok enough with yourself to show them a good time. Confidence does not come to you by knowing that you're big stuff and that you're a huge valuable part of society. If it did, hardly anyone would be confident because hardly anyone actually matters that much.

Confidence comes with knowing that you don't matter that much and that other people really don't either, women included. So if it's not that big of a deal, what do you have to lose?

Nothing.

Little people often have big pride.

It helps them not feel little. It's a defense mechanism. Being defensive is itself a small and impotent thing to do.

Pride weighs a lot. It's one of the biggest forms of baggage and some of you have been feeling it in your chest for years without realizing it. It comes in the form of thoughts like, "What am I going to be doing a year from now? Two years from now? If all my dreams aren't coming true, I'm a worthless piece of shit."

Or, "I need the perfect body, most money, and biggest adventures or I'll be a drain on humanity, just another turd in the bucket."

Or, "If I don't bang every hot chick and turn into a fuck stud of epic proportions, I'm just another waste of space."

Guess what?

People who don't care if they get ass...get more ass than you.

People with shitty bodies who don't give a fuck...get more ass than you.

People who have zero ambition and are ok with that...get more ass than you.

If it is truly your ambition in life to become something great, then you will follow that ambition no matter what. You won't dither about it. You won't get confused and wonder if you're doing the right thing.

You definitely won't beat yourself up about not doing it.

So if you're an ambitionless ham planet and you absolutely love your life, there's no reason to qualify yourself to women ever. If you're a healthy cut millionaire and you hate your life, well I can't help you with that. .0001% problems.

So make a list of the shit you love about yourself that women would call "immature" or "irresponsible" and then realize that shit is all in your head. Almost anything you do (short of rape and murder) can be awesome and praiseworthy if you love doing it and you're solid about that to the core.

Women will prod at you all day and shit test, saying, "Well a mature real man is like this," or, "I can only be with a man who blah blah blah." If you aren't ok with yourself, you'll cave to this type of bullshit instantly. If you're fully ok with yourself, you'll laugh it off and continue on being you.

Remember this:

There are no rules for life other than eat, sleep, breathe, and survive. The rest is completely made up. Clothes? Optional. Words? Optional. Bathing? Optional. Dating? Made up. Relationship standards? Fiction. Breeding? Unnecessary.

You could wake up tomorrow and pretend you're an African prince who has to drive backwards to work or else the mafia will come and steal your asshole. And that would make only marginally less sense than people driving to the same workplace every day to get money to pay for a piece of the planet they were born on which can be taken away by a group of people in a big building with giant metal rooms full of green paper.

So you don't matter that much and life is ridiculous. You couldn't possibly make life any more ridiculous than it already is. So don't go around acting like every little action matters.

Accept yourself.

God bless the original Poster.

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UPVOTES

Wife demands Open Marriage or else divorce. Husband accepts for the kids. Wife starts sleeping with a guy lined up immediately. Husband finds someone to sleep with. Wife becomes furious, demands Closed Marriage.

CHAD_J_THUNDERCOCK · 29 June 2020 · Archived copy · Reddit

tl;dr: title

<https://archive.fo/lqal2>

This doesn't need much analysis. We've seen this in many times before.

Interesting points:

- Husband was dealt a tough pair of cards. A certain divorce, which he didn't want (they had kids). You could argue it was beta to accept the demand. I think it was alpha to do what he felt was best for his kids and start sleeping with another woman.
- Wife described her husbands 'affair' as 'cheating' even though opening up the marriage was her demand.
- Wife had someone in mind when she made this demand for an open relationship. They always do. They do not bring up this subject (which has risk) if they are not pretty much ready to go with a guy in 24 hours. Branch swinging requires another branch.
- Wife's affair partner really was an affair, her partner had a wife who didn't know. But husband did it by the book with a single woman. Stand up guy.
- Wife then threatens divorce if husband doesn't *close the relationship*. When someone has used the nuclear bargaining chip of divorce once, expect them to use it again. The cat is out of the bag.
- Husband offered a fair legal arrangement that if he closes the relationship then there are consequences if the wife or husband commits infidelity again. Wife goes berserk. Refuses to sign it. I believe that this shows the lesson the wife learned was that she should have cheated in secret, not asked for an open marriage. She wanted to sleep with other men, and didn't want her husband to sleep with other women. And the easiest way to achieve that was to close the relationship and just cheat.
- The wife said the husband had to end his relationship with Amber because the wife knew her. Well it turns out that the wife knows her because she used a tracking device, then drove to Amber and introduced herself. Lmao.

edit: looking at the replies and they are pathetic.

2k upvotes:

TL;DR (even with update). OP sucks for trying to one-up his wife in every situation rather than work as a team, also misses the point of the rules they had; wife sucks extra for obvious reasons. They both suck and they'd rather fight this than be good parents to their kids.

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UPVOTES

The best example of frame holding in my life.

seattleron · 26 August 2014 · Archived copy · Reddit

So I have a plate over and we bang. She has been bitching a lot about us getting exclusive lately. I was on the bubble whether or not I should make her a LTR (as I do enjoying being in LTR's myself), but this day she was being awfully bitchy.

After the bang she starts shit testing.

"You know, us having all of this sex could get me pregnant."

- No it won't. (Then silence)

"You know, it's bullshit how you'll fuck me but not want to be with me."

- Silence.

"You're an asshole. You'd rather check your email than spend time with me." (Notice, she had already been on her phone like 3 times at this point and even had another dude calling her, which she had to mention which I did not respond to.)

- I think it's time for you to go home now.

"OH I WILL! You don't think I'll leave? I Will!

She gets up and starts putting her clothes on.

"Such a jerk, blah blah, asshole, blah blah, never having sex with you again blah blah."

- Go home and collect yourself and when you learn to not talk to me like that you can come back another day.

"Blah, blah, babbety blah asshole blah."

- Say Nothing, still checking email on phone.

(She starts crying and lays back down with me.)

"I know I'm a crazy emotional mess. I'm sorry, I've always had emotional problems. I can't help it."

- You still need to leave. I will not deal with these kind of outbursts and it's why we're not exclusive. Come back when you learn how to speak to me in a respectful manner.

(More crying and rationalizing, finally leaves. I am still on the bed responding to emails on my phone. 5 mins later hear a knock at my door. She comes walking in still crying.)

"I'm sorry, just let me lay with you. Please, blah, blah."

No. You can come back another time when you learn how to speak with me. It's time to go."

I held frame and she crumbled. She recognized her ridiculous behavior, apologized for it, and wanted me to crumble and say come lay back in bed. I wanted her to go home and think about how she acted and how I did not reward her actions. I wanted her to have to ride home thinking about it and then realize I will not tolerate emotional outbursts for no reason. In the past I'd let it slide off of my back, or just cave when she started crying and apologizing. This time I held frame, and it slapped me in my face when I continued checking my email while she was getting dressed. I learned that I don't hold frame long enough sometimes and I need to learn to hold it longer when needed. Seeing her melt when I didn't chase after her when she started getting dressed or begged her to stay was the biggest slap in my face to how holding frame works at its finest.

Thanks for all of the frame talk on here, fellas. I'm not a noob, but I still find myself learning new things every day.

Cheers

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UPVOTES

"Guys never hit on me"

[deleted] · 25 February 2015 · Archived copy · Reddit

I hear my female friends say things like this constantly. Or they complain that *"I never get hit on as much as [more attractive female]"*.

Then we go out to the bars, and the girl who was complaining about never getting hit on ends up getting approached consistently throughout the night. The only problem is that she's too busy eyeing up the 6'4" quarterback-looking dude across the bar to notice the average guy who's currently chatting her up and buying her drinks.

Then I bring it up the next day -- "What about that guy who was buying you drinks? Or the one who came over when I went to the bathroom?" And the response is "Eww, that guy was gross. That doesn't count."

Yes, attention from average guys doesn't even count. If it weren't for my reminder, those encounters wouldn't register in their minds as "being hit on". You might as well not be human if you're average.

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UPVOTES

A Word For Those Back At College

nabosch · 6 September 2017 · Archived copy · Reddit

For many here school is back in session. For those who have been improving themselves all summer, it's a great time to look around and appreciate how far you've come as a man. There is no better place to turn and see the majority and minority of men in American culture.

Use it as an opportunity to see the vast majority of boys walking around dressing like women, no muscle mass, soy filled, testosterone lacking, body abusing nice guys that will do whatever a woman will ask in order for a shot at a mouth on their cock. At the same time use it as an opportunity to see the vast minority of winners out there. Young men putting themselves first in the gym, with school work, with career ambitions, with women. They aren't as easily spotted around campus but they're there. Hopefully, you're one of them.

Take the first few weeks to establish yourself from the pack of boys and display your manhood. Hit the gym, hit the books, hit on the cutie in the library, hit that hot ass from the bar on Friday night. Walk with confidence, straight back and chest high. Dress like a man, good shoes, slim pants, v-neck undershirts under button downs or polos. Be active in class, realize your investment of education and the fact your ROI is completely up to you. Look women in the eye when walking past, chew gum with a smirk, show off a little. But above all carry yourself with unapologetic manhood in all situations. Have fun, enjoy your time in school.

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UPVOTES

Reminder: Keep Your Problems To Yourself

Self-honest · 22 July 2020 · Archived copy · Reddit

My main girl (a cute, fit, orgasm-machine of a woman) was telling me about her “problems” earlier today and a classic shit test popped up on my radar. As I’ve experienced it many times before and read ALL about it here on TRP, it seemed like a good experience to share.

I want to preface this by saying that we have been seeing each other for over a year and have gotten a good bit closer over the past six months so I’m reaching the point where some men may find themselves getting more comfortable with the idea of opening up to their lady friends.

As she starts confessing her issues with the problems she’s currently facing in her life, she paused and thought for a minute.....and told me I should have a drink with her because it makes it easier to talk about our feelings.

LOL. OUR feelings????? That’s funny. I see where this is going.

I laughed and looked at her and asked her how she was doing....as she clearly had something on her mind.....

And like the solid, slightly invested guy that I am, I listened and nodded and answered her requests for advice for 5-10 minutes before I made my move to steer the interaction to something a little more fun.

She proceeded to tell me how her life is so different this year compared to last year and how “she’s having a hard time adjusting right now....blahblahblah...”

“I used to have this friend and these co-workers who I would check in with weekly and for whom I was a confidant... and I miss having that in my life...blahblahblah....”

“I miss having people tell me their problems and being there for somebody.”

Oh really, do ya now?

Anybody see where that drink was supposed to come into play yet? Rookie move lady.

So I decide it’s time to steer things and get back to the good times at hand and I make a joke and ask her to go make me a cup of coffee.

“Ok!” she says as she hops up off the couch.

On her way to the kitchen she looks back at me and asks, “Self-honest, why don’t you ever share your problems with me?”

BOOM. Been waiting for that one for a good 10 minutes at this point. Nice casual buildup by her, but I didn’t take the bait so she had to come straight with it.

My life flashes before my eyes. The real problems I’m facing, intentionally, as a man are ten times as serious and dramatic and REAL as the “problems” she invents for drama in her own life.

If she only knew the risks and consequences and magnitude of the shit on my plate right now....

With a sly look I responded back, “Because I don’t have any problems, babe.”

Now let’s be real. She’s not an idiot. She knows I’m a human being and we all face problems in our lives. I mean...shit...Covid-19 lockdown has me furloughed for the past 4 months, I don’t know when I’ll work again, if I’ll have unemployment money for much longer, when I’ll be able to resume my normal social life, when I’ll be able to go to the gym to fix my shrinking muscle mass....god the list seems endless right now like I’m sure it is for a lot of you guys out there... so on the real, she knows I’m just playing the game when I say I don’t have any problems.

She paused for a second, “.....am I a problem for YOU?” she asked very provocatively.

I chuckled and shot her another look, “You?????” I laughed. “I don’t have annnyyy problems and somehow YOU are

a problem?! my only problem??? You're funny baby"

She smiled, then she literally ran like a little kid and flopped onto her bed, telling me to come jump and flop next to her.

"Why does flopping into bed never get old?!" she asked as she moved her face close to mine and wrapped her legs around me.

I kissed her.

I'll spare the rest of the details only to say, the intensity and passion of a woman possessed is unrivaled.

In the past I might have felt that there was a point where opening up was equivalent to moving the relationship forward with a woman or something that signified a certain status we had achieved together.

Had I told her of my concerns and fears for the present and future I promise the outcome would have been VERY different to say the least.

Happy hunting. Your intermingling with women should be about having fun and spreading good vibes. Keep your problems to yourself.

TL;DR Be a fun loving guy who doesn't need or want a mommy figure in his life or be prepared to get grounded and sent to your room all alone without dinner.

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UPVOTES

If the girl of your dreams was at your door right now, you probably wouldn't let her in.

ebaymasochist · 23 February 2021 · Archived copy · Reddit

This isn't about how you're too scared of success or some deeper meaning. It's just about how odds are, if you're on here obsessing over strategy and filling deficits you have from years of failing with women, you're overlooking some basics, and if you had the chance to get what you want right now, some basic things would interfere with you having the best time that you could.

Keep your house clean. It's part of being a man. I don't know I guess Peterson said it, now years later I'm saying it because... Part of your brain knows that you're not going to take that perfect 10 back to your place more than once if it's actually dirty as hell. So how are you really going to try?

Keep your house, your car and your body at +45 minutes clean. As in, one of your plates says "hey I'll be over in 60 minutes" instead of saying "oh fuck this place is a disaster that smells bad and I only have shitty clothes to wear, and this, and that will go wrong. and my car is a crime scene. she's going to sit on a pile of garbage in the front seat..."

Instead, you have no problem making everything up to par in that time. Not perfect always, just 45 minutes away from presentable, means being better than most guys.

In those 45 minutes, the few dirty dishes are done, laundry is where it belongs, you're shaved, showered, you're done getting dressed in the clothes you like, because they are clean, and you don't have to worry about your date finding a half a sandwich under your couch from a week ago.

Now I know some dirty motherfucker's about to type "this doesn't really matter because if your game is amazing and you gym then she'll meet you in a porta potty on the side of the highway" or some other excuse... Or "don't ever care about what she thinks". And ignore the many other benefits that come along with it.

Just have some self respect and clean your house. I say this as a very disorganized person. After enough practice it gets easier. And you will see the rewards

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UPVOTES

Women live in a neurotic hell

Woujo · 19 September 2022 · Archived copy · Reddit

Men often cannot understand why womens' sexual attraction is linked to a desire for emotional experiences. Why does a woman need a man to have fun? Why can a woman not make fun emotional experiences on her own? And what do emotional experiences have to do with women getting horny? Obviously, men also like women who are fun, interesting, and adventurous, but most men would still be sexually attracted to a beautiful woman if she was boring, anxious, and dumb as a bag of rocks. Women are different. A woman can have no desire to have sex with a man, but then spend an afternoon walking around a museum watching him confidently make fun of the paintings and then want to fuck his brains out afterwards. Why?

I was personally perplexed by womens' need for fun emotional experiences because I did not understand why I always needed to make things "fun" for women. I noticed my approaches were much more effective when I was fun, high-energy, and positive, but the moment an interaction started to get boring or stale, I could feel the woman emotionally checking out and her attention slowly drifting away. I was confused. If a woman "liked" me, why did I need to create emotional fireworks? When I was around my guy friends, I could just drink a bunch of beers and watch the game saying nothing at all. Why couldn't I do that with women? Why did I need "game" or to "hold frame" or any of the bullshit this place is about? Also, why could I not tell her about my problems and fears like guys in the movies do? These questions perplexed me because, like most men, I expected womens' sexual attraction to be like mens' sexual attraction, which it is not.

I soon learned that emotional experiences drive womens' sexual attraction because women are much, much, much, more neurotic than men and evolved to rely on the alpha male for positive emotion. In fact, whether a man can alleviate a woman's neuroticism is the primary way she evolved to recognize the alpha male. If a woman feels bored, unsafe, or other negative emotions around a man, or worse – if she senses that the man himself feels negative emotion – evolution is telling her to get away from him and find the real alpha male. Women can obviously feel positive emotion without men, but the alpha male provides women feelings of power, confidence, fun, status, and freedom from anxiety that women cannot generate on their own. In fact, I would say that the core of the masculine-feminine polarity is the attraction between the negative, insecure, cautious woman and the confident, positive alpha male.

The word "neurotic" simply means "sensitive to negative emotion." According to the psychologist Edmund Thompson, "individuals with high scores for neuroticism are more likely than average to be moody and to experience such feelings as anxiety, worry, fear, anger, frustration, envy, jealousy, guilt, depressed mood, and loneliness." Studies show that women consistently score higher than men on neuroticism tests and suffer from anxiety and depression at more than twice the rate of men. Feminists and other social constructionists often claim that women score higher on neuroticism tests because life in the modern world is worse for women, and they may be correct to some degree, but it seems clear that at least part of womens' neuroticism is inherent in their biology.

Aside from science, you can tell women are neurotic by just observing them. Women freak out about small things and remote threats, they are terrified of transgressing boundaries and making people upset, they cry at work, they are disproportionately affected about innocuous comments and minor insults, and they often obsessively focus on the worst possible thing that can happen in every situation. Not all women are neurotic in the same way or degree, but overall, the average woman is much more neurotic than the average man.

Women are neurotic because the two strongest positive emotions to human beings are 1) the feeling of venturing into the unknown, defeating challenges, and getting the things you want (adventure), and 2) the feeling of being accepted by the tribe (acceptance). Women are unable to generate these emotions on their own, which is why they are dependent on the alpha male for these core elements of their happiness. Women are physically weaker than men and responsible for taking care of babies, so they evolved to be afraid of the unknown, averse to any kind of confrontation (especially physical combat), hyper-sensitive to threats, and terrified of being rejected by the tribe.

Of course, if there is no alpha male around and women were absolutely forced to take the lead and fight the bad guys, they can do so, they will just feel a lot more negative emotion doing it.

From an evolutionary standpoint, womens' neuroticism is a feature, not a bug. The last thing evolution wants is for women to wander the jungle alone or directly confront bad guys, so it instilled a powerful compulsion in them to stay in the territory of the tribe and venture into the unknown only under the protection of the alpha male. Women can contribute to the tribe in many ways so long as they do not take the lead because leading requires the emotional fortitude to confront challenges head-on. Leadership also requires one to take responsibility for the tribe's success or failure, and women do not want that responsibility because they cannot take the risk that the tribe will turn on them and reject them for failing.

Negative emotions are basically alarm systems designed to alert us when there is a threat or when it thinks we are going to do something that would cause the tribe to reject us. In women, this alarm system is constantly going off, whether or not there is a real problem. Womens' neuroticism is like lightning; it often strikes out of nowhere (influenced by hormones or other triggers) and sometimes goes away just as quickly when somebody convinces her that everything will be ok. I actually spoke to a woman today who told me that she stayed in all weekend because she was on her period and knew she would, in her own words, "be a fucking c**t to everybody."

To make matters worse, womens' neuroticism causes their subconscious mind to confabulate insanely weird and irrational negative thoughts. Confabulation (also called "hamstering") is when a person's subconscious brain hijacks their conscious brain and creates thoughts to justify whatever it is feeling. An example of confabulation is a crackhead convincing themselves it is ok to just smoke crack one more time. If you have ever tried to argue with a woman in the grip of neuroticism, you will notice that much of the justifications she makes for her negative emotions make no sense whatsoever and arguing with them is like playing a wack-a-mole with insane arguments.

As a man, it is almost impossible for you to understand or appreciate the depths of women's neuroticism, so you should just assume it is infinite and reaches all the way down to hell. I have lots of experience with crazy women, but I still regularly find myself shocked at the weird, crazy, evil, devious things women do. You should NEVER underestimate a woman's insecurity and neuroticism, which means you must be all the more indestructibly, irrationally positive no matter what the situation is. As we will learn, men have mechanisms to alleviate their neuroticism that women do not, and womens' helplessness in the face of negative emotion means there is almost nothing crazy they will not do.

Here is an example: an attractive and successful woman I know recently went to the hospital for burning her hand with soup. The next day, she posted a video on social media of herself crying and saying "I am in so much pain ... if I die, then I want everybody to remember me." Obviously, she was being irrational if she really thought she might die of a burnt hand. But even if she knew she would not die and just posted that video for attention, that would also be a manifestation of her neuroticism because she need attention and acceptance so badly that she posted a video of herself saying something extremely fucking stupid on the internet. (In case you were worried, she survived and went to Cancun the week after the accident.)

Womens' neuroticism is important and recurring theme in this book because it is the primary driver of womens' sexual attraction and motivates much of what they do. Most of womens' flakiness, bitchiness, moodiness, clinginess, over-sensitivity, nagging, and crazy and bizarre behavior, are caused by their neuroticism. Most importantly, womens' shit tests are simply neurotic projections – they want to see if the alpha male is also perturbed by the negative feelings that haunt her, or if he can just brush them off.

Once you realize most of women's craziness is an irrational manifestation of their neuroticism, you will be able to brush off their shit tests and not take their weird and shitty behavior personally. People are wired to be friendly and cooperative by default - when people feel accepted, safe, and like they have a high, safe status in the tribe, they happily emotionally connect with other members of their tribe. People only act shitty and defensive when they feel like the tribe has rejected them and they are vulnerable and weak. Therefore, when a woman acts shitty or flaky, even if she is extremely hot or high status, she is crying for help that she is insecure and needs a powerful alpha

male to make her feel better. Instead of taking womens' shit tests personally or getting upset, therefore, you should just laugh it off and feel bad for her.

Because women live in a neurotic hell, they are like crack addicts for positive emotion. Womens' baseline emotional state is boredom and anxiety, so they have an almost irresistible urge to impulsively go on dangerous, transgressive, crazy, wild, adventures with dominant, confident, fun men. This urge exists because it is only through men with fun emotional experiences that women can experience novelty, conquer enemies, enjoy pleasures they cannot otherwise access, and feel victorious, powerful, loved, accepted, and high-status. In many ways, an attractive man who is unflinchingly confident and positive is like an emotional drug dealer for women, and women are the fiends, which is why women often compare relationships to alpha males to religious experiences.

Most women are self-aware enough to know they have a powerful urge to follow attractive guys on random adventures, so they take great pains to be safe and make sure the wrong people do not find out what they are doing. This is why women are wildest on vacation and only around certain friends. This is also why women enjoy being approached by attractive men – they are dying to leave their boring bubble and experience something transgressive and fun. I have said to women “I am impressed you would decide to spontaneously go on an adventure with a random guy you just met” and almost every time the woman responded by saying “I knew what I was doing.”

The deepest, darkest secret about game, and something most men do not understand, is that women often reject men not because of a lack of attraction, but because of their neuroticism. In other words, women often do not reject you because they do not like you, but because they are afraid you will reject them. Women are extremely insecure (insecure just means the fear of being rejected by the tribe), so women assume they are rejected by default constantly interpret little things men do as rejection or signs of impending rejection.

As we will learn, it is counterintuitive, but showing women no emotion whatsoever is often the easiest way to get them to emotionally invest in you, because womens' neuroticism will cause them to interpret any emotion you show towards them in a negative way. For example, if you tell a woman you “like” her, she will subconsciously assume you are a loser with no options who only likes her because you cannot do better, or she may assume that you are a lying, manipulative fuckboy who just wants to fuck her and break her heart, or she may assume you are her dream man and you will get married and have a beautiful life and then three years from now you will die in a car accident and she will be heartbroken so it would have been better if she never met you at all. That may sound insane to you, but that is because you do not understand the depth of womens' neuroticism.

For this reason, you should not take rejection personally. Women often reject men for tons of reasons that have nothing to do with the man – they might have misinterpreted your actions in that moment in the wrong way, they may interpret some small thing you do as evidence of some huge problem, or they may just feel shitty for unrelated reasons and project those feelings on you. Unless a woman actually did something wrong to you (like broke a promise or actively tried to hurt you), you should just ignore every rejection and act like it did not happen so you can live to fight another day. After the neurotic storm passes, women often later think back at their behavior and realize they were being crazy, and then give the guy another shot. I have personally reconnected with many women who “rejected” me when I encountered them in a different setting or emotional state. But if you freak out and get butthurt, like most men do when they get rejected, you will just make her feel like her neurotic thoughts were correct.

So how does one alleviate womens' neuroticism?

One of the biggest mistakes men make is trying to “fix” womens' neuroticism with rational arguments. Rational arguments do not work because womens' neuroticism is a deep, subconscious product of their ancient lizard brain, so words have no effect on it. It would be great if you could just say to a woman “I promise I like you, your fears are stupid, everything will be ok, now let's fuck.” But unfortunately, that is not how it works. Even if you can somehow convince a woman one of her negative thoughts is irrational, her subconscious brain will just confabulate a new one. In fact, rational arguments often make the woman's neuroticism worse because negative emotions feed on thoughts, so the more words and ideas you put in her brain, the more fuel you give to justify her negative

emotions.

The other big mistake men make is catering to women because of their neuroticism. Men try to make women feel better by listening to her problems and doing favors for her even when she does not deserve them, wrongly thinking that the woman will feel better and start to like them. Unfortunately, not only does being a woman's servant not alleviate her neuroticism, it usually makes it worse, because it causes her to feel like you are a beta male.

The only thing that can defeat an emotion is a stronger emotion, and the only thing that can defeat a woman's neuroticism is the alpha male. You cannot fix a woman's neuroticism by solving her problems: all you can do is generate a positive emotional experience for yourself and let her experience that emotional experience vicariously through you so she forgets and escape her own neuroticism. A woman's subconscious brain looks at a man who fixes her problems as a dog-catcher that can solve individual problems but is worthless because her subconscious brain will generate a new problem in like 5 seconds. But a woman's subconscious brain looks at an alpha male as a strong leader that can fix ALL her problems, which is why women feel much better around the alpha male.

It seems counterintuitive, but you are actually more likely to alleviate her neuroticism if you put yourself first, say "no" to her, brush off her concerns if they are irrational, and make her feel a little anxiety because you are being challenging. In other words, to cure her neuroticism, you must make her feel like you are the alpha male, and to make her feel like you are the alpha male, you must ensure your own emotional experience is awesome and not let her ruin it. A woman feels courageous, powerful, and positive around an alpha male because the alpha male feels that way. But if the alpha is freaking out too, or if he is even taking her neuroticism seriously, she remains in her neurotic hell.

All that said, you are not a woman's therapist and it is not your responsibility to "fix" her neuroticism if she has not done anything to deserve your time and attention. It should not matter to you why she is neurotic, or whether she is rejecting you or being shitty because she is neurotic or because she actually does not like you. All you should do is focus on your mission and only pay her attention if and when she works for it. If her neuroticism causes her to ignore you or treat you like shit, you should move on. Being a woman's emotional tampon or accepting shitty behavior because "she is going through something" will not fix her neuroticism or make her like you more; it will just make you look like a beta male, which paradoxically makes her feel MORE neurotic around you. The alpha male does not put up with bullshit, and the best thing you can do to cure her neuroticism is to not put up with her bullshit.

And finally, some women's neuroticism is so extreme, often because of trauma or abuse, that they need years of serious therapy before they can have a healthy relationship or even act normal around a man. Sometimes women get "triggered" when a man tries to act like an alpha male or hold his boundaries because they associate the man's "mean" behavior with their previous abuser. While it is hypothetically possible that the alpha male could "cure" one of these damaged women if he acted with rock solid frame over a long enough period of time, as a practical matter, it is usually not worth your time and energy.

Humans evolved to naturally want to help people in distress, and women will often pretend like they need help to get your attention. But you must resist trying to "help" women who have done nothing to deserve it from you. Many, many beautiful women end up dying alone and miserable because they are so damaged that they are unable to maintain a healthy relationship with a man they find attractive. Oftentimes these women become damaged due to the actions of shitty men, but it is not your responsibility to atone for the sins of other men. All you can do is act like an alpha male and hope she gets herself together enough to deserve your time and attention.

My point in writing this section is not to say that women are weaker than men or inferior to men. Obviously, neuroticism is not limited to women and most of what I have written here also applies to many men. In fact, the only person with zero neuroticism is the archetypal alpha male, an idealized character that does not exist. I also know lots of courageous, badass, tough women that are much more "alpha" than the weak, insecure guys I know. But generally speaking, men evolved to have more of an ability to control their neuroticism and inch closer to the ideal of the archetypal alpha, so if you can make progress on this road, you will be much more attractive to women.

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UPVOTES

How to escalate and turn a conversation sexual

Woujo · 15 May 2017 · Archived copy · Reddit

[DISCLAIMER: I made some edits based on the feedback I was getting. I added the sentence "You don't necessarily need to turn a conversation sexual to escalate, and it may actually be inappropriate in many instances, but if you do want to turn a conversation sexual, this is how you do it." I also changed the line "you look like you need to get fucked" to a situation where SHE brings up sex. That line was throwing a lot of people off.]

The key to escalating is holding frame, like you can be trusted to take control of and guide the entire night. You must also make her feel that what you are doing is not only ok, it is the right thing to do, and if she decides to get off the plane, she is only hurting herself. And of course, you must appear less emotionally invested in the interaction than her while simultaneously escalating.

Men often fail to escalate because they are afraid of looking creepy or needy. This is a legitimate fear – women are constantly harassed by creeps and they will auto-reject guys who put pressure on them or make them feel uncomfortable. But creepiness is just emotional over-investment. Women take longer than men to get emotionally invested, so there is an “analysis” period where she is trying to figure out whether she likes you and/or wants to fuck you. During this time you must show that you are interested and may want to fuck her, while simultaneously being careful to not jump the gun and freak her out. If you do not show sexual interest, she will either assume that you are not interested in her or that you are a huge pussy. If you show too much sexual interest and will feel pressured and scared. In either case, you lose.

Theory

”Possibly” and double meaning

You must make clear from the beginning of the interaction you are “possibly” interested in fucking her. If you make clear that you will fuck her no matter what she says or does to you, you are emotionally overinvested and telling her you have no standards or boundaries.

To show that my interest is only “possibly,” I speak in phrases that have a **double meaning** - one meaning where I am trying to fuck and one where I am not. Double meaning sentences keep her guessing and keep the pressure off of her. By not making the sexual intentions explicit, you aid in her plausible deniability.

The following are examples of things I say. **Do not unthinkingly just copy these lines.** You must use your emotional intelligence and make whatever you say fit the interaction. These are just examples.

Here is an example, early in the interaction:

Me: Are you single?

Her: Yeah

Me: Well that's good for me.

Her: Why?

Me: Because that means some dude isn't going to come from the shadows and try to kick my ass.

This conversation clearly has an undertone of “I'm glad you are single because I am going to try to fuck you” but can also be framed as “I am glad you are single because I don't want to get beat up.”

If a girl says something sexual to you, you must be nonchalant and also use double meanings so you don't fail her “test”:

Her: God I am horny

Me: Well, hopefully somebody can help you with that tonight.

Obviously, I'm telling her there I want to fuck her, but the "double meaning" gives her an "out" so she doesn't feel like a slut. Another way to use double meaning is with jokes that can be interpreted as being serious or just a "joke." Another use of double meaning is to "reject" her, but make it clear you still like her. I might say "you know, Kelly, I really like you but we may be incompatible because we are too much alike." On its face, that's a rejection, but you can read between the lines and see that it is really a challenge for Kelly to validate herself.

Obviously, you can't use the "double meaning" theory in physical escalation. It would be creepy and disingenuous ("I wasn't trying to touch your ass, I thought it was the couch!"). Physical escalation should be direct and unapologetic.

Confidence

Confidence is faith that you will succeed in what you are doing. It's also the intellectual thought and feeling that what you are doing is fundamentally right and not creepy or weird.

When I was 6 years old, my mom was sewing and I sat on one of her needles. My mom could see if I was trying to figure out whether to cry or not, so she immediately took a needle and poked my dad in the ass, like it was a fun thing to do. My dad then took a needle and poked my mom in the ass. We all started laughing, and I totally didn't realize that what had happened was "bad." Women, similarly, need you to decide whether what is happening is "bad" or not. If you act like it's not bad, she might still think it's bad, but she also might think it's good. But if you act like it might be bad, she will definitely think it's bad.

Turning the conversation sexual

To not get friendzoned, you must make clear that you have sexual desires. Women are not grossed out by men wanting sex, they are grossed out by men being creepy towards them (i.e., overly emotionally invested). Women want sex too, but they want it when they want it. I love Oreo cheesecake, but if you tried to force feed it to me when I'm at the gym we'll have a problem.

You don't necessarily need to turn a conversation sexual to escalate, and it may actually be inappropriate in many instances, but if you do want to turn a conversation sexual, this is how you do it:

- 1) I talk about sex in the abstract.
- 2) I talk about my own sexual desires.
- 3) I talk about my desire to have sex with her.

Each shift is a big escalation, and must be done with emotional intelligence. I speak in a logical, almost professorial tone, as if I am completely in control of my emotions and dick and will not be doing anything crazy, weird, unconfident, or rape-y. The best first strikes are those that flow as part of the conversation. Example:

Her: I believe in gay rights.

Me: Me too! My philosophy is that anybody should be able to fuck anybody they want. Who am I to judge? Have a party.

I may also casually bring up a subject involving sex. I may tell a woman about a documentary I saw where girl cops actually had sex with mafia guys to learn their secrets. I'll then escalate and say something like "now that's dedication to your job" or "maybe she liked it, maybe she got turned on by fucking the bad guys." Note that I am not talking about her and I having sex yet.

The next step is to bring up my own sexuality. I usually do this as a joke. At a Christmas party I might point to an ornament on the tree and say "that's what my balls look like" or I may point to a tall skyscraper and say "that's so nice they made a monument of my dick." Again, this is low-risk because I am not directing my scary male sexuality at HER. I may also make a self-deprecating joke if it's appropriate for the subject. If we are talking about drinking, I might say "I don't do cocaine because my dick does not appreciate it."

The final step in making the conversation sexual is talking about fucking HER. This is a huge step because male sexuality can be scary. It's best done in double meanings to make her feel like she has an out. A good way to bring up sex is in the context of relationships, in an intelligent way. For example:

Her: [Says something about her relationships]

Me: Let me guess what your problem is. You want a strong, dominant man and you have a hard finding that because most men are intimidated by you and you "break" them, even guys that were previously confident.

Her (usually): Oh my god, that is so true! How did you know that?

Me: Because you just look like a very confident, alpha female. And obviously you are very pretty and smart, so you are a catch and probably make men go crazy.

Her: I mean, I don't want to brag.

Me: The solution for you is to find somebody that can handle your awesomeness and still be confident and dominant. You also need a guy who will dominate you in the bedroom and fuck the shit out of you.

Her: You are so right!

Me: I think I know somebody that can help you.

DO NOT DWELL ON SEX. You don't want to make it weird or uncomfortable, and you certainly don't want to look thirsty or desperate. This is tricky ground, so your best bet is to get in, make your point and get out. The vibe you give should be "I'm interested in fucking you, but if you say no I will walk away and find somebody else, no problem." It's also good to sometimes downshift your escalation so that girls don't feel like they are on a crazy train that they can't get off of. You don't want to look like a zombie who is excited because he smelled blood. Please also keep in mind that not all women want to talk about sex. A lot of women just want to go right to the act – you have to read them and see what kind of person they are. A lot of liberal, "alternative" women are a lot more open to talking about it than conservative women.

Kino

Kino (touching) is important and necessary, but requires you to read the situation and use your emotional intelligence. As with everything, you need to be less emotionally invested than her. I usually do it for a little, back off, and then go back to it. You don't need to have your hands on her all night for her to want to fuck you – you just need to create that biological "bond" caused by touching. I don't want a girl to feel like I am smothering her or "trapping" her so I want to give her an "out" if she is not feeling me. Sometimes girls are afraid to say no, so if I back off that give her an opportunity to reassess her situation. But you must go back at a reasonable time so that she doesn't feel like you lost interest.

If you feel awkward, start slow and build up. When we first start talking, I don't touch her at all. Then when she starts to show some interest and she wants to say something to me, I will get closer to her so she can talk into my ear and put my arm around the small of her back. When the interesting thing she is saying is finished, I back off and continue the conversation. I do this a few more times as the conversation progresses to make her comfortable with us touching, and at some point I will get more aggressive with the kino when I feel she is ready.

Other ways to escalate:

- 1) Deep eye contact
- 2) Slight hair pulling
- 3) Whispering things in her ear
- 4) Reacting to things she says with just smiling.

Rejections

If you go for an escalation and fail, take the leadership position and own it so that it doesn't become awkward. I might say something like "Well, I tried." I don't apologize or start acting weird (supplicating, etc...) because I I didn't do anything wrong or weird. If she tries to "shame" you for escalating, stand your ground and act like you did nothing wrong (hint: this works better when you actually do nothing wrong – so don't do anything wrong).

Some comebacks I use after getting an escalation shut down:

- 1) I was doing you a favor
- 2) Don't worry, you might get another chance
- 3) My mom taught me that if you're not getting rejected, you're not trying hard enough
- 4) You can't blame me for trying.

If she says no but gets super apologetic, I might just say "I completely understand. Not everyone is a slut like me" or "stop apologizing. Stand up for yourself." If she actually gets angry, which has never happened, I guess I would say "I apologize, I read the situation wrong."

If she rejects an escalation attempt, I immediately go cold on it and move on to something else. No begging, no pushing. It's unattractive and freaks women out to keep pushing. After saying something funny to defuse the awkwardness, I make the conversation platonic again. If I try to make a move on a girl in bed and she says no, I promptly roll over, say "ok, I tried. Good night!" And go to sleep. One of one of the most attractive things you can do is try to escalate, get shut down, and then go back to acting completely normal. Girls will have a lot of respect for a guy who knows what he wants, tries to get it, but then completely respects the girl's boundaries if she says no.

There is a line of thinking that women "like" to be "taken" and not asked for consent. There is a little truth to this, but whatever you do, please keep in mind the legal consequences of what you are doing and how she REALLY feels. This requires a lot of emotional intelligence and sensitivity. At the end of the day, the woman must want it. Sometimes if I do something "ravishing" I might just make a move and then ask her after a few minutes "do you like this" and if she says yes I keep going. I am not going to risk my future just because some girl is into freaky shit.

Practice

Here are my steps to escalating:

- 1) Ask if she is single
- 2) Set the frame that you want to fuck her.
- 3) Speak to her platonically about things you are both interested in THAT ARE NOT HER.
- 4) Use your emotional intelligence to read her, and when you feel like she is ready, and it is appropriate, escalate confidently using kino or a double-meaning phrase
- 5) After she has hopefully accepted your escalation, go back to platonic mode.
- 6) Occasionally get her to change locations with you. Let her know the plan.
- 7) Repeat steps 3-6 until you close.

1) Ask if she is single

I always ask if she is single as early as it is appropriate. Plenty of girls are happy to waste your time for validation and attention, only to let you know at the end of the night that they have a boyfriend. Fuck that noise. I want to know from the start. Some losers think that asking a girl if she is single is "needy" or "too forward," but neediness is a function of your demeanor and your frame, not your words. If I ask a girl if she's single, I am forcing her to qualify herself – I still may walk away even if she is single because I may get bored by her.

2) Set the frame that you want to fuck

This step requires emotional intelligence. Usually asking a girl if she is single is enough to set the frame. Sometimes I'll just say "you look really hot now." Other times, I may say nothing because it is implied by the emotional context of the conversation. In any event, I need it to be clear that we are not having a "friendly" conversation. Even if she says something like "hey I thought we were just hanging out" I can credibly say "no, I made it clear that I was trying to fuck you."

A lot of guys are afraid to set this frame because they think they will scare the woman off. Again, creepiness and aggressiveness is a function of your frame and emotional investment. Women do not get annoyed that men want to fuck, they get annoyed when men do it in an awkward, anxious, manipulative, creepy, or overaggressive way.

Think about it like this: if she rejects the idea of fucking you right from the beginning, wouldn't you want to know that before you wasted a bunch of your time?

3) Speak to her platonically about things you are both interested in THAT ARE NOT HER

Having platonic lulls in your escalation is necessary for several reasons. First, you don't need to have your hands all over her or be saying sexual shit all night for her to fuck you. You just need to open the door and make sure she feels "accepted" and comfortable with you. Second, escalating all night is exhausting. If you are out with your girlfriend, you would not spend every second escalating so why would do that with some random girl you just met. Third, escalating all night is exhausting. I want to fuck at the end of the night, but until then, I want to have a fun, normal conversation. Fourth, having platonic lulls takes the pressure off of her and makes her feel like you are not a crazy zombie that is hell-bent on fucking her and nothing else: you are actually an interesting, fun person who has more going on in his brain than sex.

Platonic lulls also keep her guessing. From her perspective, you've said you want to fuck, but you also talk to her like she's just another person, but now you're escalating. What's really going on with you? Keeping that mystery and uncertainty will keep her stimulated and interested.

4) 1) Use your emotional intelligence to read her, and when you feel like she is ready, and it is appropriate, escalate confidently using kino or a double-meaning phrase

I explained these concepts earlier. I usually escalate on a high emotional note, but please keep in mind that it is not my responsibility to keep her "entertained" on the date. A lot of guys become clowns for girls and are constantly trying to impress them or make them laugh. Fuck that. There is no "show" you can put on for her that will keep her interested all night. The most attractive thing about you is your demeanor – i.e., you following your mission, which in that moment is having fun. She will be more attracted to you following your mission and having fun than trying to artificially create emotional spikes so you can escalate.

When you escalate, read her to see how interested she is in you. If you put your hand on her waist a positive reaction will be her putting her hand around you, a neutral reaction would be her just standing there and not doing anything, and a negative reaction would be her moving away or taking your hand off of her waist. If she reacts positively, great – keep going (but wait a little bit for the next escalation so you don't look super aggressive). If she reacts negatively, stop and re-assess whether she reacted negatively because you are moving too fast or because she just doesn't like you. If you are moving too fast, downshift. If she is just not attracted to you, quit and move on. If she acts neutrally, she may be doing so because she is afraid of saying no or because she is just not expressive. Keep escalating, but read her to make sure you are not wasting your time or making her feel uncomfortable.

5) After she has hopefully accepted your escalation, go back to platonic mode

This step is a counterpart to step 3.

6) Occasionally get her to change locations with you.

This may be the most important step. Your ultimate goal is to get the girl emotionally invested in you, and to do this you must get her to DO THINGS FOR YOU. Her words mean nothing – women are trained by society to say whatever guys want to hear. And in the context of a bar or a nightclub, the best thing way to get her to emotionally

invest is to follow you around. If she refuses to follow you around, it is either because she is just not interested in you, or you are totally emotionally invested and you need to tap the brakes.

If you get her to change locations with you two or more times, you are probably in. You also need to let her know the plan. I am constantly verbalizing the plan for the night:

- Hey, let's have a drink here and then go to [some other bar]
- My friends are going to be at X bar in 20 minutes, let's go meet them after this.
- Dude, I love this song. After this song, let's go to my house and get a drink.

If you've set the frame where you are the leader and she is following you around, she will follow you home. There is no magic line to get her to come home with you – I usually just say “come have a drink at my house” so it's clear I am trying to fuck.

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"If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present. " - Lao Tzu

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