

lietruth

ARCHIVE

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ABOUT THIS ARCHIVE

Everything **/u/lietruth** wrote across the subreddits TheRedArchive holds: 6 posts and 1,358 comments published between March 2016 and July 2023.

About /u/lietruth. All 6 posts here come from /r/TheRedPill. The 1,358 comments come mostly from /r/askTRP. Between them the posts drew 3,136 upvotes; the most upvoted is “To the man shooting 3's in the gym today” (August 2017, 1,372).

About TheRedArchive. TheRedArchive is a free, public archive of the Red Pill community, built so that none of this writing can quietly disappear. It holds **1,737,261 posts** and **40,024,548 comments** from 45 subreddits and 58 blogs. Much of it survives nowhere else — the accounts deleted, the subreddits banned, the websites long offline. All of it is free to read, search and download, and always will be, at www.TheRedArchive.com.

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

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

Best regards,

/u/dream-hunter

Founder of TheRedArchive
August 11, 2026

CONTENTS

Posts (6)	4
You will continue to suffer if you have an emotional reaction to everything that is said to you.	4
Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours	6
Your small daily decisions are the ones that create you into who you become	9
"It's like he has nothing else to do."	12
"He needs to be careful."	13
To the man shooting 3's in the gym today	15
Comments (1,358)	16

347

UPVOTES

You will continue to suffer if you have an emotional reaction to everything that is said to you.

18 August 2016 · /r/TheRedPill · Archived copy · Reddit

Maintaining your state:

You can tell the character of a man by how he takes criticism. Is he shaken up? Is he defensive and threatened? Is he apprehensive? Does he get nervous?

Recently I approached my dad, and I said: “dad, your gaining weight. You look fat, and it’s not healthy. You need to lose weight”. (We have an honest, straightforward relationship. I am genuinely am concerned for him, because of his sedentary lifestyle.)

Instead of being reactive, he calmly looked me in the eye and said:

“You think so? What types of things should I start doing? What are the risks of being heavier? Maybe you could show me a few pointers on you and your brothers weight lifting routine.” Laughed, and shook my hand. Then we went out kayaking on the lake after that.

I was stunned. He diffused the situation, took ownership, held frame, and turned criticism into an area where he could improve. Then after the conversation, he thanked me for the feedback. He did not become unsteady, or glance away, his body language didn’t change.

I know many people who would’ve been very offended. And said things like, oh fuck you, you lose weight. Or don’t tell me how to live. Or oh your not perfect either. Or play the victim, (get all sullen and act offended — then go passive aggressive) like my mother would.

Despite my dad being not in control of the weight gain — as in not directly his fault. (he has a mental illness, and a side effect of anti-psychotics is weight gain), he had complete control over the situation and his frame. He didn’t DEER (defend, explain, excuse, rationalize). He accepted the comment, and worked on improving himself.

You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing everything with logic; true power is restraint. If words control you that means everyone else can control you; breath and allow things to pass.

There are going to be times where men and women will test you. Test your frame, and criticize you. People will say things like:

“You’ve been lifting weights for 2 years and you don’t look like so and so on instagram”.

“So and so bitch’s guy does this for her and he’s taking her to Cuba”.

“Why don’t you get a job like everyone else and stop working on your business. It’s clearly not working for you.”

“Your lame, why don’t you come out and drink with us Monday night?”

Maintain your state control.

You are an oak tree. You will not be manipulated by crying, yelling, lying, head games, sexual withdrawal, jealousy ploys, pity plays, shit tests, hot/cold/hot/cold, disappearing acts, or guilt trips. She will rain and thunder all around you and you will shelter her until her storm passes. She will not drag you into her chaos or uproot you. When you have mastery over yourself, you will have mastery over her.

— cited from redpillschool

How you respond to each test is going to vary (sexual mate, LTR, friends, family) but the importance is to hold frame. Responses to shit tests have been covered at length here. Use the search function.

Actionable advice:

Accept criticism in a calm and collected way.

Summary:

They'll test you, and then they'll test you again, and they'll do it again to try and break you. Most men will break. Most people will break. If you want to measure a true alpha's strength, watch how they take criticism.

262

UPVOTES

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

11 September 2016 · /r/TheRedPill · Archived copy · Reddit

Summary

These are some strategies I've been using on my current LTR and it's training her to become a super insta-HB9000. These will make your girlfriend become #girlfriendgoals and #instaworthy. Trust me.

In all seriousness, these 3 pieces of advice in this guide will maximize good behaviours in her (submissiveness, sex, making your life easier) and minimize bad behaviours (bitchiness, flakiness, disrespect). You'll do this by changing your own behaviour as a man.

This post is for men in LTR's or men wanting to LTR a woman they deem worthy ¹. These strategies work best when used on an LTR or a girlfriend, and not necessarily with a FWB or Plate. Actually definitely don't use these on a FWB or Plate... she'll want to be an LTR real fuckin' quick.

An insightful comment on the escort post a few weeks ago:

Being a respectful, courteous, interesting, feminine lady is apparently now a rare talent worth thousands per hour. (In fairness, I have no doubt that the market is almost as depressing for women seeking a confident, masculine man.)

— BlacknOrangeZ

You and I can both agree that there is no substitute for having a good woman in your life. This is a woman who is feminine, submissive and willing to please. These women are rare to find, hence why some of them resort to "becoming an esco... entrepreneur". And in fairness, as BlacknOrangeZ puts it, masculine confident men are also as hard to find. Many of them lurking on TRP.

Note: *This advice will only work if you're already with a (potentially) feminine submissive girl. If no matter what you do, she's always a flake, disrespectful and a bitch, then time to find a new girl. Some women are simply broken and unfixable. Save yourself, and the TRP community some time and find a feminine submissive woman.*

Background on me: I'm 23 years old, white, 6'0, 175lbs, 12% bf. Lift weights and boxing 6 times per week. Bachelors degree in philosophy. Self employed web developer, 40–60k per year. I drive a black 2006 Porsche Cayman. I've been with this girl for 3 years now ².

Background on Annabelle: I consider her an HB9. Double D breasts, tiny waist, bubble butt, eastern descent, 24 years old. Classy woman. Doesn't drink. Exercises (lifts) and eats healthy (vegan). Takes care of her body. Educated, and committed to self development. Submissive and very feminine.

In this post there are one theoretical and two practical/field report guides relating to sexual strategy.

Theoretical advice for using "beta" behaviour

There's a recurring theme I see on asktrp and TRP. Some of you (not all) will interpret anything that's not alpha as "beta behaviour". **Rightfully so.** Those of you senior to TRP will understand that women have a dualistic mating strategy for LTR's and each women's preferences for a man's behaviour are going to differ (i.e. some women prefer more beta, some women more alpha). Depending on her age, time in cycle, and the type of woman they are. For courting women short term/no commitment (FWB, plate, ONS) you don't need beta behaviour.

Beta behaviour in LTR's is meant to be used sparingly. 80/20 alpha/beta seems to be a good balance in my LTR, and it works wonders in crushing comfort tests. Which are also a test of your strength and commitment. The trick is finding a balance between the two. You can gauge as you see fit. Most good women don't want to be with an

emotionless psychopath. They want to be with a man who can lead her in the direction that he is going. Now onto the practical advice.

Tell her what to do. Lead her in every interaction

You need to be leading her in every interaction. If you're taking her out, tell her what to do. Message her "*wear natural makeup, black heels and a dress*"³. Good women want to feel sexy. They feel sexy, when you tell them what to do. They want to be told what to do, because that's what their fathers did.

If your with a girl and she doesn't like been told what to do, chances are her relationship with her father is not good. And she's had a weak or absent father growing up.

The women who love been told what to do (aka been lead) usually have a strong positive relationship with their father. And chances are her father is a strong alpha male worthy of mentorship. Get on that.

If you get a chance, watch how she interacts around her father. Is she engrossed in his frame? If she lights up when he's around, and he has complete control over her attention and respect, you know that she's already tame. This means that she is used to being told what to do.

Initially, when you tell her what to do out of the blue, it's not going to work out well. She's not going to trust you/or she'll test you a lot. These are fitness tests, and you can create a new frame around it until she starts to obey³. See footnotes for more detail. Women communicate covertly, therefore you must change your actions for her to listen to you. OmLaLa has several excellent strategies for framing the relationship in a certain way. I suggest you read back on his post history for more detail.

1/3 in 2/3 out rule

Every 1/3 that you put in, you should get 2/3 out. This generally should happen if you are dating a good woman. Over time, if you don't put at least 1/3 in with an LTR, eventually she'll get bitchy, think she can do better and will end up cheating, or find someone better than you⁴.

An example of my 1/3: I take my LTR out on some kind of date 2 times per week.

When I take her out on a date. I pick her up in my car, I open the door for her, I dress better than she does (hair styled, dress pants, good shoes, shirt and blazer, tie optional — or whatever your current style is). She shows up as I told her to (or better), always⁵.

I take her to eat at a place that I made reservations for. I touch her, I order for her, I tease her, I make interesting conversation, I pay for the meal (\$20–\$60). Then we drive around, go to the next venue, (concert, show, social event). I socialize with others, we have a good time. Change locations, walk on the beach, slap her ass to crush shit tests/comfort tests. Talk, laugh, touch, do things that I want to do⁶.

By the end of the date she is literally hanging off of me. Then I drive her back to my place or her place, take her onto the bed and do what I want to her. That's my 1/3. I lead the whole night the way I want it to go. And she's a happy girl because she can sit back, relax, and be a woman with no responsibilities or worries. Sounds simple right?

This is the type of date no girl will ever flake on. Hypothetically, she would cancel plans for her best-friends wedding to go on this date. It's surprising to me how so many men haven't caught onto this yet. When you take a women out, she wants to have no responsibilities. She wants to be lead. She wants to be shown a good time so she can feel feminine and open to you. That's the way it is, and it took me a long time to accept this.

After our date — Annabelle's 2/3: Over the next few days, it's TRP on easy mode. Hot sex, spontaneous blowjobs, random presents and gifts (cologne, chocolate, protein shakes). In 3–4 days she's spent at least 2/3 of what I've spent on her in money, time and gestures.

Sweet affectionate behaviour like cooking me food, giving me compliments, being submissive. Little to no shit

tests. Comfort tests depend on the time of the month.

I usually reward these behaviours with positive reinforcement. But also act like it's nothing special at the same time, and that I'm used to it/expect it.

Then rinse and repeat next date night — except mix things up, and keep it spontaneous. This has been working pretty well for me, and whatever 1/3 I put in, I get 2/3 out.

Summary and actionable advice

Find a submissive feminine woman. Apply some beta behaviour to balance out the alpha/comfort her. Lead her in every interaction. Give her 1/3 and you'll get 2/3 in return.

Footnotes:

¹ *If you do these things too often, she'll become really used to the treatment, and do one of two things. One: Treat you way better and make your life way easier. And/or two: Want you to commit to her for marriage. Use at your own discretion, and throw some dread or play back a bit when you feel appropriate — depending, of course, on what your motives are.*

² *I am not from a wealthy family in any sense. I budget my money very carefully. I prioritize my spending on certain things and omit other things. I included background on myself for the Field Report section to paint a picture and give context to the situation, not for free internet points. But I'll take some of those too.*

³ *Credit goes to the escort post for this line.*

⁴ *In most circumstances this won't manifest itself for some time — so it's difficult to pin-point an exact reason why she left you. Many women also stick around in shitty relationships to use the man they're with for resources — also known as Beta Bucks. Valuable (and entitled) women will leave when they know they can do better.*

⁵ *Initially when I started to tell her what to do — the first few times she resisted. Until I started dressing better than her... now she woke up and realized that she needs to step her game up. She's shows up as I told her to because it's a standard I set for her, and for myself. That's why I show up dressed better than her... because I'm not going to put up with anything less. Leading by example. Women communicate covertly, and they get the message when you start to **change your actions**. Women become the men they are with.*

⁶ *Your one third is going to look different than mine. If you have an alternate method that seems to work comparatively well or better, comment below.*

254

UPVOTES

Your small daily decisions are the ones that create you into who you become

14 October 2016 · /r/TheRedPill · Archived copy · Reddit

Summary

“We are what we repeatedly do. Excellence, then, is not an act, but a habit” — Aristotle

Start doing what you say your going to do.

Men on TRP who spin 8's and 9's on a regular basis don't do so by coincidence. Like you and I, they consciously decided that they we're going to put in the effort to work on themselves. The difference between those who are spinning 8's and 9's on the regular and those who aren't, is the conscious action and effort they took to consistently work on themselves.

Additionally, those that run successful companies didn't end up that way by saying “I might work on my business this month”. Men who are shredded af didn't go about their training schedule with statements like “We'll see about training legs this week”. Or any other cheap version of excuses that we all hear from our friends. People who are successful, didn't get there by accident.

Knowing something and **actually doing it** are two **very different things**.

I'm here to explain to you why you need to be **doing something**. More specifically, why you need to be tracking what you're doing (your habits) on a consistent basis, and how to do it.

Overcome being average and turn yourself into a habit machine

Basically, over the past 6 months, I've been tracking everything I do. Every time I do something or don't do something, I log it in my habit journal ¹.

I use an app, called Way of Life (iOS). I think there's a free version. I bought the pro, it's \$5. You can find something similar on android if you search for “habit tracker” ².

App screenshots of last weeks progress

As you can see, the habits I've been doing regularly, are all green. While the ones I've been slacking on, are red. Simple enough right?

Download the app or something similar. Figure out which habits you want to start doing. Every time you do the habit, open the app and mark it green.

What this does, is it solidify's your actions. So every time you open the app, you can be like “oh shit, I didn't jerk off for 5 days this week. Boom, let's make it 6.” Later on, that positive affirmation is going to snowball and you'll have the balls to go chat up that HB9 in the cereal isle picking up her cheerios. By creating that positive feedback loop, you're strengthening specific neural pathways and reinforcing your positive habitual behaviour. Win-win.

Some people might say “damn that seems like too much work”... Or “dude, you're taking this shit way too seriously.” You and I both know, that those are the same people who “might start that business this month” and who think “squats are too hard”.

Sadly, a few years ago, I was that guy who was “going to start working out next week”. But next week never came. Tomorrow doesn't come. You need to start today. The small daily decisions of life are the ones that will actually turn you into who you become.

The truth is much more simple: if it's not in your schedule or in your plan, you'll never do it. Any goal or habit that you want to achieve in life needs to be concretely measured.

What's measured, is managed

How often do you tell yourself you're going to do something, and then not follow through?

If you're anything like I was. The answer is multiple times a day.

Before I started tracking my habits, I was in a consistent loop of spinning my wheels and making false promises to myself. I wasn't following through on simple things that we're really important to me. I couldn't understand why I didn't start the business I always talked about. Or why I wasn't playing guitar anymore. I wasn't doing the shit that mattered... but why? Well. I didn't make it a priority, that's why.

This is where you take a conscious step back.

If you want to "start that business", but you're not dedicating and scheduling an hour of your time every single day to research/shipping/execution, then it's just a thought and a dream and it will never happen. I repeat, your dream will never happen. **None of what you want in the future will happen by accident.** Internalize that. Start doing what you say you're going to do.

Today doesn't seem important until you realize that your entire life is just a string of todays. If it's not being measured, it's simply not important to you.

Your small daily decisions are the ones that create you into who you are

I read on this sub once, that it's what you do in your moments of decision that your destiny is shaped. The small daily decisions of life are the ones that will actually turn you into who you become.

Try to adopt 5 or 10 habits to do on a daily basis. They can be things you're already doing. Use my habits in the screenshot above as a template ³. Or track your own. Here are some good places to start:

1. Lift weights
2. Approach and make conversation with ten people/women today
3. Don't masturbate or **watch porn**
4. Work on your business/mission/hobby for 1 hour
5. Read a book

Obviously there are costs to changing your habits and your life. You're going to encounter roadblocks.

Sometimes when you adopt one or two good habits in your life, everything can change. Keystone habits create a domino effect of other good habits and subsequently alter every aspect of your life.

i.e. Lifting. Lifting makes you eat healthier, sleep better, get more shit done, feel confident, look better, higher self efficacy, stop being a bitch etc. These endless positive effects are going to create a chain reaction of good habits and behaviours in your life. This is why lifting is so often preached in asktrp to men looking for advice.

Do not try to adopt 20 habits at once. You will fail. After 6 months, I'm consistently following through on 23 habits ⁴. Research shows that starting small gives you momentum and makes your goals more achievable. If you start by recording 50 habits/day you're just going to feel shitty and tired. You'll burn out and not do any of them because it's too much work. Start small. After you do a few of these things repeatedly, they become second nature. You won't even think about it anymore. They'll become you. Then slowly add more. Rinse and repeat.

Summary and actionable advice

Confront reality. Your future is not important to you unless you're adopting the right habits to shape it. As you live

your days, so you live your life. Make conscious daily decisions and take action on your habits. Internalize that you need to consciously shape your future through your daily habits to be where you want to be.

Footnotes:

¹ *Many men in this Sub are already tracking their workouts in apps, and by hand in their journals. This can be used as supplementation or replacement of that. Also tracking your habits by hand via journal is probably more effective than digitally. I use an app because it's convenient and efficient.*

² *Some other comparable apps for iOS are: Habitify, Coach.me, Productive, Done, Momentum, Strides, Today, Habitica. For Android: HabitHub, Coach.me, Habit Streak, Habit Bull, Habitica. Point out any others I missed and I'll add them to the list.*

³ *The total time commitment of tracking my habits is around 1–2 minutes in the app per day.*

⁴ *One study on habit formation found that it takes 66 days to hardwire in a new habit. Not 21 days like the previous research suggested. [Study from University College London](#).*

590

UPVOTES

"It's like he has nothing else to do."

17 November 2016 · /r/TheRedPill · Archived copy · Reddit

A quick reminder on initiating contact with women, and a conversation I overheard between my girlfriend and her friend.

So I'm in the kitchen crushing a protein shake and two bananas post-workout. My gf (Ana) is on the couch with her friend (Lucy) talking about some guy Lucy met.

Now, I've met a few of the men that Lucy has dated... most of them making over 80k+, driving nice cars, decent bodies etc. Lucy is 25, easily an HB9, and usually dates in the top 10% of men, so I imagine this guy to be nothing short of a high quality man in order for Lucy to consider him.

Anyway, here's how the conversation went down. I'm paraphrasing, but you know.

Ana (my gf): So tell me about this guy you met...

Lucy: He's totally perfect and I was so into him the other day, I gave him my number and he messaged me a few days later asking me where I wanted to meet.

Ana: Okay and did you meet him?

Lucy: Yeah we finally decided on going out for tea.

Ana: Ok... when are you seeing him again?

Lucy: I don't know if I will... he is texting me all the time about his day. Sending me good morning texts, calling me every night. Snapchatting me, liking all my instagram posts, leaving me voicemails. It's like this guy has nothing else to do. I would rather have him barely have time for me, then all the time in the world.

Ana: Omg, that's annoying af. Literally, like leave me alone and let me do my thing. I'll call you when I need you amirite? (...Looks at me curiously... I raise my eyebrow.)

Lucy: It's so unattractive. There's no mystery in him, he's literally saying "I have no mission, I have no other women in my life and I spend all my time trying to contact you."

Anyway, you know women. They talk in paragraphs about nonsense. So this girl goes off for like 10 more minutes about how this guy turned her off just by the sheer fact of his eagerness.

Needless to say, tied up my shoes, finished my protein shake, and went to play basketball with the homies.

TL;DR: Guy becomes attached at the hip to a random chick he just met. Didn't polarize and made her lose interest.

edit: For those of you in disbelief about the validity of the conversation, **context** goes a long way here. Previously we were talking about pursuing big goals, passion, purpose, and missions in life. Normally out of the blue I don't hear women blatantly talk like that either. Nonetheless, I prefaced this saying that I am paraphrasing how it went down, and you can substitute mission for "goals" or "things to do". The context of the conversation was about how this guy compared to the last guy she dated who had a ton of female "friends".

311

UPVOTES

"He needs to be careful."

29 January 2017 · /r/TheRedPill · Archived copy · Reddit

I've got this friend. Michael. Software engineer. Just got this new job, working remotely out of Canada for a respectable company in Silicon Valley. 120K a year. He's 22, borderline genius, 6'2, natural alpha, lifts, a real exception to the rule.

Anyways, Ana and I were having tea on her couch cuddling, chatting about the week and my buddies new job and apartment. 11pm.

My LTR is pretty openly expressive about her feminine instincts. She's asian, fairly traditional, and knows her role in a relationship. She knows what she wants and likes, and is honest about it. It's not rare to hear Red Pill tidbits of truth coming from her.

Last night was a bit different.

We were chatting about the week. I was telling Ana how much Michael makes. How I was proud of him for coming so far (we grew up together), and that he's saved 50K this past year.

She asks if he's seeing anyone. I say no.

She says oh. I say why?

She says he needs to be careful. I say why.

She says you have no idea about women. You have no clue what they'll do to lock down a man like him.

I say what do you mean?

She says she'll make him fall in love with her. A woman will do anything. Trust me. I know girls. She sips her tea.

I kind of egg her on here, she's still talking, on a rant and is really into it.

I say ya; but women fall in love with a man don't they? Like for his nice personality and his caringness.

She says kinda. But no. She says women want a man with his shit together. They want the best, the best they can get. And they'll do anything to get it. And once they have it, they'll hold on to it.

I say, til something better comes along?

She says no. Not always. Some girls are never happy. She hugs me and says in her baby voice "but not me boo. I'm happy with you."

I kiss her on the cheek, feeling great that she passed my comfort test!! Haha.

She tries to change the subject lightly.

I go back and I say yeah but what about true love?

She says sure, it exists. But do you know how rare it is to find a man like him? True love will happen to any woman with the *right* man. Whatever you do, tell him to hide his wealth and find a girl who doesn't see any of that before she decides she wants to be with him.

I say yeah, will do. Conversation segways into some business she's thinking of starting, then bed.

Not sure what was in the tea tonight. Hypergamy herbal or some evolutionary blend. Buying that one again.

Lessons learned: Most of you in LTR's will understand this kind of talk to an extent. If you let her blab, she'll say some crazy ass shit. Start to ask some leading questions to your woman when she's feeling chatty and honest. Some women are well aware of their hypergamous nature. They don't know what to call it - or terminology for it. And it kind of makes them uncomfortable when they feel like they've "shared too much". But the women in their 20's have seen

enough men to know what they want. They're clear on it. And sometimes they'll let you in on the secret.

Grateful that The Red Pill exists so I can interpret this. Two years ago I wouldn't have batted an eye in this conversation. Thank you founding members, contributors, and everyone else keeping this community alive and evolving.

1,372
UPVOTES

To the man shooting 3's in the gym today

17 August 2017 · /r/TheRedPill · Archived copy · Reddit

I play basketball a few times a week at a local indoor court near my apartment.

Often I see this guy there, we'll call him Brad. Brad's about 5'9, 28 years old, he's handsome— but only because he takes care of himself. He lifts, gets haircuts, he's in decent shape, lean. He has male friends, he does things, can hold a conversation and takes care of himself. Not a Chad by any stretch... but he's working on himself continuously.

Whenever we're playing basketball in the gym, I often witness Brad approach women charismatically and effortlessly. I've seen him cold approach 8's and 9's, convince them to watch him play basketball for 30 mins, then walk out of the gym with them after the game.

Today was different. I see Brad doing his thing as usual, shooting hoops and approaching women when the game dies down.

Brad sees this blonde HB9 and immediately B-lines to the locker (10 feet away from the court). Walks up to her and starts chatting with her. 2 mins pass, She's not feeling it, resting bitch face and giving him some dirty looks. He keeps at it... invites her to play basketball. She's still not feeling it.

Then about 15 seconds later, she turns her back to him without saying anything at all and gives him the most cold and unexpected *"slam the locker in your face"* rejections I've ever seen. It could have been out of high school musical.

I'll never forget what he said to her.

Just so she could hear him, he calmly — without chagrin, says **"your loss"**, as she walks away.

He picks up his ball, turns around, takes 2 steps and sinks a 3 from way downtown. Continues to play ball for the rest of the night, unfazed.

I commend Brad to get up after rejection like this. There was at least 15 men and women around him that saw exactly what happened. Most men would have social shame or at the very least some humiliation or discomfort. He didn't even flinch. Just turned around, says the truth, then shoots a 3.

We often talk back and forth about abundance mentality on TRP, but only in theory. Maybe some of us are like Brad, but surely not all of us are. How many of us are practicing in real life situations like Brad? Who here would have even have approached an HB9 after her workout? I've never seen abundance mentality first hand like this in my life. This man didn't attach any of his value or worth to talking to this woman. He was simply a man who saw a woman he found attractive and approached her to see if she was also interested.

I know Brad personally, he's a great guy, and the words *"your loss"* is exactly the way to describe the how this woman should feel tonight.

Post some FR's in the comments that you experienced rejection and how you could have handled it differently.

COMMENTS

Not Having Women in Your Life May Make You Unhappy, but a Woman Will Never Bring You True Happiness.

355 upvotes · 9 January 2017 · /r/TheRedPill

Reminds me of one of my favourite quotes on TRP.

"Women are not the goal in life ... they are simply the by-product of a life well lived." - [u/CopperFox3c](#)

She acts like a child because she is happy

339 upvotes · 4 April 2017 · /r/TheRedPill

This couldn't be more true.

Women are the happiest when they are in their feminine. They can only be in that state when they trust that you're a man who can lead her. The childish behaviour she displays is reserved for her alpha male; **When she knows you're not going to judge her (like a beta male would)** and she trusts that you've got it under control (make decisions, pass tests, fuck her right).

"The way of the superior man" is a great book to read on masculine and feminine energy. Takes a red pill lens to most of it.

"He needs to be careful."

278 upvotes · 29 January 2017 · /r/TheRedPill

Maybe.

She probably wouldn't admit it. And even if she did, does that make her different than every other woman who also would?

So far she's been loyal, but any woman is always willing to jump ship for a better ship.

"I barely know you" test when planning to meet with a girl from Instagram?

206 upvotes · 12 July 2020 · /r/askTRP

Agree and amplify.

This is just girl flirty banter. Back to the sidebar breh.

Say "yea neither do I, that's why I'm bringing my mom along". Or some light low effort joke. This is basic pitch and catch conversation.

Any positive LTR stories?

183 upvotes · 26 November 2018 · /r/askTRP

An LTR is a constant balance between comfort & dread.

There needs to be adequate amounts of both for it to be successful. I'm in a 4.5 year relationship with an HB9, & I can confidently say that you need to have rock solid frame & be on your A game. Testing doesn't subside, it continues- just in different ways. *Always*.

A balance 80/20 alpha/beta works well.

You shouldn't LTR a woman unless you're sure she is feminine, submissive, & has a good relationship with her father. Not always predictive, but definitely a green flag.

How much of a red flag is this?

157 upvotes · 27 March 2017 · /r/askTRP

Am I right to be a little thrown off by that?

Yeah man. This is fucked. Normal women don't do that shit. Head for the hills, big red flag.

Handling Fast Nut

155 upvotes · 30 December 2019 · /r/askTRP

I used to bust in a minute or less.

I found the one thing that helped me, is keeping my excitement at a 7 instead of a 9 or 10. I did that by practicing breathing slowly. I literally counted my inhales and exhales in my head every time I had sex. In for 4, hold for 4, out for 4, hold for 4.

The reason your ejaculating quickly is because you're too excited. Keep your excitement low by keeping your breathing and heart rate under control.

First time I did this I lasted 15 minutes.

Second time, it was 20.

Google box breathes. It really helped me. I'm surprised this technique isn't more well known. Very simple but it works.

As far as how you held frame I think you did good. She seemed to be unbothered too, probably because you showed you were unbothered.

"You don't text much" and another shit test

143 upvotes · 5 August 2019 · /r/askTRP

When a girl says you frustrate her, that means she's invested.

If she said it in a playful coy way, then she's definitely invested. I'd say it's a good sign that she mentions that you don't text much. Actions > Words as you said. The fact that she mentioned it and didn't put a negative spin to it, means she's not used to it and she likes chasing you.

22, going through first real break up. How do you deal with the fact that a girl who used to love you now wants absolutely nothing to do with you?

132 upvotes · 26 December 2016 · /r/askTRP

It hurts, I've been there. Most of us have.

You fill your days with activities. You do shit. You read, you write, you lift, you work, you think, you create, you run, you dive, you yell, you shoot, you chop, you get shit done. You do what needs to be done to evolve as a man.

Realize right now. In this moment. That the reason she wants nothing to do with you is because of the man that you are right now.

Girlfriend broke up with me yesterday due to our relationship being long distance. Today she kept calling me. What should I do?

126 upvotes · 17 January 2018 · /r/askTRP

Why is she calling me?

She wants closure. In her mind, she isn't fully resolved in the relationship of what you two "could be". She's

trying to solidify that you're a beta and she made the right decision. Do not give her this closure. Ignore calls.

What's the point?

100 upvotes · 17 June 2020 · /r/askTRP

I think your question is rooted in thinking there is a point. Teleological thinking. Purpose driven thinking.

There is no point. And that's ok.

Think about this: you can never *become* happy, you can only *be* happy. That's true for everything you will experience in your life. There are only temporary states of mind. Glimpses. If you pay close attention, everything in life is this way.

Every feeling, every thought, everything that has ever happened to you, has came and now has gone away.

Yes girls will come and go, and that's OK. You can experience them for what they are in the moments that you are around them. If they want to jump ship, then let them swim. You're still the captain.

There's two ways to live. You can live a mediocre pathetic existence, or you can rise above it all, improve and self actualize. It's not any more complicated than that. If you're in a privileged position, and you have choices, then make the right ones. Move closer towards a life of better well-being every day. That's all anyone wants.

Every relationship is a negotiation, so ask for and give less than her

99 upvotes · 3 January 2017 · /r/TheRedPill

It comes down to neediness. When a woman see's you're needy (always available, supplicating, doing her favors). She instinctively knows that you are not a valuable man.

When you're needy you lack the necessities of life.

Valuable men are not needy. They don't appease. They don't ask for permission.

LTR wants me to text her sometimes at night

95 upvotes · 11 January 2021 · /r/askTRP

This is a comfort test.

She's an LTR. Yeah, you can text her. I've never seen any advice on LTR's that say you can't text a girl at night. You can't follow this stuff too religiously, you gotta do what feels right.

How to stop my housemate from making jokes about me that i don't like around our group of friends

93 upvotes · 22 November 2018 · /r/askTRP

Choose not to be harmed—and you won't feel harmed" — Marcus Aurelius

You are acting like a victim. Why are you concerned with this boy's respect? You cannot force people to respect you, you become a respectable man by doing respectable things and acting in a respectable way. And a component of that is having rock solid frame.

There are people in life who try to get under your skin. It's your decision to let them. Laugh it off with them. Stop taking it all so seriously, live and if other people want to have some fun, then you have two choices. Be butthurt. Or don't be butthurt. Both are your choice. Agree and amplify man. If you are really concerned about this, it exposes a chink in your armor. You still put the ego above everything else. And in that respect you have a long way to go.

Watch this https://www.youtube.com/watch?v=NvBKC_8TTao

I Had Lunch with the Chad I Hated Today

86 upvotes · 13 December 2020 · /r/TheRedPill

Each line is a new thought.

It's an excellent way of writing, how he's split up the story thought by thought.

Why are 50% of couples formed in the workplace, despite the "don't shit where you eat" rule?

85 upvotes · 19 June 2019 · /r/askTRP

Because of high **Proximity** of time spent around each other, high **Frequency** of seeing each other, high **Duration** of seeing each other, and medium to high **Intensity** of the interaction between each other. Those 4 factors are the key factors in forming relationships.

It's her birthday and I felt bad. Do I follow through on taking her out like I said?

72 upvotes · 15 July 2017 · /r/askTRP

For god sakes man, take the woman out on her birthday.

Sounds like a sweet girl who deserves it, not another undeserving plate. If it costs you \$50-100 to celebrate, so be it. She'll be gleaming by the end of it and will appreciate your efforts.

Where did this idea on the red pill come from that we need to be cold, ruthless, non-birthday-celebrating men. True alphas bring the positive energy and celebrate their woman's successes as much as any others.

How do you reply to Instagram story reactions?

68 upvotes · 21 December 2019 · /r/askTRP

Those ones might be trying to hook and sinker you with the orbiter net.

Not sure the context though, sometimes it's just bad timing with women. It's a obviously more nuanced. Usually a woman replying to stories is an IOI, or an invitation to start a conversation or open her.

Maybe next time say something like "beautiful out here, you free this afternoon for coffee?" Then see what the response is.

The Exception to the Rule

68 upvotes · 9 January 2017 · /r/TheRedPill

Most people tend to accept anecdotal stories before they accept hard evidence.

It's funny that the *exception to the rule* is usually the story people choose to accept. Probably because it's the more comfortable fantasy and it avoids the facing truth and reality.

Thought I found a unicorn and reality came crashing down...

67 upvotes · 2 July 2017 · /r/askTRP

Steeeeeer clear man!! Turn the ship around.

why can't I just find a girl with an acceptable past.

You can. Find them young (18,19,20) with a good father figure in their life. Then pairbond with one and she'll never leave you.

The main fucking problem with these bitches nowadays is how often they sleep around. None of them have properly formed attachment to a man, and therefore have issues and a fucked up past. Save yourself a boatload of trouble and find yourself a young woman with a ~0 partner count. Young women are less likely to have done this (still possible though).

Why don't women appreciate the things men do for them?

63 upvotes · 12 March 2017 · /r/askTRP

When you do too many things for a woman, you inherently demonstrate to her that you're not a man of value.

Women want to serve a valuable man. They want to do things for him, suck his dick and clean his house. But when you switch roles, you end up confusing her and the woman questions whether she's with the right man.

"Why would a valuable man supplicate to me? Is he even a valuable man?"

She won't appreciate when you do that because that's her role.

How do you get out of the loop of telling yourself you're a loser and will never get better?

61 upvotes · 26 November 2018 · /r/askTRP

Shits tough right now man. But listen.

It's only because you're in your bubble. Let's see some perspective here. You're a white male, making a good salary, probably in North America, 30 years old, know about TRP, are educated and have your whole life ahead of you. That puts you ahead of 95% of the world. And 100% of women. The best thing you can be on earth is a Man. And guess what? You're a man. You won.

There are some things you can't change. You have red hair, but that doesn't dictate you're SMV. Attractiveness is not fixed in males.

You may be cynical about life right now because everything feels like it's on your shoulders. It could be coming out in covert ways. A stupid woman could've gotten the best of you. And you've got a lot of anger built up. Hit the boxing bag for a few hours. Go for a run. Blow off some steam. Then off to the gym to lift. Get outside, out of your own head and join a class. Hit a bag or go for a run. Do some push-ups, shoot some hoops. Read a book in Starbucks. Make conversation with people.

You'll feel different in 30 days of doing this every day, and you'll probably meet a few HB7 baristas and make some male friends too. Go to the gym, talk to other guys. That's how you make friends and meet women. You go up and talk with people. It's likely that you could also make some friends through your work. Lot's of those guys outside of work are probably pretty chill.

LTR keeps bringing up marriage in the future?

55 upvotes · 7 January 2021 · /r/askTRP

Don't do what the red pill says because the red pill said it.

TRP is just a toolbox. Take what you want, but it's just another lens to look at the world with.

Marriage isn't for everyone. But with some girls, if they're submissive and sweet enough, they'll make your life better. Rare with marriage, but it's possible.

Girlfriend blows up on me

53 upvotes · 11 December 2016 · /r/askTRP

This is the right answer. **This is why we have endorsed contributors.**

I'm sick of the reply to every one of these posts just being "ghost her". Doesn't work with every situation.

"It's like he has nothing else to do."

50 upvotes · 17 November 2016 · /r/TheRedPill

I'm paraphrasing for simplicity yes, but the sentence structure is there.

he's literally saying "I have no mission, I have no other women in my life and I spend all my time trying to contact you."

Agreed, normally out of the blue I don't hear women talk like that. Substitute mission for "goals" or "things to do". The context of the conversation was about how this guy compared to the last guy she dated who had a ton of female "friends".

Fed up of being treated like a bitch by friends

45 upvotes · 6 October 2017 · /r/askTRP

Agree and amplify.

If you're the butt of the jokes, then continue to be aloof about it. For example your friends say "*Bolvyn_Venim is such a bitch he never does the dishes lol*". You could the say "*Oh yea, I'm the biggest bitch in this house, but I learn from the best eh man?*"

If that fails to work for a while, just pull back and become a more respectable man until there's nothing left to make fun of. The reason people treat you like a bitch is because you are a bitch. Stop being a bitch and voila!

Best replies after failed kiss?

45 upvotes · 16 February 2017 · /r/askTRP

The way you handled it was perfect.

You don't have to say the perfect one liner, act mellow dramatic and sad for 5 seconds then carry on and escalate at a different time.

What to say when a girl sends nudes/lingerie photos?

45 upvotes · 11 January 2017 · /r/askTRP

"Hey you, come over to my place at 7." Then reward as necessary.

What other philosophy is RedPill worthy?

45 upvotes · 7 January 2017 · /r/askTRP

Stoicism. Read Meditations by Marcus Aurelius.

Pet Theories and New/Unfinished Ideas Megathread April 10

44 upvotes · 10 April 2017 · /r/TheRedPill

Every day with a woman is a clean slate.

Meaning you have to say the same shit, act continuously alpha, and have rock solid frame. She'll expect that and test it every day and every chance she can. It's not enough to do or say something once. You must do it continuously. Women are creatures of impermanence and their attention and memory are fleeting. They are always looking for the "best option", therefore they only want to be with a man who is continuously her best option. That cycle seems to reset on a daily basis I've noticed.

That's often why we see guys on asktrp say "*she was so hot for me Tuesday and suddenly on Wednesday she went cold!*"

Plate loves her husband but still sucks my cock

44 upvotes · 9 January 2017 · /r/askTRP

Not going to discuss the rightness or wrongness of this. But watch out for her husband when he finds out. Be prepared.

The nature of her behaviour and thinking is what is primarily discussed on TRP. Hypergamy. AF/BB.

Ask a girl over VS Ask a girl over to fuck

41 upvotes · 26 September 2019 · /r/askTRP

The problem with stating the obvious is you are telling her what is going to happen. Instead of just letting it happen.

You see, plausible deniability is a woman's best disguise. If she agreed to go to your place after you blatantly told her you two were going to have sex, she would look like a slut to herself, you and her friends/social circle in her mind. She doesn't want to give it up under too little guise for fear of this. It's ENGRAINED in women to be like this. Not going to change.

What you should do, for example, is escalate in person at some venue, then ask her to come outside with you to "get some air". Then find some reason for you both to split and get some food. After, she's agreed to eat the food at your house, then boom ASD passed, and in her mind your in the category of guys who just "get it".

Women want to feel like sex "just happened". Sex needs to be blamed on you in the end, so it's not her decision, she was just going up to eat her chipotle and sex was in the bag next to the salsa. She needs to feel like it was unplanned. More tingles. The trick is to tell her enough of a story so she doesn't feel like a slut, and can feel free with you.

Why will she feel free with you? Because she knows your not going to judge her, your going to fuck her. A primordial way women sort the betas from the alphas.

Give her hamster something to run with.

Ex LTR Messaged Me

40 upvotes · 2 September 2020 · /r/askTRP

She wants closure.

In her mind, she isn't fully resolved in the relationship of what you two "could be". She's trying to solidify that you're a beta and she made the right decision. Do not give her this closure.

This might be a smoothie of beta bait, validation, genuineness, breakup emotions, but mostly she is looking for closure.

20 years old and a father

40 upvotes · 10 May 2017 · /r/askTRP

Here's the deal.

You have a daughter and you're obliged to support her as her dad. But you don't have an obligation to this crazy bitch- she's abusive in more ways than you probably shared with us today.

If you have the funds, then go get a lawyer and evidence so you can get custody of your daughter. But whatever you do don't move back in with this bitch. She'll ruin you and castrate you. You're not strong enough to go through this shit man- I can see it. She knows it too and that's why she's abusing you and disrespecting you.

How do you say bye to a girl.

39 upvotes · 24 December 2016 · /r/askTRP

Hug her. Squeeze her. Pick her up. Then spin her around in circles until she's laughing and screams to stop.

Girl mad because I put her in her place. How would you have responded?

38 upvotes · 10 April 2020 · /r/askTRP

I wouldn't have responded to her.

Would've just left her on read. At most I would've said "put those tits on my dick". Double down, but in a sexual way.

This seems like disrespect what she said.

But maybe it was a joke, and humour can be interpreted different ways sometimes. I don't get how this could be serious disrespect, as it sounds like she was being a cheeky bitch (it came along with a tit pic).

"So Whaddya Do?"

36 upvotes · 29 July 2023 · /r/TheRedPill

Good breakdown of a nuanced answer to rapport building.

This would open up a door of conversation with anyone, thus opportunities - instead of a dead end of "I'm a lawyer." It's "I'm a lawyer AND passion_purpose_mission".

Another great one I've found is when conversations die down or it seems like you have nothing left in common with the person - is just to ask them:

"Do you have any upcoming travel plans?"

Most of the time people do or just recently went somewhere. Most people like travelling so it's a topic of excitement and open up lots of conversational doors. For some reason this really works for me.

Should I comfort her after a bad day at work? Or will this just validate her even more?

36 upvotes · 12 July 2020 · /r/askTRP

Be a human, don't overthink shit.

You don't have to cry with her, but you can empathize and say something like "oh shit, that must be really hard for you to go through that. What an asshole boss etc".

Pretty basic LTR textbook stuff. Just standard empathic statements (echoing the same things she's complaining about). Show some understanding that she's going through a mini crisis, and that you're her rock. You don't lose frame by doing that, you look stronger. Comfort tests. 80/20 alpha/beta.

A woman kept treating me with dreamy eyes only when she needed a favor so I blew her off the last time. Now she goes around telling others I'm weird. wtf?

36 upvotes · 17 January 2017 · /r/askTRP

Is it normal for women to act like this?

Nothing ever surprises me about women anymore. It's normal for them to do anything. The more crazy the more normal it seems.

Yeah it's clear she was using you as her orbiter for help with her work. Then when you put your foot down, she got butthurt about it. Just move on, don't try and understand the behaviour of a child. Embrace the child, laugh and see the child for what she is.

Going to first party. Absolutely clueless.

34 upvotes · 14 July 2017 · /r/askTRP

Talk to everyone, girls, guys, dogs. Everyone is your friend here. **Smile.**

Dress well, be stylish as fuck. Strong eye contact with everyone. Witty, social banter.

Chat up the future plate girl and establish some rapport. Light touching, fun playful conversation. Go talk to other women, then go back to her later in the night and see if she wants to 'go for a walk' or head home to chill.

Approach people and introduce yourself. Make light banter and build rapport.

The way you flirt with a woman is going to be different when it's just you and her vs. you and her in a public situation. It's context based. I think you're psyching yourself out though. Most people don't give a shit what anyone else is doing.

Create a frame, and live in that frame. Go in with a mentality of "Everyone at this party wants to talk to me because I'm a valuable man who has his shit together — I'm talking to people because they should experience my aura and presence."

Had a fight with my fiancé tonight. Soft Nexted her. Was I right?

34 upvotes · 19 April 2017 · /r/askTRP

Hahahhaa adorable man.

She's acting like a child. Tantrums are things children have sometimes, as well as grown ass women. All women have these if you stick around long enough. The good ones at least. The reason she's doing this is because she doesn't fully respect you. That's your problem and I advise you to read up on [u/Archwinger](#)'s post history for past posts on boundaries and respect.

Just hold frame through the storm. Not going to excuse her crazy behaviour- sounds insane. But as you eluded to, it's a rare 1-off situation and within context.

Honestly, sounds like you need to be more masculine & present, hold frame when you want Pizza Hut and pick her up and spin her around in circles when she gets bitchy.

PSA: Read the sidebar. Seriously. Just read it. Also, since I'm here, let me tell you your problem.

34 upvotes · 12 January 2017 · /r/askTRP

This can't be understated. The sheer victim mentality in this sub lately is off the charts.

Empower yourself & take the fucking advice that educated men on here volunteer their time to give you.

What to do when a girl is crying?

33 upvotes · 27 December 2016 · /r/askTRP

Hug her. Don't say anything. Don't talk. Don't fucking talk. Don't explain or ask what's wrong. Don't say shit.

She needs a man to be her rock. She'll talk it out in her own head & with her girlfriends. She needs a long hug & then she's good. With my LTR, 90% of the time she's smiling within 3 mins of crying in my chest.

Note: don't be hugging girls after they break up with their bf's. This shouldn't be understated.

All Porn is cuckold porn

32 upvotes · 10 August 2017 · /r/TheRedPill

In short, Porn is pacification. Our human brains haven't evolved to handle more naked women at the click of a button then we would likely see in a lifetime 100 years ago. It kills your most internal drive as a man.

[/u/Meat-on-the-table](#) has written a good piece on this a while ago. <http://archive.is/SglO1>

Anyone feels like the more you respect yourself, the more bitter you become

31 upvotes · 10 December 2020 · /r/askTRP

Choose not to be harmed—and you won't feel harmed" — Marcus Aurelius

You're conflating self respect with self sabotage.

Why are you concerned with other people's respect? You cannot force people to respect you, you become a respectable man by doing respectable things and acting in a respectable way. And a component of that is having rock solid frame. What caring about trivial shit does in the long run, is it makes you look like a victim.

There are people in life who try to get under your skin. It's your decision to let them. Laugh it off with them. Stop taking it all so seriously, live and if other people want to have some fun, then you have two choices. Be butthurt. Or don't be butthurt. Both are your choice. Agree and amplify man. If you are really concerned about this, it exposes a chink in your armor. You still put the ego above everything else. And in that respect you have a long way to go.

Watch this https://www.youtube.com/watch?v=NvBKC_8TTao

LTR is becoming increasingly jealous

31 upvotes · 8 April 2020 · /r/askTRP

Looks like a comfort test to me...

An LTR is a constant balance between comfort and dread. Since you're going over to other girls places and probably dreading her quite a bit, try and pass this with comfort. You're not "entering her frame" by doing this. You're being her rock. Comfort tests are arguably equally important as shit tests in LTR's.

You're applying too much dread for this particular woman. There needs to be adequate amounts of both for it to be successful. A balance 80/20 alpha/beta works well.

What if a girl shit tests me, I provide a shit test answer, and then she keeps saying "No, I'm serious" until I give a serious answer?

31 upvotes · 2 January 2018 · /r/askTRP

"So am I".

She's trying to have a stronger frame than you. If you actually passed the shit test, she wouldn't say this because your answer would be good enough. Depends on the shit test though. Lots of guys just think everything is a shit test, when sometimes it's just a question. What was the shit test?

Most women want to be dominated and lead, and most are submissive by default even if they say otherwise. Why is this?

30 upvotes · 7 August 2019 · /r/askTRP

Evolution.

Women select men based upon traits that show he can protect & provide for her & her offspring. She'll test him to see if he is a strong enough male to handle her- and put her in her place. If he's not strong enough to handle her, then how can he protect her?

She'll find a new man if he's weak- hence hypergamy.

Traits women look for: ambition, drive, wit, charm, social standing, SMV, financial standing, physical fitness, strong frame, sensitive, reliable, affluence. You get the picture. It's a dualistic strategy. It's how nature selects the best genetics to move forward.

Men select women based upon different traits: hip to waist ratio (best chance of successful births), submissiveness, caring, feminine, youthful, facial symmetry, sweet personality, petiteness (health). Amongst other traits— all indicative of good reproductive health.

Evolution textbooks have been redpill since day one.

This is a gross oversimplification, since there's entire volumes of books dedicated to this very topic.

Rejected by friend i like,she didnt even block me, luckily i spin plates. Should i block her?

29 upvotes · 10 January 2021 · /r/askTRP

Blocking makes you seem low value and butt hurt.

Just ignore, or just say something aloof, like "no worries, take care".

How do you call a woman out on her shit but not sound butt hurt?

29 upvotes · 5 September 2018 · /r/askTRP

Calling her behaviour out will actually reward her bad behaviour because you're rewarding her with attention to the behaviour you *don't* want.

You see, women get rewarded by attention. Simple rule: Reward (read: give attention) to the behaviors you want. Punish (read: ignore) the behaviors you don't want. Psychological term is called Negative Punishment if you want to read up on it. Calling her out will produce the opposite effect you're after. Despite that feeling somewhat un-intuitive to what you *should* do.

Blindsided by LTR, what's going on?

28 upvotes · 28 May 2020 · /r/askTRP

Right man, wrong woman.

Dodged a bullet my friend.

Her clock is ticking and she wants security. To tie you down.

Lots of red flags in your post. But I can see that you're a bit oblivious to them. It's all good man, breakups are tough, and getting out of one kind of makes you blind. You miss all the good things, and forget all the bad. For example, she wants to have full control over you and your finances, remotely before you're even engaged (not acceptable after either).

Basically it sounds like you wanted different things.

You know this girl, so it's hard. And you've probably shared a hell of a lot of good times together. But there are certain things that just won't jive. She doesn't sound sweet or submissive. She sounds like she wants to run the show.

This dynamic wouldn't work. No potential for captain/first made dynamic.

Women buying you things

28 upvotes · 10 September 2019 · /r/askTRP

Sounds like you're surrounded by some sweet girls who like you.

Don't complain about it, bask in it. And reward (as necessary) with attention to the girls you like.

LTR shows lack of sexual initiation. Best course of action?

28 upvotes · 18 July 2019 · /r/askTRP

A feminine women won't often lead or initiate as often as you would want.

Women aren't going to initiate sex with you. It's your job as a man to set that up. They'll make opportunities for you to "*open*" them (conversation, smiles, touching; body language). You can't expect her to pursue you, or initiate contact. That's not what she'll ever do. **She will only make herself available to be 'received'.**

The fact that she initiates regularly is a green flag.

Sexual attraction is best characterized as a delicate dance of flirting and plausible deniability. When you expect the woman to initiate sex or kissing and put conditions to it, she's not going to respond favourably. She will get bitter, and slowly withdraw from your weak advances. She's going to put you in the bucket of the men who "don't get it" rather than the men who "get it".

"He needs to be careful."

28 upvotes · 29 January 2017 · /r/TheRedPill

True.

She may or may not be even aware of the manipulation at this level. To a certain extent, her hamster has probably fooled even herself into thinking "*but not me boo. I'm happy with you*".

It's so engrained in women, that some of this manipulation lies below the surface- it's implicit.

A girl I knew from back in high school messages me after 6 years and the convo seems to be headed somewhere suspicious.. what's the best way to ghost her while avoiding a possible negative reputation?

27 upvotes · 21 April 2020 · /r/askTRP

asktrp is going so south lately.

Think of this issue in perspective man.... 6 years ago you and this girl DIDN'T have a fling. You just knew her. Now she's messaging you about a government relief fund, and you're on asktrp trying to get alpha advice.

Just deal with this situation. Who the fuck cares. Just message her back, "no I don't know about the FDAP". This is so funny to me, if someone messaged me after 6 years with that, I would just play it out because it's so funny.

Accepted new job at large firm- Current boss given me counter offer. What to do?

27 upvotes · 10 February 2017 · /r/askTRP

Any job that hires after the first interview is a red flag.

Usually companies that hire fast, also fire fast. Watch out for that.

Stay with your current firm. You got a huge pay bump and way more cred and bonus from your boss. That big project will give you way more leverage in applying for another job later on.

Saying you have a girlfriend during an approach

26 upvotes · 26 November 2018 · /r/askTRP

99% of the time this won't work for you.

If you say you have a girlfriend, it gives her no plausible excuse for "going to coffee". ASD is high because she subliminally looks like a slut as she knows what type of girl she'd be if she goes to coffee with a guy with a

girlfriend. ASD kicked in.

There is also no reason to manufacture a lie to get a girl to do something that she would do anyways if you didn't lie.

Women don't want to put themselves out there to look like a slut with another woman's man... She just met you and you're already starting things off on a bad foot. **Give her a way to feel free with you.** IMO you blew it, and it sounds like she would've already been interested if you didn't put up a wall for her to climb. It wasn't pre-selection, it was pre-disqualification. Women like a no strings attached kind of setup but won't want to explicitly communicate it. And if there are boundaries or strings attached to inhibit this, they move farther away.

I'm not saying pre-selection can't work. But contrast this situation to a situation to one she see's you talking to another beautiful woman out of the corner of her eye, and then you go up and talk to her. There's a difference.

'I'm not going to kiss you'

26 upvotes · 9 February 2017 · /r/askTRP

Act mellow-dramatic, sullen and depressed for a period of 5 seconds.

Then smile a shit-eating grin and move on.

I just recently realized the fact that I am unironically an ultra-beta dude. How the fuck do I remove all the trash from my brain and build up from here?

25 upvotes · 30 March 2021 · /r/askTRP

You need to realize something today.

The past is in the past. The last 20 years of your life is a chapter that you're closing today. That was old you. Those things have already happened, there's nothing you can do. From today forward, you've changed. In front of you are blank pages, and today you will write the first one.

The one thing you need to stop doing:

Stop doing things for other people. From here on out, you will exclusively do things for yourself. Don't even open a door for anyone else. Just do shit for yourself. I don't care how uncomfortable it makes you. Just do shit for you. Go to the gym, get food you want. Don't text anyone, wait til they text you. Don't do anything for others. Don't call anyone. Don't do shit. Do this for 3 months at least. And journal about how you're feeling.

Just start with that one thing. It will make a major difference in your life.

I have a hunch that you're the kind of guy who gives his shirt off his back to anyone who would ask. Generosity is a good quality, but it reaches toxic proportions if it's not tamed. I used to be like this too. So I've been in your shoes.

As a side note, I'm not sure I fully understand the harassment college example. Could you explain that further?

Just saw a weird email from my gf's ex to my gf

25 upvotes · 10 May 2017 · /r/askTRP

Context wise, it's hard to believe that the email would come out of the blue.

Especially since people text/fb/what's app now and not email. Emails for shit that's private and confidential. The email was clearly a follow up to something that was going down before. When you smell smoke you think of a fire. Not sure if she's telling the truth or not. What's her track record, ever caught lying before?

Banging a taken Girl

25 upvotes · 9 December 2016 · /r/askTRP

Sure why not. If she's going to cheat, that's on her. Has nothing to do with you. You're not in a relationship with her boyfriend are you?

Does a lion care if he fucked another lions lioness? No. Women are the choosers. Let her choose.

Sounds like she's ready to leave the guy anyway. She's just looking for a branch to swing to.

Make sure to get some sort of evidence/consent. As she might come back after & act stupid when her bf finds out.

If I'm always initiating a text and then set up a meeting. Isn't that chasing a girl?

24 upvotes · 2 September 2020 · /r/askTRP

Nah, you're leading her.

Here is the thing... with any woman, you don't know whether she is or isn't interested in you. And leading is the best way to find out.

And if it goes wrong, and she's not receptive, then the important thing is to recognize is, where you went wrong, then iterate and try again with a new woman. Main thing with dealing with ANY woman... is to lead.

Boldness is a learned trait, and you can cultivate it. It comes with time. And if you're not grasping it, that may be an implicit fear of rejection- or maybe a fear of success. Or ego. Or all 3. Or something else, it doesn't really matter though.

Shoot your shot. Be fun, outcome independent, and down for leading her.

As long as your making the decisions, setting up the meets, making the plans, taking off her clothes, telling her what to do, doing things without her asking you to. That's where real masculinity lies with a woman. Taking charge is key.

And when you naturally lead, she will follow, like a puppy, exactly like you want her to.

Blindsided by LTR, what's going on?

24 upvotes · 28 May 2020 · /r/askTRP

Sure.

I got involved with my ex because she was the most sought-after woman at the training facility for my sport. I brought her home the day I met her, and was amused to discover how many orbiters she had flying around the gym. She would show me guys I had just practiced with texting her, asking to hang out when I was spinning her and I liked having that over my athletic rivals. I was less amused to discover she was cheating on her long-distance LTR of 3 years when we first starting hooking up. She trickle-truth'd that one so the timeline is fuzzy, but I know - she traded up when I paid attention to her. It was probably a red flag.

There is the first one. She was cheating on her LTR of 3 years when she hooked up with you. What makes you think she hasn't done that with you? Or won't?

Lots of redpill writing mentions that women love taking down guys who are held in esteem, and her old man was a bona fide war hero, and legend in the military. I don't want to drag her, but she has a lot of unresolved issues from that. Good soldiers make bad dads.

Daddy issues. Absent father. Never was emotionally integrated. Didn't have an available male role model, so grew up to be like her dad (war hero). Subconsciously trying to be good enough/seek approval so her dad will notice her/approve of her.... so she becomes just like her dad. In the military. War hero. Classic daddy issues

story.

On the other hand, she started going out all the time and having lots of female friends. This woman never drank a drop of alcohol when she lived out here and got up at 4 in the morning for practice. Suddenly she's hanging out with the guys, drinking during weekdays, closing out the O Club, going out on the town. I keep having to pay for more than we agreed because she's partying away her pay.

Acting out for attention. "Marry me or else I'll act like a cheating cunt" attitude. "While I'm doing that, you can pick up the slack on the finances, right?"

She was so cold, it gave me the chills. She hemmed and hawed and didn't articulate a thought or feeling without being pressed.

Her emotional numbness is indicative of her relationship with her father. A woman's relationship with her father is a big tell of her emotional stability and availability for another man sexually and romantically in life.

This might sound Freudian, but she may have some emotional issues related to detachment with men. It sounds like as a younger girl she would detach from her dad and she felt helpless to feel safe with him.

A similar narrative seems like it's playing out. She gets detached when you "act like her father"... or do things that emotionally numb her.

Available, integrated, and emotionally stable fathers are so critical to young girls transition into a woman growing up (another RP benefit is it teaches men traits like these). Find me a feminine, happy submissive woman and I'll introduce you to her alpha father. It sounds like she didn't fully bond with her father growing up.

There's a bunch more mini red flags, but I don't have the time to go into the nuance of them. You get the picture. If it feels wrong in your gut, it probably is. There's some comments in here that outlined the red flags already too.

If I were you, I'd go full no-contact. A wise man once said nothing at all.

You're a very logical matter-of-fact person. Most submissive women find strength and swoon for that (most guys are on the fence and indecisive). But this woman wants you to hold her hand while she does basic, then one-up you and get credit for it while using you to pay the bills and she tries to impress daddy from the battlefield. Get a woman who wants to cheer you on, not one that wants to out-do you. Women date up, men date down.

Think about it this way, it sounds like you want a family. If you knew this girl was the one, you would've locked her down by now right? There's a reason you didn't. Something in your gut says no.

Just ideas though, I don't know the context of your life or hers either. So take it for what it's worth.

As a side note, I like your style of writing. You're a good writer. I rarely read a full post this long, but yours read like a novel. So that's something.

How to get mad at your LTR without breaking frame? and when do you get mad?

24 upvotes · 22 November 2018 · /r/askTRP

Silence.

Attention is how you calibrate her status in the relationship. Distance yourself from her, go do your own shit for a week. She'll know what she did wrong and come around. Women know when they've done something wrong. They know when they're acting shitty. You teach people how to treat you.

What does it mean when girls act extremely sexual with you?

24 upvotes · 22 March 2017 · /r/askTRP

It means she wants to fuck you.

Watching all my friends succeed in life is making me clinically depressed bros, I need help

24 upvotes · 14 January 2017 · /r/askTRP

Who told you that life is 70% luck? Life is 70% hard work, & 30% opportunity and timing.

Your jealous of your friends because you have scarcity mentality. You don't think there's enough success to go around.

Life sucks sometimes, we've all been at low points- but you need to break free of this victim mentality. Empower yourself & be more like the people you admire. What would they do if life had them on the ropes? Do that.

Can someone please explain to me outcome independence and provide real world examples?

23 upvotes · 27 November 2020 · /r/askTRP

The way I understand it is this:

Outcome independence is doing things without caring which way it goes. Doing things without a "goal" in mind (i.e. getting to fuck her). Which women can sniff out from a mile away. Good things happen, bad things happen, but you are a rock.

The opposite of outcome independence is being forced/needy.

You want things to free flow. Remove your expectations.

Real world example: You're at a bar, you start with building rapport with this girl, little bit of teasing, inside jokes, story telling, you're into her. But then she goes off with her friends and you can't find her again. Outcome independence is being okay with not talking to her again, or going home with her. If she likes you, she likes you. If you find her again, great... if not, who cares.

It comes down to this: if you're confident in the man you are, then that's all that matters. Whether she comes with you or not, at the end of the day you're still going to have an awesome life. If she's going to be flakey and abandon ship, so be it, sail without her, there's many more at sea.

Don't stray away from our inner 'center'. This doesn't just apply to women, it applies to all of life.

Let go of the need to control a certain outcome (i.e. sex) If you do that, things will work much more in your favor.

Drawing the line between not caring vs being a pushover?

23 upvotes · 21 December 2019 · /r/askTRP

Be unphased.

You're an oak tree and no wind can blow you over. You're used to failure. "No worries" is the correct response. Don't fall into her frame.

The caring vs. pushover is just thoughts blowing about in your mind. No such thing is actually happening in reality. These are just things your thinking about. Your frame can be anything... so it's not caring or pushover. Now it's unphased.

"Do you have a girlfriend"

23 upvotes · 17 July 2019 · /r/askTRP

I'd say if it happens a lot, it's an IOI. Perhaps pre-selection.

It's *probably* not a shit test... but it might be a polite/casual conversational topic. It's all context dependent. You could always test it out and ask these girls "out for coffee" and see how it plays out.

Girls keep asking for insta

23 upvotes · 27 November 2018 · /r/askTRP

Insta is a modern way to screen you beforehand.

Change the subject from insta to something else. Set up a meet first. Coffee or something that she won't bail on. Most guys make the mistake of inviting her over to their place right away. That rarely works because she needs to figure out if you're a weirdo or not. Pre screen before the cave. It's an evolutionary thing.

Caught her Snooping

23 upvotes · 16 March 2017 · /r/askTRP

Whatever you do, don't call it out.

Some women just like to keep you loyal. Nothing to hide so nothing losted. Just change your password and you're good to go.

I wouldn't encourage this behaviour in her, but in this case it was you being careless.

Chick messaged me on bumble. How do i respond?

23 upvotes · 4 January 2017 · /r/askTRP

Tony, man. She's literally saying: "I like you. Ask me out. Please."

You can do anything at this point & you probably won't fuck it up. Just don't be weird. Be normal.

Say: *"Sell my car and all my clothes to go ride camels in Egypt through the desert with my dog champagnepapi and new cute blonde bumble girl, you."*

Despite that sounding weird, it's normal playful banter & wit. She'll play along or laugh. Don't worry about looking needy, because it's clearly a fucking joke.

Disabled brother wants to work

23 upvotes · 2 January 2017 · /r/askTRP

He's 24, it's his decision. You're his brother and I think you gave him good advice. I would've gave him the same advice.

Can't sit at home forever, at least he can work his way up here and as you said, him getting out there is a good thing. Make sure you ask him if he has the disability to fall back on in case it falls through.

"I barely know you" test when planning to meet with a girl from Instagram?

22 upvotes · 12 July 2020 · /r/askTRP

Yeah that's where I copped it from hahaha

Former losers, what are some things you learned about life that you can share with red pill noobs?

22 upvotes · 14 March 2020 · /r/askTRP

Focus on you.

Put yourself first, because nobody else will. Women will come and women will go. But you do you, and women will follow. Despite what people might think or say. Putting yourself first is one of the most selfless things you

can do. Because you're taking care of your own well being, so you naturally will show up better in the world, each and every day. Others will benefit because of this.

Try not to self sabotage the whole effort with addiction (alcohol, drugs, porn) and pointless activities.

It's the journey, not the destination. So do things and travel places that you'll enjoy along the way. Don't hike a mountain just to get to the top, glimpse the mountain at the mountains base. The same mountain can be experience from the top or the base. You've already climbed it.

Gf seeing her ex in her dreams

22 upvotes · 30 December 2019 · /r/askTRP

Hahahaha

This is the shittiest of shit tests out there. Next she'll flip it on you, to see if your dreaming of other girls too. Just handle as a normal shit test.

It's probably a good sign that she felt bad about it to tell you. I would say that's kind of cute. A sign she's truthful even about small things that you would never normally find out about.

This is a good time for you to be a rock. Hold frame, just treat it like the shit test it is, and move on with your day. Nothing you can do or say about someone else's dreams. They're just dreams, she can't control them- and neither can you.

How do you beat chad?

22 upvotes · 19 August 2019 · /r/askTRP

I can't think of why she chose him over me.

You just said it: "This guy was a tall 6'4, pretty muscular, white male, typical chad". It sounds like the dude is a natural alpha and she thinks she just hit the lotto.

How do you beat chad?

You don't beat Chad. Women are the choosers, that's the foundation of hypergamy.

Girls avoid eye contact with me

22 upvotes · 19 July 2019 · /r/askTRP

Don't worry about others eye contact, worry about your own.

Make strong eye contact with everyone, even if they aren't matching that. Never break eye contact with her until she does first. Stare into her soul like you're going to steal it and sell it to the red pill.

What do I do?

22 upvotes · 4 December 2018 · /r/askTRP

We can talk all day about the things that suck about you. Or about me, or about anyone.

Embrace your strengths. You're alive, you can speak english, you have a computer! If you're making more than 34,000 USD a year you're in the top 1% of the world.

I take it that you're younger, 16 or 17, maybe in high school. Go look at Elliot Hulse's channel on youtube. Great for young men.

Do girls of color cheat?

22 upvotes · 29 December 2016 · /r/askTRP

All girls cheat - a by poem lietruth.

Girls of color, just like their mother, Cheat on a whim, like every other.

White girls and yellow girls, and yes too the pink, she'll find a better man quicker than you can blink.

Hypergamy is a bitch, and it's the nature of life, So don't try and beat evolution with a wife.

Remember this poem before you ask silly questions, on trp, do a post search of the veterans.

fin

Is it a bad sign when the girl you're dating doesn't initiate dates, intimacy, etc?

21 upvotes · 24 April 2017 · /r/askTRP

A feminine women won't often lead or initiate as often as you would want.

It's your pursuit as a man that enables you to penetrate the world, your mission and ultimately her. In her feminine she will be submissive and receptive to these advances. And that's the way the dance goes.

What do you guys think about the concept that "the seconds after a man reaches climax are the realest moments in his life?"

21 upvotes · 25 February 2017 · /r/askTRP

Drake is referring to the oxytocin high after ejaculation.

Oxytocin is a neuropeptide that releases during and after sex that helps us bond emotionally to other humans.

Insert Drake the type... joke here

In my experience it's certainly not the "realest point in a mans life" by any means. If it is, then you've got to start doing realer shit.

Oneitis or is she really interested?

21 upvotes · 25 January 2017 · /r/askTRP

No point in playing these texting games with her.

Meet up with her. Escalate. Find out if she's interested or not. If she is, then fuck her. If not, then fuck her.

women manipulate you (especially when you are bp) into thinking they are not sluts because they feel judged, why?

20 upvotes · 5 February 2021 · /r/askTRP

ASD.

How do you combat ASD? Keep pursuing her but turn up the plausible deniability to like a 9 or a 10. Like "we're just watching a movie", or "it's just a drink. No motives. Cross my heart." What she says doesn't really matter.

Don't bring it up anything relating to judging her, that'll likely trigger some unwanted ASD. It's only fun for her when theres plausible deniability. When she realizes she's a slut, then social shame sets in and the blame is on you.

Give her hamster something to work with.

Girl tells me she loves me and wants me to text her more often

20 upvotes · 2 February 2021 · /r/askTRP

No you didn't fuck up.

You passed the comfort test. Women have a dualistic mating strategy. 80/20 alpha beta.

Why is everybody on here against being genuine friends with a girl ?

20 upvotes · 10 December 2020 · /r/askTRP

There's a lot of reasons.

The main one is that being friends with a girl is almost solely only beneficial to her.

Next to zero benefits derive on your end of things. But from you, she gets pools of validation, listening and attention from you. Basically she gets all the beta boyfriend benefits, and she gets to fuck chad after you drop her off at his house once you two are done "talking".

Don't get me wrong, some girls are pretty chill to be around. But as a rule of thumb, do FWB or not at all.

A plate told me she only contacted me for a sex date because she got rejected by someone she wants. Should i ignore it and fuck her still or should i block her for that disrespect?

20 upvotes · 30 August 2020 · /r/askTRP

Probably a weird variant of a shit test.

Just move on from it. Nothing to think in to. Look at her actions, not her words. She's not yours, it's just your turn.

Ever give a girl a taste of her own medicine?

20 upvotes · 21 December 2019 · /r/askTRP

Her disrespect should have been ignored and ghosted from that moment.

You teach people directly how to treat you.

What she did was wrong but it doesn't make you returning that, any more right. It's just a fucked up woman manipulation game. Eye for an eye, and the world goes blind. Don't stoop to others levels because they're assholes. Doesn't mean you gotta be the same thing.

Especially since this was a plate man, you gotta ghost this bitch.

Had sex for first time, came immediately (20M)

20 upvotes · 8 July 2019 · /r/askTRP

No big deal man, it's your first time around. Exciting stuff.

Do what the other guys are recommending here, especially [u/HedonisticCasualty](#)'s comment. That will typically work for the first couple times — after you may have mixed success with it.

Some tips on lasting longer in the future:

I used to have premature ejaculation issue a few years back. I cured it though. Here's how I did it:

I took deep breathes.

Breath in for 5, hold for 5, breath out for 5, hold for 5. Box breathes they're called. It keeps your excitement at a 7 instead of a 9 (where it usually is when you're fucking).

Stop watching porn and masturbating so much as well. That's a big part of the issue. When you masturbate, the goal is to ejaculate quickly. When you have sex the goal is to dominate— the longer the better. You will control

when you orgasm, when you can control your excitement. You will control your excitement when you control your breathing.

Your physiological state determines your neurological state. You can effect your neurology by changing your behaviour. Also stop focusing on your dick (as you normally do in masturbation), and started focusing on fucking her.

Start meditating daily for 5 minutes to practice your breathing.

Happy in a Redpill LTR, but im young and have not spun plates. Should i end and spin plates.

20 upvotes · 14 March 2017 · /r/askTRP

Sounds like this girl is great.

Why give up a 8 or 9 LTR that seems to be sweet, affectionate and hot for you. At the expense of spinning some 7's on the weekends?

I have a feeling you think that spinning plates is a fantasy land and you live like a movie star. It's not and it can be a ton of work if your SMV isn't high enough.

Nonetheless, a man has to make his own decisions. There's clearly parts your leaving out in the OP- you painted her and your relationship to be perfect.

edit: The draw backs in your post is every LTR ever. So get used to that. Women cry, you hold frame, the world spins around.

Why are women more attracted to personality than men?

20 upvotes · 13 January 2017 · /r/askTRP

Evolution.

Women select men based upon traits that show he can protect & provide for her & her offspring. She'll test him to see if he is a strong enough male to handle her- and put her in her place. If he's not strong enough to handle her, then how can he protect her?

She'll find a new man if he's weak- hence hypergamy.

Traits women look for: ambition, drive, wit, charm, social standing, SMV, financial standing, physical fitness, strong frame, sensitive, reliable, affluent,. You get the picture. It's a dualistic strategy. It's how nature selects the best genetics to move forward.

Men select women based upon different traits: hip to waist ratio (best chance of successful births), submissiveness, caring, feminine, youthful, facial symmetry, sweet personality, petiteness (health). Amongst other traits- all indicative of good reproductive health.

Evolution textbooks have been redpill since day one.

This is a gross oversimplification, since there's entire volumes of books dedicated to this very topic.

Resources on forgiving your parents

19 upvotes · 2 February 2021 · /r/askTRP

That depends.

What did your parents do? What are you holding them resentment to? What are you trying to forgive them for?

I'll leave one of my favourite stories below that I think sums up "letting go" really well:

A senior monk and a junior monk were traveling together. At one point, they came to a river with a strong

current. As the monks were preparing to cross the river, they saw a very young and beautiful woman also attempting to cross. The young woman asked if they could help her cross to the other side.

The two monks glanced at one another because they had taken vows not to touch a woman. Then, without a word, the older monk picked up the woman, carried her across the river, placed her gently on the other side, and carried on his journey.

The younger monk couldn't believe what had just happened. After rejoining his companion, he was speechless, and an hour passed without a word between them.

Two more hours passed, then three, finally the younger monk could contain himself any longer, and blurted out "As monks, we are not permitted a woman, how could you then carry that woman on your shoulders?"

The older monk looked at him and replied, "Brother, I set her down on the other side of the river hours ago, why are you still carrying her?"

Movies or TV shows that depict male redpill tendencies?

19 upvotes · 12 January 2021 · /r/askTRP

Limitless, The Gentleman, Fight Club.

FWB Stolen by Betta Provider?

19 upvotes · 8 April 2020 · /r/askTRP

Some women want more beta than alpha.

Nothing you can do about it. She was pushing an LTR with you, you didn't concede, so she left. If you were higher SMV, she probably would've kept fucking you. But it looks like this was actually a shit test, turned real life test. So you both set your boundary on what you will/won't tolerate and now she got with someone who has weak boundaries.

It could also be that her love language is "receiving gifts" and yours is "physical touch" or something like that. Sometimes with women it's a compatibility thing. Seems like you two clashed on a fundamental level.

I also want to call out that you're thinking too much into things. People are with all sorts of people, the red pill is a lens to look at life through, it's not life itself.

Why musicians attractive to females but not to men?

19 upvotes · 8 April 2020 · /r/askTRP

Usually increased social status.

Remember: men desire freedom, women desire access. When women see a free man, they want access.

It could be a combination of Arts too. Maybe women enjoy the arts (music) more than men do. It also just looks good when you're good at something, no matter what it is. It doesn't matter if *you* don't think it's "simply status", this goes against your intuition.

Correlation doesn't equal causation though. That doesn't mean music = social status 100% of the time... but it usually correlates positively (more famous/better the man is at music, the higher the social status) than not. This goes for any skill, not just music. But music is a special case because it goes hand in hand with social status a lot of the time.

Don't care anymore (first girl coming over my house)

19 upvotes · 17 September 2019 · /r/askTRP

"Choose not to be harmed—and you won't feel harmed" — Marcus Aurelius

Don't enter this bitch's frame man.

Some random says you got a small dick and you're going to let it ruin your week? Just put this situation in context. It seems like you've been struggling with some shit man, but don't let this be another thing to tear you down. Do something for yourself (work out, play basketball, read) and get this off your mind.

Here's my advice:

This is shit test 101. Agree and amplify, or tease her — you could have said *"it's up to you how hard you want to get it"*. Now she's in your frame and she has to choose to accept your challenge or accept she's not hot enough to make you hard. If you can get her giggling and in her feminine, 9/10 times she'll cut this behaviour out.

You could've answered something witty, might've escalated to some flirting, might've not. Think pitch and catch. Pressure flip would've worked perfect here. Or Agree and amplify. Just treat her like the child she is. Laugh it off, smack her on the ass, and escalate. A woman in her feminine will ALWAYS test your boundaries. It's the essence of femininity. She needs to know whether you're a worthy mate or not. Do not DEER (defend, explain, excuse, rationalize).

I text my LTR every day - will this lead to a loss of attraction?

19 upvotes · 23 August 2019 · /r/askTRP

4-5 messages per day for an LTR is totally normal. Wouldn't overthink it.

That's not a lot of messages at all if you're dating for a few months/years. Do you live in the same city?

Going to first party. Absolutely clueless.

19 upvotes · 14 July 2017 · /r/askTRP

Fuck it man. I don't drink either, never have, never will. If you have a strong frame, no one can break it unless you let them. Stick to your values here.

Charisma on command has a great video for not drinking at parties:

<https://www.youtube.com/watch?v=emIOjror9Ys>

How to escalate to sex when you don't have a place?

19 upvotes · 15 April 2017 · /r/askTRP

Airbnb.

becoming full/more red pill by quitting video games/porn/unhealthy eating?

19 upvotes · 27 February 2017 · /r/askTRP

Good man.

To make it concrete, write yourself a contract and sign it with conditions. Then tape a \$100 bill and a lighter right next to it and put it up on your wall where you can see it every day.

If you break the contract and agreement (watch porn or play video games), you have to burn the \$100 bill. Great strategy and legitimately works.

"He needs to be careful."

19 upvotes · 30 January 2017 · /r/TheRedPill

Let's be clear.

I respect my girlfriend, and she's always doing things to look out for me, and make my life better. A true sweetheart. There's a reason I'm with her- she's a feminine, happy and positive support in my life.

Nonetheless, it's shocking sometimes (*even for a man who has read and contributed to the redpill for 2 years*) to hear some of this straight from the horse's mouth. Not to be mistaken for disrespect, as I'm certain she sees me as an asshole sometimes, but also I value and respect her.

What other philosophy is RedPill worthy?

19 upvotes · 7 January 2017 · /r/askTRP

Great minds think alike I can see.

How can you guys have fun without drinking?

19 upvotes · 30 December 2016 · /r/askTRP

I don't drink alcohol and I have a ton of fun all the time.

The reason you are more charming and social while drinking is because alcohol lowers your inhibition. This tells me that you probably are probably neurotic and more of a type A personality.

It's all about cultivating a strong internal frame with lowered inhibition. That means just speaking your mind, & letting the conversation flow without any goals in mind. Read "The Charisma Myth" for help with this.

NoFap + Meditation gives superpowers. Confidence + IDGAF mentality

19 upvotes · 4 December 2016 · /r/TheRedPill

I've noticed similar effects to this. It's almost like you have this fire in your personality that you can't explain. As you said- "*zero social anxiety*". You just don't care what happens anymore. It's the literal embodiment of outcome independence.

After reading *Think and Grow Rich* by Napoleon Hill (chapter 11 on sexual transmutation)... I found that I can transfer all that pent up energy into productive activity. And when I do have sex (2-4 times a week) my stamina & libido are crazy.

Other than meditation, what do you find works the best for resisting the urges?

Ditch Western Women

18 upvotes · 13 June 2023 · /r/TheRedPill

You're not wrong.

Canada is the same way. It's all going to shit. Guys my age in Canada are either unhappy with low quality bitchy women in relationships or rolling the dice in the dating scene and coming up light.

Side effect is more men are single now - why? Because huge standards women have and men don't want relationships anymore. It's not worth it with a western girl, she won't make your life easier.

Lived abroad for many years, in addition to higher quality women, life is also easier. If you can work remote and make US money, then live somewhere else. You won't regret it.

Women in other cultures are more in touch with their feminine and are content being women. They're not competing and trying to dominate. They understand their role and more traditional mindset.

How the fuck do u pick a chick to be mother of ur kids these days?

18 upvotes · 23 April 2021 · /r/askTRP

It's possible. Find them young (18,19,20) with a good father figure in their life. Then pairbond with one and she'll

be solid for the most part.

The main fucking problem with these bitches nowadays is how often they sleep around. None of them have properly formed attachment to a man, and therefore have issues and a fucked up past. Save yourself a boatload of trouble and find yourself a young woman with a ~0 partner count. Young women are less likely to have done this (still possible though).

Is feeling inferior normal?

18 upvotes · 8 April 2020 · /r/askTRP

Sounds like this is a concern with your self esteem.

Your inhibition is amplified around others, you feel judged and inferior.

You need to realize that you are a human, and everyone else you interact with are humans. We all have the same goals, we all eat, we all cry, we all shit, we all want more money, peace, to feel accepted. You're just another human in a room of humans. Socialize with the humans and lower your inhibition- there's nothing to lose.

You are thinking too much about what is right and what is wrong. You need to **just do it**. Don't get stuck about thinking "is it wrong to search for a social group". It doesn't matter if it's right or wrong (sidenote: it's not wrong), what matters is you're craving human interaction, and you need to satiate that desire.

A book that helped me with this was "The Charisma Myth", "The Six Pillars of Self Esteem" and "The Magic of Thinking Big"

how exactly do you enforce boundaries?

18 upvotes · 19 August 2019 · /r/askTRP

There's a lot of nuance in "boundary setting".

Essentially you need to dismiss or ignore bad behavior, and reward good behavior.

Read [Betas don't get to set boundaries](#)

Premature ejaculation

18 upvotes · 4 February 2017 · /r/askTRP

Alright I used to have this issue a few years back. I cured it though. Here's how I did it:

I took deep breathes.

Breath in for 5, hold for 5, breath out for 5, hold for 5. Box breathes they're called. It keeps your excitement at a 7 instead of a 9 (where it usually is).

Stop watching porn and masturbate so much as well. That's a big part of the issue. When you masturbate, the goal is to ejaculate quickly. When you have sex the goal is to dominate- longer the better.

Message from ex

18 upvotes · 4 January 2017 · /r/askTRP

Realize the ONLY reason she messaged you is because of the gift. & probably only did it out of courtesy & reciprocation.

There's two options here:

1. Don't message her. Because you two are over & have been for months.
2. Message her & say "oh you got that? Totally forgot I sent it a few months ago - hope you're well, take care".

Or say something similar depending on how you guys broke up. Be uninvested about it.

I'd say go with option 1 because you know you're invested somehow and want her back.

Follow Value Like a Hound

18 upvotes · 18 December 2016 · /r/TheRedPill

Good habits are the key to all success. Bad habits are the unlocked door to failure.

The one thing I've realized is that you can be really busy chasing the **wrong things**. It all plays into your habits. You are what you repeatedly do.

How do you love yourself? I'm very interested and serious.

18 upvotes · 17 December 2016 · /r/askTRP

Read books. Read one book a week. Learn to not compare yourself to others. Specifically read the book *"Breaking the Habit of Being Yourself"*

Do interesting stuff. Go learn to box, or hike in the woods and build a fire. Be okay with not doing anything at all. Sit comfortably in discomfort.

Don't work 16 hours a day on yourself. Dedicate yourself to activities. Things that require action. Don't stay in your head all day, exert energy & get results with whatever your doing.

Valentine's Day coming up. How to deal with plate?

17 upvotes · 2 February 2021 · /r/askTRP

Taking a plate out on Valentine's Day let's her know she is no longer a plate.

Every girl will see it this way. So keep that in mind. You take her out on Valentine's Day, she's your girlfriend now. No way around it.

Sounds like that might be what you want anyway.

Help me decipher/improve LTR with very mixed flags

17 upvotes · 25 September 2019 · /r/askTRP

I would say your second list (of red flags/bad experiences) is *mostly* just normal women/LTR shit. Ups and downs.

The only things on that list I would say are really red flags are not adding you on social media, that's just kinda fucked. And the progress, or lack of, in the relationship with her getting more affectionate.

The green flags outweigh the red flags by a long shot.

Most of all I get the sense that there's no "fire" between both of you. There's no chemistry. Especially on her end. No tingles, she seems detached from you.

What's the relationship she has with her father?

Women I meet seem to want to lock me down

17 upvotes · 28 August 2019 · /r/askTRP

The women that want to lock you down don't have options.

It's analogous to a beta wanting to lock down the CC riding wall-hitting bitch that sometimes gives him the time of day.

How to not come across as desperate for social interaction when initiating random conversation?

17 upvotes · 18 July 2019 · /r/askTRP

Try to start conversations without a "goal" in mind.

Just for the sake of chatting. Small talk first, then just speak what comes to mind- even if it's silly.

What this does is it lowers your inhibition. Usually it's amplified in social circumstances, you feel judged and inferior. Wanting to appear a certain way, or not appear another way.

A book that helped me with this was "The Charisma Myth", "The Six Pillars of Self Esteem" and "How to Win Friends and Influence People"

Become interested in others, ask questions, build rapport.

I find when I enter a conversation with an objective, it always turns out weird. It seems almost contrived because I'm trying to reach a goal — an end. Part of communicating with other humans is lowering your inhibition and seeing the conversation for what it is— a conversation.

There's obvious exemptions, but for the most part letting things flow & building rapport leads to good outcomes.

How to approach with IOIs

17 upvotes · 29 December 2017 · /r/askTRP

“Hi (with a smile).

I don't think we've met before. I'm Sam.”

Is there a natural way to improve your jawline?

17 upvotes · 10 February 2017 · /r/askTRP

Lose weight.

Long Distance just a Blue Pill Dream?

17 upvotes · 3 January 2017 · /r/askTRP

These men *think* they have found quality women. Because they never see them, there's no way to tell. It's difficult to build attraction over long distance. Communication technology is a new phenomenon and humans haven't evolved to produce attraction thru it.

If I never check my bank, I'll assume I have a lot of money. It's possible, but probably just wishful thinking.

You all still think you're special - and here are the ways it's holding you back.

17 upvotes · 19 August 2016 · /r/TheRedPill

Composed succinct writing, and great content. Thanks OP.

Essentially, “thinking you're special” is a self-imposed handicap that protects you from experiencing failure, rejection, fear or uncomfortableness. It's a prescription for mediocrity disguised as a pill for importance.

Something I started doing: If it's shitty, it's probably worth doing. Going for a run at midnight? Do it. Wake up at 5am to work on my business? Approach that HB9 woman who looks bored? Talk to that old man? If I think about it, I have to do it.

Usually the thing that you feel most special about, and rationalize not doing it... That's exactly the thing you have to do in order to change yourself.

And my personal favourite: I'm special so I can watch all the porn I want and it doesn't effect my life or my

brain chemistry at all.

I ghosted this girl a little while back because she invited me to the beach, but when I got to her house, two of her guys friends joined us in the car. Anyways now whenever I go to these 2 clubs on Thursday and Friday I'll see her and she'll make a point to walk in front of me and stop, or pass by.

16 upvotes · 21 August 2019 · /r/askTRP

What's your question?

Any ideas on how to make money and get girls at the same time?

16 upvotes · 8 July 2019 · /r/askTRP

Don't shit where you eat.

Pursue your career and your women separately.

Fitness: What kind of body is the ideal body for most girls

16 upvotes · 2 March 2017 · /r/askTRP

Brad Pitt, fight club.

Mark Walberg in the 90's. Muscular and lean. Think V taper. Google them.

LTR keeps asking what's my "vision" for this relationship

16 upvotes · 17 February 2017 · /r/askTRP

Ask yourself, what's your vision for the relationship?

Then tell her your vision.

Seems like you're not wanting marriage but still want to have her around. So say "I'm not thinking about marriage at this point. Just want to enjoy our time together."

What advice would you give to your 20 year old self?

16 upvotes · 13 February 2017 · /r/askTRP

Don't go to university or college- instead, save your money and pursue that type of education you are interested in outside of an institution.

Start a business. Whatever you fear the most, chase that. Lift. Learn a martial art. Read a book a week. Foster your male friendships. Lead your woman- make choices for her. Don't get into credit card debt. Stop watching porn. Sleep 8 hours a night.

The list is a mile long.

I'm 24 now, but had I known this when I was 20, I would've been a wiser, richer, better man.

I want out.

16 upvotes · 5 February 2017 · /r/askTRP

Shits tough right now man. But listen.

It's only because you're in your bubble. Let's see some perspective here. You're a white male, good looking, probably in North America, 22 years old, know about TRP, are educated and have your whole life ahead of you. That puts you ahead of 90% of the world. And 100% of women. The best thing you can be on earth is a Man. And guess what? You're a man. You won.

Saw your pics in your post history, and you've good facial genetics. Get a haircut (or grow out your mane) and put some muscle on your frame.

Some woman recently got the best of you, and you let her. Don't stay in that frame. We've all been there, and it's the worst. Grieve for a few hours. Then off to the gym to lift.

You may be cynical about life right now because everything feels like it's on your shoulders. It could be coming out in covert ways. And you've got a lot of anger built up. Hit the boxing bag for a few hours. Go for a run. Blow off some steam.

Try doing what you think you should. See a therapist or a psychologist. I have before, and it helped me battle some childhood shit, and now I'm over it. It helps.

PM me if you want to talk man.

Got girls # from my class this afternoon.

16 upvotes · 14 January 2017 · /r/askTRP

When you see her Monday joke that you've been texting her all weekend.

When she clues in right away that it wasn't her- play along & say that you must've been texting someone else all weekend. It'll become an ongoing joke. Good opportunity to tease her about not knowing her phone number.

Light dread right off the bat baby!

Alternatively just ask for her correct number on Monday.

LTR likes every single one of a guy's instagram posts.

16 upvotes · 9 January 2017 · /r/askTRP

Breaking news: Women find other men attractive.

Don't let this get in your head. Do not confront her. Do not mention it. do not try and set a boundary.

But I'm 90% sure it's a guy she told me about that she hooked up with before I met her.

Then watch her behaviour on this.

19 year old virgin. Had first kiss recently with hb9

16 upvotes · 30 December 2016 · /r/askTRP

Best not to go advertising this fact around the neighbourhood. Some things are better left a mystery.

No one gains here from you telling her this. Both of you lose.

Your small daily decisions are the ones that create you into who you become

16 upvotes · 15 October 2016 · /r/TheRedPill

This is gold for succeeding long term. It looks like you have it down to a science.

In addition to deliberation, I would say having **conviction** behind what you're doing is #2. Be sure of it and have no doubts that you will succeed.

By resetting the frame, you add context, and it is my belief that if you are trying to do anything truly meaningful with your future, context is everything.

When you do this, what helps the most? Is it writing it out? Is it talking it out loud? Is it sharing it with others?

FWB dances with friend while drunk and almost makes out with him

15 upvotes · 29 March 2021 · /r/askTRP

FWB: not exclusive.

If it bothers you, you're too attached. Be grateful you saw this red flag.

Why does a high body count create neuroticism in women and not men?

15 upvotes · 10 January 2021 · /r/askTRP

It's not a single variable.

It's a combination of many variables. Evolution, brain chemistry, cultural factors, individual factors etc etc. I'll focus on evolution.

Evolution has evolved women to be very selective in their mating strategy. They want to find long term mates that stick around, pair bond and then keep him around to provide for her and her offspring. 9 months pregnancy investment isn't something to take lightly, think about that. Women are the happiest when they find that alpha man that will keep her and her babies happy and safe. How is she going to find that if she's fucking chad and his 10 buddies 4 nights a week? That'll just make her feel low value and she is not fulfilling her feminine goals.

Men on the other hand, evolution has prepared them to blitz their semen multiple times a day. They're able to spread far and wide if they have enough alpha traits. More sex with more partners is a good thing evolutionarily for men, and for the human species. It also boosts their confidence because they are theoretically fulfilling their evolutionary narrative (I say theoretically, because of birth control limiting fertilization).

It may also have to do with serotonin and how that regulates a human's place in the social hierarchy. That may be contributing to why your subjective well being is higher. Like I said there's a lot of different things at play here.

Best way to deal with break up text?

15 upvotes · 10 December 2020 · /r/askTRP

"No worries, take care."

A plate told me she only contacted me for a sex date because she got rejected by someone she wants. Should i ignore it and fuck her still or should i block her for that disrespect?

15 upvotes · 30 August 2020 · /r/askTRP

Any man will always been a second choice to a better man.

Are you Brad Pitt? Probably not. And even Brad would be a second choice to some women.

Reframe how you think about this. You're not a king, and second choice is not that bad. She's fucking you tonight.

Women will always be hypergamous. She's always going to be willing to jump ship for a better ship.

How do I approach in college?

15 upvotes · 4 September 2019 · /r/askTRP

Walk up to them and introduce yourself.

"Hi, I'm Joe." Then just let the conversation flow.

Make eye contact, and judge using IOI's. If she smiles then approach her. If you've seen her a few times before in classes you'll build rapport and IOI's will be pretty evident at that point. Approach women that you find attractive and ask them to study.

Usually women in college/university don't have their guard up as much. Approaching becomes more "plausible" as they can think they "were just studying". Etc.

Beyond approaching, go talk to guys at the gym and make some friends. Get a hobby. Guitar, basketball, reading books, coding, anything to propel you forward in your life.

Fuck the tinder online scene. You're grouped with every other guy hounding for one girls attention. Approach women *in real life* by introducing yourself and polarizing.

When you're at a party, do you stay in frame and be calm, or get into a "party" mood? My natural inclination is to be calm, talk to some people, and not really do too much. Does that come off as being timid?

15 upvotes · 19 August 2019 · /r/askTRP

If that's "naturally you" then just stick with that.

I'm a calm guy myself, and don't tend to be over the top or attention seeking. If you try and fabricate a front, people will see right through it, and you'll look out of place. Just be in your calm frame, and talk with people. The action is only timid if you're timid. If James Bond was "calm and talked to some people" at a party, would he be timid about it? I hate to pull out the James Bond example, but it illustrates things well. It's about your frame going into things.

How to not make her feel like a slut?

15 upvotes · 8 July 2019 · /r/askTRP

Your approach of directly asking for consent was a little too 2019 PC.

You need some **Plausible Deniability**.

Figure out some way or excuse to for her to feel free with you. Give her hamster something to run with.

"Let's go to your place for a cup of tea". Bitches love tea. Or watch a movie on your "new couch"

She needs to feel like sex is just "natural" and that it "just happened". Aka she won't feel like a slut if you don't directly bring it up.

The problem is that you gave her no plausible excuse for actually having sex with you. She subliminally looks like a slut as if she explicitly consents to having sex with you, then she openly admits to being a slut. ASD kicked in.

Keep escalating, but what you should say next is: "hey, I'm getting pizza for 1 at my place. Movies, me, pizza- you free this Friday?"

If you're worried about the consent thing, don't be — you two are 17. Just stop when she says stop... then escalate more when she's more comfortable.

She respects men who can wait?

15 upvotes · 16 January 2017 · /r/askTRP

First, take her sexual background and times it by a *conservative* 3. So **6x3=18**. Most men are much less conservative then that.

She's withholding sex because she's approaching the edge of her fertility window.

Women instinctively do this to find a mate that will stick around (she hasn't found one that would stay in her 15 year fertile window). If she gives it up too fast, you won't stick around- she knows that... hence the respect sanction.

Reading the OP more closely, this woman sounds fucked up. Like you said, you're feeling massive betrayal and

disgust. 13 years old she was molested/raped, and at 16 she started doing anal with a guy 10 years older than her. Something tells me this isn't the full story.

Your small daily decisions are the ones that create you into who you become

15 upvotes · 15 October 2016 · /r/TheRedPill

I box to keep lean and strong. 15 minutes on the heavy bag will kill the boy in you. To be honest it's just a huge reliever of stress and anger for me.

I had a friend who was semi-professional in my province train with me for a few months in University. Since then it's been part of my workout regime as there's a bag at my gym.

Have you had any challenges in both boxing and lifting weights

Constantly man. I mostly train for hypertrophy, and high volume. I keep my workouts short, around 45 minutes 6-7 days a week.

Good choice on making the move for the corrective surgery, I hope all goes well.

Rejected by friend i like,she didnt even block me, luckily i spin plates. Should i block her?

14 upvotes · 10 January 2021 · /r/askTRP

When you go fishing, and a fish gets away, do you spend your time trying to get that fish back? No.

You go back fishing, because there's an ocean full of them. Let this one go.

Do all plates need to be of higher SMV or is just getting comparable in good numbers enough?

I always say quality over quantity, but that's just me. I'd rather drive a few nice Mercedes Benz than 30 Toyota corollas.

What is the best college major?

14 upvotes · 9 April 2020 · /r/askTRP

Anything in STEM is good.

Go with CS, gives you a lot of flexibility and pays well. Don't need to work from a desk in an office either. Lot's of remote companies out there. You can work remotely from Japan in the forest if you get with the right tech company.

How do you reply to Instagram story reactions?

14 upvotes · 21 December 2019 · /r/askTRP

Yeah I think you're onto something about the soul thing. Low investment, casual pitch and catch deal.

I like to reverse engineer the situation. For example: "would she have liked it if she wasn't interested or wanted me to pursue her?"

The answer is emphatically no.

Lately 0 motivation on leg day, advice?

14 upvotes · 4 September 2019 · /r/askTRP

It sounds like your CNS is drained.

If you're always lifting heavy, always pushing yourself, then when the hardest workout day of the week comes along, your brain doesn't want to push any more.

Give yourself a week off if that's the case — let your body rest. Or it could be that you don't have enough energy to get through your workouts. Try eating two bananas 2 hours before you workout so you have some carbs in you and don't feel gassed after a few reps.

Do you think I did the right thing or should I have called her bluff

14 upvotes · 15 July 2017 · /r/askTRP

Cut your losses at this point.

You should've 100% asked for a paternity test if she chose to keep it. The nuances of not letting you see contraception date probably weren't signals that it wasn't yours.

You did the right thing on not challenging the \$910 and paying up. That may have put her on the defence and she could have talked herself out of the whole abortion to avoid looking like a slut.

Congratulations for paying up and dodging a bullet. \$910 is pennies in the scheme of things.

You took matters into your own hands and bought insurance for this woman to not be in your life. The funny thing about insurance is you buy it for emergency situations. Doesn't matter if your house actually catches on fire, you want to be prepared if it does.

Guy bursted a ketchup packet in my head . Wanted to fight him but can't risk getting in trouble.

14 upvotes · 26 April 2017 · /r/askTRP

Start calling him Ketchup crusher.

It's just hazing man, get over it and revenge is never worth it. The guy's just looking to break your frame. Don't fall for it.

As a Red Pill man, do you want to settle down and have kids some day? Why or why not? If you do, will you be content if your partner had as many sexual partners as you?

14 upvotes · 19 April 2017 · /r/askTRP

3 asktrp questions in 1! trpception.

Maybe to kids later in life- 30's. If anything leaning toward adoption. If the right woman and circumstances consummate, then I'll make that decision later. If they don't then [_ \(u\) _/](#).

And no, wouldn't be content with it, wouldn't date a girl with a high partner count to begin with. That's insane because:

- a) She wouldn't properly pair bond with you
- b) She's a slut
- c) a & b

I don't seem to be escalating fast enough.

14 upvotes · 11 March 2017 · /r/askTRP

Change locations frequently.

The reason they're fizzling about early is because you're talking to much and not leading her enough. Switch up the setting often. Go different places. Less talk more walk.

Tell her where to go, what to do, do something fun. Go outside, go inside, go around, leave the party, go to the beach, go to your house, go get ice cream.

Women like to be seen. And you're the man that can take her places to be seen.

[Rant] There's a darkness inside of me.

14 upvotes · 17 February 2017 · /r/askTRP

Man, it sounds like your life has been very inconsistent.

You need some stability. It's either a total high or a total low with you it seems. Get somewhere above water and stay there for a bit.

Join a gym, get outside, breathe the air, roar like a man. Fuck the basement and video games. That shits not real. Do it on Friday nights with your friends. Create a life better than any one of those fantasy worlds. And sustain that.

That dark side your seeing is your masculine energy needing to release itself into the world. Stagnant water breeds malaria.

Get outside, out of your own head and join a class. Hit a bag or go for a run. Do some push-ups, shoot some hoops. Read a book in Starbucks. Make conversation with people. You'll feel different in 30 days of doing this every day.

Why are no girls nowadays wifey material and are for the streets.

13 upvotes · 10 January 2021 · /r/askTRP

Absent fathers.

Girls with lots of red flags usually have daddy issues. Unavailable or absent fathers. Never get emotionally integrated. Didn't have an available male role model in their lives, so they seek external validation.

Healthy, available, masculine, integrated and emotionally stable fathers are so critical to young girls transition into a woman growing up (another RP benefit is it teaches men traits like these). Find me a feminine, happy submissive woman and I'll introduce you to her alpha father.

Girl leaves on our second date claiming she has a headache? Hard next?

13 upvotes · 7 January 2021 · /r/askTRP

She's either really awkward or she's not into you.

I think it's the latter though.

How to approach college classmate

13 upvotes · 12 September 2019 · /r/askTRP

Next time you bump into her, here's how to approach her.

"Hi, I'm Rique" Then just let the conversation flow.

Don't overthink it. She's not god. She's a girl in your class. Ask her out, see what happens.

Has anyone actually had success with kegals/reverse kegals?

13 upvotes · 17 July 2019 · /r/askTRP

Tried it, it doesn't work like you think it will work.

It's also a lot of work to keep up with it. Takes time, concentration, for no real benefit. Try taking deep breaths, or box breaths. You need to control your breathing, because that's where your excitement is coming from. Slow your breathing, and you'll slow your ejaculation.

Slept With Girl, Now She's Not Responding

13 upvotes · 2 May 2017 · /r/askTRP

How to handle this: don't respond back.

It's likely you are over invested in her at this point. You fucked, she's a plate, she'll make herself available when she wants some more. Leave it at that, nothing more.

Is this projecting?

13 upvotes · 19 April 2017 · /r/askTRP

She's mad that you made her own up to her responsibilities like an adult.

By reminding her she had to pay, you pointed to the fact that she doesn't get a free ticket in life because she's a woman.

So my summer fling hit me up after six months of not talking? What do I do

13 upvotes · 26 March 2017 · /r/askTRP

"Hey you, long time no talk. Let's get together tonight. Pick you up at 7."

Foreplay while caveman-fucking?

13 upvotes · 22 March 2017 · /r/askTRP

You'll have very little success if you go 0-100 right away.

Foreplay (kissing, touching, rubbing) builds tension and suspense. Warm her up first for 5-15mins; then go for the caveman/sex god method.

About sex and masturbation.

13 upvotes · 14 March 2017 · /r/askTRP

Here's what's happening:

You've become conditioned to think your computer screen and your hand is sex. So when you go to fuck a real woman, your brain implicitly asks *"where's my headphones? What's that smell? Why is there no keyboard in front of me? Where's the other guy?"*. There was a post about this around a year ago. [u/CrackityDiggity](#) broke it down on a bio-psychological level. [Here's the post.](#)

Try going off masturbation and porn for a month. Then post results.

Girlfriend ask if she can sleep with a guy?

13 upvotes · 9 February 2017 · /r/askTRP

Yes of course!

Don't you trust her???

Hypergamy: so what are men supposed to about it?

13 upvotes · 8 February 2017 · /r/askTRP

Be the best man you can be and you'll always have options.

How to face the girl who rejected me few months back?

13 upvotes · 11 January 2017 · /r/askTRP

You act normal. Like she's any other woman. You don't have to "face her" as your psyching yourself out to do.

You're both different people now & you don't need to dwell on the past because she wasn't interested.

Alternatively you could approach her again & get rejected again. Nothing to lose. Good practice too.

The Exception to the Rule

13 upvotes · 10 January 2017 · /r/TheRedPill

What I mean is there is enough evidence in support of one side to develop a universal consensus and understanding.

Despite the sometimes crass terminology and dogma of TRP. Many of the teachings here are actually based in evolutionary psychology & biological mating practices in humans.

How do you maintain frame when you go in for the kiss and they don't reciprocate?

13 upvotes · 5 January 2017 · /r/askTRP

This is the right answer.

Not disrespectful of her. Don't just go for a kiss. She's going to shut you down 9 times out of 10. Properly escalate.

She can't give it up that easy, in public, under not enough guise. ASD is high in that circumstance.

guy talking to your LTR at bar/party?

13 upvotes · 23 December 2016 · /r/askTRP

You don't address it. You introduce yourself to the guy talking to your gf and have a conversation like normal humans.

first Date - I'm 19

13 upvotes · 22 December 2016 · /r/askTRP

Don't assume what would be boring to her. You're falling into her frame already here. Do what you find enjoyable. If a restaurant or bar is exciting to you, then go. Don't try to win her over because you think she's spoiled.

Every woman wants to be lead. Not appeased. **LEAD.**

If you can't take her to your place to watch a movie, then go to her place. She's probably got a plan for that in the back of her head anyway- so invite yourself over in a sly way (to see her dog or some plausible deniability excuse.). Post a FR later.

I have somehow found a seemingly loving girlfriend. Should I still be wary?

13 upvotes · 9 December 2016 · /r/askTRP

This one woman is into you, & it sounds like she's pretty chill. Great. If you're into her, then pursue her. Despite what other circumstance arises or what anyone else thinks here. Just do you. Set the frame.

Yes she is a woman, and although she may seem like she has a halo on her head, she's a creature of hypergamy. Be cognizant of that.

Best advice I can give you for an LTR is **always hold frame**. If she hasn't tested you yet, she will when you least expect it. Don't ever let your guard down.

Serious Question:- Is True Love Impossible to find

12 upvotes · 10 January 2021 · /r/askTRP

Don't be quick to make assumptions.

You only see what they display "on-screen". Everything looks like butterflies and rainbows when you look at some couples travel instagram. *"Wow they're sooo happy, they travel the world and shower in waterfalls. She is the perfect wife, how did he get so lucky?"* Behind closed doors, I don't think everything is like that. It's a facade for the world. It's the "highlight reel". Instagram pulls it's ugly veil over your eyes this way. See things for what they are.

It's not to say that there isn't quality women out there. Conor's wife seems solid, and I would say that there's not many women out there like that. I heard a story about some bitch who dropped this now drafted NBA player 2 months before he got drafted. He's making 4 mill a year now... so go figure... he dodged a bullet.

There's women like conors wife that believe in their mens mission and support them 100%. You won't find it in every girl, but you'll find it in a few. These women are about as rare as the natural alpha.

Pairbonding plays a big role. They met when they were really young. Also Connor is somewhat of an alpha character. Lot's of things at play here.

Help me out guys

12 upvotes · 9 January 2021 · /r/askTRP

Just a bluff man.

I doubt she's sending her older brother. She's just being a 16 year old girl. Dramatic.

But it's a good lesson. Women are fickle and hypergamous. In the future, don't call her out on what you know, just hard next. It's better.

How to Be Not BORING?

12 upvotes · 10 December 2020 · /r/askTRP

Do something new and novel.

Start writing, or playing music. Try to learn a language, practice every day for an hour, for a month and see how much you learn. Get out of your normal routine and do some new shit.

Take up guitar, basketball or football.

I wouldn't get a tattoo for the sake of becoming more adventurous. Only if you truly want one. When the borders open up, you should do some travelling.

If you have the means to buy one, then I will say that buying a muscle car makes life more fun. I recently bought a german, and the fun hasn't worn off after 6 months.

Denied?

12 upvotes · 7 August 2019 · /r/askTRP

Yea she needs to screen you a bit more.

It's likely one of two things. She doesn't see your SMV as high enough and needs to see more of you at the gym *or* she is looking for an orbiter. I think it's the first one. You just gotta keep seeing her at the gym a few more times, and ask her out in person if you can. Build some attraction... if it was a cold approach she might have really low investment at this point as you said.

Girlfriend snapchats a guy, do I confront or continue?

12 upvotes · 17 June 2019 · /r/askTRP

This is so menial man.

Precious frontal cortex real-estate being occupied by this insignificant manoosha. Delete this from your neural hard drive and don't ever think about it again.

She's probably got 5-10 orbiters messaging her at any point in time on multiple platforms. This one snapchat guy is a drop in the ocean. It's all shit testing- hold frame and watch her actions. She'll give signals if she's going to jump ship. Don't focus on her orbiters. Focus on your bench press and getting a good job/starting a business.

The women will come. Girls your age are like cats. They want to chase you when you don't give them attention.

Is watching porn every once in a while really so bad?

12 upvotes · 17 June 2019 · /r/askTRP

It's not really bad right now, which is why it doesn't seem immediately alarming to you.

Here's what's happening:

You're slowly becoming conditioned to think your computer screen and your hand is sex. So when you go to fuck a real woman, your brain implicitly asks *"where's my headphones? What's that smell? Why is there no keyboard in front of me? Where's the other guy?"*.

Having access to more naked woman at the click of a button than most men would've seen in a lifetime 100 years ago fucks with your brain. There's a number of posts on dopamine on the main sub for a good precursor to understanding. Try going off masturbation and porn for a month. Then post results.

It's kind of like having dessert every day for a year. Not a big deal, you're not really gaining weight, nothing to notice. You feel great and Tiramisu every night is amazing! But after the year's up the scale will look back at you very differently. Assuming you're eating to maintain your regular body weight, you would have gained 52lbs, simply by adding that 500 calories every day of the week (500 calorie surplus per day = 3500 calories = 1lb gained in 7 days * 52 weeks = 52 lbs). It's bullshit math, but you get the point. 500 calories adds up.

Another way to look at it is going to starbucks every day for coffee. A flat white is only \$5 a day right? No big deal, it's just a coffee right? Well at the end of the year that's almost \$2,000. That could be \$2,000 in savings or invested in something else like a new guitar or a vacation to Thailand.

Little things turn into big things. What you do in the dark puts you in the light.

How to deal with a hardcore shit tester ?

12 upvotes · 29 December 2017 · /r/askTRP

Man, these are regular shit tests.

She's trying to shake you or break your frame. Just agree and amplify, (*i.e. yea, get the razor out babe, shave it off for me right now*) or let these minuscule things bother you and watch things explode into arguments.

Slap her ass and go to the gym.

Don't be afraid to tell a girl straight up that you like her or find her attractive. They love that shit if it's coming from a place of confidence and non neediness.

12 upvotes · 21 July 2017 · /r/TheRedPill

Can you plot this dataset OP? I need to get a visual on current participation ($N=1$).

In all seriousness, in a perfect world we could draw conclusions from a distributed random sample and test based upon those assumptions to draw conclusions. In the *real world* that's simply not possible. Be weary when you hear field reports, because a lot of the time, *by definition*, they're edge cases.

The most you can do is try and optimize all stages of research by casting a wider net (*read: more plates/options*).

Recruit a larger sample size before drawing large conclusions. How do you do this? Refine the process of your plate vetting to reduce sources of uncertainty.

There is probably validity in your statements above, but careful with applying too much comfort too early on.

"Everything that happens once may never happen again. But everything that happens twice will surely happen a third time. (the alchemist)"

dollar shave club or harrys?

12 upvotes · 18 May 2017 · /r/askTRP

The problem with a man's mission lies therein this question; that there is no longer a right of passage for men.

I was thinking about this driving on the way home from work today. Thinking how I was debating between getting a Starbucks or another boushy \$7 craft coffee for the afternoon. What a sick fuck I am.

Men no longer have a mission. We longer have a struggle. We no longer have to forge ourselves into rock and develop character. None of us have to run 50KM a day to get food and water for our families. Instead the extent of our struggle is we have to choose between fancy coffee and mail order razors. We have to generate artificial environments for experiencing hardship or none of us will ever grow. Lift, grow your beard out, shave it with whatever you got and create a challenging environment to develop your own struggle so you can grow into an oak.

A great reminder that this and a lot of other topics on here are not red pill issues. But Dollar Shave Club is pretty good.

How to hold in your tears

12 upvotes · 18 May 2017 · /r/askTRP

It's being a weak dude if you hold your tears in. That means you're ashamed of the true emotion you're feeling as a man at that point in time.

Strength is feeling that emotion of sadness mixed with love for your family and owning it.

You don't have to sob uncontrollably, but knowing your own emotions as a man is something that you should adopt from an early age. Don't let it define you but you can be rock solid and still feel sadness and love for your family.

Just saw a weird email from my gf's ex to my gf

12 upvotes · 10 May 2017 · /r/askTRP

...

I mean, how much clearer can she be. There's a strong possibility that she's fucking her ex. Especially when she's getting these 'in context' emails out of the blue.

How to deal with personal attacks?

12 upvotes · 30 April 2017 · /r/askTRP

Agree and amplify.

Or just don't hang around people who bring you down.

Plate may have a boyfriend

12 upvotes · 15 April 2017 · /r/askTRP

Here's the thing.

It doesn't matter. She's a plate. Boyfriend or not, she's disposable. Her "boyfriend" could just be one of her plates

as well, but it doesn't matter because she's a plate.

Don't bring it up with her, that'll likely trigger some unwanted ASD. It's only fun for her when there's plausible deniability. When she realizes she's a slut, then social shame sets in and the blame is on you.

becoming full/more red pill by quitting video games/porn/unhealthy eating?

12 upvotes · 27 February 2017 · /r/askTRP

Exactly. But if you don't burn it, then what kind of man are you for not keeping your word?

You'd only be lying to yourself. By framing it in that sense, it gives a stronger sense of ownership.

Extremely interesting article from 1997, explaining Red Pill in a very detailed way.

12 upvotes · 23 February 2017 · /r/TheRedPill

Same goes for university level evolutionary psychology textbooks as well.

Many of these books have blatant red pill truths backed by scientific evidence. There are entire volumes written solely on the topics of adaptable mating practices in humans. AF/BB

Cuckolding make me sick.

12 upvotes · 22 February 2017 · /r/askTRP

I understand your point, but correlation doesn't always equal causation.

Surely we can attribute some of the testosterone decline to the eradication of the masculine man. But even though divorce/custody rates show a negative correlation to testosterone levels, it's not a causal relationship.

Studies show that testosterone levels have been lowered through 2 generations from causes like: diabetes, sedentary lifestyle, abdominal obesity, sexual dysfunction, depression and other affluent health conditions.

Most of the above can be strongly correlated with decrease of the main agent activating testosterone, **DHEA**. Things that decrease DHEA are things like chronic disease, caffeine, alcohol, excessive sugar intake, less sleep etc. All which seem to be characteristic of the average 21st century male.

How to not feel jealousy when your woman are flirting with other guys in front of you? How should you react to this in front of others?

12 upvotes · 4 February 2017 · /r/askTRP

If she's explicitly doing this regularly (and it's actually flirting, and not just talking and being normal). Then you should consider this as a red flag.

Once, sure, fine- dread or whatever. Continuous? You need to reevaluate the woman you're with.

Is this the future?

12 upvotes · 28 January 2017 · /r/askTRP

You said it best yourself, *cancerous* is the word.

The future will look a lot like this. These men are silencing their masculine instincts and instead sharing some cum slut for hopes of average sex and a cuckold relationship because "*it's healthy*". Propaganda at its finest.

In the animal kingdom, you don't see this kind of behaviour. An alpha male doesn't need to share his woman with another man. He has enough women readily available that if she wants to leave him, he's got a loyal upgrade or replacement.

Tinder game - getting their number

12 upvotes · 29 December 2016 · /r/askTRP

Shit test. Agree and amplify. Don't fall into her frame here. Go with "yeah, not going to waste any time. Clock is ticking". Or something else witty and context relevant.

Does my new girlfriend have BPD? She has all the red flags in her history but seems so nice and transparent about it.

12 upvotes · 26 December 2016 · /r/askTRP

Holy shit. If I didn't reply to your last post I would think you are trolling right now.

Just flat out, this woman is not healthy. In a psychological sense she is "ill".

I can see you're pretty blinded here, & probably attached to her *seemingly loving* behaviour. It's love bombing, very common, very addicting,

I don't think she has BPD. I think she is BPD.

How many of you feign giving up power with women to hook them up?

12 upvotes · 24 December 2016 · /r/askTRP

This won't be effective. Women want to be led, they don't want to lead.

When you place responsibility on her (of any kind), she will become distant, emotional, and resent you. Women hate responsibility & making choices because it forces them to be accountable for their actions.

The latter part is applying comfort. Which is good in the right circumstances, but should be used sparingly when not in an LTR.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

12 upvotes · 12 September 2016 · /r/TheRedPill

Solid post. Thank you. What I've realized in human relationships is once you start pulling your own weight, there subtly becomes a level of reciprocation that naturally reaches baseline or above. Something I learned in reading Persuasion by Robert Cialdini.

when we do go out she thoroughly enjoys it and her feminine energy comes out even more than usual.

One of the reasons I love to take my LTR out is for this reason. Her company is really enjoyable when she's in her feminine, and we really vibe well.

I also do the majority of the cooking, because I thoroughly enjoy it, and it's another opportunity for me to lead. It sounds like you're doing a really good job in pulling your own weight and you've seemed to have tamed her pretty well.

Does the uncomfortableness fade away?

11 upvotes · 30 March 2021 · /r/askTRP

Shoot your shot bro.

You're anxious about this but women aren't scary. You should always assume attraction. Assume she's already interested in you. If you knew she was already into you, how would you play this?

You'd probably be super smooth and ask her to hang out later. Don't overthink this. Rejection is inevitable, and even guys like Brad Pitt have been rejected 100's of times.

No one is clowning you, but you gotta stop clowning yourself. Just lay back, relax and enjoy the ride.

What difference did you see when you kicked off porn addiction?

11 upvotes · 23 March 2021 · /r/askTRP

Main things I noticed from abstaining from porn and masturbation while practicing semen retention:

- Strangers (girls of all ages) compliment me on my eyes. They just say “they are so beautiful.” Or “you have really nice eyes”. Never used to get compliments about my eyes. This happens about once a week.
- Energy is higher, things seem easier.
- Conversations flow more effortlessly.
- I'm luckier? Maybe just tapping in to some unrealized skill.
- More dominant on and off the basketball court. Not afraid to win or beat others.
- More respect/acknowledgement from other men
- Women seem more shy and coy around me. Act like little girls.
- I don't hold back or hesitate in situations. I ask for what I want directly.
- Feel less of a need to explain myself.
- Talking to girls is easier. It just happens now.
- Women come closer in proximity to me. Can't explain this one. But at the gym, basketball, grocery store, library, coffee shop women will just come closer to me.
- Random opportunities present themselves.
- Ability to see through walls and levitate occasionally
- Time. Way more time on my hands.

These results start to happen after 1 month.

In my experience, cutting out just porn is not enough though. You need to cut masturbstion out too. The one thing that helped for me is the semen retention subreddit. They have a lot of good advice about breathing and fighting through the tough days.

The thing is about porn addiction, is the consequences are not really bad right now, which is why it doesn't seem immediately alarming to you. Consequences aren't immediate.

Here's what's happening:

You've slowly became conditioned to think your computer screen and your hand is sex. So when you go to fuck a real woman, your brain implicitly asks "where's my headphones? What's that smell? Why is there no keyboard in front of me? Where's the other guy?".

Having access to more naked woman at the click of a button than most men would've seen in several lifetimes 100 years ago fucks with your brain. There's a number of posts on dopamine on the main sub for a good precursor to understanding.

It's kind of like having dessert every day for a year. Not a big deal, you're not really gaining weight, nothing to notice. You feel great and Tiramisu every night is amazing! But after the year's up the scale will look back at you very differently. Assuming you're eating to maintain your regular body weight, you would have gained 52lbs, simply by adding that 500 calories every day of the week (500 calorie surplus per day = 3500 calories = 1lb gained in 7 days * 52 weeks = 52 lbs). It's bullshit math, but you get the point. 500 calories adds up.

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Little things turn into big things. What you do in the dark puts you in the light.

Late Night Text Advice

11 upvotes · 11 December 2020 · /r/askTRP

Yeah you did good. She wants to bang bruh.

LTRs and Exercise

11 upvotes · 4 December 2018 · /r/askTRP

Attention.

In my experience, rewarding with attention, compliments, or positive affirmations reinforces good behaviour.

For instance, if you like it when she works out. You might give her some more attention after her workout, call her sexy, tell her how you're proud of her that she's eating healthy. Don't go overboard, but noticing that she's making an effort is the key here.

How do I respond to this girl who is flaking on a date?

11 upvotes · 2 December 2018 · /r/askTRP

Here's the bottom line.

If she's into you, she'll cancel her Tuesday hairfest. If **Nick Bateman** asked her out for Tuesday, would she mention her haircut? No, she fucking wouldn't, she'd have that shit rebooked for Monday so quick. If she's not into you, it doesn't matter what day of the week it is. You're not in it.

She won't outright reject you. She'll suggest another time if she's interested in you. Which may be a hard truth to realize, she may not actually be interested in you. I wouldn't say "Ok fine would you like to re-arrange", because the subtext communicates already (she didn't suggest another day), and it's not her job to lead, it's yours.

In this particular instance, I would say "have a great weekend then!" Then if after Wednesday she doesn't hit you up, hit her up Friday night for a drink. If another flake happens, then quit with this one.

When she asks if you have social media?

11 upvotes · 22 November 2018 · /r/askTRP

"Yea I've got instagram. Username is @yourusername".

Then wait for the follow, and don't follow back. There you go, another follower, one step closer to influencer status.

Need advice for a 24 year old who's never had a gf or sex

11 upvotes · 23 January 2018 · /r/askTRP

It sounds like you have a promising future. Don't fuck it up. Keep doing shit & staying busy, it's easy to fall back into your old habits. You're a different man now, so keep doing what you're doing.

Next steps: get some good friends that you can do things with. Humans are social creatures & having friends is one thing that is highly under stated on this sub. Good habits are the key to all success. Bad habits are the unlocked door to failure.

Keep lifting, talking to people, focusing on hobbies (basketball, coding, guitar), and approach women in real life by saying "hi".

Get outside, out of your own head and join a class. Hit a bag or go for a run. Do some push-ups, shoot some hoops. Read a book in Starbucks. Make conversation with people. You'll feel different in 30 days of doing this every day, and you'll probably meet a few HB7 baristas and make some male friends too. Go to the gym, talk to other guys. That's how you make friends. You go up and talk with people. It's likely that you could also make some friends through your electricians program. Lot's of those guys outside of school are probably pretty chill.

Kicked out by Jehovah's Witness girlfriend?

11 upvotes · 14 July 2017 · /r/askTRP

You sure about this, or are you trolling?

If so, you need to hit the road dude. Voice record every interaction with your new *ex-girlfriend*. Get a lawyer or talk to someone educated in law to get custody of your daughter if your ex is her mother. And de-friend your so called "friend" or else soon he'll be fucking you with your daughter in the room.

You play guitar. How would you have fun?

11 upvotes · 10 May 2017 · /r/askTRP

Tell her you wrote her a song, then proceed to play a song that's already really famous.

When she clues in that you didn't write wonderwall, just keep playing along that you did and you wrote it. Do it until she believes it.

How to increase chances of seeing a woman again after getting her number?

11 upvotes · 26 April 2017 · /r/askTRP

Here's the secret method to getting women to not flake.

Call her.

Don't message her, snap her, dm her, validate her or do anything else. Call her and ask her out. It's bold, it's forward and it puts her on the spot to make a decision right then and there. No room to flake.

How do you build a social life from scratch?

11 upvotes · 10 March 2017 · /r/askTRP

Go to drop in basketball at your local court.

YMCA or something. It's free and you meet tons of dudes that are into working out.

Join a dance class - salsa or hip hop.

Go to a meetup for something.

Generally just approach people and make conversation. Small talk stuff. Talk about the weather. If you vibe, then get their number.

How to handle it condom?

11 upvotes · 4 March 2017 · /r/askTRP

Sounds like she was hot and heavy in the moment, feeling ready to give it up to you. And you killed her vibe and the tingles died.

Next time be ready with a condom. Tell her to strip for you or hold something while you put it on. It takes like 2 seconds and doesn't kill the mood as bad. Giving her direction here works.

Wow though. Innocence at its finest. Good mini field report.

becoming full/more red pill by quitting video games/porn/unhealthy eating?

11 upvotes · 27 February 2017 · /r/askTRP

Haha that's effective and also final.

But probably won't work for most people- because suicide is something that most wouldn't follow through on. \$100 is enough of a cost to solidify that if your going to watch porn, you'll have to burn that bill. If you don't do it, then you'll have to live with the reality that you are not a man of your word.

Fundamentally, the human brain is wired for punishment and reward. Money is something most of us highly value, and works effectively in creating a habit or diminishing one.

4 months on TRP cant still aproach woman

11 upvotes · 9 February 2017 · /r/askTRP

u/Archwinger is not saying this to insult you.

But to evoke some emotion in you. To realize that this is a bitch question. You're worrying about shit way too much and not applying enough.

Instead of negating the great advice he gave you, put your inflated ego down and follow it. You asked a question on asktrp and got a great answer. Feel blessed and fucking take action on the advice with a god damn smile.

How to console a woman just getting bad news like a disease or someone's death? How to support her like a man (alpha) without being an emotional tampon (beta)?

11 upvotes · 9 February 2017 · /r/askTRP

Hug her.

Don't talk or try and reason with her. Hold her and let her cry in your chest. She needs you to be her rock and hold frame.

Don't cry with her. Don't try and explain or make it better. Just hug her. Within a few minutes of hugging me and crying, my LTR is smiling. She'll work it out in her own mind or with her gf's.

Girl wont have sex but gives me BJs and is interested

11 upvotes · 28 January 2017 · /r/askTRP

What's the problem?

She sucks you off regularly. Just keep pushing the envelope with plausible deniability. Some girls just have strict values and it takes more time.

She'll want more after a while, it's just got to be the right time for her when it *"just happens"*.

I want to stop being a self-centered narcissist.

11 upvotes · 25 January 2017 · /r/askTRP

This is not a red pill issue. You're not a special snowflake. You're searching for sympathy, and for people to feel bad for you.

Obviously this isn't something that's a minimized problem, and you should probably see a psychologist about this internal psychosis. In the meantime, empowering yourself and removing the victim mentality will be effective.

My girlfriend went to see a movie along with her female friend and her boyfriend.She did call

me but I was so busy with my car. Is it okay for her to go even if I am not there?She didn't ask me permission though. RP lens reply appreciated

11 upvotes · 14 January 2017 · /r/askTRP

Ghost her man. She's done with you. She cheated on you with that other guy. Hypergamy, branch swinging woman. 100% radio silent- no contact.

Wow, sidebar read. You. Much. Thanks.

Top Mistakes BP Guys Make in Relationships

11 upvotes · 29 October 2016 · /r/TheRedPill

This is true. Don't engage. But you will never win an argument with her. Because to her, the only thing that matters is she *feels* bad.

Since most women can't take responsibility for their own feelings and actions, it's automagically your fault. Her emotions cannot be rational, and vice versa.

As soon as I learned to accept this life in an LTR became so much easier.

Your small daily decisions are the ones that create you into who you become

11 upvotes · 15 October 2016 · /r/TheRedPill

+1 on this. I've been doing nofap for about a year now, and replacing the time you used to do it with something else is the key to succeeding.

But yeah, your thinking is on the money here man.

I get the least done when I don't have a concrete objective when I sit down to work. I've created work sprints (pomodoro's) and scheduled breaks so I don't get off task. When you have purpose and objective behind each task you're doing, you get shit done 10x quicker.

Got This Message From (Ex) Plate

10 upvotes · 12 January 2021 · /r/askTRP

This seems like a closure deal, but she's obviously still into you.

Maybe she's trying to seek some sort of "What are we??" with you. Seems cordial enough though, not entitled sounding at all. I would respond to this.

Massive LTR shit test

10 upvotes · 17 June 2019 · /r/askTRP

This is the right answer.

Some may disagree with me, but here's what I think. You should be honest. It's a coward move to ignore her, she's your LTR. You're supposed to be her rock, and you're looking like sand to her right now.

How many women have you actually been with? Say it's 3. Joke around with her ("like including grade school?"). But be honest to her, in a strong way. You're simply telling her what happened in your life in the past. You don't need to get down to the dirty details. It'll work in your favour as light dread. Say "3". And nothing else.

There's nothing to hide, and in any way she's going to see it as your an experienced guy who knows what he's doing.

In the future just be upfront about these things. It's way more simple. I had an issue with lying a few years back.

Since then, I tell the truth about *everything*. Even when it's inconvenient. Read the book "Lying by Sam Harris", it takes a really practical approach to telling the truth.

new ltr issue

10 upvotes · 23 November 2018 · /r/askTRP

Comfort test.

The correct response is something witty, charming and elusive. Something like *"I like you even when you're annoying. Let's get together tonight at 7 and I'll show you instead of tell you"*. You don't have to placate to do this. In LTR's it's a balance between dread and comfort. Alpha and beta. Usually an 80/20 alpha beta split.

She doesn't feel cared for and that you're passing her comfort tests. "Does he still love me?" Kind of thinking. Don't placate, but search the main sub for crushing comfort tests. A sprinkle of comfort here & there. They need it as much as they need you to pass shit tests.

Going on a trip with a girl

10 upvotes · 24 April 2017 · /r/askTRP

Thoughts is she wants to fuck you.

The signs couldn't be clearer either. She sounds like a sweetheart. Dinner, wine, netflix and you rolled over and slept?

Take the lead here man. It would be hard to fuck this up, even if you tried.

Holding frame in a text conversations

10 upvotes · 15 March 2017 · /r/askTRP

Wait til Wednesday night- then say:

"Hey girl, pick you up at 5 tomorrow. Wear your laser tag dress."

Always assume attraction and assume the date. Don't let her drag you into her flakey frame.

What exactly does "don't explain yourself" mean?

10 upvotes · 22 February 2017 · /r/askTRP

Explaining why I did X when I was hiking with a friend

Don't take the literal meaning here.

It means, don't DEER. Defend, Explain, Excuse, Rationalize.

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

IDGAF what color you are, how tall you are, what color your eyes are, or how big your cock is... you can get whatever the fuck you want in this world with the right "type of mind state." So why doesn't anyone ever ask, "How do I get a better brain?"

10 upvotes · 29 January 2017 · /r/askTRP

The male hamster can be just as strong around these parts.

"I'm too fat, I'm too skinny, I'm brown, I'm bald, I'm old." No, you're not any of those things. You're full of excuses.

Every single man on planet earth has shortcomings. You either work on the things you can change, or embrace what you have. Be grateful that you have the chance to live as a man on this planet.

'You don't take me out with your friends'

10 upvotes · 29 January 2017 · /r/askTRP

I gave her a slap on the ass and told her Chris will be installing new shocks and brakes on his track bike next week, she should bring pizza.

Yup, you aced that shit test pretty good.

Next steps: look forward to the pizza and enjoy the social proof from your mates when she shows up with food.

How do you masturbate healthily?

10 upvotes · 28 January 2017 · /r/askTRP

If you feel discomfort or pain, and you've got to let it out... then rub one out for god sakes. Once in a while is fine - once every 1-3 weeks. Don't watch porn while you do it.

Link me to the study where not masturbating and watching porn lowers your testosterone. Everyone talks about it, but nobody ever references it.

Roomate damaged car and does nothing around the house, he's a complete pig

10 upvotes · 28 January 2017 · /r/askTRP

Kick him out. No time for losers like this in your life.

No mercy, you set a boundary more than once. He doesn't comply, he's a slob and damages your car on purpose. Tell him to shape up or he's got to move out.

If him moving out isn't an option, then find a new place with better roommates.

That may seem harsh, but this guy is stepping all over you because you're letting him. You get exactly what you tolerate in life. Tolerate disrespect, then that's exactly what you'll get.

banging a plate who is on birth control.

10 upvotes · 15 January 2017 · /r/askTRP

No contraception method is 100%.

Best to use two methods. Better safe than sorry. Use a condom even if she objects.

She might "forget" to take her birth control- then your fucked!!!

"I may be busy Friday, if I am I'll be free Saturday though" how do I approach this?

10 upvotes · 10 January 2017 · /r/askTRP

I have to disagree here.

If you say "OK well Saturday works too" that shows you have no life, no options, and therefore no value.

You don't have to frame it this way. Abundance mentality is also putting your ego behind you and arranging a date.

"I may be busy Friday, if I am I'll be free Saturday though"

This is her making herself available to you. Time to not ignore it and say, *"Hey you, I'll pick you up Saturday at 7."*

We can both assume that she flaked in the beginning because of her other plans. No biggie, you get some extra gym time anyway. She's interested in you and wants to get together. She is giving you an opportunity to setup another meeting.

If she flakes again, then it's clear she's not interested.

Cold approaching in Highschool

10 upvotes · 10 January 2017 · /r/askTRP

You need to express your interest in these ladies. Build some rapport with conversation in person. Then once you see some IOI's from them, message them to meet up.

You could say something like *"Hey girl D, I'm going to the basketball game tonight at 7, come with me."*. By taking the lead here you get put ahead of 95% of males in your school.

Alpha → Cuck → Alpha?

10 upvotes · 9 January 2017 · /r/askTRP

That would be my suggestion, as there's no way of gaining back respect here. But it's your life, no idea about the circumstances.

How does TRP community handle paying for drinks, dinner, or really paying for anything in regards to dating/spinning plates?

10 upvotes · 4 January 2017 · /r/askTRP

The general rule I use for paying for things:

If you're asking a person out (man or woman) then the bill is on you.

Example: if I invite my brother out to dinner, I'm footing the bill. Because I want to and because that's abundance. He wouldn't have came if I didn't invite him etc.

With LTR's it's different. It's more 50/50.

"As a Friend" Shit Test

10 upvotes · 4 January 2017 · /r/askTRP

"Best friends."

Then escalate.

Classic plausible deniability. See what happens on the date.

LTR keeps insulting my dick size

10 upvotes · 30 December 2016 · /r/askTRP

Shit test shitttt test shit test. Man, my LTR is the same way. I'm 7" erect, & she still teases me all the time about how her Pomeranian has a bigger dick bla bla bla.

She's just trying to see if she can get in your head about this. Women have a way of getting at the one thing that pisses you off & emphasizing it.

Salvaging an LTR by calling it off?

10 upvotes · 27 December 2016 · /r/askTRP

You're a valuable man who can have your pick of any 7/10, 8 or 9. What's special about her? Nothing. Why? Because this post is evidence your already on the edge and questioning why you're wasting you time with her.

She's probably thinking she lucked out here with you man. Skiing trips, wealthy, 6'2, she's seeing true love at first sight.

Lots of pretty women in the Vancouver area. I'd make the trip to Whistler alone & enjoy the ride.

Going insane

10 upvotes · 26 December 2016 · /r/askTRP

Man, this girl has never been with you. *She never even considered being with you.* It's not over because it never began. She will NEVER consider being with you if you keep acting in the way you do. Get over yourself.

This woman is taking up so much of your mental real estate with her toxic flipflop behaviour. And you're egging her on like a fucking cheerleader. Let it go bro. Seriously. Find strength within you. You are a man. Act like a man god damnit.

I take it that you're younger, 16 or 17, maybe in high school. Go look at Elliot Hulse's channel on youtube. Great for highschool young men.

Red Sex

10 upvotes · 24 December 2016 · /r/askTRP

Trust is a good thing.

Trust, reliability, integrity, these are all good traits. Don't get too caught up in the dogma on TRP. If you have an intuition about something, trust it.

girl saying other dudes are hot in front of me

10 upvotes · 11 December 2016 · /r/askTRP

This is more like a back handed passive insult than a response to a shit test.

I never learn. My GF just lied and I know she is at a hotel with some guy

10 upvotes · 9 December 2016 · /r/askTRP

Weird that she emailed you about it instead of calling you... Call the hotel like the guy did in this post and call it out like you see fit:

https://www.reddit.com/r/TheRedPill/comments/3bn9s6/fr_my_story_she_is_not_who_you_think_she_is_15/

Should I Drop My LTR To Be Single

10 upvotes · 9 December 2016 · /r/askTRP

Do whatever people tell you to on this Internet forum, they're always right.

More context for a real answer bro. Write a post.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

10 upvotes · 12 September 2016 · /r/TheRedPill

Spot on. From now on, refer to me as super beta 9000.

Is this girl playing games or is this a red flag?

9 upvotes · 12 January 2021 · /r/askTRP

This is oddly specific, but this could likely be the case.

Truth is stranger than fiction. She could be trying to cover tracks so her ex doesn't find out. Either way don't mention it, and shrug it off.

Rejected by friend i like,she didnt even block me, luckily i spin plates. Should i block her?

9 upvotes · 10 January 2021 · /r/askTRP

'Enough' is up to you man.

(LTR) I need some help. This is bad.

9 upvotes · 2 September 2020 · /r/askTRP

Women forgive, but they never forget.

Very surprised that this woman is still wanting to make it work with you. Your SMV must be pretty high. But damn dude, you broke her twice, and that's hard to regain that trust back. Like very hard. I can tell you know you fucked up, and I can tell you want this girl back a lot.

I'll give you advice on what you want as your outcome — to end up with her (even though I'm not sure that is the best outcome here).

- Don't drink anymore. Cut that shit out starting today. Get's you nowhere in life. Have a glass of wine once in a while or a beer with friends, but don't binge drink and don't drink every day.
- Give her time to think, let her reach out to you when she's ready.
- Inevitably, when she wants to talk, you'll have to own up to your mistakes and apologize. Don't beg or plead, but focus on what you did wrong, and change your actions for the future. Reassure her or whatever you need to do.
- Cut ties with those plates. They're just fast-food that's tempting you, like the alcohol it's empty calories.
- Be okay with leaving her. That might be the best thing for her that would cause her the least amount of pain in the long run. But you need to decide that.

I also gotta say, if this girl meant as much to you as you say, you wouldn't have cheated on her twice. So your actions and your words/thoughts are not in alignment. That's also something to think about.

And if you do get back together, it's going to be a fools errand to try and bury those negative emotions in her. They will always come up. So that'll be LTR on super hard-mode.

Girl stayed the night and it pissed me off. Am I weird?

9 upvotes · 22 March 2020 · /r/askTRP

Great answer.

Plate in city I'm visiting says she's talking to somebody right now, what's the best response?

9 upvotes · 10 September 2019 · /r/askTRP

"No worries, take care."

Then move on. Plates spin, then they break.. don't be a bumbling beta. Abundance mentality. Be cool and fade away.

What should you do if someone is mean to you? Like they call you a bitch or something? What is the best way to respond?

9 upvotes · 18 July 2019 · /r/askTRP

Choose not to be harmed—and you won't feel harmed" — Marcus Aurelius

You are acting like a victim. Why are you concerned with other's respect? You cannot force people to respect you, you become a respectable man by doing respectable things and acting in a respectable way. And a component of that is having rock solid frame.

There are people in life who try to get under your skin. It's your decision to let them. Laugh it off with them. Stop taking it all so seriously, live and if other people want to have some fun, then you have two choices. Be butthurt. Or don't be butthurt. Both are your choice. Agree and amplify man. If you are really concerned about this, it exposes a chink in your armor. You still put the ego above everything else. And in that respect you have a long way to go.

Watch this https://www.youtube.com/watch?v=NvBKC_8TTao

Would you FWB a woman friend of yours that has a boyfriend?

9 upvotes · 18 July 2019 · /r/askTRP

There's too little information here to tell.

Is she into you? Is the boyfriend a FWB? Context is needed here.

Not going to go into the morality of it— let the woman choose. Just be prepared for pushback once the boyfriend finds out.

Is this ASD or is she trying to get me to orbit

9 upvotes · 17 July 2019 · /r/askTRP

Man.

You're making this girl look like a slut to herself and to you. Don't talk about sex. It kills attraction because it amplifies ASD. Meet up & escalate.

Also don't escalate on text.

Also you botched her plausible excuse for you coming over in the first place, to smoke weed. She outright looks like a slut to you, and feels like one, as she knows what you already are thinking. ASD kicked up to 100. It's only fun for her when there's plausible deniability. When she realizes she's a slut, then social shame sets in and the blame is on you.

brothers, how does one bring up the "i dont want none of that relationship crap" talk with a plate/fwb?

9 upvotes · 26 November 2018 · /r/askTRP

Wait til she brings it up.

Then when she does, just say "I enjoy your company, and I like what we have right now"

Hobbies to develop in late 20s

9 upvotes · 26 November 2018 · /r/askTRP

Go to drop in basketball at your local court.

YMCA or something. It's free and you meet tons of dudes that are into working out.

Join a dance class - salsa or hip hop.

Go to a meetup or read a book in public at starbucks.

Giving up my job to focus on TRP, is it a wise choice?

9 upvotes · 2 July 2017 · /r/askTRP

You've got a long way to go.

You're on your way and you've got the right ideas in place man. Although it's appealing to quit your job, don't- until you get another. It's easier to get a job when you have one.

Focus on moving out of your parents house- being there is putting you in a certain mindset and coddling you in one way or another. You can lift, have hobbies, women and have a successful career. You need to time manage better and focus on keeping busy on the right things.

Does redpill allow gf's to know. 1. What books are to be read?

9 upvotes · 2 July 2017 · /r/askTRP

It's not the best idea.

Women desire to be with a natural alpha, and at first glance won't understand the education and work that goes behind it. I'd keep the kindle to yourself. Case closed.

What exercises would help burn fat off ass and thighs?

9 upvotes · 14 April 2017 · /r/askTRP

You can't spot reduce (reduce fat in one area).

Cardio, weights, and track your calories using MyFitnessPal.

How often do you clear your mind?

9 upvotes · 22 March 2017 · /r/askTRP

Meditate 1-3 times a day for bouts of 3-10 minutes. Fresh air and sunshine helps.

Lifting and enjoyable activities also take your mind off of whatever is fogging it up too. Find a hobby and get in flow. For me it's basketball 🏀 and guitar.

How does TRP feel about Buddhism?

9 upvotes · 21 March 2017 · /r/askTRP

The question should never be "*What does TRP feel about this*" when evaluating decisions.

It should always be, "*what do I feel about this, regardless about how anyone else feels*".

Learn to trust your gut. Maybe not how you meant it, but made me think of when I used to ask others what they thought of something before I decided to do it.

My brain goes into 'blank' mode in social situations

9 upvotes · 27 February 2017 · /r/askTRP

Sounds like this is a concern with your personal self esteem.

Your inhibition is amplified around others, you feel judged and inferior. Try to start conversations without a "goal" in mind. Just for the sake of chatting. Small talk first, then just speak what comes to mind- even if it's silly.

A book that helped me with this was "The Charisma Myth" and "The Six Pillars of Self Esteem".

Essentially you need to realize that you are a human, and everyone else you interact with are humans. We all have

the same goals, we all eat, we all cry, we all shit, we all want success. You're just another human in a room of humans. Socialize with the humans and lower your inhibition- there's nothing to lose.

shit test or no interest ?

9 upvotes · 13 February 2017 · /r/askTRP

99% not interested.

The shit test "edge" would've been her saying: *"okay but just as friends though"* (ASD). Which you would've replied to with *"best friends."* (plausible deniability).

In this case, option one would be to yank her orbiter-fishing-net out of the waters and put it all out on the line with: *"Not looking for any new friendships. I'll see you when I see you girl. Take care."*

People are generally loss-averse. She may react to this. Or she may not. Either way, you have nothing to lose.

Or option two is say *"haha, it's just a drink. No motives. Cross my heart."* What she says doesn't really matter.

"He needs to be careful."

9 upvotes · 30 January 2017 · /r/TheRedPill

Upvoted. I see your perspective, and in some cases this could be Self-AMOGing.

The way I see it, another man's success doesn't take away from my own. I'm not afraid to lose her, so being friends with other alpha males and boosting another man's accomplishments doesn't drain from my own. If anything, it adds to it.

If she does end up jumping ship because of that, then great- on to better things. Saved myself a load of time and trouble. Thus far, boosting another man's success around anyone, has only put myself in a better light. Nonetheless, I'll keep my eye out for these types of situations.

In your own words I've learned to follow & internalize: *"She's not yours, it's just your turn."*

Thanks for sharing the video- got a good laugh.

why do girls take my clothing after a few dates?

9 upvotes · 14 January 2017 · /r/askTRP

It's a way to keep in contact with you. When I first starting dating my LTR, she used to (purposely) leave her things at my place.

Phone charger, shorts, bra, shopping bag. & sometimes would borrow small things from me like a sweater or a long dress shirt to wear to bed.

Modern day expression of an evolutionary adaptive mating strategy.

It's a pair bonding thing. Go with it.

Alpha → Cuck → Alpha?

9 upvotes · 9 January 2017 · /r/askTRP

I want to regain control of things.

I think you gave that chance away when you encouraged your wife to fuck other dudes. There's no gaining back control of this. She sees you as a cuck. Very little respect for you now.

TRP is not a forum for Cuckhold relationships. At the core, it's a men's improvement sub to increase sexual

interactions. Not the place for these questions.

Shit test question

9 upvotes · 8 January 2017 · /r/askTRP

Problem is you told her what was going to happen. Instead of just letting it happen.

You see, plausible deniability is a woman's best disguise. If she agreed to go to your place after you blatantly told her you two were going to have sex, she would look like a slut to herself, you and her friends at the club. She doesn't want to give it up under too little guise for fear of this.

What you should've done, is escalated at the club, then asked her to come outside with you to "get some air". Then find some reason for you both to split and get some food. After, she would've agreed to eat the food at your house, then boom ASD passed.

High School SMV question

9 upvotes · 6 January 2017 · /r/askTRP

Go for them. Continue lifting at the same time. Keep approaching them & polarizing.

Time waits for no man. Keep approaching.

What are the best ways to avoid erectile dysfunction?

9 upvotes · 3 January 2017 · /r/askTRP

You've become de-sensitized and your dopamine receptors aren't responding to the same level of stimulation.

ED at the ripe young age of 22 can mainly be attributed to excess masturbation & pornography. Try stopping pornography & masturbating only when necessary.

Your testosterone will raise too.

Beating Social Anxiety

9 upvotes · 29 December 2016 · /r/askTRP

Read "[The Charisma Myth](#)". This will help you break out of your shell more.

If you think social anxiety can be cured by a one or two line response on asktrp you are going to be disappointed. You have to read books on this stuff. Pick up "[The six pillars of self esteem](#)" and then read "[the magic of thinking big](#)" and "[breaking the habit of being yourself](#)."

These books changed who I was, they will likely do the same for you. Changing takes effort and time. There's no easy way out. TRP can tell you what to do, but we're not going to do it for you. Take action on your own life if you want to truly change.

How to become more quick witted, funny?

9 upvotes · 22 December 2016 · /r/askTRP

It depends on the social context and situation. Funny with the guys is going to be different then funny with kids or women.

Develop your own sense of what you find funny. Start speaking your mind about shit that you see. Like "hey that lady paid for her groceries entirely with change, how strange." Small example, but you get it.

Try "Call-Back" humor.

Example: make a joke, then later in the interaction, reference the same joke but in a different context. Works really well with women (or anyone actually) and develops a great give-and-take playful conversation.

Your small daily decisions are the ones that create you into who you become

9 upvotes · 15 October 2016 · /r/TheRedPill

In short, Porn is pacification. Our human brains haven't evolved to handle more naked women at the click of a button then we would likely see in a lifetime 100 years ago. It kills your most internal drive as a man.

Nonetheless I encourage everyone to have their own reasons for doing something or not doing something.

[/u/Meat-on-the-table](#) has written a good piece on this a few months ago. <http://archive.is/SglOI>

Moving to new city no friends here. Live alone or roommates?

8 upvotes · 30 March 2021 · /r/askTRP

Rent a solo apartment if you can afford it. I always prefer to fly solo.

I just recently realized the fact that I am unironically an ultra-beta dude. How the fuck do I remove all the trash from my brain and build up from here?

8 upvotes · 30 March 2021 · /r/askTRP

Don't apologize to me man. You owe me no apologies. You owe nobody any apologies. You owe yourself a massive apology though, for taking the hit for that framing bitch.

Cut ties with that toxic cunt. Delete her number tonight. It's on you that you did that, that's your fault, that's your responsibility. Learn from it. It's cringe I admit that, and guys are gonna roast you for this, but it's all good man. That's in the past. Don't worry about it. The important thing is that your cringing about it. Because in the moment you thought you were the hero.

It's definitely going to be challenging, but it's the best thing to do for yourself. To be honest I still struggle with doing things for myself, even to this day.

But if you want to break this cycle, you need to make doing actions for yourself your #1 priority. Like you need to set this as your phone background, and look at it every day.

How to deal with judgmental family?

8 upvotes · 30 March 2021 · /r/askTRP

This is textbook passive aggressive.

It's really really toxic behaviour because you can't point a finger at it. On the surface it looks like they're being supportive and 'well intended', but underneath the veil, it's a calculated control tactic to make you feel a certain way. I know exactly what this is. My mom and sister are like this, so I have some experience.

The best way to handle passive aggressive comments is to treat them at face value, honestly and draw attention to the absurdity of it.

Call them out.

"I'm confused, why would you send me that meme?". It will force them to state their intentions and that will become harder and harder for them to do over time. They know that this bothers you, that's why they say it. It's important that you call attention to their narcissistic behaviour.

If it continues after that, you may need to directly set a boundary that you have changed and you will no longer be boxed into their toxic schema of you. And if they continue to do that you will stop communicating with them.

Also as a side note, your life situation sounds good. Good for you for working hard to set it up that way.

Girl went back to ex

8 upvotes · 2 February 2021 · /r/askTRP

I've noticed this on asktrp too. Guys like to act like what they think is alpha, only to lose good opportunities because of their facade. They trade in authenticity for a cheap ego boost.

First time I'm heading it mentioned in this context though. If you have time I'd like to hear more about your take on the "fake trp".

You're too young for me.

8 upvotes · 24 January 2021 · /r/askTRP

Brutal truth right here OP ^

Initiating a breakup with LTR but feeling crushed.

8 upvotes · 13 November 2020 · /r/askTRP

Certain things are dealbreakers for people, and this might be one of them for you. But I have a perspective I think you should consider.

In your case, it'd be different if she did this in **this** relationship.

Seeing as though it was in a last relationship, before she knew you. Why should that matter to your current relationship? Character? Sure, but will you judge a person from a single action they have done? And even then, it's almost impossible to tell the entire truth anyway. There's no utility in that. You weren't there when it was happening.

Just like this, I think you should leave the past in the past.

Everyone makes mistakes. Become a better man and stop drowning in something she did years ago. Forgive yourself, her and let go of it brother. Don't judge someone on the person they've been, judge them on the person they show up as. Everyone makes dumb mistakes in the past and betrays friends.

Again, if this is a night and day realization for you and a massive deal breaker, then go with your gut.

Meeting LTR's parents

8 upvotes · 25 September 2019 · /r/askTRP

Here's some quick and dirty tips:

Be respectful, kind, charismatic, bold. Speak up. Make eye contact. Don't shy away from her father, speak to him man to man. On the same level. He may become a mentor to you.

Try to steer conversations away from politics, religion or topics of general disagreement. Talk about life, travel, ideas, future.

In terms of shit tests, I'm sure it'll be things like: "what do you do, how did you meet our daughter, what are you doing with your life." i.e. you good enough for our princess?

Handle as genuine questions, with some humour sprinkled in.

Girl flaked on me last minute for a planned dinner

8 upvotes · 25 September 2019 · /r/askTRP

Don't lose any sleep over this mate.

Your fuckbuddy flaked on eating food with you. Eat your dinner with your buddy, go for a lift and get busy worrying about something that actually matters.

is this a SHIT TEST??

8 upvotes · 18 July 2019 · /r/askTRP

Is this the same girl who keeps doing this? She sounds neurotic.

Ask her why she put a “d” in “an”

is this a SHIT TEST??

8 upvotes · 18 July 2019 · /r/askTRP

She's testing your frame man.

This is shit test 101. Agree and amplify, or squeeze her and spin her around until she screams to stop. If you can get her giggling and in her feminine, 9/10 she'll cut this behaviour out.

You could've answered something witty, might've escalated to some flirting, might've not. Pressure flip would've worked perfect here. Or Agree and amplify. Just treat her like the child she is. Laugh it off, smack her on the ass. A woman in her feminine will ALWAYS test your boundaries. It's the essence of femininity. She needs to know whether you're a worthy mate or not. Do not DEER (defend, explain, excuse, rationalize).

Social media and women

8 upvotes · 8 July 2019 · /r/askTRP

Instagram, Facebook, Reddit, these are all things that take up bites of our time but we don't notice we do them because it's become a habit. Validation machines for women.

I use instagram like my alarm clock. I check it about once a day, post a story or a photo a few times a week, then close the app, always keep notifications off.

If you're worried about not getting girls because they ask for your insta, just understand that insta is a modern way to screen you beforehand. Girls just want to know if you're a high social status dude who has a fun life. Having a instagram is a great way to show some of that. Not required by any means though. If you're super concerned — just change the subject from insta to something else.

How to develop humour?

8 upvotes · 17 June 2019 · /r/askTRP

With humor, you need to tune into an intuition. Humor isn't about a punch line or telling a joke.

Context is a huge component with humor. It depends on the social context and situation. Funny with the guys is going to be different then funny with kids or women. If it doesn't make you smile before you say it, you probably shouldn't say it.

Develop your own sense of what you find funny. Start speaking your mind about shit that you see. Like "hey that lady paid for her groceries entirely with change, how fucking strange." Small example, but you get it. Lot's of life is really funny, if you stop and notice.

Try "Call-Back" humor.

Example: make a joke, then later in the interaction, reference the same joke but in a different context. Works really well with women (or anyone actually) and develops a great give-and-take playful conversation. And it works because only "you two" understand it. Great way to build rapport, as long as it's done in a non-try hard way.

It works well if done sparingly. 1-3 times tops in one conversation or else it looks like you're a weirdo.

If it's a push pull banter type of conversation, then answer in an elusive mysterious way. Or whatever witty callback humor you can use.

How do you become a part of a big social circle or network that consists of hot girls?

8 upvotes · 29 December 2017 · /r/askTRP

Lift.

When you lift you get to know good looking guys who take care of themselves. Who do those guys fuck? Hot girls. Who do you hang out with? Those guys.

Pretty soon, you'll be fucking hot girls too. Or not, maybe you'll just be hanging with a bunch of dudes playing dungeons and dragons. Up to you.

Also. Great book recommendation for you man. It's called "the like switch." Amazon it

How do you guys handle eye contact?

8 upvotes · 5 December 2017 · /r/askTRP

Make strong eye contact with everyone.

It's not so much about what you say, it's how you say it. With confidence, eye contact and open body language.

Imagine 2 scenarios. If a salesperson approached you and wanted to sell you a pair of shoes with looking at the ground. Now imagine the same scenario, but them looking you in the eyes. Which scenario makes you feel better about that person overall? Hopefully the latter. If you've ever met the former you'll likely not think too much of them.

With women, stare into her soul like you're going to steal it and sell it to the red pill. Never break eye contact with her until she does first.

Me and my girlfriend having issues because of my lack of trust.

8 upvotes · 8 October 2017 · /r/askTRP

I know this seems like a big thing, but it's not.

Relax, women are fickle. This isn't the only one either. They're all like this, capricious. You kind of slipped, because now she knows you care. Never let a woman know that shit bothers you like this, even if it does.

Whenever you break frame, you lose... But moving on, your girl sounds really sweet and definitely seems like a keeper, feminine, beautiful, smart, funny, *hypergamous*...

It comes down to this: if you're confident in the man you are, then that's all that matters. Whether she comes with you or not, at the end of the day you're still going to have an awesome life. If she's going to be disloyal and abandon ship, so be it, sail without her, there's many more at sea.

'The desert is a capricious lady, and sometimes she drives men crazy.' — Paulo Coelho

TRP way to handle venting ?

8 upvotes · 22 March 2017 · /r/askTRP

It's going to vary based upon plate or LTR. But generally this is what I go by:

Listen, don't judge, and set a limit on it. Let her blab for 10-20 mins about whatever, if you have to give input- then spin it positively. Some empathy but don't go overboard. Whatever you do, don't provide solutions. Women don't want solutions, they want problems. They thrive on drama.

Basically be her rock.

Going to ask for a girl I know for her number.

8 upvotes · 14 March 2017 · /r/askTRP

Do it when she's semi-alone.

Otherwise she'll put up walls and sometimes ASD will turn on- especially if she's conservative.

Don't think too much of this. You should be approaching and talking to women already. This is TRP 101.

Reverse flaking

8 upvotes · 11 March 2017 · /r/askTRP

Hahahahaha Wow man. This is literally hilarious.

Faking a flake and turning it on her. Some fresh levelled up red pill strategy. Well done.

I'm not a fan of doing this, just because even though you might get a short term gain, (looking like you bailed and not her) she still bailed. And you're going to look like a flake now, not her. So zero benefit. No hamster spinner.

No soft next. Just arrange another meet.

Social Cues for Ovulation?

8 upvotes · 4 March 2017 · /r/askTRP

Yeah, when they're dressed up or matching for no particular reason.

Examples: Heels with a short dress to the mall. Usually ovulating.

Implicitly they're getting ready for the right man. Also, women who are ovulating have a kind of 'glow' to them.

Can't explain it, but after a while you can just tell.

Response to my ex, whom I had no contact with for month's

8 upvotes · 17 February 2017 · /r/askTRP

Well, I don't agree with your decision. But nonetheless you made it.

As for the car ride conversation, be cool. Be sort of mysterious, talk slowly and clearly, make smirks, ask about her. Normal shit. I'd keep it light.

Hope it goes as you expect it to.

Will my height keep growing after 16?

8 upvotes · 9 February 2017 · /r/askTRP

Yes. Usually by a few inches- slows down until you're 21.

Sleep lots, eat lots, and exercise lots.

LTR says she doesn't want to be with me anymore if I don't change.

8 upvotes · 9 February 2017 · /r/askTRP

She's not asking you to be a "good little beta boy". She's asking you to be a man.

You even admitted you've been shitty to her. Own up and realize you need to make some improvements. You don't have to placate to do this, but it sounds like you've got some work to do in growing as a man.

Realize in LTR's it's a balance between dread and comfort. Alpha and beta. Usually an 80/20 alpha beta split.

How do I deal with male shit tests?

8 upvotes · 6 February 2017 · /r/askTRP

Agree and amplify works best.

Don't fall into his frame. Hold your gaze. If they're being passive aggressive then answer the question at face value (instead of the one he's implying without saying it).

Smile and live your own frame. The person who holds their frame longer will always create reality around them.

Girl wants to come over on the first 'meeting'?

8 upvotes · 6 February 2017 · /r/askTRP

Are you interested in her sexually? Or is this a strictly travel thing?

Any girl that invites herself over, is pretty interested in you.

Feeling bad after bad sex performance

8 upvotes · 5 February 2017 · /r/askTRP

Your excitement is probably at a 9, when it should be at a 7. Try taking deep breathes to calm yourself while you're inside her.

Otherwise, just chalk it up to her being "so good at making you cum", and continue to pursue her.

Premature ejaculation

8 upvotes · 4 February 2017 · /r/askTRP

Days man.

I can control when I orgasm. Because I control my excitement. Your physiological state determines your neurological state. You can effect your neurology by changing your behaviour. Also stop focusing on your dick (as you normally do in masturbation), and started focusing on fucking her.

Start meditating daily for 5 minutes to practice your breathing.

[Frame] Every chick I talk to I get shit for "trying to game" is this a complement or an insult.

8 upvotes · 26 January 2017 · /r/askTRP

It's possible that these girls see you hitting on other girls in front of them. You might think this is a prequalification, but it's not. It'll have her ASD up high, because she doesn't want to look like one of the other girls your gaming.

Also it's a shit test too, and in that case, you could just say *"Ya, I approach all the girls- moving on to the guys tomorrow"*. Just hold frame and eye contact when you say it.

She respects men who can wait?

8 upvotes · 16 January 2017 · /r/askTRP

Even if it is the (trickle) truth, there's younger women who don't have these types of long term weird sexual histories right? You and I both know something odd is up here.

How do we know this? Because you wouldn't have posted otherwise.

Stuck in a unhealthy relationship, what can I do.

8 upvotes · 16 January 2017 · /r/askTRP

Women are masters at manipulation- especially when it comes to getting what they want. They've evolved to know how to twist you around their little fingers, especially in your weakest times.

A lot of guys here will tell you to ghost her (you should). But like you said, you've tried but she keeps on coming back.

If you're not happy, you need to end it- despite her continuously attempting to come back into your life. You need to be firm on your decision. You're in high school, and self discipline is hard because your prefrontal cortex is still in development. But you need to make this call and stick with it. For her sake too.

[u/SkorchZang](#) gives great LTR advice- interested to hear his take on this.

Watching all my friends succeed in life is making me clinically depressed bros, I need help

8 upvotes · 14 January 2017 · [/r/askTRP](#)

I've lived plenty. Also gone to university, got my degree & realized after 1.5 years I couldn't get a job with it. So ended up creating my own company & employing myself.

20K+ student loan debt I'm paying off too.

Sure, let yourself feel jealous. Wallow in your victimness- but set a time limit. Do it for an hour, then never do it again. Seems like you're just burnt out. Take a few days to yourself and relax man. Life's not so bad, you'll realize that soon.

If you feel clinically depressed, then see a doctor. That's a mental health concern & not a red pill one.

If a chick is rude and/or disrespects you, what is the best course of action? I feel walking away is like a "tail between the legs" type move, so what are some alternatives without breaking frame?

8 upvotes · 11 January 2017 · [/r/askTRP](#)

More context for a better answer.

Depends if the rudeness or disrespectfulness is a shit test or not. Agree & amplify if it is

If she's doing it because she thinks your a beta- then don't set boundaries. Just withdrawal affection.

How can I get as BLUE PILL as possible?

8 upvotes · 11 January 2017 · [/r/askTRP](#)

Sounds like a cowardly way to end it. Just leave her high & dry with thinking that she lost her alpha forever. Aka break up with her & stick with it.

It's not worth the time or degrading of your own self worth for the benefit.

LTR keeps insulting my dick size

8 upvotes · 30 December 2016 · [/r/askTRP](#)

If you are serious, then agree & amplify.

"Yeah I couldn't even see it last night, where did it go? It was all up inside you it just disappeared."

text over break?

8 upvotes · 29 December 2016 · [/r/askTRP](#)

Don't get too caught up in TRP dogma. If you want to text her, and it comes from a place of abundance, then do it.

How to deal with a girl with harmful views about life.

8 upvotes · 24 December 2016 · [/r/askTRP](#)

Man, this is a woman who needs help. Your not her therapist or support system.

This one will drag you down.

Been seeing a girl every day/night for the last 9 days since we first met, BP?

8 upvotes · 24 December 2016 · /r/askTRP

Don't spend every waking hour together.

Might want to give some space here. You've gotta give her time to miss you.

Red Sex

8 upvotes · 24 December 2016 · /r/askTRP

It's a sign they really trust you, and they know your not going to judge them. Plus a lot of women get really horny on their periods, so the sex helps them deal with the comfort they need.

I would say it's the former, reserved for alpha males.

How do you love yourself? I'm very interested and serious.

8 upvotes · 17 December 2016 · /r/askTRP

If you keep talking to yourself in that self-deprecating voice that's who you'll become. No more, no less.

That's your problem. You're lazy. You don't want to change. There's no necessity for you. Your happy with your current situation. You know how I know that? Because if your weren't, then you would have changed it.

You need to read that book I recommended to you. Then as you said, commit to a goal & **complete the goal**. The last part is essential. Most people set goals but never keep them.

I don't know what's going on in your life and this laziness could manifest for a multitude of reasons. Get your vitamin d levels checked, iron levels, if your over 28 get your T tested as well. If you wake up tired, then book a sleep study. You could have sleep apnea, or another sleeping disorder that's causing this.

How do you love yourself?

Start speaking and thinking from a place of abundance and gratitude, instead of scarcity and self pity.

I mean this in the most helpful way possible.

Is this a shit test. Only someone with knowledge of the red pill can help me.

8 upvotes · 9 December 2016 · /r/askTRP

Chances are, you're rushing it. She feels like she's about to have sex. Women want sex to "just happen". They don't want to feel like they're making any mistakes or compromise their status with you. If she gives it up too easily not under enough guise, you'll lose your respect for her and she knows that.

Yeah. This is simply anti slut defence. Best way to fight through LMR is using plausible deniability. When she says "*I'm not that kind of girl*" you dial it back and say "*we're just kissing*".

Give her a way to feel free with you. Not like she's just randomly fucking a guy from Uni.

Sounds like she wants a *no strings attached* kind of setup but won't want to explicitly communicate it.

How to break up with cluster B LTR of 7 weeks?

7 upvotes · 7 February 2021 · /r/askTRP

Breaking up with a cluster b is like hitting a bees nest with a baseball bat.

You should have a backup plan. I think a good way to go about this, is to blame it on yourself. "I'm just too weak. I'm going through so much. It's not you it's me". Make some bullshit up. If she thinks it's cause of her, she'll go full crazy woman on you and she'll try to ruin your life.

Taking the ego hit is much more worth it.

How do you handle overly chatty girls?

7 upvotes · 13 January 2021 · /r/askTRP

Jump in the conversation.

Most of what women say has no meaning and they just like to hear their own voices. So you can't really stop that or "handle" it. They're just gonna keep blabbing on, especially if the girl is already really chatty. If she is super chatty, I personally see that as an IOI because girls aren't chatty with guys they don't want to talk to.

I normally just jump in, ask a question, or expand on something she's saying, while keeping the conversation light and bantery. Think a pitch and catch type of chat. You just have to take something she says and run with it.

Her: I love hiking, it's like my life on the weekend bla bla bla

You: Yeah you look like you're a mountain woman

Her: I totally am, bla bla bla i love mountains and lakes bla bla

You: what are you doing Saturday afternoon, I'm going hiking and I'd love to take you on this trail and see if you can keep up

Obviously context dependent, and it depends what kind of person you are as well. Some guys can pull off saying some crazy shit, and get away with it because of the kind of person they are or are not. Highly related to SMV. You get the picture, just polarize and escalate.

Negativity/shit tests and my response

7 upvotes · 11 December 2020 · /r/askTRP

Welcome to TRP on hard mode. LTR's.

Get used to the endless shit tests. Women do this to test your frame and strength. To test whether you're an oak or not.

Blindsided by LTR, what's going on?

7 upvotes · 28 May 2020 · /r/askTRP

Most of the time, the jails we are in, are built in our own minds. Sounds like he built a jail in his, and kept everyone out. Not the alpha to aspire to be. Hero or not.

Your ex will probably end up doing the same thing. But women do it in different ways.

There's a lot to break down here. And it sounds like you're going through a lot too man. PTSD. Mother having covid and a stroke. Your uncle dying of covid in March. Massive breakup. 3 of these are on the list of the [life change index stress scale](#). That must be hard as fuck for you right now. You're in my thoughts bro.

It sounds like he was a second dad to you in some way. Felt like family I'm sure.

Don't think too much about this right now. Let sleeping dogs lie. Things will gradually start to make sense. You'll be driving one day and have a realization. And you'll have 50 more days and realizations like that. Maybe 100. Let things digest.

Here's a quote that I've been meditating on, maybe it will be helpful for you too:

"However kind or mean the hearts of others is their affairs and not ours. We can't control the hearts and minds of others. Our duty is work on our own heart. Work on the only heart we can truly feel - this heart here in this body and this mind."

Stuck with LTR due to Quarantine

7 upvotes · 21 April 2020 · /r/askTRP

Meditate, sleep, read something on your phone. Improve. Everyone is in the same situation as you right now. You're not unique. Be happy you're stuck with a girl you can fuck a lot instead of in a jail cell or some shit.

Just found out LTR is cutting

7 upvotes · 9 April 2020 · /r/askTRP

She might have BPD if she is cutting and has irrational fear of abandonment.

I would read "**stop walking on eggshells**" and see if any of that behaviour rings a bell to you.

Girl keeps asked why I don't like her posts on twitter and Instagram

7 upvotes · 23 August 2019 · /r/askTRP

This is either a shit test or a comfort test, depending on how she said it.

Was it over messaging or in person?

What's the redpill explanation for why a mother-in-law is more likely to hate their daughter-in-law than a father-in-law is more likely to hate their son-in-law?

7 upvotes · 21 August 2019 · /r/askTRP

It sounds like you're already becoming aware of your mom's attachments to you, but as soon as you can you should distance yourself from your mother. A man can only truly evolve when he detaches from his mothers emotions.

Would you FWB a woman friend of yours that has a boyfriend?

7 upvotes · 18 July 2019 · /r/askTRP

Sounds like she's into you, but doesn't want to look like a slut (cheating on her boyfriend). It's an ASD thing.

Guy sounds totally oblivious to all this- so it's your call on how to proceed. Doesn't seem like she's using you for attention- seems like she's proding for *your* attention.

Seems like she wants a no-strings-attached setup but wants you to make it happen.

Keep pursuing her but turn up the plausible deniability to a 10. Like *"oh we're just watching a movie"*, and *"don't worry, friends can sleep in the same bed right?"*

Give her hamster something to work with.

How long after graduation to wait to DM HS teacher?

7 upvotes · 27 June 2019 · /r/askTRP

If you're serious, I'm interested to know how this plays out.

Steamroll your way on her insta and like all her photos from back in 2015.

best witty answers

7 upvotes · 6 October 2017 · /r/askTRP

"I know you do."

Dickhead around my parents

7 upvotes · 2 August 2017 · /r/askTRP

Solution: stop acting this way.

The reason you're acting this way is because you started to act this way. This kind of psychological inertia happens when we behave similarly around the same people a lot of the time.

Think about a night where you acted cool around someone you now know. It's likely that you'll continue to appear cool around that person and display a similar behaviour that you previously did before.

It's like the rule of expectations. You just need to break the cycle by rising above it. Form a new persona around him and stop acting in a way that's incongruent with your personality and feelings.

I got drunk at a party and called my exes best friend a slut to her face

7 upvotes · 2 July 2017 · /r/askTRP

Move on.

Not a big deal and no one will remember this in 6 months. Just don't associate with your ex's friends... they're not your comrades and don't bring you value. What you say or do to them is irrelevant.

Going forward, keep your emotions together. Because some bitch doesn't reply to you when you need help (*why are you even asking her for help from her?!*) don't lose your shit. Hold frame and move on. Don't bring it up again with her.

Girlfriend hangs with ex

7 upvotes · 27 March 2017 · /r/askTRP

Don't play yourself OP.

Scarcity mindset can set on when you've been with a girl for long enough. Just consider this. Would she be meeting up with her ex if she was with Brad Pitt (in his day). No. She's being shitty because your behaviour says that's okay for her to be shitty. You teach her how to treat you.

You've got to decide if this is a deal breaker for you. And if it is, then act accordingly.

LTR mentions someone on TV looks like ex -- best approach?

7 upvotes · 21 March 2017 · /r/askTRP

Well there's two ways this could be looked at.

If he legit looks like her ex, then be like *"oh shit, he totally does. Look at that."*

If he doesn't, then it's a shit test, be like *"oh shit he totally does. Look at that."*

I've learned to just drown out the paragraphs of nonsense that women speak all the time. Don't read too much into it.

How to become a more disciplined?

7 upvotes · 15 March 2017 · /r/askTRP

Discipline and willpower take years to cultivate. You need to see things bigger than yourself and have a vision that is clear. Mostly you're procrastinating out of non-necessity. It's not necessary for you not to.

When something becomes necessary, you act differently. Like if you didn't have any food or shelter, you bet that you wouldn't be watching porn all afternoon- you would be outside chopping wood to keep warm. Because it would be necessary to stay alive. Humans love homeostasis. We're very lazy creatures when we have our needs met.

Read "Breaking the Habit of Being Yourself". And Meditations by Marcus Aurelius.

Can y'all help me quit smoking weed? I need a replacement or something

7 upvotes · 11 March 2017 · /r/askTRP

Every time you smoke weed, burn a \$100 bill along with the joint.

Then tape a \$100 next to your lighter and grinder. You'll stop out of neccessity for going broke.

Our brains respond very well to punishment. Even when it's self induced.

How to kiss close

7 upvotes · 4 March 2017 · /r/askTRP

You need to polarize more.

Don't have to kiss on the first date, but you need to at least be touching her.

Before you kiss her, stare deep in her eyes. Like you're thinking of fucking her on the washing machine later. Do that for 11 seconds. Then stare at her lips for 2-3 seconds. Then back at her eyes. She'll smile or something, then go in for the kiss.

Judge the moment too. Like you'll feel it when it's a good time.

Giving off the "wrong" vibe

7 upvotes · 22 February 2017 · /r/askTRP

Is it common for people to have this mixed view of you? Or is it the first time?

Seems like your current self is congruent with who you think you are. Women will say that when they're attracted to you.

What it means is *"I put you in the beta category, but you're actually in the alpha one. Good"*

What happens if I don't give a fuck?

7 upvotes · 22 February 2017 · /r/askTRP

Depends what you choose to care about.

If you don't give a fuck about what people think and live your own life, you'll do fine.

If you stop giving a fuck about sleep, food and water, then you die.

How to stop replying and focusing so much on social media?

7 upvotes · 17 February 2017 · /r/askTRP

Delete the app from your phone.

Change your password to an unknown combination of characters and numbers then deactivate your account. You'll never get back in.

Then profit.

4 months on TRP cant still aproach woman

7 upvotes · 9 February 2017 · /r/askTRP

That's great advice.

Judging by your post, you've already given up. If you hadn't then the apathy in the OP wouldn't be so prevelant.

Get out of here and approach women. Get rejected. Stop staring at your ex. If you haven't given up, then get out and fucking prove it then.

Is it okay to talk about trp?

7 upvotes · 9 February 2017 · /r/askTRP

There's no point.

Mostly it will label you as a chauvinist. It's like trying to convince a religious person there's no god.

You'll just be going in circles because of the sheer denial and loss of reason.

[LTR] She definitely wants marriage eventually - I don't. What to do?

7 upvotes · 9 February 2017 · /r/askTRP

She's 30. Her clock is ticking.

Of course she wants to settle down soon. Women want stability. Dualistic mating strategy. She's needs a provider soon.

This might unpopular or considered moralizing... but if you don't want to marry her, then do the girl a favour and tell her that. She's got a window to have kids in. Don't lead her on thinking she's going to settle down, when you've got other plans. Fine when they're 20, but 30, her window is approaching. Let billy beta settle down with her.

Girl wants to come over on the first 'meeting'?

7 upvotes · 6 February 2017 · /r/askTRP

Sounds like she wants to bang to me. I mean, girls that don't want to bang usually don't walk into another mans cave who will surely bang her.

But gauge her interest nonetheless. If there's no attraction there and she's not responsive to your advances, then play it back.

You'll know if she wants to fuck by what she's wearing when she shows up. Sometimes it's a big giveaway. Not always, but sometimes.

How to maximise one's energy?

7 upvotes · 17 January 2017 · /r/askTRP

Vitamin D, drinking a ton of water, whim-hoff breathing techniques, abstaining from pornography/masturbation, regular meditation, exercise, wholesome diet, matcha green tea, coffee, adderall, speed, cocaine, crystal meth, black tar heroin.

The list goes on.

How to get her to let/invite me[21M] into her place?

7 upvotes · 15 January 2017 · /r/askTRP

Plausible deniability.

Figure out some way or excuse to come in. Give her hamster something to run with.

"I love dirty places- show me your new couch" or *"Let's go to your place for a cup of tea"*. Bitches love tea. Especially the plausible flavor. *Steeped with deniability*.

Harmless & let's the female think that it's "natural" & it "just happened". Aka she won't feel like a slut letting you into her cave.

Why women get into relationship with older men and not the opposite?

7 upvotes · 15 January 2017 · /r/askTRP

Evolution.

Women select men based upon traits that show he can protect & provide for her & her offspring. These tend to be males that are older.

Traits women look for: ambition, drive, wit, charm, social standing, SMV, financial standing, physical fitness, strong frame, sensitive, reliable, affluent.

Older more established men tend to have these traits.

Men select women based upon different traits: hip to waist ratio (best chance of successful births), submissiveness, caring, feminine, **youthfulness**, facial symmetry, sweet personality, petiteness (health). It just so happens that a lot of young women have those traits- all indicative of good reproductive health.

You get the picture. It's a dualistic strategy. It's how nature selects the best genetics to move forward.

What to do when you were inconsistent? LTR Shit test.

7 upvotes · 14 January 2017 · /r/askTRP

Don't know the tone here, but since this an LTR it looks awfully like a comfort test.

Since you're away & probably dreading her quite a bit, try & pass this with comfort. You're not *"entering her frame"* by doing this. You're being her rock.

Comfort tests are arguably equally important as shit tests in LTR's. Try saying something like *"how could I not call you baby, I'd miss your sweet little voice"* or something like that.

Only if this is a comfort test- if it's not then agree & amplify

How do I remove the thoughts that not being the best equals being shit

7 upvotes · 13 January 2017 · /r/askTRP

why bother if you're not the best...

Realize right now, that there will always be someone better than you.

It's unlikely that this man is naturally like that. Confidence, happiness, and being good looking takes effort. Although it may seem like it comes easy, he probably works out 5 times a week, has a good social circle, reads and better himself every day. AKA what you should be doing.

My advice is to befriend him. Learn from him, mentor him. Instead of sitting on the sidelines and feeling jealous, look at what you can do to be like him.

Ex going around telling everyone that I have been talking shit about her. What should be done? Continue silence or confront ?

7 upvotes · 12 January 2017 · /r/askTRP

Don't seep down to her level. Take the high road. You don't gain from confronting her- you only look lower in her eyes because it shows you're falling into her frame.

Ex gf turned plate and bestfriend were planning to sleep together. How should I handle this?

7 upvotes · 8 January 2017 · /r/askTRP

You know how you should react already. So do it & stop questioning it.

She's not yours, it's just your turn.

Trying to plate a tinder fuck

7 upvotes · 7 January 2017 · /r/askTRP

You already fucked her once. Foot in the door.

Call her & be like *"back from your trip? meet me tonight at 7."*

If she's interested she'll message you back to meet or arrange another time.

Quick question on radio silence

7 upvotes · 3 January 2017 · /r/askTRP

"Keep in touch boy"

Not disrespectful or vague. Don't read too much into shit. This is just her demeanour, trying to be sassy or whatever. Play the game man.

"Just finished with all my stuff today"

She's making herself available to you. If you made other plans, follow through with those plans.

I don't want to be the one always initiating.

Then you don't want to be a man. Get used to always initiating, always leading, always making the first move.

How to deal with aggressive/ passive aggressive strangers?

7 upvotes · 30 December 2016 · /r/askTRP

Your going to want to avoid being around people who are like this. Passive aggressiveness is very toxic to be around because you know something is going on, but you can't call it out or point at it.

Here's a good video on how to deal with people like this.

"Do you have any plans for tomorrow night?" before asking girl out, good or bad?

7 upvotes · 30 December 2016 · /r/askTRP

Take the lead here man.

Say to her: *"Tomorrow's New Year's Eve, I'm going out at 7 to x location. Come with me."*

Gf's past makes me sad

7 upvotes · 29 December 2016 · /r/askTRP

She's not yours, it's just your turn

How do I build attraction with a female friend I have been platonic with?

7 upvotes · 27 December 2016 · /r/askTRP

Polarize.

Create opportunities to touch her. Lock eye contact & don't break it unless she does. Take the lead. Ask her to hang out, then escalate. Women clue in pretty quick when a man is interested.

Make push pull banter the whole night. Develop a dialogue between the two of you that only you two understand-

when you lock eyes you know what each other are thinking. This builds attraction paired with touching and escalation.

why does my oneitis hate me?

7 upvotes · 24 December 2016 · /r/askTRP

This is why your oneitis hates you man.

Tips for a newbie at a holiday party

7 upvotes · 9 December 2016 · /r/askTRP

Talk to everyone, girls, guys, dogs. Everyone is your friend here.

Over-dress, be fancy as fuck. Eye contact with everyone. Witty, social banter.

Chat up the LDS girl and establish some rapport. Light touching, fun playful conversation. Go back to her later in the night and see if she wants to 'go for a walk' or chill downstairs.

Feel like everyone is watching me. ...

7 upvotes · 9 December 2016 · /r/askTRP

Egocentrism. You're under the impression that everyone is looking at you. For whatever reason that makes you nervous.

breaking news: No one is looking at you. Most people only care about themselves and who liked their last photo on instagram.

In the off chance that everyone is looking at you... Then try & reframe it in your mind and feed off that energy. Like tell yourself *"everyone's looking at me because I'm a badass man who has his shit together"*. Then stand tall & make eye contact with everyone.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

7 upvotes · 12 September 2016 · /r/TheRedPill

From personal experience, her relationship with her father is a big tell. As I said in the OP, *"If she lights up when he's around, and he has complete control over her attention and respect, you know that she's already tame."* It's not always the case, but it's a good indicator.

Other giveaways are is she asking you to lead? Example:

"Where should we eat tonight?"

"Do you like this outfit on me?"

"What are you doing this weekend?"

These are all small que's that she's asking you to take charge. Being feminine is pretty self explanatory, you'll know/feel it when you see it.

You will continue to suffer if you have an emotional reaction to everything that is said to you.

7 upvotes · 19 August 2016 · /r/TheRedPill

It is also important to differentiate between constructive criticism and people who are just trying to tear you down.

Great point here — thanks for elaborating on this. Surround yourself with other humans that have your best

interests in mind. People who bring you up, and not drag you down.

However it's important to note, that those who have your best interest in mind *will* criticize you.

If you have a friend circle, and everyone is constantly encouraging, how will you gauge improvement? Will these friends/women still encourage you when you're making the wrong decision? Do the people around you push you to be better, or do they prefer the middling blue pill version of yourself?

I grew up with my mother having a huge influence on the house. And whether I got a "F" in school or an "A" it was always "great job!". Looking back, that taught me that I was rewarded for being shitty. It taught me that it didn't matter what the outcome was because as long as I "did my best". It turns out that "doing your best" in life transfers to mediocrity because it stunts any possible growth you can achieve through feedback.

It took me a long time to realize that people that criticize are doing you a huge favour (most of the time), as long as they have your best interests in mind.

[FR] Girl that was supposed to meet with me at 8 AM at a coffeeshop suddenly bailed and tried to gaslight me to thinking it was my fault.

6 upvotes · 29 July 2023 · /r/TheRedPill

Hate to say it bro but you lost frame big time. I'm not going to lay out every mistake but I'll lay out the big ones. Agree with me or not, it's my opinion.

1. I understand you didn't agree to pick her up, but if she asked over text- you could've said "Of course! What's your address". Play along with her fairy tale thing. You asked her out, it's a date, you gotta pick her up. You want her to pick you up? I don't think so, right. Then pick her up next time if you're asking a girl out. Basics - you don't lose alpha points for this. (I agree that you're actually logically correct; but women are illogical af. Hard pill)
2. Date sounds lame. Meet at a cafe? And do what? No tingles or opportunity at 10am. She probably slept in. Women want adventure. Should be date then walk then location change; then aback to your place. Easy evening time. Better ops for escalation
3. If she's acting shitty like this - don't give her 1st, 2nd and third chances. This isn't your new wife with your second baby on the way, this is tinderalla number 5 of the month. Cut your losses and move on.

What are some backhanded compliments to use on plates?

6 upvotes · 6 January 2021 · /r/askTRP

What is your goal of giving backhanded compliments?

That's passive aggressive and leaves people with a bad taste in their mouth.

There's a big difference between teasing and being playful with a girl, and being passive aggressive.

Best way to deal with break up text?

6 upvotes · 10 December 2020 · /r/askTRP

Yes

Can someone please explain to me outcome independence and provide real world examples?

6 upvotes · 27 November 2020 · /r/askTRP

Sure.

You might be telling yourself a story about how you have to finish college for x reason. Maybe you need to

reframe that in your mind. Maybe you need to accept that you'll be *ok* if you don't finish college, and that you're alright with that outcome, maybe it's actually the one you want.

Outcome independence isn't about being ambivalent about accomplishments though, quite the opposite actually. It's about not having a **scarcity mentality** and having **abundance mentality**. The universe is abundant, and going to college isn't the only route to success, and in fact it's usually not the best route.

Once you remove your expectations and your "need" for something to happen in a certain way (which is ego, control and scarcity), the universe will open up for you in an abundant way.

Im done (things getting too much in general)

6 upvotes · 13 November 2020 · /r/askTRP

Shits tough right now man. But listen.

It's only because you're in your bubble. Let's see some perspective here. You're a male, probably in North America, know about TRP, are educated enough to grow your own weed (saw your profile), own a computer and have your whole life ahead of you. That puts you ahead of 95% of the world. And 100% of women. The best thing you can be on earth is a Man. And guess what? You're a man. You won.

There are some things you can't change. You have ADHD and you're under a lot of stress, but that doesn't dictate your life. This is temporary. This is a setback, like a speedbump. Look at it in perspective.

You may be cynical about life right now because everything feels like it's on your shoulders. COVID, ADHD, breakup etc. It could be coming out in covert ways. A stupid woman got the best of you. And you've got a lot of anger built up. Go hit the boxing bag for a few hours. Go for a run. Blow off some steam. Then off to the gym to lift. Get outside, out of your own head and join a class. Hit a bag or go for a run. Do some push-ups, shoot some hoops. Read a book in Starbucks if you can. Make conversation with people.

You'll feel different in 30 days of doing this every day, and you'll probably meet a few HB7 baristas and make some male friends too. Go to the gym, talk to other guys. That's how you make friends and meet women. You go up and talk with people. It's likely that you could also make some friends through your work. Lot's of those guys outside of work are probably pretty chill.

You're having a breakdown, but know this. The world is not ending, and you're going to be okay. Just breathe, take it day by day, task by task, lift by lift. Don't try and solve everything all at once.

Men's Clothing

6 upvotes · 30 August 2020 · /r/askTRP

H&M/Zara for basics, but there's also some leftist modern bullshit sprinkled in there too. So tread lightly.

Nordstrom rack has good prices, and good jeans too sometimes.

LTR is becoming increasingly jealous

6 upvotes · 8 April 2020 · /r/askTRP

It depends on the girl, I think.

If it was my girl, it'd be simple. I just hug her, squeeze her, and say something like, "don't worry about those other girls, you're my only one" then kiss her forehead. She'd then proceed to tell me how it makes her feel, then I'd listen, and maybe FOG it and keep doing what I was doing. Call that beta if you want, but a little comfort in an LTR goes a long way. Sometimes LTR's just need to know that you're not going to get up and leave for some other bitch. Girls are fickle, they need to be constantly reminded of things.

Sounds like things are going good in the relationship otherwise. But this will probably keep boiling up if you don't

handle it, she might go full ultimatum on you depending on how much it's bothering her.

Need help ASAP

6 upvotes · 22 December 2019 · /r/askTRP

She won't respect you any more or less if you stay the night.

Honestly it seems like the best idea to stay because depending on the context she might think something happened before she slept. Don't want to wake up to any rape allegations. I'd stay.

Curiosity and ego burden - Is there a way to admit guilt in LTR, without giving up at all to your frame?

6 upvotes · 12 September 2019 · /r/askTRP

I think you're overthinking this.

Judging by your other responses, you need to take a step back and just listen to the advice. This is all wayyy too abstract for this circumstance.

See the forest through the trees.

How to override intense anger?

6 upvotes · 9 September 2019 · /r/askTRP

Ignore little bitches like this.

Keep your cool. Hold frame. You never know the context, the white knight could have been her bf, could have been her brother. Who knows? Some club thot is not worth this drama.

I remember a few years ago I was walking downtown on my way to the gym. Headphones in. And out of no where this drunk homeless guy comes up and pushes me. I didn't see it coming because he came up behind me. I stumble and almost trip and fall, and I stare back at him. It's 5pm so the sidewalk is packed with people. And everyone slows down and looks at me. The homeless guy is now on the ground, tripped out on something and yelling at the sky. I put my headphones back in and calmly keep walking to the gym.

At the time, I felt intense anger. Could I have pushed him back, kicked him or swore and got angry at him? Sure... I had 5 inches and 30lbs on him. But why jump from that building? What was the pay off? Respect? Do I want this degenerate's respect? Can't think of any benefit to starting a fight on my way to workout.

I actually started laughing about the situation as I walked into the gym, and some random guy joined in with me about how crazy homeless people are and how I handled it.

If a girl was involved, I can assure you I would've acted the same. Hold frame and move on. It's a learned trait.

Lose a battle, win the war.

How do I approach in college?

6 upvotes · 4 September 2019 · /r/askTRP

These are all excuses.

I don't care if they are valid or true— my suggestions are just that... suggestions. Do similar things that fit in the context of what your situation is.

You, as a man, can have genuine interest and open a woman through your masculinity. Ask a girl that you like out for coffee. Simple.

Having sex with housemate

6 upvotes · 3 September 2019 · /r/askTRP

This will turn into you automatically becoming her boyfriend (in her mind).

Girl keeps asked why I don't like her posts on twitter and Instagram

6 upvotes · 23 August 2019 · /r/askTRP

Comfort tests aren't good things or bad things. They're just things women do to get their needs met. They are as important to pass as shit tests are.

LTRs need some comfort and care, the way women get that is to get you to "reassure her" about one thing or another that she feels insecure about so she can feel safe/secure/warm.

If it is a comfort test, (BIG IF)... the correct response is something witty, charming and elusive. Something like *"I like you in real life more than instagram. Let's get together tonight at 7 and I'll show you instead of tell you"*. You don't have to placate to do this. In LTR's it's a balance between dread and comfort. Alpha and beta. Usually an 80/20 alpha beta split.

If it's an LTR, she could not feel cared for and that you're passing her comfort tests. "Does he still love me?" Kind of thinking. Don't placate, but search the main sub for crushing comfort tests. A sprinkle of comfort here & there. They need it as much as they need you to pass shit tests.

By the way OP, if it's not a LTR, none of the above applies to this circumstance. Also, LTR or not, liking a girls post on instagram isn't validation unless you think of it that way. If you're going to go to that extent, then looking at a girl is also validation, thinking about a girl, creating a post about a specific girl on asktrp for advice is validation as well... etc. etc. It's about balance. Not everything needs to be so extreme *"TRP SAID I CAN'T DO X"*. Nothing wrong with liking a chick that you're into. You're actually giving out more validation to her by consciously thinking *"I'm not going to like this girls instagram post"* every time you scroll past it on your instagram feed.

Menstruation cycle questions

6 upvotes · 2 December 2018 · /r/askTRP

I think it varies from woman to woman.

With my LTR, it happens about 1-2 days prior, she's 26. Saying things they don't mean is right on point — sometimes the things don't even make coherent sense. I find around menstruation is when the **alpha/beta** split seems to lean far *right*, as in there are waaaaay more comfort tests and passing them is all about.

Comfort tests often come in question format, which makes them look similar to shit tests.

How to detect: Her tone of voice will change to a "reassure me", little girl tone. Usually when she is near her period comfort tests will increase. So be aware of her cycle during the month.

SOS I cant think straight and I need serious help police barely beleive me hamster mania ensued had to record 3 women assault me in my bed

6 upvotes · 26 November 2018 · /r/askTRP

Play stupid games, win stupid prizes.

The TLDR was long enough. This will go horribly wrong if you continue with this woman and her fucked up friends and you should backpedal starting now. You are terribly deluded right now by a woman. It's not real, and you should definitely steer clear of this person.

You need to hit the road now dude. Voice record every interaction with your new *ex-girlfriend*. And lock your fucking doors from these crazy people.

Abundance mentality man. There's 3.5 billion women on the planet. Good women who won't put you through their dramatic BPD garbage.

I also suggest you see a professional therapist for some of these inner troubles you're having.

Calling vs. texting a girl

6 upvotes · 22 November 2018 · /r/askTRP

Cut this messaging out. Call her and ask her out. It's bold, it's forward and it puts her on the spot to make a decision right then and there. No room to flake.

She's probably never had that happen before. Women love direction. She won't flake. No contact before the date. Not your responsibility if she flakes. If she flakes, then she lost out.

Where's the win in not calling her? Call her and polarize. Stand out from the orbiters.

Girl Flaked on me, what should I do

6 upvotes · 23 January 2018 · /r/askTRP

I'm pretty sure she's just playing you.

Cut this messaging out. Call her and ask her out. It's bold, it's forward and it puts her on the spot to make a decision right then and there. No room to flake.

Here's where you fucked up. You said "It's whatever, I forgot about it anyway lol.". You clearly didn't. You're now so affected that you've posted on the internet about it for advice. You teach people how to treat you, and you just taught this girl that you're a man that can be flaked on. You're not worth people's time.

Next time, call her and tell her what to do. She's probably never had that happen before. Women love direction. She won't flake. No contact before the date. Not your responsibility if she flakes. If she flakes, then she lost out.

Lost passion for everything... what do I do? 16yrs old

6 upvotes · 17 January 2018 · /r/askTRP

Try and supplement with vitamin d.

Most people are deficient and it's a low cost supplement. Sounds like those symptoms line up with Vitamin d deficiency. It is winter, so if you're not getting 30-45 minutes of sun per day, then you're likely going to be deficient.

How to Keep a Low, Calm Voice?

6 upvotes · 3 January 2018 · /r/askTRP

Elliott Hulse, How to create a deeper voice: <https://www.youtube.com/watch?v=P41ER1Wmkj0>

Next move?

6 upvotes · 3 January 2018 · /r/askTRP

Give her a call.

She's probably got 100 messages on read in her inbox as well. No answer? Then stop calling or texting her til she reaches out. No attachment here and nothing lost, just a random girl from a lineup at a club.

Who do you confide in?

6 upvotes · 15 April 2017 · /r/askTRP

Confide in yourself.

Sometimes I turn on my voice recorder on my phone and just talk for 30 minutes. I feel great afterwards. Really helps to work out some internal stuff instead of verbal vomiting to a friend. Get it out loud and speak it. You'd be surprised how well it works.

Where's are the best places to eyefuck girls?

6 upvotes · 13 April 2017 · /r/askTRP

What's the end goal for you here?

Visual stimulation? Why *eye-fuck* when you can approach and *actually-fuck*?

But side question: where are the best restaurants to go and look at food?

A girl I barely know responded with 'since it's you' when I asked her for her number

6 upvotes · 11 April 2017 · /r/askTRP

Underlying message was she was interested in you before and had saw you in the class. She was attracted to you and you made the right move by talking to her.

or....

Just flirting and that's her line for every guy.

Fake Pregs - Want to post FR

6 upvotes · 28 March 2017 · /r/askTRP

You'll be good to fucking go when you're ready.

In the meantime, read the sidebar and don't focus on posting. Focus on learning before you focus on teaching.

Is any kind of touching considered an IOI?

6 upvotes · 23 February 2017 · /r/askTRP

Yes.

Any physical contact initiated on her part is a good sign.

She wouldn't do it if she was disinterested.

how to respond when a girl responds back with "I just saw this" or "idk how I didn't see this text"?

6 upvotes · 22 February 2017 · /r/askTRP

Don't scold her directly here.

Give her the benefit of the doubt this one time. Calling out her behaviour won't do anyone any favours. Women communicate covertly.

Ignore she said it, and be like *"coffee tonight? My place, 7pm."*

If she does it in the future, then withdrawal communication and pursue other women.

Help me make my wife understand what she did was wrong

6 upvotes · 13 February 2017 · /r/askTRP

Get over it man.

If you're a confident man in yourself, then who gives a fuck what she does. She's getting validation from orbiters, good for her. Be glad your not in that category.

She wants to go for dinner. She replied late when I asked her out. She offered a new time and to pay for the meal. Now she's brings up her boyfriend. Shit test?

6 upvotes · 8 February 2017 · /r/askTRP

Nice work on the emails. That's a new approach.

Looks like a classic case of *"Plausible Branch Swinging Becky"*.

Shopping around for a new BF while pretending not to look like a slut. Tread lightly around the topic OP, pretend it doesn't exist and keep it plausible.

Drop her if she crossed your line/conditions?

6 upvotes · 4 February 2017 · /r/askTRP

There's hard boundaries and there's soft boundaries.

Hard boundaries are if she fucks another guy. Then you ghost her, no questions asked or exceptions.

Soft boundaries are if she's testing how far you'll let her go. Like if she's being a bitch about some drama from tacobell in the car on the way home- then you hold frame, and withdraw affection.

A woman will ALWAYS test your boundaries. It's the essence of femininity. She needs to know whether you're a worthy mate or not.

In reality, you shouldn't hard next any woman who tests your soft boundaries. You treat her like the child she is. Laugh it off, smack her on the ass, and off you go.

Body language while talking to a girl / woman

6 upvotes · 28 January 2017 · /r/askTRP

Take up space.

Shoulders back, stand up straight, wide stance, eye contact.

Talk with your hands. Use expressions, open your body and palms toward her.

LTR messages ex

6 upvotes · 25 January 2017 · /r/askTRP

More context here.

What was the message to her ex? It varies if it was "merry christmas" or if she said "I want to fuck you like old times".

I already boned her Sunday...am I now her beta provider? she denied coming over Sunday Monday night. kissed me goodbye when I dropped her off though. thoughts?

6 upvotes · 24 January 2017 · /r/askTRP

She forgot her wallet on purpose. Women do things like that so they have an excuse to see you again.

No man, your not a beta for giving her a ride. If it's every day and she expects it, then reconsider. Once in a while, your being a good human.

Why are women so lazy ?

6 upvotes · 16 January 2017 · /r/askTRP

Look around. Most men are this way as well.

Sure, women are arguably more lazy. Mostly because of the culture we've designed promotes them to not lift a finger because a male will do it for them. Because why? Because woman.

Is the concept of being an introvert or extrovert all bullshit?

6 upvotes · 13 January 2017 · /r/askTRP

Big misconception here. Like most psychological theories, they can viewed on a continuum.

Being extraverted or introverted 100% is unlikely & improbable.

You usually sit somewhere along the curve, with some people being outliers & most being the average. Think of it as a spectrum.

Quick texting advice

6 upvotes · 13 January 2017 · /r/askTRP

Mind games man. How many times does it have to be stated here.

Text for logistics only.

Otherwise it works against you & kills attraction.

PSA: Read the sidebar. Seriously. Just read it. Also, since I'm here, let me tell you your problem.

6 upvotes · 12 January 2017 · /r/askTRP

Confirmation bias at it's strongest.

You see what you want to see.

Going to a chick's house.

6 upvotes · 12 January 2017 · /r/askTRP

She wants to fuck you. Any women who invites a man into her space, is asking to be lead by a man & sexually taken.

Her inviting another guy from work was a shit test. Should've said *"Ya it's cool- see you soon"*. She probably wouldn't have even followed through. Just testing your frame. Women do that shit.

How can i text girl that i met on party to have sex with her?

6 upvotes · 12 January 2017 · /r/askTRP

"Hey you, come over to my place at 7."

She'll know what's up or she won't come.

Plate loves her husband but still sucks my cock

6 upvotes · 9 January 2017 · /r/askTRP

For sure, but it runs a risk as well. Not from a moral perspective but just from a safety one.

need advice on texting this girl. trying to escalate but she is shit testing hard

6 upvotes · 9 January 2017 · /r/askTRP

Man. You're making this girl look like a slut to herself & you. Don't talk about sex. It kills attraction because it

amplifies ASD.

Meet up & escalate. Your not getting a better blowjob by talking about what she's going to do.

Also don't escalate on text.

how often do you let a bitch slip up early on

6 upvotes · 4 January 2017 · /r/askTRP

Hahaha women go crazy when you deny them sex. They think it's their one trump card.

The hamster might run for another hour or so. But expect her to try really hard the next time you have sex. So that's a plus.

Can romantic things happen in a TRP LTR, or is it all seriousness?

6 upvotes · 29 December 2016 · /r/askTRP

You're reading too close to the lines. You need to start reading in-between the lines.

Stoicism and seriousness relates more to you being her rock. Her immoveable man that storms can rage around and you will not be effected. Being stoic and serious is emphasized on TRP because usually *men are too soft*.

Don't read too much into TRP dogma. I cuddle with my girlfriend every day. She feels like she is safe, and it's enjoyable for me too. Romantic things can happen. It's important to realize while you're loving her that she's not yours, it's just your turn.

Paraben products

6 upvotes · 27 December 2016 · /r/askTRP

You're doomed.

Your balls are going to fall off. Baby powder is the one powder that lowers testosterone and amplifies parabenawaltplate-lets. This eventually betafys your semen into anti-chad. Discontinue use until further notice. Apply GayLubeOil as fast as you can.

In all seriousness man, you should be ok. Don't think that your going to have any issues here. Eat your foods, lift your weights, get your sleep, and your testosterone will be good. Best not to use too many products with parabens though.

Does demographic change your SMV

6 upvotes · 26 December 2016 · /r/askTRP

Demographic is a broad term, so I'm assuming you mean different population demographics here.

Yes. SMV slightly raises or lowers depending on the demographic you're in. If I'm surrounded by poor ugly people, I'll stand out. If I'm surrounded by rich models, my SMV will change relatively.

Responded to a breadcrumb from my ex and now i'm obsessing

6 upvotes · 26 December 2016 · /r/askTRP

Man, asktrp isn't a sub to help boys crawl back to their flakey ex relationships.

Man to man here, you fucked up. She's contacted you once saying she misses you (aka keeping you on the line in case she needs a branch to swing back to). Then you fell into her frame and contacted her a ton more times with justifications of that you're human.

Women who are interested in you, will make effort to communicate with you. This woman is not interested. And

for the love of god, delete the sex tapes on Drive. You do not want those getting into her hands or anyone else's.

Why is it always the man's fault?

6 upvotes · 24 December 2016 · /r/askTRP

When you place responsibility on a woman (of any kind), she will become distant, emotional, and resent you.

Women hate responsibility & making choices because it forces them to be accountable for their actions.

I used to really resent this fact. But what it really means is they want you to lead. They want you to be a rock. So whatever happens, you take ownership. You make the decisions. Your fault if shit goes wrong. You choose what you two eat for dinner. You decide when you want to fuck her.

It's a women's innate communication probing you to lead them.

Trying to find out where I went wrong on a kiss rejection. Also did I handle the fallout correctly?

6 upvotes · 23 December 2016 · /r/askTRP

The question here isn't whether you handled a rejection properly. She rejected you. There's not much else to handle here. Move on.

The question remains why you are in an LTR & courting another woman. Either break it off, or don't be exclusive with her. No one wins cheating on her-especially for this intern with a bf who also enjoys cuddling other men.

Read about Your Brain On Porn. Anyone else here gone through NoPorn and the consequential Flatline?

6 upvotes · 20 December 2016 · /r/askTRP

Yes, been doing nofap for about a year now. You hit flat lines, but it's usually because your not replacing the activity with something else.

So what you have left is these big open dopamine windows & that's where you experience the deprivation.

Solution: do exciting things. Great comment above by [/u/fromdario](#)

Plate is absolutely insatiable. Urgent tips needed in order to try and keep up, keep it up and satisfy her.

6 upvotes · 18 December 2016 · /r/askTRP

Is this a real issue?

Enjoy it man. If it's not broke, don't fix it.

How do answer the question about what you do for a living when it's geeky, especially if you're forced not to be evasive?

6 upvotes · 18 December 2016 · /r/askTRP

Tell the truth. That's a good job & you should own it here. Don't fall into her frame by concluding what she might be thinking.

Say *"I'm a software engineer. I work for x tech company on the infrastructure team"*.

If you want to be vague, say "engineering" or "R&D" then let them conclude what that means.

A blue-pilled man strung along for 3 years

6 upvotes · 10 December 2016 · /r/TheRedPill

The other guy in the OP who's punching holes in the wall also seems like he's got oneitis for this unicorn. Sad men.

The ones that survive we will welcome with open arms into TRP.

Ghosting

6 upvotes · 10 December 2016 · /r/askTRP

Girls play games like this all the time. Sometimes I text my sister and she doesn't reply for a week. It's their nature. She might've been at work or some shit. Not everyone is a slave to their phones.

You didn't fuck up. You just need to continue on with what your doing.

No one gains here from getting butthurt and pissy about it.

Feeling jaded after years of being redpilled

6 upvotes · 10 December 2016 · /r/askTRP

I gotta say, you might be hanging around with the wrong women. If you haven't met a girl in *over 5 years* who had ANYTHING worthwhile going for her. I have to question where you're meeting girls.

I'd much rather be spending my time doing something constructive instead of fucking a thot.

Then spend your time doing something constructive then. I think you're looking for some sort of fulfillment in women. You won't find it.

To quote [u/CopperFox3c](#):

"Women are not the goal in life ... they are simply the by-product of a life well lived."

My girlfriend has A-cups and Its honestly depressing me. Is there anyway to make them bigger naturally?

6 upvotes · 9 December 2016 · /r/askTRP

If it's a deal breaker for you, then end it. Breasts don't automagically grow. Unless she's still in development.

I have an LTR with DD's, and it's honestly amazing. No substitute. So I see where you're coming from here.

But then again, you have something good going here. And why end it for the chance with some bitch that puts out once a week with big tits? You *can* have both, it just might take time to find a girl comparable to the one you have. A bird in the hand is two in the bush.

Did I pass this shit-test?

6 upvotes · 9 December 2016 · /r/askTRP

Sounds like she's kind of sketched out to meet you. You need to make her feel safe. Like she's not going to meet a rando and get raped.

There's a difference between being flexible in a woman's comfort level and passing shit tests. Not everything is a shit test. This wasn't a shit test.

Normally, if you knew this chick, it'd be a fine way to text. Not on the first meet. No one gains here from acting butt hurt & pissy about it, which is what you did.

In the future, just call her. Why go through 20 texts when you can call and figure that shit out.

I have somehow found a seemingly loving girlfriend. Should I still be wary?

6 upvotes · 9 December 2016 · /r/askTRP

Take a picture and hold it in your hand. Holding frame.

TRP search function.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

6 upvotes · 12 September 2016 · /r/TheRedPill

That's an interesting take on things, and I'm glad to see another strategy that's working well for you.

It's been said here before, anything you do three times is no longer a favor. It becomes an expectation.

That's what others here have pointed out, and I'm going to play back a little/make her pay for more in order to lessen her expectations. To be fair, I'm holding myself to my own standard, and in return she's upholding the standard that I expect (covertly communicated).

Out of curiosity, of the 1/3 effort that you do put in, what types of things is it, and what types of things are reciprocated in her 2/3?

When you ask a girl to do something with you, is it better to say “we should” or “you should”?

5 upvotes · 13 April 2021 · /r/askTRP

I think your splitting hairs here.

There's a time for the former and the latter. I would try not to focus on the granular stuff. It's not what you say, it's how you say it. In general you should lead with persuasive and assertive language. But also know when you should use the words “we” and I.

For example if you're asking her out. I would steer clear from saying “you should... come out with me”. Instead say something you want. “I am going here Friday night, do you want to join?” Is much more direct and it conveys your intention.

Long term gf of three years wants to move in and when we do i should speak to my parents only once a week.

5 upvotes · 9 January 2021 · /r/askTRP

How often do you talk to your parents now? What does she think your parents do to interfere? What do your parents think of your relationship?

If you concede to her demands, this will go from once a week, to once a month, to never. Don't allow her to control your communication to your family. This will extend to your friends too. Give an inch and they take a mile. Could turn abusive really quickly.

It's a different story if your family is sabotaging your well being... then I would say that she has your best interest in mind. But it doesn't sound like that's the case.

Best approach is stand your ground and follow your gut.

I need help deciding which combination of languages to start learning

5 upvotes · 13 December 2020 · /r/askTRP

Because Indonesia is a shitty place to live (I travelled and lived there for a few months).

Thailand on the other hand, is an amazing place to live. I would choose to learn Portuguese and Thai, over Portuguese and German.

When to break it off with fwb?

5 upvotes · 13 December 2020 · /r/askTRP

has given me a large sum of money

I need to hear this story

3.5 years without sex in a relationship with a past-wall woman

5 upvotes · 11 December 2020 · /r/askTRP

Yeah I bet she is physically abusing him too.

The way you describe this bitch reminds me of a Borderline that my friend was dating years ago. This woman probably has this guy by the balls, and threatens him with suicide if he leaves.

How could I have avoided the last second pullback?

5 upvotes · 12 July 2020 · /r/askTRP

Not much that you could have done here.

ASD kicked in hard, especially since it was 11pm and there was no lead-up (i.e. you guys chillin beforehand). She definitely felt like she was a call girl, and didn't want to look like a slut.

Sounds like she's actually into you though, the thing is there needs to be enough plausible deniability. In this case there wasn't. That's why she went walls up. You could've said: "let's go grab tacos, I'm starving." Then escalated to your place after for a drink/movie.

Only part I would've omitted was the "let me know if you change your mind" part. Sounded a bit thirsty. Would've kept it at "no worries, night!" Abundance. Sex or no sex, you're cool either way.

Thoughts on marrying a superior women

5 upvotes · 24 June 2020 · /r/askTRP

I can't help read this question like "thoughts on buying this really nice car"

Buy the car. Deep down you think you don't "deserve" the car, that's why you're talking this way and posting this. As long as the car is sweet and submissive, then buy it.

Lots of guys go through life like this. They drive a shotty beat up Toyota when they have more than enough for a Benz. They don't think they deserve it.

She seems like she has some qualities you find desireable. And you also seem like you're a high value male. It's also good to have a women in your life that lifts you up, pulls her weight and works on herself. Not a diamond in the rough where you need to do everything.

TRP ideas are generally anti-marriage but you do you bro. Just keep in mind, marriage is a different road. If that's the road you want to take then be prepared for any weather.

Do I stand a chance with a girl I cheated on an ex with a few years ago?

5 upvotes · 21 April 2020 · /r/askTRP

Don't try to build a house on top of sand.

That's history you shouldn't re-explore. I don't see any way this will end well if you want to LTR her.

Girl mad because I put her in her place. How would you have responded?

5 upvotes · 10 April 2020 · /r/askTRP

Yeah that throws me off. Lol it's an insult.

Whatever, don't lose sleep over this man. Move on. Wasn't worth getting your dick wet anyway. She's more trouble than what she's worth.

How to proceed?

5 upvotes · 8 April 2020 · /r/askTRP

This is a tough one.

So the thing is, she kept being flakey with you about timings (typical women behaviour — nbd) but then you ended up actually looking flakey because you bailed on her and fell into her frame.

I dunno. I disagree with the whole facetime date, but she set it up so she's probably trying to screen you for attraction. But the thing is, there's no attraction in that... unless you're chad — there's just orbiting. Especially if it turns into texting/video calling every other day.

The part about you feeling like you're "not much of a priority to her" is kinda weird. Like this is some rando off of hinge, of course she's going to have low investment, you should as well. Right now she should be low on your priority list.

If I was in this same situation, and I agreed to the facetime date, then I would've just not responded to her flake/booty-burn humble brag text and held off for 20 mins til she hit me up.

If you still feel like you're interested in this girl... then just shoot her a text today: hey girl, you, me, facetime at 6? This shows abundance I think. Shows you were not shook by cancelling, and you're willing to move on from it.

After she replies to you, you could make some mention right before the call that you're just finishing up your bootyburn class. lol.

I have a bit of a dilemma

5 upvotes · 30 December 2019 · /r/askTRP

This is called “weaving”.

Women try to subtly, but mystically weave themselves into your life. Next she'll want to meet your family, suddenly she's friends with your sister now, next she's bringing you and your buddies over pizza after ball. She's getting herself closer to you and your network. But also bringing you closer to hers. Weaving.

If you go to the family event in her mind she is one step closer to LTR status with you.

Help me decipher/improve LTR with very mixed flags

5 upvotes · 25 September 2019 · /r/askTRP

A woman's relationship with her father is a big tell of her emotional stability and availability for another man sexually and romantically in life.

This might sound Freudian, but she may have some emotional issues related to detachment with men. It sounds like as a younger girl she would detach from her dad and she felt helpless to feel safe with him.

A similar narrative seems like it's playing out. She gets detached when you “act like her father”... or do things that emotionally numb her. Might also be why she can't orgasm either- who knows.

Healthy, masculine, integrated and emotionally stable fathers are so critical to young girls transition into a woman growing up (another RP benefit is it teaches men traits like these).

Find me a feminine, happy submissive woman and I'll introduce you to her alpha father.

Just ideas though, I don't know the context of your life or hers either. So take it for what it's worth.

New to Tinder

5 upvotes · 24 September 2019 · /r/askTRP

The problem is, you're escalating over texting.

Attraction can't be built over texting. The goal of tinder should be to get off tinder as soon as possible. To arrange a meet, in person.

How do I approach in college?

5 upvotes · 4 September 2019 · /r/askTRP

Solid man. Keep it up.

If you don't have genes on your side, you may have other positives that are working for you. If you're not a 9 in looks, you can do things to improve your SMV like haircuts, dressing well, charisma... you get the picture.

Telling new LTR that you cheated in the past?

5 upvotes · 28 August 2019 · /r/askTRP

Leave the past in the past.

It would not benefit a long term relationship. Even hypothetically if it DID benefit the relationship, you still should err on the side of not bringing the past up too much.

Everyone makes mistakes. Become a better man and stop drowning in something you did 3 years ago. Forgive yourself and let go of it brother.

Most women want to be dominated and lead, and most are submissive by default even if they say otherwise. Why is this?

5 upvotes · 7 August 2019 · /r/askTRP

There are hundreds of variables that play a role in mate selection.

I've listed some of the more common ones for each gender for brevity. Of course, facial symmetry, height, shoulder/waist (v taper) plays a role as well on women's partner choices.

Most women want to be dominated and lead, and most are submissive by default even if they say otherwise. Why is this?

5 upvotes · 7 August 2019 · /r/askTRP

Mostly evolutionary psychology textbooks from university. Those are expensive and not worth the trouble in reading.

"The origin of species" is an important book, it's dry and difficult to read at times but the content is very good.

"The selfish gene" is also a good place to start for background on natural selection.

Tinder Conversation Help

5 upvotes · 19 July 2019 · /r/askTRP

She's already into you.

But probably doesn't want to give her phone number because if you're not from here, she's wasting her time.

She's also screening you very obviously: "where are you from", "what do you do". These are just basic shit tests, search the main sub.

Just set up a meet as soon as you can. Say *"earth, and I own my own business" (or whatever you do). Let's meet up tomorrow at 7, I know a good bar"*.

So this is the most irrational thing thats happened to me since I picked up TRP

5 upvotes · 27 June 2019 · /r/askTRP

I can't even read this, it's unnecessarily dramatic.

Cut to the chase. Ask this girl out or don't... she's got a boyfriend, but let her choose. Women are the choosers. You're overthinking it. You'll never understand what she could mean by all of this because she doesn't even know what she means. She just says what she's feeling! Let her be a woman, you be the man.

Why do women on tinder/bumble stop messaging or message with short and emotionless replies after a while?

5 upvotes · 3 December 2018 · /r/askTRP

"you seem like you might be fun but im not sure. Wanna meet for a drink and see if we dont hate each other?"

This is a great response and is probably working for you for a few main reasons.

One, you're showing that you're going into the situation with apprehension about her (she probably is as well). Two, you're getting her to qualify herself (not agreeing to go out with you shows that she isn't fun, she needs to go out with you to show how fun she actually is). Three, you're leading and polarizing (asking her out for a drink) with charm/humor (see if we don't hate each other).

The whole thing is exactly as you said... "brief, charming", I'd also add "polarizing" to the mix. Immediately this stands out to me as a low investment/attachment for her. She definitely has a way to feel free with you, because there's no strings attached — worst case scenario she goes out with you and you hate each other (you've already covered that base with humor) and it's not that bad.

I'm curious how often it actually works for you?

Am I making a mistake?

5 upvotes · 25 January 2018 · /r/askTRP

I'm not sure if you're trolling or not, despite you even saying you're not.

I'll answer at face value though. This will go horribly wrong if you go through with this and you should backpedal starting now. You are terribly deluded right now by a woman's seemingly loving digital presence. It's not real, and you should not do this.

The empathy trap, testosterone, and the power of holding frame

5 upvotes · 24 January 2018 · /r/TheRedPill

Absolutely agree.

Porn is pacification. Our human brains haven't evolved to handle more naked women at the click of a button than we would likely see in a lifetime 100 years ago. It kills your most internal drive as a man.

[/u/Meat-on-the-table](#) has written a good piece on this a while ago. <http://archive.is/SgIO1>

How to deal with attention-seeking behavior in a LTR?

5 upvotes · 17 January 2018 · /r/askTRP

This is normal for western women, I wouldn't dig too deep into it.

She's with her family, feeling sexy in her new bikini, let the girl take a damn photo and stop analyzing this. ALL WOMEN ARE ATTENTION SEEKING. It's what puts them ahead in life. More attention = more social status = better life for them. It's engrained in their biology... just expressed on instagram now.

If I were you, I'd comment something light and witty: "damn girl, missin you already." or some other thing. Can't think of a good thing to say right now, maybe someone else has some input on that.

Shrug it off, like the photo, but act like you don't give a fuck. Do not bring it up. <-----

When you act like you care, you put the power in her hands. It makes you look needy because it shows you've got nothing else to do in your life. You're not a valuable man. Valuable men have options. I wouldn't say you'd need to dread based on *this*, but it's never a bad idea in general. So, dread optional.

Should i ask girls for hair/fashion advice?

5 upvotes · 16 January 2018 · /r/askTRP

Also, if you don't know shit about fashion, get yourself a t-shirt of your favorite color, black pants and sport shoes. You'll look basic as fuck but you won't look retarded.

Great advice. H&M/Zara is a good place to start. Just hit up [r/asktrp](#) for fashion advice. We're pretty fashionable, you know.

Sh*t test?

5 upvotes · 16 January 2018 · /r/askTRP

Sounds like you're in high school.

If that's the case, then girls in high school have a ton of options. And they're masters at playing games. The guy in the story could be an orbiter or rando/friends brother etc. She's testing you man— and all the other guys that are orbiting her as well (Marketing terms: known as a bulk a/b orbiter campaign). Shrug it off, act like you didn't see it/dgaf. Do not bring it up. <-----

When you act like you care, you put the power in her hands. It makes you look needy because it shows you've got nothing else to do in your life. You're not a valuable man. Valuable men have options. If she's a cutie, then seal the deal and meet up. Nothing else matters

"would you like to hangout tomorrow at all"

If SHE asked this, then the deal is sealed. Cat's in the bag. Games over. You're in.

Why A&A when you can disagree and amplify?

5 upvotes · 29 December 2017 · /r/askTRP

Disagree and amplify puts you on the opposition, that's why. It breaks your frame. Makes you seem like you care. Write a proper post and resubmit.

Hard Nexting Help!!

5 upvotes · 8 October 2017 · /r/askTRP

Any advice on how to get rid of her?

Unless you're ultra-chad and she's still happy with 'a piece' of you, then this isn't going to happen.

Women habituate easily to the way you treat her and this is no exception.

Where to take this girl on "first date"?

5 upvotes · 15 April 2017 · /r/askTRP

This.

Froyo is the perfect food to escalate with. You also learn a lot about a person after you see what they put on their froyo.

What is your schedule? How do you manage your time?

5 upvotes · 14 April 2017 · /r/askTRP

It's likely that you have a lot of blank space in your day but you're not aware of it because you do automatic activities.

Instagram, Facebook, Reddit, these are all things that take up time but we don't notice we do them because it's become a habit.

Start using the calendar app on your phone or computer to schedule your day. Once you do that you'll realize you probably have a lot more time than you think you have.

Pet Theories and New/Unfinished Ideas Megathread April 10

5 upvotes · 10 April 2017 · /r/TheRedPill

If you screw up once, you can almost ALWAYS make a comeback as long as you correct the issue that you failed on before.

Exactly. The bounce back rate is insane. One minute my LTR wants to rip my head off, the next minute, she's on her knees.

Small mistakes are easily forgiven by women. Just as long as you bounce back strong and correct the way you fucked up (without apology). She'll test you more if there's a continuous amount of mistakes and/or beta-ness shown long term. And eventually, as [u/empatheticapathetic](#) noted, she'll permanently think you're beta if you fail enough tests.

How do you guys hit on girls at the gym? From what I read, day game at a gym is supposed to be slower?

5 upvotes · 28 March 2017 · /r/askTRP

Gym is for lifting.

Don't pass on chatting the hunnies up on the way out though. Chit chat, build rapport then get a number.

What country should I visit?

5 upvotes · 27 March 2017 · /r/askTRP

Go to Europe and hit up Prague.

Amazing city all around. Cheap for Americans, beautiful women, great food, and rich culture. You'll have a good time.

Stop in Barcelona on your way home too.

How to increase sexual tension

5 upvotes · 21 March 2017 · /r/askTRP

Touching.

Light playful touching. Witty banter, eye contact, being a valuable man. Dressing and acting the part.

There's no secrets. It's all out there to learn on TRP.

Not sure how to respond to this.

5 upvotes · 20 March 2017 · /r/askTRP

Any advice??? Tie her down!!!

In all seriousness, this is probably just her socially victimizing herself. For what benefit? Some women just like looking like injured birds.

Respond with: *"oh wow, sounds tough..."* then change the subject.

Beta friend hates me now

5 upvotes · 8 March 2017 · /r/askTRP

You're trying to pass him a hint to a massive realization that takes months to overcome, without actually talking about the concept.

Ignore it. He's butthurt because she's choosing you. Let her choose. He'll figure it out.

Overcome anger phase after 2 years?

5 upvotes · 25 February 2017 · /r/askTRP

No one can help you overcome your own quest.

That's like asking another man, "help me deadlift this weight". If he helps, it's not my deadlift, and I don't get stronger, he does.

The information is out there on TRP. You can choose to accept it or not. Be bitter at the truth, or smile because you're now smarter than you once were. "Swallowing the pill" is as simple as that.

Giving off the "wrong" vibe

5 upvotes · 22 February 2017 · /r/askTRP

"You're nothing like I expected."

She wouldn't have said this if she thought lowly of you after meeting you. She's surprised, "in a good way".

Women usually put men in two buckets. The men who get it, and the men who don't. She thought you were in the second bucket. Turns out you're in the first.

Pleasantly surprised... *"you're nothing like I expected!"*.

How to steal a woman before the eyes of her boyfriend

5 upvotes · 22 February 2017 · /r/askTRP

If she's really into you, she'll come to dance class alone one day. When she does, approach her and gauge interest.

It's unlikely she's going to cuck her boyfriend in public. And if you approach when he's around, 9/10 times she's going to reject you.

Eating on dates?

5 upvotes · 17 February 2017 · /r/askTRP

This is usually people who aren't confident eating around others. No person in TRP will ever tell you not to eat in front of a woman.

Who the fuck cares? You're a human. Are you both going to hold back your sneezes and coughs too? To what end?

Obsessed

5 upvotes · 7 February 2017 · /r/askTRP

Okay, so do that then. Message your heart out to her. See how that works out.

Then learn from it.

Alternatively, you could set up a meeting, then escalate and see where it goes. She's with another man right now, but women are the choosers. She's interested in you, so let her choose.

Get over approach anxiety in college, how to do it?

5 upvotes · 6 February 2017 · /r/askTRP

Right, but are *all* Indians creepy?

Surely *some* are not creepy. Shah Rukh Khan wouldn't be creepy. You're not creepy either. Don't live the stereotype. Stand out. Polarize.

Get over approach anxiety in college, how to do it?

5 upvotes · 6 February 2017 · /r/askTRP

I am afraid to approach due to the fear of coming across as creepy.

Ask yourself, why would you come across as creepy? You're a man, interested in pursuing a woman. This is how humans evolve. It's only creepy if you make it creepy.

Don't create a bad frame around it. That's half the battle. Have an abundant attitude and carefree demeanor and women will be drawn toward that.

I've watched a homeless man approach a HB9 on the streets and he made it hilarious and funny. Had a crowd around him. Charisma is what it takes.

What did I miss?

5 upvotes · 5 February 2017 · /r/askTRP

This was a playful shit test. You could've answered something witty, might've escalated to some flirting, might've not. Pressure flip would've worked perfect here.

Either way, move on from it. She wasn't going to fuck you anyway with all her friends there. Just playin' games man.

Girl flying in to visit - Ghost her until visit?

5 upvotes · 18 January 2017 · /r/askTRP

She's not going to flake- don't worry. She's probably psyched she's going to fly to see you. Telling all her friends and shit. Keep contact minimal- message or call every few days.

Yeah lots of guys will shit on you for paying for the flights. Honestly in some cases you can show abundance by

doing this. You don't always have to be a stingy alpha- especially when you can afford it, and you're "hosting" her. You might end up looking like a God in her eyes by doing this. *Or you might not...*

My opinion is that there's no loss in paying for something. As long as you're doing it from a place of abundance. Not from a covert contract of neediness. She know's what's up when she's visiting anyway.

Only continue paying for things if it's somehow benefiting you in the long run. And don't make it a habit as she'll come to always expect it.

LTR of 1.5 years help

5 upvotes · 18 January 2017 · /r/askTRP

You're young man. But know something. Frustration is a long term thing with women. It's going to happen- and it doesn't go away. You just get better at holding frame, higher SMV and crushing shit tests.

Sounds like she's not holding you back in life, and is actually a sweet feminine support throughout your mission. If she strays away from that role, then reconsider.

How do, I increase Sexual Marketplace Value?

5 upvotes · 15 January 2017 · /r/askTRP

TRP top posts. Sort by "all time".

This is a main theme of the red pill.

It boggles my mind how you can ask this question without reading *every* single piece of top writing first.

Do you have a question about a specific Girl?

5 upvotes · 14 January 2017 · /r/askTRP

The men who are obsessed about one girl want to be. They enjoy living in victimhood.

Change takes work, effort and the ability to put down your ego. Most guys here want a quick & dirty answer for them to keep "chasing her".

Your oneitis doesn't want you because of the man you currently are. Educated, experienced men volunteer their time on here in order to help guys live a better life and most of you just spit in our faces.

Read [u/The_BitterTruth](#) post history. A true up & coming writer on here.

Ex-FwB in a LTR started initiating meetups heavily lately - Not sure if she is interested or just attention whoring

5 upvotes · 14 January 2017 · /r/askTRP

Sounds like she's into you, but doesn't want to look like a slut (cheating on her boyfriend). It's an ASD thing.

Guy sounds totally oblivious to all this- so it's your call on how to proceed. Not going to go into the morality of it- let the woman choose.

Doesn't seem like she's using you for attention- seems like she's proding for *your* attention. She wants you too *"take what you want"*.

Seems like she wants a no-strings-attached setup but wants you to make it happen.

Plate gets a LTR

5 upvotes · 8 January 2017 · /r/askTRP

Yeah it seems like she's in a relationship. So go pursue other women. The alternative is to keep pursuing her; but

not sure if there's a worthwhile goal there.

Girl that rejected me, after leading me on, now thinks im a creep?

5 upvotes · 6 January 2017 · /r/askTRP

Man who cares what she thinks. Don't fall into her frame here. It doesn't matter what she thinks because it looks like you didn't do anything wrong.

She's not a worthy prospect anyways & she's not interested in you. Move on. Pursue other women.

First date ideas

5 upvotes · 5 January 2017 · /r/askTRP

Build some attraction taking her out somewhere for an hour or so. I suggest somewhere where you can show social proof. Bar or lounge.

Then invite her back to your place to "watch a movie" or show her your apartment -plausible deniability. Then escalate.

Pinging a plate: yay or nay?

5 upvotes · 5 January 2017 · /r/askTRP

I read your previous OP.

You need to give up on this girl. She begged you for taxi money twice. No sex yet. She's a HB6. What's in it for you man? There's no win.

Cut your losses and move on. Plate isn't interested in being a plate. Nor is she even plate material.

RE: LMR from your LTR , from OP himself

5 upvotes · 4 January 2017 · /r/TheRedPill

If this was repeated behaviour and if his LTR did this once a week I'd agree here. But this is a first time occurrence.

I've spoke to OP, and I know for a fact that he is too hard toward his LTR & often doesn't apply ENOUGH comfort.

I'm not advocating to placate or appease her (doesn't sound like you did). But anyone here with an LTR knows that storms will rage and you've got to deal with them with passing comfort tests sometimes. Not everything is a shit test and needs to be dreaded.

Multiple ways to deal with this situation, but I think he did well.

Is a troubled girl an easier lay or not?

5 upvotes · 4 January 2017 · /r/askTRP

That's a lot of background info.

Yes she might be more promiscuous because of her past. She sees sex as a control tool. And she might exercise it more intensely to exhibit more control.

Shit test vs Comfort test

5 upvotes · 31 December 2016 · /r/askTRP

Comfort tests often come in question format, which makes them look similar to shit tests.

How to detect: Her tone of voice will change to a "reassure me", little girl tone. Usually when she is near her

period comfort tests will increase. So be aware of her cycle during the month.

How can you guys have fun without drinking?

5 upvotes · 30 December 2016 · /r/askTRP

Yes. [Here is the link for the A/B one](#). There's also the Myers Briggs test which is more thorough and informative.

My friends GF is a slut do I let him know?

5 upvotes · 30 December 2016 · /r/askTRP

Not your issue, but shoot him a tip and play it off as you just kinda noticed she was flirting with a couple of your friends etc. If he hasn't noticed this by now then he **chooses** not to. Some men don't want to see the light. They're happy in the dark playing video games.

When he's ready, he can come over to asktrp with all his questions about why his GF cheated on him with all 10 of his friends. & you'll be the only guy who tried to show him the light.

Critique my text (new to TRP)

5 upvotes · 29 December 2016 · /r/askTRP

This is cringeworthy man. You're trying real hard here to be charming and it's coming across as contrived.

She's getting weirded out about this rehearsed text message behaviour. Let it flow more. Don't text her any longer. It doesn't build attraction- It diminishes it. She's much more likely to hit you up later when you haven't texted her in 3 days.

Lets do something fun

5 upvotes · 29 December 2016 · /r/askTRP

Sounds like you're killing her feminine here. **She's explicitly asking you to lead.** The more you do these fun things with her, the more she's going to want to jump ontop of you when you two get home.

Seems like you're the issue here man. Girls want to have fun. That's the bottom line. Girls want to adventure, they want to ride on the back of a motorcycle, then eat some food, go skating, end up lost somewhere go, anything to make them *feel*.

I rejected a girl by mistake... is it normal that she loses interest all of a sudden?

5 upvotes · 27 December 2016 · /r/askTRP

She's just playin' you bro. She probably sees you way higher now anyway now that you rejected her.

Call her and see if she wants to chill.

Im 22 years old virgin

5 upvotes · 27 December 2016 · /r/askTRP

Don't do self improvement for the goal of fucking a hot girl. You will fail. & no matter how hot she is, it's never as good as you think it will be.

Do the regular shit. Read, write, lift, build something, break something. Pick up a guitar and learn on YouTube. **Start approaching women you want to fuck.** Become a man worthy of fucking.

What to do when a girl is crying?

5 upvotes · 27 December 2016 · /r/askTRP

What's done is done. You had no obligation to her here. A rule of thumb don't give out comfort for free to

women you don't know.

Act on your intuition in cases like these. Don't overthink it.

48 Laws of Power

5 upvotes · 26 December 2016 · /r/askTRP

Jackpot: https://www.reddit.com/r/TheRedPill/search?q=48+laws+of+power&restrict_sr=on

can touch her anus but not kiss her

5 upvotes · 23 December 2016 · /r/askTRP

Lock her down dude. This is quality LTR material.

What is an activity I can do with 5 girls?

5 upvotes · 23 December 2016 · /r/askTRP

Take them shopping and pay for all their purchases!! #platonic. Post a FR later for us to read.

Are hard working people losers?

5 upvotes · 22 December 2016 · /r/askTRP

What kind of question is this? There are many underlying assumptions you're asserting here which are simply false.

People who get ahead in life *build on the shoulders of giants*. That is very different than taking credit for others work.

Life doesn't happen to you. It happens for you. Those who get taken advantage of, continue to do so because they enjoy living in victimhood. The weather is nice there- they can tan their fat on the beach year round. If it didn't serve them, then they would move to Ownership City- Governed by Mayor lietruth.

What are your takes on Models by Mark Manson and How to be 3% man by Corey Wayne?

5 upvotes · 18 December 2016 · /r/askTRP

Few have read Corey's book & I think it's full of RP strategy. He takes a *masculine energy vs. feminine energy* approach the whole book. I've read it 3 times already, it's a quick read too.

Is it safe to go the gym after a sleepless night?

5 upvotes · 10 December 2016 · /r/askTRP

Yeah it's safe. But you should get your sleeping disorder treated. That's high priority.

How to become a leader ?

5 upvotes · 9 December 2016 · /r/askTRP

Read books. All of them. Do what the books tell you to do. Start with:

The 10x rule

How to win friends & influence people

Blue ocean strategy

The hard thing about hard things

Zero to one

The effective executive

Being a great man = chad. Being a great man isn't good enough

5 upvotes · 14 September 2016 · /r/TheRedPill

Some good points. But a few issues.

You're proposing that the two are polar opposites. Being CT and being an great man can co-exist. There's a ton of men on here who have their life together and plate women on a weekly basis.

Girls just love these guys for their qualities, exact opposite of a great man.

...

The Chad is the adventurous guy, he's the fun one to be around. Lifting everyday, eating clean, good temperament, working hard for great future ain't fun. You know what's fun, play that guitar, dance the night away, hop on a plane to a different continent, ~~try different drugs~~ and have experiences.

Women love these guys for their great qualities, but I would argue that a great man *must* have duality of these qualities to be considered a great man. A great man is created.

The quality and femininity of women you're going to meet at bars playing video games isn't going to compare to the women you'll meet at the gym or in second year Psychology class, whether you're looking for plates or an LTR.

Your friend who is pulling the ONS while playing video games, isn't necessarily pulling 9's all around. If he is, I'd be curious to learn from him.

The Alpha Male is the Leader

4 upvotes · 20 June 2023 · /r/TheRedPill

Original thoughts. Great writing. Quality post.

Thanks for sharing it with us.

Mini FR:

I'm travelling abroad and met this dude a few months ago who's similar to Chris - not in a situational leadership way but in a IDGAF way.

He has an unbreakable alpha aura of IDGAF, but he actually lives it. I don't mean IDGAF in the "I don't care about anything" type of way. This guy isn't trying to "be" anyone. He's just himself. Just says what he thinks, even if it's stupid. Does what he wants, even if it's embarrassing or silly. Puts himself out there and doesn't care about the outcome. He's authentic, he's present, he's joyful - makes you like the guy, because it's really him. There's no front.

Not a good looking guy by any stretch either. Balding, average height, doesn't lift. Below average looks.

It seems like he's playing the game while all the other people are stuck in their heads, watching from the sidelines.

For some reason this dudes authenticity makes women (and men) just want to be near him, talk to him, laugh, touch, be around him. Couldn't put my finger on it before this post but it's related to what you said about emotional experiences. This dude gives everyone emotional experiences.

Feedback: the stories about Chris I think resonate with people. More things like that in the book will make people want to read it more and relate it to their own lives.

How the fuck do u pick a chick to be mother of ur kids these days?

4 upvotes · 23 April 2021 · /r/askTRP

I disagree with you about it only being possible within that age range.

I think it's much easier for an older guy in his late 20's (if he is established, good looking etc.) to find younger women. Women want to date men who are older. Older guys have an edge. I'm in my late 20's and consistently get IOI's from younger girls. In my experience this has been the case for my friend group and experiences I've heard from other men on this forum.

Does the uncomfortableness fade away?

4 upvotes · 30 March 2021 · /r/askTRP

The brain does this sometimes.

Don't live an imaginary life in your head first, and rehearse every scenario that might happen. It's better to follow your heart.

What do you want to do? Just do that. Don't worry about "should I text her this late, maybe she's asleep, maybe it's rude... etc etc". Just do what you want to do.

How to respond to this shit test

4 upvotes · 8 February 2021 · /r/askTRP

Wtf is wrong with asktrp lately.

Listen up mr spearmint. Stop over thinking shit. You interested in a girl? She's fucking you? She sends you some sexy pic of her hair. You can say "damn you look hot, come over later".

You reward with attention when she does something good. Don't overdue it by blasting her with paragraphs of validation and professions of love... there's a balance.

Now you're in a granular situation (comfort test, probably not shit test) because you acted disinterested in her new hair, now you're in a beta trap navigating your way through a dumb conversation instead of giving the puppy a treat. Next time just give the puppy a treat.

Plate (potential ltr) want to spend the day together on Valentine's Day

4 upvotes · 7 February 2021 · /r/askTRP

If you spend the day with her on Valentine's Day, she's now upgraded herself to LTR status.

I need help deciding which combination of languages to start learning

4 upvotes · 13 December 2020 · /r/askTRP

Portuguese and German

3.5 years without sex in a relationship with a past-wall woman

4 upvotes · 11 December 2020 · /r/askTRP

Your friend is gone man.

Sorry to say. But he's fucked. Unsaveable maybe. Still young, but he's got to wake the fuck up and take control of his own life. Nothing you can do to show him the light. He enjoys (or is indifferent to) the Stockholm syndrome.

On another note, I'm getting BPD vibes from the way you described her. She will inevitably start abusing him, if she's not already.

Am I wrong for not wanting my LTR to have male roommates?

4 upvotes · 11 March 2020 · /r/askTRP

This is your boundary that you laid down.

She's now testing your frame by giving you their responses to see if you'll break. Best thing to do is watch her actions. Keep to your boundary, and watch if she crosses it. Billy beta would've said "oh then if they said they want that then I guess it's ok". She's testing if you'll keep to your boundary or not. She could rent to anyone and I'm sure she probably doesn't give a shit about who.

My bet is it's a shit test to see if you'll cave.

Girl I'm fucking gone cold, what should be my next move

4 upvotes · 24 February 2020 · /r/askTRP

Correct answer.

Would've caught her off guard if you actually did open the door. Right move would've been "doing" instead of "talking".

After she said her sassy comfort test you could've said, "yeah, you're right." Then walked her to her car silently and opened her door then smiled at her. Would've been the charming, mysterious, and unexpected thing to do in this circumstance. Actions over words.

Just when she thinks she had you figured out you gotta flip the script. Sometimes it's the beta thing to do to open the door, in this case it would've been the alpha thing. With this particular girl. At this particular time. She's gotta know that you have some sort of soft spot for her- hence her testing you. Failed the comfort test. Don't worry there will be others. Sprinkle in a bit of comfort if you like this girl. Gotta go 80/20 alpha/beta.

Even if you don't give a fuck, if someone is convincing at pushing their false narrative, others can accept it and gang up on you.

4 upvotes · 30 December 2019 · /r/askTRP

When this happens, just calmly, without hesitation, just reiterate your point more clearly.

Some people like to box others in, they like to separate them into black or white.

For example if you said something like *"social media is a double edged sword."*

And so and so said: *"oh so you think social media is bad then hey?"*

You can calmly but strongly say, *"I think there there are social advantages to using it sparingly, but it also has a lot of downfalls when used in an excessive way. It all depends on how you use it"*.

Some people are terrible with nuance and tend to pull you in to their shitty frame. Just don't let them. Or just treat it like a shit test and agree and amplify to make them look stupid.

This is a great video about this exact situation you're in... <https://youtu.be/aMcjxSThD54>

Watch how many times the reporter tries to attack and intentionally misunderstand Jordan Peterson.

What does it mean when LTR tries to make small talk over text after I told her "no"?

4 upvotes · 23 August 2019 · /r/askTRP

Yeah it's clear she was using you as her orbiter for help with her work. Then when you put your foot down, she got butthurt about it. Just move on, don't try and understand the behaviour of a child. Embrace the child, laugh and see the child for what she is.

She's texting you now to save face and check if *"does he still love me after I was being a bitch?"*.

Ex keeps trying to contact me

4 upvotes · 17 July 2019 · /r/askTRP

She wants closure. In her mind, she isn't fully resolved in the relationship of what you two "could be". She's trying to solidify that you're a beta and she made the right decision. Do not give her this closure. Ignore calls.

What did my gf mean by this?

4 upvotes · 30 June 2019 · /r/askTRP

It's a comfort test. Just give her a damn hug and call it a night. She's just being insecure and wants you to make her feel safe/secure/warm.

Keeping Your Mind Off the Unnecessary

4 upvotes · 26 November 2018 · /r/askTRP

Discipline and willpower take years to cultivate.

You need to see things bigger than yourself and have a vision that is clear. Mostly you're fantasizing is out of non- necessity. It's not necessary for you not to.

When something becomes necessary, you act differently. Like if you didn't have any food or shelter, you bet that you wouldn't be watching porn and fantasizing all afternoon- you would be outside chopping wood to keep warm. Because it would be necessary to stay alive. Humans need homeostasis. We're very lazy creatures when we have our needs met.

Read "Breaking the Habit of Being Yourself". And Meditations by Marcus Aurelius.

Become a better man. Lift, get your shit together, dress better. Talk to everyone. Lift. Do fun shit. Become responsible for your own happiness, success & fulfillment. Once you're looking at this man in the mirror, *they'll be a few women* in your city that will also want to be around that same man.

Try to fill those spare minutes of fantasy with other things. Every time you feel like fantasizing, write in your journal or write a list of shit you need to do.

To successful nofap rebooters: should i fuck girls before the first 30 days or just wait it out?

4 upvotes · 25 January 2018 · /r/askTRP

Depends if you're being completely celibate or you want to quit porn/masturbation. If it's the latter, then the answer is yes.

What's your favorite redpill/ mgtow YouTube channel ?

4 upvotes · 16 January 2018 · /r/askTRP

Charisma on command has some decent advice. <https://www.youtube.com/user/charismaoncommand>

She said she won't come over b/c she knows we're gonna fuck and she doesn't wanna get hurt.

4 upvotes · 6 October 2017 · /r/askTRP

Next step is to just chill.

She'll come around. Likely you're coming on too needy, just act like you DGAF and pull back until she reaches out again. When she does, invite her in a *plausible* way over to your place. Like *"Hey stranger, haven't talked to you in a few days. Having pizza in the backyard over at my place tonight, care to join?"*

I feel Men lose respect for me when I try to socialize.

4 upvotes · 5 October 2017 · /r/askTRP

This is only what you feel, not actually what is real.

Understand the difference, there are some thing based in reality, whereas there are others that are fake and constructed in your mind.

It may be simply because you're coming across as too "available" or needy. You need to have the warmth, the presence, and the power to be able to convey this kind of social respect you're desiring. It takes time man, keep it up and keep the focus on others. Laugh with them not at them.

What are the circumstances in which it's ok to plate an ex gf?

4 upvotes · 17 August 2017 · /r/askTRP

Sex is a womans only element of control in a relationship.

She contacted you because she wants to get back together with you, or she wants closure. She knows that you wouldn't fly for "hey can we meet for coffee", so she'll weaken you with some sexysex and see if you'll be up for a relationship again.

There's no context here though, why did you leave her?

Losses/gains on my journey to swallowing the pill, where do I go from here?

4 upvotes · 30 April 2017 · /r/askTRP

First of all man, Happy Birthday.

You've come a long way. And that distance can seem lonely when you're travelling the road on your own. You've made a ton of progress, but clearly still have a ways to go.

No man is an island, and it sounds to me like you need to get out and do things man. Get some sunshine, go shoot hoops or play football/soccer. Making solid friendships with other males involves doing things that other males do. Humans are social creatures, and I admit that it's hard as fuck to make friends when you have none.

What I found worked for me, is I just started talking to people that looked cool. Sounds distasteful to quote Ghandi right now, but "be the change you want to see in the world". If you want others to be friends with you, start by talking to them. Be the first, be the man to initiate. A true alpha brings people together, and is not on a lone isolated wolf.

Still caught up on my ex

4 upvotes · 19 April 2017 · /r/askTRP

Happy birthday bro.

Don't worry about messaging her, that's not you anymore and you're over it. So is she. She's done with you 6 months ago. You're a better man now on a road to better things and higher goals.

If she messages you, keep it short or ignore.

please help i need some texting advice

4 upvotes · 28 March 2017 · /r/askTRP

Go easy because you're learning? All the more reason to go hard.

If you're learning, you need to know the hard truth. Not the easy one.

To the question: wait til Sunday to organize a date. Pick a time and a place and **tell her what to do.** make it easy for her to say yes.

You could say something like this on Sunday night: *"Hey you. Are you free Tuesday?"*

When she says *"bla bla bla Wednesday bla bla Thursday flakey flake flake flake"...*

You say: *"I'll pick you up at your place Wednesday at 7. Dress for a fun night out."*

Which really means... *I don't enter your flakey frame new girl. Come out with me and have fun Wednesday night or don't. Either way I'm good.*

Oneitis dumped me, started eating everything, bacame fat sob, smv tanked=no bitches -> found trp, decided I needed to change, went monk mode to raise smv and find myself. What do you think? Am I ready to get back out there?

4 upvotes · 27 March 2017 · /r/askTRP

You could lose a bit of weight still.

But the thing is, you can do that while approaching girls, lifting, and continuing to better yourself. The Michelangelo is never finished. Get out there and start approaching. Get a good haircut and either shave or grow out your beard.

Lookin good man. Keep at it.

99.9% Rejection Rate. HELP!

4 upvotes · 23 March 2017 · /r/askTRP

I have to admire your forwardness and boldness here.

You'll have way more success with this strategy if you built some rapport first. Polarizing is good but make some small talk- chat for a bit, smile and then make a move. She needs to screen you beforehand.

Being so forward, there's no time for her to make decisions. And are her friends around? If so, ASD might be higher.

Alpha virgin.

4 upvotes · 18 March 2017 · /r/askTRP

What am I doing wrong?

You're not escalating enough. Women aren't going to initiate sex with you. It's your job to set that up. They'll make opportunities for you to "open" them (conversation, smiles, touching; body language).

The reason you're still a virgin is because you haven't had sex yet. That's your fault and no one else's.

Not a big deal either though... don't place your self worth on a single event. It'll happen as you develop into a man.

Am i second best?

4 upvotes · 14 March 2017 · /r/askTRP

What's the problem then?

Drugs might be a deal breaker for me, doesn't have to be for you.

What will you do in this kind of a situation?

4 upvotes · 11 March 2017 · /r/askTRP

This *kind of situation* is the best one you can have.

Wine and movie at your place. Best option.

She's DTF already, so your place with some Plausible Deniability is a great option for her.

Under what circumstances would a girl let herself get double teamed (or triple or more)?

4 upvotes · 10 March 2017 · /r/askTRP

There's zero evolutionary reason for this.

It's mostly just a porn fetish that has grown into a fantasy for some people. Some girls are just sluts and want double the d. Usually it's skanky ass girls anyway, never high value women.

Seeing it on any other level will complicate things for you.

I decided that I'm gonna start my own business...

4 upvotes · 5 March 2017 · /r/askTRP

Start with these 3:

The 10x rule by Grant Cardone.

Hard thing about hard things by Ben Horowitz.

Zero to one by Peter Thiel.

The secret that no one tells you though... is you can read 1000 books... but unless you **take action** then it's all worthless. The man who knows little but takes action on what he knows, will be more successful than the man who knows a lot but doesn't take any action.

Removed ex from Spotify Family

4 upvotes · 2 March 2017 · /r/askTRP

Modern day break ups. Spotify account issues.

Who has custody of the account?

A new job

4 upvotes · 22 February 2017 · /r/askTRP

Official Trp career counsellor here.

Take the job. It sounds better than your old job in every way. Don't doubt yourself. Take it.

How does terror and fear correlate to red pill philosophies?

4 upvotes · 17 February 2017 · /r/askTRP

It won't translate in this context.

Imagine me approaching a girl and pulling a knife out of my pocket saying "I will protect you!!". It wouldn't fare well.

Why do you think your different then any other man? I know guys who are ugly as shit- then lifted for 3 years and now get approached by women (and men) all the time. Work hard in the gym, you'll get there.

How do you open a girl who is not relaxed?

4 upvotes · 11 February 2017 · /r/askTRP

Bottom two lines sound like you're searching for some sort of validation. Scrap those immediately.

If you're getting negative responses and there are no IOT's then it's hard to judge what the issue is. Chalk is up to SMV if you're experiencing rejections.

In general if your SMV is high enough you can open almost any woman. But be a happy go lucky, chill, masculine male and you'll do alright.

How to go forward from here

4 upvotes · 10 February 2017 · /r/askTRP

She's not interested.

Pursue other women. She's not the last one on earth. She's not interested, and has a bf.

Minimal contact. She'll come around.

What is the proper response to "I know you like me, but I don't feel the same. I'm sorry. . ."

4 upvotes · 9 February 2017 · /r/askTRP

"What makes you think I like you?!"

Shit test, pressure flip it. Now she's on her toes.

Need help searching for red flags on a girl

4 upvotes · 9 February 2017 · /r/askTRP

Sounds like a great girl. Not all women are shitty. Some are better than others.

Watch her behaviour though. What she says and what she does are very different. She is also a woman, she is also hypergamous.

Intermittent Fasting Reduces Testosterone (in rats)?

4 upvotes · 6 February 2017 · /r/askTRP

There are many studies like this. There are many disproving it. It's important to look at a large range and make educated decisions.

The consensus in the scientific community is IF raises your testosterone. There's always going to be a study here or a study there saying something different. Look closely at the variables in the study.

How long to wait to check if she'll flake?

4 upvotes · 5 February 2017 · /r/askTRP

In this case I wouldn't get in touch with her.

You've already told her what to do. She's probably cancelled all her other plans and is getting ready for you.

If she does end up flaking, then she wasn't worth it anyway. If you're really worried, follow [u/hecticchow](#)'s advice and say you're running a few minutes late.

Why am I getting cat called by girls in cars recently?

4 upvotes · 5 February 2017 · /r/askTRP

The female species seems to admire you.

Smile and wink. Or approach when it happens. They've expressed interest already. The deal is done.

Asked me why I like her

4 upvotes · 28 January 2017 · /r/askTRP

This was a comfort test and you failed miserably.

The correct response would have been something witty, charming and eluding. Something like *"Too many ways to count. Let's get together tonight at 7 and I'll show you instead of tell you"*.

Is this what woman do? Is this fucking normal?

4 upvotes · 25 January 2017 · /r/askTRP

Not sure what to tell you. There's a lot wrong with the above OP.

Your obsessing over this one woman, who is or isn't interested in you. One way to find out. Set up a meet and escalate.

Women will never lead. They'll rarely initiate, and resent you if they have to. So get used to always setting up the dates, making conversation, approaching her etc.

Also, start lifting man. Don't be "that guy" who reads theory then doesn't practice.

Why does everyone think they are smart?

4 upvotes · 19 January 2017 · /r/askTRP

Egocentrism.

Most people think life revolves around themselves. It's self-consumption. It's easier to think *"I'm holier than thou Because I swallowed the red pill and I'm super alpha now boyz!!"* Then to work hard in silence- and let the results speak for you.

Every single man I've met and considered an alpha male, never talked a word about the red pill- or self proclaimed himself an alpha. Come to think of it- never talked about himself at all either. He let his accomplishments and Charisma do the talking.

Those who do choose to go the route of self proclamation are usually very fragile people trying to cover up a bigger issue.

Crazy ex-gf keeps "improving" herself for me

4 upvotes · 19 January 2017 · /r/askTRP

If you have to ask. Then you already know.

Seems like it's going to be the same thing again man. It's part of who she is. This will end in her being accidentally pregnant- because she's improving the baby for you.

Normal women don't act like this.

Give some examples of when she was crazy?

Not full RP yet, looking for what I could have done better

4 upvotes · 16 January 2017 · /r/askTRP

You're really pushing hard to help her pack. It's clear she doesn't want you to do that (for obvious reasons). Let the woman pack, she knows how to do things like that.

You should wait til tomorrow and then hit her up. Women act *in the moment*. So tomorrow if she's feeling tingly, she'll want to meet you. Right now through text you're trying to coax her into it and she's not feeling it because you're coming on too strong.

Message her tomorrow and say *"hey girl. Let's celebrate your going away bash. I'll pick you up at 7."*

Good date ideas?

4 upvotes · 12 January 2017 · /r/askTRP

How old are you?

Assuming it's for an LTR:

Skating, sex, hiking, laser tag, food, small venue concerts, sex, comedy show, beach, go karting, sex.

I just go by whatever I feel like doing & it's always fun. Important part is to lead her.

Where to find top 5% women?

4 upvotes · 12 January 2017 · /r/askTRP

Depending on how you measure your percentile (looks, femininity, submissive, sweet). Women are scattered everywhere. There's tons of them. The 5% don't gather in one place- but there are definitely higher concentrations in certain areas.

University's, gyms, city centers, affluent locations.

Anywhere but the club.

Moved for Work

4 upvotes · 10 January 2017 · /r/askTRP

Little bit risky and weird because you're renting from her on Airbnb she's the host. If you approach and escalate you run the risk of being flagged from her on Airbnb and equating to a possible felony or rape charge depending on how crazy she is.

Worst case scenario, but it's women... so you know.

Have abundance mentality here. This Airbnb host isn't the only girl in SF. You have a great job at a VC funded startup- SMV through the roof. Approach other women.

Approaching a girl knowing low key she wants me

4 upvotes · 9 January 2017 · /r/askTRP

Enjoy yourself. Build attraction through touching, laughing, eye contact, banter and escalation. Kiss her at the right time when both of you are vibing and she feels comfortable with you.

She's already into you, so don't fuck it up.

Difficulty convincing people

4 upvotes · 9 January 2017 · /r/askTRP

This is not a red pill issue.

Can't stick to things

4 upvotes · 9 January 2017 · /r/askTRP

Just finished a book that really hit home on this subject. It's called "The War of Art". Essentially you're letting resistance overcome you.

You're afraid of succeeding. So you protect yourself by never finishing or sticking to anything. When you never finish you can't fail or succeed. You protect yourself from change (positive or negative) in the process.

It's not a two line solution on TRP. You need to work at this & figure out why you have this barrier.

Read the book.

Having 0 logistics

4 upvotes · 9 January 2017 · /r/askTRP

First things first, get a job.

Second, move out of your parents place closer to the downtown.

Keep lifting and escalating with women all while doing this.

Otherwise go over to her place instead.

What's her secret?

4 upvotes · 8 January 2017 · /r/askTRP

What? What is the context. Your writing isn't conveying the situation well.

LTR - how do I recover from this?

4 upvotes · 7 January 2017 · /r/askTRP

Sounds like she's having trouble trusting you again. TRP doesn't fare well with LTR advice, so I'll do my best to advise you here.

You fucked up in her eyes, & despite you thinking you changed & remedied the mistake, she's still hurt about it. She may have trouble letting it go for a long time. Women *never* forget. Best thing to do, is acknowledge openly that you fucked up, & don't appease the subject any longer. You don't have to apologize profusely. But let her know that you know you made a mistake & have moved on since from it.

Read the way of the superior man. Gives a voice to a lot of this stuff.

Not sure how to handle this new girl

4 upvotes · 5 January 2017 · /r/askTRP

Man you're hardly even trying here.

In the first one I told here I was still trying to figure out where our first date was gonna be but she didn't respond.

Shouldn't have messaged her that you're trying to figure out how to date her. Just message her when you're ready to take her out and you know a place for sure. You said dinner to her at the gym, so follow through with dinner.

I told her I was going snowboarding that weekend and asked if she wanted to go with me.

Bad activity to escalate with, and the dynamic is sometimes weird because she might not snowboard. More of a man-man thing. Fun to do, but not necessarily first date stuff.

I'm about to say fuck it and just move on.

Why? You've tried *once* to ask her out. Just stick with your original plan. Say: *"Hey gym girl, I'm taking you out to dinner on Friday at 7pm. Pick you up at your place."*

If she says she's busy friday and bla bla bla. Say *"Saturday at 7pm"*. If she doesn't suggest another time or day, then it's likely she's not interested in you. Move on.

What kind of sings do women give when they finally want you to kiss them?

4 upvotes · 4 January 2017 · /r/askTRP

She will turn her body toward you. Her feet will point at you. Her eyes will open wider. Sometimes she'll wet her

lips. She might touch her hair or get more feminine in some way. Her body language will open slightly. All good signs.

Can I get some extra eyes on this Tinder convo?

4 upvotes · 3 January 2017 · /r/askTRP

Great banter man. You've got the written wit & charm down to a science. Do a post on it on the main sub & teach others.

What does it mean when you keep getting ASD behavior in private?

4 upvotes · 2 January 2017 · /r/askTRP

I'm not making a move so she ain't resisting me

Here's the problem. She's not giving LMR or ASD. There's nothing for her to resist yet. Make a move in the car. Escalate. Go for drinks after work. Polarize like the north baby.

Women don't want to put themselves out there to get rejected. She seems like she's flirting all day with you and wants something more. **Give her a way to feel free with you.** Not like she's just randomly driving a guy home from work. Sounds like she wants a no strings attached kind of setup but won't want to explicitly communicate it.

When does ownership not fall onto us men?

4 upvotes · 2 January 2017 · /r/askTRP

You should always take ownership for *everything* that happens to you. Even if it's not your fault. I know that may sound trite at first. Let me explain:

When you do this you create a life where you are responsible for your actions, and everything that happens to you.

Your power went out because there was an outage? You could've had a generator. Think harder next time. Someone keys your car? Shitty, but you could've parked in a less sketchy part of town. Your phone accidentally knocks down off the table and breaks? You could've had a good case on it or put it in a better place.

It gets you out of victim mode and empowers you to be proactive.

Do any of you TRP guys use viagra?

4 upvotes · 30 December 2016 · /r/askTRP

Tried it once to counteract another medication I was taking that was causing lower sex drive.

Wasn't worth the hype to be honest. Expensive and after sex I just had this annoying boner that lasted 2 hours. If you're having trouble with ED it's best to lay off the porn & get better sleeps.

Was this a Shit Test? And if so did I pass it

4 upvotes · 30 December 2016 · /r/askTRP

Could've been a shit test. Not enough background to tell here.

If it was a shit test, you ignored it. Which works in some situations but probably not this one since there was an ongoing conversation.

In the future agree & amplify. Be like *"oh shit that dude is hot. Grab his number for me will ya?"*

What does she mean ?

4 upvotes · 26 December 2016 · /r/askTRP

She is testing your frame to see how you respond. To see if you get all butthurt and protective and insecure about it. It's a shit test 101. Like first chapter of shit tests. Go back to chapter one and reread it.

As for the other sentence, she's thinking about sex, and she wants to fuck you. When a woman tests you, she's interested in you. Escalate.

If white blondes are the "hottest girls" why don't brunettes dye their hair blonde?

4 upvotes · 24 December 2016 · /r/askTRP

There's a dichotomy here you need to understand.

"Hot" is a *subjective* term. What is an HB9 to you, could be a HB6 to me.

I need help, How do I make this change.

4 upvotes · 23 December 2016 · /r/askTRP

She told me many times that I needed to be more of a man and tell her what I wanted to instead of just doing stuff she wanted me to do or friends wanted me to do.

Bingo!

She still texts me and I feel like she is just stringing me along till she find someone else.

You win!

Went to making out in her car outside my apartment to her asking to be just friends. Where did I fail?

4 upvotes · 22 December 2016 · /r/askTRP

Some good points made by /u/tttsss123. In essence, she thinks she can do better. You're the best she could do *tonight*, but she's not going to go & ride you all night long when she first could try & get you to commit.

Hell nah man.

Also, some women don't go up to a guys place on the first meet (was it a first meet?). Especially if she's iffy about you.

She's cold about the whole thing though. Not giving with you, & doesn't want to end up a plate for you.

How should we deal with such behaviour , LTR making plans

4 upvotes · 18 December 2016 · /r/askTRP

Lighten up man. Changing locations meeting **anyone** is a pretty acceptable thing to do. It doesn't mean you're not leading.

No one gains from getting butthurt and pissy about it. She got abrasive because you broke frame and weren't easy going. In the future, be chill about it. Say "*sure see you there babe*". That's way more simple then the power struggle that happened over a mere 20m distance.

There's a difference between being flexible in a woman's comfort level and passing shit tests. Not everything is a shit test. This wasn't a shit test.

How to stay in touch over holidays period with a newly met girl?

4 upvotes · 18 December 2016 · /r/askTRP

Yeah if it comes from a place of abundance and not neediness. You're a valuable man with options and shit to do. You don't care what she's up to really. You just want to bring her into your awesome world and frame.

Every few days shoot her a text like *"Sup girl"*. & then continue on with some light playful banter. Don't turn it into a daily thing though.

Ideas for escalation?

4 upvotes · 10 December 2016 · /r/askTRP

Dear Bitter.

Here is the guaranteed alpha way to escalate your way into sexual relations with a woman:

Step 1: Find a woman. They usually are lurking in malls, forests, beaches, grocery stores & gyms. Many shapes sizes & ages. Choose one you find visually pleasing. (*the hardest step*)

Step 2: Approach the woman cautiously. You don't want to startle her or scare her away. Women are timid fragile creatures that are very picky. Make sure your shredded with a great salary & have a nice attire on. She's a unicorn so use the whisper that TRP taught you.

Step 3: Coax her back to your cave by pretending that you two are going to watch a movie or show her your cute dog Glo (Plausible Deniability). This is to make sure she doesn't feel like a slut going over to some boys house she never met.

Step 4: Once you corner her into the private areas of your chosen cave. **Escalate**. Conquer past the trenches of LMR, dive deep through the oceans of ASD & report back with you findings of how the vagina felt.

Looking forward to seeing your post,

Love, lietruth

Girl on tinder said i look too innocent to be this much of a fuckboy.. im just wondering how to respond back.

4 upvotes · 10 December 2016 · /r/askTRP

Dude life doesn't expire. Keep responding.

Broke frame while drunk.

4 upvotes · 10 December 2016 · /r/askTRP

Act like nothing happened and continue on. I don't see another option here.

If the subject comes up I was thinking about joking about it being the wine and trying to flip it somehow.

Go with this. Pressure flip maybe, and say *"oh actually it seemed like you were head over heels for me last night. I was just following your lead woman"*.

If you couldn't get a girl on a date because she was busy for the next 7 days, how many texts did you rack up before you finally went on a date with her?

4 upvotes · 9 December 2016 · /r/askTRP

No such thing as "text game". Just arrange a time and a place. Tell her:

"I'll pick you up Friday at 7pm. Dress for a night out. Have a good week!"

Send a text confirming time/meetup Thursday night. Rinse & repeat.

Is this a shit test? How to proceed

4 upvotes · 9 December 2016 · /r/askTRP

Looks like she got an upgrade. No harm done. Sounds like you held frame, continue on with your life. Be careful when she comes back later when her FWB won't commit.

Your small daily decisions are the ones that create you into who you become

4 upvotes · 15 October 2016 · /r/TheRedPill

By "work" I assume you mean it does what it says it does. It increases wakefulness, improves mood, and **enhances cognition** to a certain extent. [Link to full article here.](#)

It's grossly exaggerated in the media as "the limitless drug" from the movie. You will perform better in almost everything, but "becoming limitless" is not a realistic expectation.

It all depends on if you need it or not. Any other questions, ask away.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

4 upvotes · 12 September 2016 · /r/TheRedPill

Thanks for pointing this out. I should rephrase that to *"This advice will only work if you are with a (potentially) feminine submissive girl."*

Many women aren't feminine and submissive because they're with men who don't lead them.

Everyone needs to figure out their own reasons to read things or not read them. Find out what works for you, then pursue that.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

4 upvotes · 12 September 2016 · /r/TheRedPill

Duly noted. Thank you for the advice.

What sort of balance do you keep with her paying for dates? Right now, I pay for 9/10. But I'm wanting to cut it to 7/10.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

4 upvotes · 12 September 2016 · /r/TheRedPill

Insightful advice, thank you. You're spot on with the monetary aspect, that's about what it's going to cost.

She may begin to expect more and more, so far that hasn't been the case. And she may be willing to jump ship if things get rough, but that's behaviour I've begun to expect from women in general.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

4 upvotes · 12 September 2016 · /r/TheRedPill

Your 1/3 might look different than mine. This works for me because I genuinely enjoy going out 2 times a week, and she's good company to take with me.

LTR's do require investment, and you need to find a balance and lift more as you said to keep her in check. Porsche is 10 years old and cost me \$19,000. I earn 40-60k as a web developer, not as a philosopher.

New Comer

3 upvotes · 13 April 2021 · /r/askTRP

Sidebar, lift and read!

Frame

3 upvotes · 29 March 2021 · /r/askTRP

Journaling helps.

You need to release these feelings somehow. If you repress something, it only creates more problems and bleeds in to other areas of your life, as you're seeing with your amplified anxiety.

What works for me, is talking to myself and recording it. I'll go for a drive in my car, turn on my voice memo recorder, and I'll just say everything that's on my mind, no matter how stupid, weak, dumb, crazy or whatever. No one says anything back obviously, there's no feedback from anyone. But once I'm done, I feel way better and more centered.

Sometimes I listen back to the recordings from years ago, and it seems so silly, but at the same time I realize I have a really level head because of how i have talked my way through things on my own.

Feels weird at first but you should try it.

We're taught to never "talk to ourselves" because that's what "crazy" people do. But we literally talk to ourselves silently in our head all day. Pay more attention, and you'll realize you're silently narrating everything you do and have done. When you journal about it or verbally release it, it's now "out of you" and not yours anymore. You can let it go.

Kissed a friend at a party and she ghosted me

3 upvotes · 25 March 2021 · /r/askTRP

This should be an auto bot, first comment on every asktrp post.

What books would you give a 13 year old?

3 upvotes · 13 December 2020 · /r/askTRP

13 is too early to be reading about PUA.

The brain is still developing at that age, and those ideas are specific and nuanced, it's not going to make sense to a young man who is maturing. I would've gave him "the alchemist" or "meditations".

I hate the person I've become since adding muscle

3 upvotes · 11 December 2020 · /r/askTRP

Sounds horrible dude.

Is this a flake?

3 upvotes · 13 November 2020 · /r/askTRP

Wouldn't overthink it.

Trust in your instincts and don't over-analyze this. You're the prize. Take it at face value, and say something like: "good idea, tomorrow works better — see you at 7."

GF rejected sex today.

3 upvotes · 2 September 2020 · /r/askTRP

The fact that she has never rejected sex in 2 years is a pretty good sign imo.

I think you're probably a young buck. So here's a piece of advice. Women are not as horny as men. They don't have the same testosterone levels. Sometimes they just don't feel it. Maybe she's getting her period soon and has cramps or some shit. Who fucking knows with women. Nothing worse than her faking it too, which believe me,

is worse. Try fucking a half wet complaining pussy. Not fun. She did you a favor by telling you.

You're probably spending too much time around her too if you both work from home. Leave the house anytime you can and try to build some attraction. And keep escalating throughout the day etc. Maybe a good time to change things up, build some dread.

Gf hanging out with a homosexual?

3 upvotes · 30 August 2020 · /r/askTRP

Girls sometimes hang with gay guys. This a normal thing.

I need to fuck my new lady friend but live with my parents. What do I do?

3 upvotes · 30 August 2020 · /r/askTRP

Airbnb bro.

Just rent one for a couple days and play it off as you needed space from your parents as you're searching for an apartment near the city. Or whatever backstory. It can still give her plausible deniability if you add a backstory that doesn't involve you looking thirsty.

Meeting for lunch.. But not sure intentions are understood

3 upvotes · 30 August 2020 · /r/askTRP

If there is attraction there, it doesn't matter if you're doing taxes, it's fine, she'll fuck you if she wants to.

Lunch may have been a bit of a stretch. But you do you, it's your life. Women do like to get to know a man before the cave.

Just make sure lunch doesn't turn into a friend date vibe. Escalate to your place after or hers.

Is my ex-LTR trying to thirst trap me?

3 upvotes · 12 July 2020 · /r/askTRP

Haha you're different bro. Let me know how this one played out

I need a slap from you. Life situation not girls shit.

3 upvotes · 21 April 2020 · /r/askTRP

You may be cynical about life right now because everything feels like it's on your shoulders. It could be coming out in covert ways. And you've got a lot of anger built up.

I think these problems are deeper than TRP, I would see a therapist or a psychologist. I have before, and it helped me battle some childhood shit, and now I'm over it. It helps.

Long ass line. Big booty latina.

3 upvotes · 14 March 2020 · /r/askTRP

/thread

Now you're on the internet posting questions and regretting it. Should've jumped outta line and chatted her up. Not a question of whether she was "worth it or not". You have to reframe that.

How to Ask a Girl about her Sexual Fantasies without Seeming Supplicating?

3 upvotes · 10 March 2020 · /r/askTRP

Whisper in her ear as your fucking her.

She'll tell you the truth and it'll turn her on. I wouldn't approach it like a decision about which tacos you're ordering. Keep it sexual, bring it up during sex.

I match with girls on tinder but immediately get disinterested. Does this happen to anyone else?

3 upvotes · 13 December 2019 · /r/askTRP

Sounds like you've answered your own question.

Your actions aren't aligning with your intentions and desires. You want to talk to girls in real life, but your conflicted about this tinder thing for some social conditioned reason.

If you prefer approaching women in real life, then do that. There's a reason you feel disinterested- when you have no desire or want to do something, it feels like a chore. You're conflicted because it's not what you want. Obviously texting them is less fearful than approaching in real life, so personally I think the fear part is unfounded- and it's more of the former.

Schedules

3 upvotes · 12 December 2019 · /r/askTRP

You're thinking too far into this. Be decisive.

Don't ask her when she's free. Tell her when you're going to get with her.

You can say something like: *"I'll pick you up on Friday at 7pm."*

She can counter with: *"oh noooooo friday doesn't work for me bla bla excuse"*.

Then if she's half interested she'll make herself available on another day: *"but saturday night does"*.

It's always better to be decisive about your decision, even if you get shot down. Let her be flakey. Rather than putting the ball in her court. Think of how weak it looks to say: *"I am free on Wednesday nights"...* versus strength: *"I will pick you up on Wednesday night."*

One is passive, while the other is active. women: passive, men: active. Saying that you're free on Wednesday night just sets you up to avoid rejection. That's her role. Your goal in life is to keep getting rejected, keep failing, keep penetrating until you succeed.

While this is a small distinction, maybe granular at best, little things make up the big things. I've heard bitches complain about shit like this, how some men cannot lead or take action on even setting up a date. Go with the lead, and tell her where and when you'll be picking her up, then let her be receptive to that.

How to smash girl from Tinder?

3 upvotes · 25 September 2019 · /r/askTRP

Shoot your shot.

She'll make her self available for you if she's DTF. Set a time up and see what she says. You already have a foot in the door with her.

Having sex in weird places increases attachment ?

3 upvotes · 23 September 2019 · /r/askTRP

No, this is a red herring.

Women just become attached after they have sex with you. It's called **pair-bonding**.

Help. My psychotic ex is texting me and threatening to ruin my career.

3 upvotes · 10 September 2019 · /r/askTRP

This is a really shitty situation to be in. I feel for you right now bro.

You're sort of at the mercy of anything she wants to do. And she's a crazy person. So that's fucking shitty. Think of it this way though. Has she done *anything* yet? By the looks of your post, probably not. And if she does do anything, it will have to be authored by her... which will socially look terrible on her. Girls hate looking socially terrible.

I think she's bluffing as a control tactic. I wouldn't provoke this kind of person — I would slowly just back away from her. A good idea would be to just de-escalate the situation whenever she brings this shit up. Make her *feel* like she's in control, but don't egg her on in any sense. Act like you don't give a fuck if she does or doesn't... but in a genuine way. If she sees that you care that she causes damage, then she'll just be more motivated to do it.

The alternative is provoking her and then she may actually follow through on this and fuck some shit up in your life, depending on what she chooses to do. This will end worse for you, then just taking some BS insults from her until she gets bored of that and moves on.

Lose the battle, win the war.

About to start Uni for the first time UK - Need advice (Not women related)

3 upvotes · 4 September 2019 · /r/askTRP

Get ahead on your midterms and start studying for finals.

Try to study at least 20-60 minutes a day.

Do not wait until midterms or finals to study or read the textbook. Your brain consolidates information much better when it's absorbed over time. Meaning that reading/studying for 20 minutes a day, over the course of 2 months, is better than reading for 8 hours a day for 5 days. You won't absorb as much in the 8 hours. Long term retention is what you're after.

Get good sleeps... 7-9 hours. Try to get a part time job on the weekends, it might be hard with a full course load in sciences though.

Uninterested girl

3 upvotes · 18 July 2019 · /r/askTRP

Your obsessing over this one woman, who is or isn't interested in you. One way to find out. Set up a meet and escalate.

Women will never lead. They'll rarely initiate, and resent you if they have to. So get used to always setting up the dates, making conversation, approaching her etc. She may seem disinterested or ambivalent, but you have to take always take that role.

What puts you off from reproducing?

3 upvotes · 17 July 2019 · /r/askTRP

Time commitment.

24/7 for at least 18 years. Much of those years will be helpless/dependent years.

Advice needed, Is this woman taking me serious or playing me for her own benefit?

3 upvotes · 27 June 2019 · /r/askTRP

She's plating you hard man. Or she's disrespecting you.

Either one, you need to draw some clear boundaries and find out what you're in this for.

How do you respond when a girl replies with "Why?" when you ask her out?

3 upvotes · 27 June 2019 · /r/askTRP

I'd say: **"isn't it obvious?"**

This implies two things, but the subtext communicates the message. First, it implies that you're a man who asks a lot of girls out, so it's obvious you would also ask her out. Second, she may decode that as "oh he's asking me out because I'm so pretty/great/compliment. bla bla hamster". When the subtext communicates the conversation, things go better for you in life (with women that is).

Sorry for this shit post but why do women love peanut butter so much? Everytime I've gotten dessert with a girl wether it be a blizzard from DQ or a mcflurry, Reese's.. EVERYTIME.

3 upvotes · 19 June 2019 · /r/askTRP

Fatty, sweet, calorie rich nut mixed with ice cream. It's built into women to love peanut butter! Gotta put some fat on to protect those ovaries.

Dressing well without looking like a nerd or fuckboy

3 upvotes · 4 December 2018 · /r/askTRP

This is the right answer.

You can buy this stuff at any H&M or Zara in most countries.

Menstruation cycle questions

3 upvotes · 2 December 2018 · /r/askTRP

Yes, menstruation is when she bleeds, and ovulation is when her fertility is highest during the month.

I would say you're doing fine with comfort tests. Just making sure to shift that frame after menstruation.

How do I respond to this girl who is flaking on a date?

3 upvotes · 2 December 2018 · /r/askTRP

"we need to make it later, you need time to get ready"

This would have worked had you built enough rapport with her. Or if this was an inside joke from a previous date, i.e. she was late and blamed it on getting ready. Otherwise it just comes across as you being socially haughty, and overweening.

Out in the real world....

3 upvotes · 2 December 2018 · /r/askTRP

Bookstores, colleges, gyms, streets, allyways, grocery stores, dance classes, McDonald's, airports, train stations.

Go outside and look around. You can literally see women everywhere. You just need to approach them for them to develop interest in you.

Ending night on kiss

3 upvotes · 26 November 2018 · /r/askTRP

That's a tough situation to be in.

The logistics just didn't seem right. I can think if I were in your shoes, it was between telling her your visiting your parents house, or just bailing and saying another night. She was ready and willing it sounded like too. I would say you handled it well — obviously there were other options, but none that really made sense to you.

What is the most ridiculous flake excuse a girl has used to cancel on your date?

3 upvotes · 26 November 2018 · /r/askTRP

Women are fickle.

This isn't the only one either. They're all like this, capricious. This is yet another example of the fleeting nature of women.

Always assume attraction and assume the date. Don't let her drag you into her flakey frame. Take it lightly. If anything just tease her about it. It comes down to this: if you're confident in the man you are, then that's all that matters. Whether she comes with you or not, at the end of the day you're still going to have an awesome life. If she's going to be flakey and abandon ship, so be it, sail without her, there's many more at sea.

I think I am ghosted by two girls.

3 upvotes · 26 November 2018 · /r/askTRP

Women are masters at manipulation— especially when it comes to getting what they want. This is a game. They've evolved to know how to twist you around their little fingers, especially in your weakest times.

I would wait to see what happens. My bet is they contact you, after a week or two. After a few weeks you could make one last ditch effort, then move on.

Using hookers to practice?

3 upvotes · 5 September 2018 · /r/askTRP

https://www.reddit.com/r/asktrp/comments/98okub/i_enjoy_going_to_prostitutes/

How do you call a woman out on her shit but not sound butt hurt?

3 upvotes · 5 September 2018 · /r/askTRP

It's case by case.

I think what [u/CainPrice](#) said also fits the bill in a number of instances. Women are amusing, be amused. I understand it's difficult to do that sometimes, especially in those cases where their behaviour is deplorable. You don't have to formally next them, you can be short and uninterested for a few days/hours depending on the circumstance.

How do you remove the scum from your life

3 upvotes · 25 January 2018 · /r/askTRP

Block his number.

<https://support.apple.com/en-us/HT201229>

<https://support.google.com/phoneapp/answer/6325463?hl=en>

Sh*t test?

3 upvotes · 16 January 2018 · /r/askTRP

A 9 at 21 years old, who is begging you to hang out.

Man, you must be having an amazing 2018 so far. I can tell. The right time is when you make it the time, in my opinion.

Sh*t test?

3 upvotes · 16 January 2018 · /r/askTRP

she did ask me if I wanted to hangout when I showed that I didn't care what she was doing.

Boom, there you go.

If she's a peach and sweet then make it exclusive if that's your ball game. Sounds like she definitely could be tamed still. How young?

She said she won't come over b/c she knows we're gonna fuck and she doesn't wanna get hurt.

3 upvotes · 5 October 2017 · /r/askTRP

Not sure the context or background here. How long have you known her, what's the previous conversation?

Waiting it out until she starts ovulating is highly unreliable because you won't know when that is, only she does. Plus she probably has a couple dudes on speed-dial for that.

Post hookup help

3 upvotes · 17 August 2017 · /r/askTRP

Sure, text her and say "had a great time tonight, did you get home safe?". Just so she can text back "Home. And yes thanks for the good night".

Doesn't matter why she left... women do strange things all the time.

Can I gain 50 pounds in under a year?

3 upvotes · 17 August 2017 · /r/askTRP

That's 4.16 pounds a month.

Of course that's possible, not unhealthy either. Just eat a lot man, and work out a lot as well. It's not going to be all muscle though, so be prepared for that.

How old are you?

Post hookup help

3 upvotes · 17 August 2017 · /r/askTRP

Strange that she offered zero LMR.

My hunch is it started to sink in that she felt like a massive slut... as women who aren't, don't do this. Either your SMV is very high, or she was getting over a breakup.

I'd get some confirmation of a great time via text message so she doesn't go claiming some shit after the ASD sinks in post-coitus.

Reforming incel, not sure where to meet people and what to do next

3 upvotes · 10 August 2017 · /r/askTRP

Okay, firstly. Get rid of all that negative self talk.

"I'm a basement dweller", "I'm an incel". You are what you see yourself to be. From now on you're the guy who

is good with words and has great social skills. Talk to yourself in that way no matter how weird it sounds. Fuck the basement and video games. That shits not real. Create a life better than any one of those fantasy worlds. And sustain that.

Keep lifting, talking to people, focusing on hobbies (basketball, coding, guitar), and approach women in real life by saying "hi".

Get outside, out of your own head and join a class. Hit a bag or go for a run. Do some push-ups, shoot some hoops. Read a book in Starbucks. Make conversation with people. You'll feel different in 30 days of doing this every day, and you'll probably meet a few HB7 baristas and make some male friends too. Go to the gym, talk to other guys. That's how you make friends. **You go up and talk with people.** It's likely that you could also make some friends through your engineering program. Lot's of those guys outside of school are probably pretty chill.

As for the 8/8 rejections... you need to approach when the situation is appropriate. Gauge the response, it's not always a good idea if you can clearly see the girl is running to class or the bathroom.

How to loosen your muscles?

3 upvotes · 16 May 2017 · /r/askTRP

Stretch

GF always asks "what I get in return?"

3 upvotes · 10 May 2017 · /r/askTRP

She's testing your frame man.

This is shit test 101. Agree and amplify, or squeeze her and spin her around until she screams to stop. If you can get her giggling and in her feminine, 9/10 she'll cut this behaviour out.

Was this a shit test?

3 upvotes · 10 May 2017 · /r/askTRP

Like the other men are saying, it sounds like an honest mistake. I mean what does she have to gain from this, she's going to see you again.

When trying to court a woman there's going to be walls, red herrings and shit tests. And you have act like it's no big deal and climb them. It's important not to become sensitive about small shit like this. Doesn't matter. Showing how upset you are over this demonstrates that you're over invested at this point.

Give this girl another chance?

3 upvotes · 30 April 2017 · /r/askTRP

I've never tried Ethiopian food, but it sounds delicious.

Any hot girl that asks you out for Ethiopian food, you can safely assume she's into you. Your call how you want to play it.

Asked me out and flaked on me. Twice! WTF?!

3 upvotes · 26 April 2017 · /r/askTRP

I don't think that qualifies as a flake as no meetings were set up, cancelled, or decided on.

I'm pretty sure she's just playing you. Sounds like she's the flirty teasing latin-girl type anyway.

Cut this messaging out. Call her and ask her out. It's bold, it's forward and it puts her on the spot to make a decision right then and there. No room to flake.

please help i need some texting advice

3 upvotes · 28 March 2017 · /r/askTRP

lietruth-playboy. I can feel this one catching on. Does Reddit let you change your usernames yet?

Don't give her a choice. You're not google calendar. If she's into you, she'll cancel her Wednesday flakefest. If she's not into you, it doesn't matter what day of the week it is. You're not in it.

She won't outright reject you. She'll suggest another time if she's interested in you.

What do I do to people caught off guard?

3 upvotes · 28 March 2017 · /r/askTRP

Move on. Some people are boring and lame.

No point in sticking around for their sub-par energy levels. Take your high energy to another human.

You're not always going to vibe with everyone. Talk to a large sample of humans and you'll find ones you vibe better with.

Emotional Gaslighting

3 upvotes · 27 March 2017 · /r/askTRP

Fuck this friend.

Life is too short for losers like this man. You and I both know that you don't have time for this shit. Why? What's the point of sticking around this low-life gaslighting you all the time when there's normal, healthy, alpha men that you can mentor.

Toxic relationships need to be treated accordingly.

Looking for RP Youtube/Podcasts

3 upvotes · 23 March 2017 · /r/askTRP

Charisma on command has good stuff on YouTube

I'll buy you a coffee if you kiss me

3 upvotes · 22 March 2017 · /r/askTRP

Okay, you don't respond to that since you fucked up.

Kissing, sexual attraction, and love is not to be outwardly talked about overtly with women. It's supposed to be a delicate dance of flirting and plausible deniability. When you mention sex or kissing and put conditions to it, she's not going to respond favourably. She's going to put you in the bucket of the men who "don't get it" rather than the men who "get it". Get it?

TRP way to handle venting ?

3 upvotes · 22 March 2017 · /r/askTRP

Women love drama, they live for having problems.

Problems mean that they can *feel* again.

When I look at a woman, I see girlfriend. How to work with this?

3 upvotes · 22 March 2017 · /r/askTRP

Right, over-investment off the bat. I see what you mean.

Certain girls sure, treat like hoes (because they are). Sounds like you need to be more stringent with your

screening process... don't cast such a wide net. Narrow it in, and only qualify women you would date/plate. Then treat those women with less investment.

Lower inhibition, play back on the nice guy stuff. Be more assertive, dominant and charismatic.

When I look at a woman, I see girlfriend. How to work with this?

3 upvotes · 22 March 2017 · /r/askTRP

How is this a problem?

See the end result. Vision it. Then go after it. If it's not what you want, re-evaluate. Sounds like you have down what a lot of guys should have down.

I texted a girl who I kind of led on to see what she was up to. She just responded with "bye". Should I treat this as a shit test or just apologize to her?

3 upvotes · 14 March 2017 · /r/askTRP

What did you do wrong to apologize?

There are certain instances where apologies are warranted. Like when you actually DID fuck up and you recognize your mistake. You don't owe this girl anything.

Fogging might work well here.

Has anyone heard of onecoin?

3 upvotes · 14 March 2017 · /r/askTRP

Not a TRP issue. Asktrp is a men's forum for sexual strategy, not investment advice perse.

But I'll take a stab at your silly question anyway. Bitcoin is more established then one coin or lite coin or doge coin or any other crypto currency. The companies that are using bitcoin have millions in VC investment and a clear business plan for bringing it to the world. See 21.co and coinbase.

It was crazy enough that bitcoin got adopted so well into the world. Unlikely it'll happen with another one as well.

Clingy girl.

3 upvotes · 13 March 2017 · /r/askTRP

Personally I think in the right context that this is a good sign.

Rather her be clingy then distant. At least she's still chasing you. Obviously if it's getting out of hand, then just wait a few hours in between replying to texts.

Or message her something like *"less talk more walk, let's meet tonight."*

How to make friends who are hustlers/RPs/etc?

3 upvotes · 10 March 2017 · /r/askTRP

Focus on you and building yourself to be a high value man first.

While you do this, do things that the person you want to be would do. Go to the same places, gym, sports, and events. You'll be around those thinking the same and after a while you'll make friends with those males you want to make friends with.

Make conversation with males you aspire to be like.

How do you handle stalkers

3 upvotes · 10 March 2017 · /r/askTRP

Ignore them in public and ignore the attempts to contact. She'll eventually get the message.

It takes two to make a conversation.

Sleeping too much?

3 upvotes · 10 March 2017 · /r/askTRP

This isn't a red pill issue.

But how many hours do you sleep? What time do you go to bed? What time do you wake up?

Too much sleep is over 10 hours a night without reasonable cause. If you're sleeping that much you might have low iron, low vitamin D, or generally not eating enough.

Need expert advice, Nailing the First Date I believe I'm being tested....

3 upvotes · 8 March 2017 · /r/askTRP

She doesn't seem that into it to be honest.

Girls who are super into you, drop whatever they're doing and make their schedule completely open for you.

Nothing you can do to lock it down, no point in prodding the subject any more. Can't convince her. Just be abundant about it. Wait til she texts you closer to Friday. If she doesn't, the take the 7. She's probably an easier lay anyways.

Dealing with a condescending nickname

3 upvotes · 6 March 2017 · /r/askTRP

100% what you should do OP.

This is standard hazing and a massive shit test. You're falling into this dudes frame like it's your job. Move on and start calling yourself the nickname. Then make one up for him. You two are best buds from now on- befriend the guy so much that he can't help but stop calling you the name.

Play the game, don't be too sensitive.

What's your first impression of a woman like this?

3 upvotes · 6 March 2017 · /r/TheRedPill

This woman has BPD.

Some women are feisty and just need a strong man to level them out, but it sounds like this one has some attachment issues. She needs to be treated.

It stems from a young age and not being able to form strong attachments. Her acting in this explosive unreasonable way is her way of getting attention every time she feels abandoned. Good on you OP for steering clear.

How to kiss close

3 upvotes · 4 March 2017 · /r/askTRP

Builds the tension and attraction. I have a rule that I never break eye contact with anyone until they break with me.

She'll likely break before 11 seconds. But if she's really into him, then she'll keep her eyes locked on him. Because she feels that now she's trapped him under her ways.

Knowing when to give a fuck

3 upvotes · 4 March 2017 · /r/askTRP

Seems like you held frame and left.

Good call on abundance mentality. Don't fall for the sunken cost fallacy with courting women. It's good that you split, I think staying would have been pandering.

Gym in the morning

3 upvotes · 28 February 2017 · /r/askTRP

Intermittent fasting is what it's called.

Works well for fat loss and raising your testosterone. Supposedly it's closer to our evolutionary eating schedule as humans. Having a shorter eating window.

I normally do a 6-8 hour eating window and 18-16 hour fast.

Gym in the morning

3 upvotes · 28 February 2017 · /r/askTRP

Try a cup of black coffee, and a litre of water.

If not, preworkout works well for charging me up before the gym.

Giving off the "wrong" vibe

3 upvotes · 22 February 2017 · /r/askTRP

I have no experience with the online dating scene. Been in an LTR for the last 3 years.

But from a core perspective, just have photos that explain who you are more. Not generic ones, but you doing things that you normally do. Photos that show you're the guy who "gets it".

ethical money problem with a friend (20k)

3 upvotes · 22 February 2017 · /r/askTRP

Good points. 80% seems high though. It's unlikely he'll go with that.

Jumping from 2% to anywhere from 20-50% is more reasonable. He's got no other options, and either he takes the 1 day investment, and you both get 10K or he doesn't.

Has anyone found duolingo beneficial?

3 upvotes · 17 February 2017 · /r/askTRP

I've found it very helpful. Especially for free.

You need to couple it with reading French, watching English movies with French subtitles, and writing/speaking.

She's no unicorn, but how do I deal with her?

3 upvotes · 17 February 2017 · /r/askTRP

Seems to be giving you some token LMR. Doesn't look like any shit tests are accompanying it though.

Could have her period or a yeast infection. Try and play back a bit and let her come onto you. Push-pull your advances.

How does terror and fear correlate to red pill philosophies?

3 upvotes · 17 February 2017 · /r/askTRP

Women are drawn away from terror and fear.

Actually most people are. We have an Amygdala for a reason. To protect us from people with 8 inch knives in their coat.

Not sure how this is going to help your game. Put the knife away and dress in a fashionable way and you'll do just fine.

Is above average penis a requirement to turn ONS into plates?

3 upvotes · 14 February 2017 · /r/askTRP

Don't even bother having sex if your penis isn't at least 9" long. Not even worth it. She won't even feel it.

Penis size is the only thing that matters in TRP.

/thread

Avoiding Arguments - The technique... HOW??

3 upvotes · 13 February 2017 · /r/askTRP

When you do this, do you do it in an apologetic way? Or expand on it all?

Example "You're right, I don't listen to you". Then later add "That's something I need to work on.".

Can you recover broken frame?

3 upvotes · 13 February 2017 · /r/askTRP

It's possible. Not always the case, it's usually the exception to the rule. Some may disagree.

She might like the new found you and learn to respect you. But she'll never forget the man you were. Women don't forget anything. Nothing.

What are some good "the only real change comes from inside" type books?

3 upvotes · 11 February 2017 · /r/askTRP

Breaking the Habit of being yourself - Joe Dispenza

The way of the superior man - David daeda

Girl I hit it off with flaking when asked to grab coffee.

3 upvotes · 10 February 2017 · /r/askTRP

Reschedule. Shit comes up sometimes. One time occurrence, hold frame and let it pass.

If it happens again, then don't be so understanding. You could tease her about flaking bla blah, *"I waited for you for 5 hours, wore my favourite suit. That's not how to treat a lady!!"*

Take it lightly. You're an abundant man with all the time in the world. If she can't make it, another girl will.

LTR met up for drinks with another guy (professional reasons)

3 upvotes · 9 February 2017 · /r/askTRP

Good for holding frame about it.

Don't let her see that you're concerned. Mate guarding doesn't work.

Seems like a professional meeting- obviously she was texting you throughout. If it was anything more than that, she would have hid it from you and told her she was "going out with the girls". How was she dressed that night?

LTR says she doesn't want to be with me anymore if I don't change.

3 upvotes · 9 February 2017 · /r/askTRP

Yeah I agree. Saying "man up" and "be a man" has a loaded connotation around these parts. For a good reason: It's lost its meaning.

It's not the duty as a man, but as you said- for a good LTR it's going to be necessary.

Need advice with this tinder conversation (cringe?)

3 upvotes · 9 February 2017 · /r/askTRP

Yeah it's okay.

You're doing way too many trump memes. I can't even see the reason to do ONE trump meme. Should've got her number or set up a meet instead of Facebook.

"So tell me about yourself"

3 upvotes · 8 February 2017 · /r/askTRP

Context is a huge component here.

If it's a push pull banter type of conversation, then answer in an elusive mysterious way. *"I'm just a sailor sailing the blue seas out looking for my treasure"*. Or whatever witty callback humor you can use.

If it's an honest, open conversation then answer at face value. Tell them about yourself. Works for both male and female. Be genuine.

Med School

3 upvotes · 7 February 2017 · /r/askTRP

Not in med school, but have a close colleague who is. Do your undergrad in sciences first. You very well might change your mind.

Advice: Study for your MCAT's for at least 6 months. Learn about **Modafinil**. And be prepared for a long journey.

How to continue from this point

3 upvotes · 7 February 2017 · /r/askTRP

She's making herself available to you.

Watch her actions, not her words. Doesn't matter what she says. She's clearly putting herself out there.

Keep pursuing her; ask her out again. She'll likely say yes this time. Say something like *"Hey girl, I'm grabbing coffee on 6th street, meet me there at 7"*. That's plausible enough for her to have a small risk of looking like a slut for potentially dating two guys.

Seeing my FWB for 10 months, she wants to move to the next level

3 upvotes · 6 February 2017 · /r/askTRP

So I'm understanding that she's great and all, super into you, total doll, but the sex is hell. She's pushing for commitment to go to "the next step". But you've got 2 other bitches on the line.

Do you want to be exclusive with her?

Is she interested or leading me on, or am I doing something wrong

3 upvotes · 6 February 2017 · /r/askTRP

I can't give you a quick and dirty guide on how to succeed with women. You need to learn just like everyone else. TRP doesn't work when you take tidbits here and tidbits there.

The whole is different than the sum of its parts.

Spend an hour (read:week) or two, read top veteran posts on escalating, and the sidebar on ASKTRP if you haven't already.

Is she interested or leading me on, or am I doing something wrong

3 upvotes · 6 February 2017 · /r/askTRP

She's playing a game. It's called push pull.

She's super hot for you one day. Then the next she's cold. Play along. It'll be fun for her.

Keep leading her on, sounds like she's crazy into you. Escalate next time, she's literally asking you to.

Big or lean?

3 upvotes · 5 February 2017 · /r/askTRP

Lean and muscular. At any age.

Don't dirty bulk, you'll just end up looking fat for a few months.

Do a lean mass phase and gain 5-10 lbs over the course of 2-5 months.

How long to wait to check if she'll flake?

3 upvotes · 5 February 2017 · /r/askTRP

First man on here who actually takes the advice and doesn't question it. Respect to you.

Write a FR or post an update on what happens.

How to keep the ball rolling

3 upvotes · 5 February 2017 · /r/askTRP

Call her. Stop this messaging bullshit.

Call her and say "hey tinderella, come to my place tonight at 10."

You didn't fuck up. Keep trying to meet. If she flakes again, then re-evaluate.

Stuck up girl thinks she's above blowjobs

3 upvotes · 4 February 2017 · /r/askTRP

ASD man. She's being a princess. It's a test.

If your high value enough then she'll blow you for hours. Despite what she says.

Don't bring it up again. Just watch her actions.

"He needs to be careful."

3 upvotes · 31 January 2017 · /r/TheRedPill

It's not one or two components that translate to success with women. It's a combination of multiple alpha traits. No job role is going to equal success with women. Take a holistic approach.

Just as [u/Thotwrecker](#) pointed out, if you are even *remotely alpha* in that field you stand out from the herd.

When should you give up?

3 upvotes · 29 January 2017 · /r/askTRP

I mean, usually there's a line, and you'll know when you get near it.

Like if she is visibly uncomfortable and your advances are clearly unwanted, then play back a bit. You'll know when it's too much.

Hypotricsy

3 upvotes · 28 January 2017 · /r/askTRP

You're likely referring to some posts on LTR's and comfort.

In TRP there's LTR strategy and Plate strategy. The two are opposing ends of the spectrum and can seem contradictory. It's all about balance. If you have a specific question to clarify, then ask it.

Plate says "I want to see you soon" I reply "already?", she apologizes...

3 upvotes · 28 January 2017 · /r/askTRP

This is her making herself available to you. She put herself out there and you shut her down. Women rarely put themselves on the line for any man- they avoid situations where they could get rejected/turned down.

Best recovery is to invite her over tomorrow and escalate. She's probably ovulating and that's why she wants to see you. So expect some good Sunday sex.

Could I have done anything different?

3 upvotes · 28 January 2017 · /r/askTRP

Sounds like you're coming across as an asshole because you haven't built enough rapport or reputation with the team.

I'm guessing this was one of the first interactions you've ever had with this woman. Had you done this after a week of being civil and demonstrated your value to the team, the outcome would have been way better. She would've laughed it off and it would've been more flirtatious.

Same goes for men. When your sarcastic and snide before building a back and forth, it comes across as rude and offensive. It plays into Sexual Market Value too. If your SMV is high enough you can get away with pretty much anything and it's acceptable.

How do I get with a professor .

3 upvotes · 28 January 2017 · /r/askTRP

Ask her for some help on your term paper. When she hesitantly complies, then start heavy kino while the other students are still in the room. ASD is high at this point (because she's probably married with kids)... When things feel right escalate to her office and boom, A+ on your term paper.

Miserably fail at this, or just approach younger, more attractive women your age.

Way of Life & Productivity Apps

3 upvotes · 28 January 2017 · /r/askTRP

I wrote a post about Way of Life that would be very helpful for you if your looking to develop new habits.

[Link to post on habits](#)

How to text if I want to maintain acquaintance and don't want to meet up with a girl?

3 upvotes · 28 January 2017 · /r/askTRP

So I'm understanding you want to be an acquaintance with this girl (orbiter) and don't want to meet up with her and escalate. But looking for an exciting way to text her.

I don't think The Red Pill is the right place to look for you.

What do you mean by "her relationship is plausibly deniable?"

How to talk to quiet people?

3 upvotes · 25 January 2017 · /r/askTRP

It's likely that you're SMV (social market value- in this case) is too low or your coming across as too needy. Read "How to Win Friends and Influence People". Become interested in others, ask questions, build rapport.

You don't have to seek people out or generate a conversation if they're not into it. Just let it flow.

How do you talk to children?

3 upvotes · 25 January 2017 · /r/askTRP

~~Talk to~~ Treat woman like you would a child. It's not so much about what you say, but about what you do.

She's misbehaving? Ignore her misbehaviour and withdraw attention.

She did something cute, pat her on the head.

Getting bitchy, she probably needs a snack.

You'll notice after some time that the things you naturally say to kids, work wonders on women. Kids love to test your limits and frame. A&A works wonders on kids too.

Don't try and understand the child. Just hug the child and see her for what she is.

How to *market* my commitment to buy plates?

3 upvotes · 25 January 2017 · /r/askTRP

There are two types of males in my town.

How many people are in your town? There has to be more than two types of men in your town. It's statistically improbable.

Girls tell me that fuckboys don't commit to them.

Did you see her complaining about it? Watch her actions, not her words.

I don't think your strategy is going to work out as well as you think it is. Sounds like you're going to manipulate these women into thinking you want to commit to them, just for them to quickly find out that you're not the real deal. You won't get plates this way.

LTR messages ex

3 upvotes · 25 January 2017 · /r/askTRP

Yeah I missed that. Actually a really good point. You teach others how to treat you.

Is it worth to find a prom date?

3 upvotes · 24 January 2017 · /r/askTRP

Sure. You have nothing to lose. Effort is low too... just approach a girl you find attractive and ask her to prom.

My girlfriend wants to be less emotional, is aware she is more sensitive than most and wants to improve.

3 upvotes · 21 January 2017 · /r/askTRP

Ghost her! Awalt bro!

Just kidding. Hold frame around her when she starts being emotional. Dont stray away from your inner 'center'. If she's happy, sad, angry, or confused- your mood doesn't change. Complete outcome independence.

Side note: she has no intention of being less emotional. She might tell you that she does- but she can't control it.

Oneitis coming back in life. How do I re(act)?

3 upvotes · 21 January 2017 · /r/askTRP

Well you want to fuck her. But it's clear she sees you as an orbiter. "*your going to be running all my errands with me*" gave it away. (Side note: also a shit test- so there could be interest here)

Next steps: hang around til she fucks you. Probably never - or 3 months duty sex, whichever comes first. Or go pursue other interested women.

Should you let a girl go through your phone? Either LTR or just becoming exclusive.

3 upvotes · 19 January 2017 · /r/askTRP

Are you hiding something, are you cheating?

Both shit tests. Agree and amplify with something like "*yeah, this month it was with a 16gb model. iPhone 6. She was more like a 7 though. Last month it was with a droid. LG lasted so long*".

Little too much, but you get the picture.

Personally I don't have anything to hide in my phone, so when my GF says let me see your phone (she's only asked this twice in 3 years), I say sure- go for it. It's like her holding onto my tie or my belt. No difference to me- both of the times she just holds it and turns on music or flips through photos. Not to try and pin me for cheating or anything.

Is there any place for open relationships in TRP?

3 upvotes · 18 January 2017 · /r/askTRP

I can't see this as compatible. Because a big part of the definition of a beta male is one that let's his woman get fucked by other men- knows this, and approves of it.

If you want to refactor this in your brain, and call it a "TRP frame", then sure, whatever helps you sleep at night.

Women are ok with sharing high value men

Agreed, but are you okay sharing a high value woman?

I can see this as being very healthy

I can see this as being very *unhealthy*. Especially in an LTR. You're going to have issues with this. And if you're even thinking of an open relationship, then why not just break up and spin plates? There's a balance between "*She's not yours, it's just your turn*", and being a beta cuck.

False assumption of anger - shit test?

3 upvotes · 17 January 2017 · /r/askTRP

Hold frame. If your angry, then own it. Agree and amplify. *"yeah I'm fucking pissed!!!!"* with a wink. Let her hamster about what she did.

Whatever you do, don't deny it. That will show that you're words are inconsistent with your actions. Hence why it's a test. Testing your strength and conviction.

Lunch date-Potential Plate

3 upvotes · 17 January 2017 · /r/askTRP

Do lunch.

The reason why she wanted lunch is she's getting a feel for you. She's making sure she doesn't feel obliged to fuck you if your not masculine or her type. Hence declining evening drinks to a more casual lunch. Protectionary thing built into women- they go with a safe alternative and an option to bail.

Once she sees your cool and alpha and *not a fool*, she'll be open to you leading her.

Is it strange for a guy's success with women to be so dramatically different based on what part of the USA he is in?

3 upvotes · 15 January 2017 · /r/askTRP

There's so many variables here to take into account.

Duration of time in each state, amount & frequency of approaching women, your SMV in either state relative to men around you, subtle cultural differences between geographical areas. I could go on and on.

How to handle the career issue as a guy in his mid 20s that graduated with a terrible GPA and a major that is useless without grad school?

3 upvotes · 15 January 2017 · /r/askTRP

If his desired field is computer science- I know for a fact that the largest companies hire based upon competency, not always education.

Sure, if you went to MIT or Stanford, you'll get a good edge when applying to Google or Airbnb. But if your Github has multiple repositories and contributions toward open source programs, and show you can actually ship code. That holds more ground than education in most cases.

Source: I have a friend who's an engineer at google who dropped out of high school. And another one who's an engineer at another VC funded startup who also did no post secondary education.

How to handle the career issue as a guy in his mid 20s that graduated with a terrible GPA and a major that is useless without grad school?

3 upvotes · 15 January 2017 · /r/askTRP

Your major isn't useless. Although it won't work for you as much as a STEM degree will, it doesn't hurt having a degree on your resume.

Find out what your ARE interested in, then start doing that. Without going to school.

Why women get into relationship with older men and not the opposite?

3 upvotes · 15 January 2017 · /r/askTRP

To each their own.

It doesn't matter what you and I think. It matters about what actually happens. Read "The Origin of Species (1859)" for more context on this topic.

Ex-FwB in a LTR started initiating meetups heavily lately - Not sure if she is interested or just attention whoring

3 upvotes · 14 January 2017 · /r/askTRP

Keep pursuing her but turn up the plausible deniability to a 10. Like *"oh we're just watching a movie"*, and *"don't worry, friends can sleep in the same bed right?"*

Give her hamster something to work with.

Give me advice for building a social circle in my situation

3 upvotes · 14 January 2017 · /r/askTRP

Good progress. Once again, some men on here are willing to put in the work & make great progress.

Building a social circle takes work. What I do, is I talk to everyone that I would want to have as a friend in the activities I'm currently doing.

Seems weird, but just approach guys & make conversation. Small talk, like *"how's the workout bro?"* Or something about the weather or their dunking form on the hoop. Build rapport.

Those conversations will then segway & after a few weeks you'll find you have 10 guys you spend a lot of your time with.

Is this a common situation?

3 upvotes · 14 January 2017 · /r/askTRP

Weird situation. No experience with this type of thing, but I think you did good here.

Showed abundance mentality & you weren't butthurt by the outcome of it.

But just be weary that you "let" that happen. You could've easily just pulled the girl in closer & waved the guy goodbye.

Standing your fucking Ground

3 upvotes · 14 January 2017 · /r/TheRedPill

Great post, this is the kind of quality content that TRP needs.

One thing I've noticed being self employed is no doesn't always mean no. No usually means try harder. If you keep pushing, you'll always get your way.

It's hard to beat a man who never gives up.

Amsterdam Travel - are girls and game similiar to states?

3 upvotes · 14 January 2017 · /r/askTRP

Just came back from Amsterdam. Agreed about the Arab/London guys aggressively approaching 100%. Saw that happen at least a dozen times while I was visiting.

Gotta stand out in some way or look in the right areas.

Post your witty tinder bio here.

3 upvotes · 14 January 2017 · /r/askTRP

Picturing this like:

"if I were a boy"

"put a ring on it"

"man it feel like rollin dice"

Combating Forgetfulness

3 upvotes · 14 January 2017 · /r/askTRP

Keep things in the same place every day. Your brain works off of familiarity and habits- especially with location.

When you get home, put your keys in one place. Your wallet in the same place. Your phone right next to it.

Repeat that process & you won't have this issue.

Slowly this will make you more organized & in turn less forgetful.

Quick texting advice

3 upvotes · 13 January 2017 · /r/askTRP

Welcome.

You need to read the sidebar and required reading- top posts from the main sub before asking specific questions in asktrp. I read TRP for 12 months before I ever commented once.

Cover the curriculum and 95% of your questions will be answered already. Including this one.

Best way to drop bodyfat %?

3 upvotes · 13 January 2017 · /r/askTRP

Low carb diet is one of the worst things you can do for your body. As [u/pridebrah](#) pointed out, carbohydrates are your brain & body's main source of energy.

Your body converts carbs into glucose and you use that glucose to grow bigger, stronger & conquer.

Do you have a secret delusion that you're maybe the best in the world at gaming women?

3 upvotes · 13 January 2017 · /r/askTRP

Egocentrism.

Most people think the world spins around them, they are the sun, the moon, the stars & everything they do is right & better than everyone else.

This is simply the ego in our brain protecting us from discomfort & dissonance.

[Relevant study on ego](#)

Best way to drop bodyfat %?

3 upvotes · 13 January 2017 · /r/askTRP

Caloric deficit -200cals below maintenance. Continue to lift regularly (strength & hypertrophy). Sleep 7-9 hours a night, do HIIT, boxing or running 3-4 times a week.

Keep carbs & protein high. 40/40/20 carbs/protein/fat.

Do redpill men always have an objective when entering a conversation?

3 upvotes · 13 January 2017 · /r/askTRP

I find when I enter a conversation with an objective, it always turns out weird. It seems almost contrived because I'm trying to reach a goal. Part of communicating with other humans is lowering your inhibition & seeing the conversation for what it is- a conversation.

There's obvious exemptions, but for the most part letting things flow & building rapport leads to good outcomes.

"Were not on the same page."

3 upvotes · 12 January 2017 · /r/askTRP

Nah, flake at the last 30 seconds. Go for sushi without her (all you can eat). Mail her the receipt demanding payment, then radio silent for 6-8 days.

How can i text girl that i met on party to have sex with her?

3 upvotes · 12 January 2017 · /r/askTRP

"Hey you, I'm coming over to your place at 7."

Ex Girlfriend has contacted me again.

3 upvotes · 12 January 2017 · /r/askTRP

She want's **closure**. Don't give it to her. She's contacting you to wonder if she made a mistake by leaving you.

What is missing from my perception of attraction?

3 upvotes · 12 January 2017 · /r/askTRP

First mistake, you gave the bartender your number. You're asking her to lead by calling you. 9/10 times it won't happen unless your SMV is through the roof. In the future- get her number, so you have control of the interaction.

Am I coming across too passively with these women?

It's hard to tell without knowing you or having more context. I'm leaning toward yes. But then there's the element that it might just be these flakey women. So there's an exception there.

I decided not to push further as I'd like to see this girl again, and messaged her the next day saying essentially "had fun, here's my plans for Friday night, text me if you're interested".

Why not push further *and* see her again? You should have phrased the message as *"Had fun tonight, Are you free Friday at 7:00pm? I'm taking you out."*

I am a good looking guy, I am a solid conversationalist, I don't particularly have any issue with escalating physically

Sure, but our perception of ourselves may be different then reality. Great job on approaching and escalating. Keep lifting and raising your SMV, and I don't think you should have these problems.

I'm done...

3 upvotes · 11 January 2017 · /r/askTRP

Man lay back a bit. First date. Don't give up when someone doesn't do everything you want right away.

She's probably at work or ghosting you. Just chill & play the game.

Will Stuttering = Impossible to succeed? Any strategies?

3 upvotes · 11 January 2017 · /r/askTRP

Your stuttering comes from the anxiety. I watched a documentary on Tony Robbins recently with his cure to stuttering. Worth a look.

Try this: Scream at the top of your fucking lungs. For like 2 minutes. Shout like you're a lion. Roar. Get angry man. Do that 3 times a day (in your car or room or whatever) for a week. It'll help get some of your pent up

emotion out. Try it.

TRP summarizes behavior with women?

3 upvotes · 11 January 2017 · /r/askTRP

Compiled advice of over 14,000 words of TRP wisdom. Thanks to [u/OneInAZillion](#).

Enjoy.

Considering an LTR with a girl who has been on Tinder

3 upvotes · 10 January 2017 · /r/askTRP

There's too little information here to tell. You can't take this one fact & generalize it to the entirety. If you do, then you'll have to be consistent with only LTRing women who are virgins & never had a boyfriend.

There's other elements in determining an LTR. What's the full story OP? Provide some details.

Where does traditionalism fit with the TRP? Is TRP reactionary?

3 upvotes · 10 January 2017 · /r/askTRP

reactionary ideology to feminism and lack of traditional women.

Big words for a simple concept. TRP at the core, it's a men's improvement forum to increase sexual interactions.

Despite the sometimes crass terminology and dogma of TRP. Many of the teachings here are actually based in evolutionary psychology & biological mating practices in humans.

No need to overcomplicate things here. Traditional Monogamy has been covered ad nauseam on the sidebar. Take a look and you'll find the answers you're looking for.

Meeting up with ex LTR, this should be interesting.

3 upvotes · 10 January 2017 · /r/askTRP

You behave normally. Unfazed by the breakup and her in general. Rock solid frame and demeanor. You're a changed man now, and she doesn't get access anymore.

Also you should get your \$700 back from her. That's quite a bit of cash to leave to an EX LTR, and she owes it to you. Great chance to get it back when you meet her for the insurance business.

Difficulty convincing people

3 upvotes · 9 January 2017 · /r/askTRP

I would say your terms are the problem. Most designers don't work for free (I'm a web designer/developer and I wouldn't work for free even for a friend) unless there's promise of company stock etc.

Maybe the cohort that you're drawing designers from has a bad attitude. Try looking on Dribbble or PMing someone in a designer subreddit.

I just want to improve

3 upvotes · 9 January 2017 · /r/askTRP

Usually don't do humble promotions... but read my [post on habits](#). There's everything in there for crafting a daily routine.

Sounds like you're making big progress. Keep going at it. Adopt some you-time. Sounds like it's all about getting shit done right now for you. But you'll burn out quick and start asking "whats the point?" if you don't create

downtime.

I'm a freelance web developer if you want to PM me. I can give you some advice and mentorship.

Great success, but unfulfilling

3 upvotes · 9 January 2017 · /r/askTRP

What problem do you wish to solve here?

How I see it is you're just not interested in pursuing women as full time plates. This could be due to them just not being your type or being up to your standard. Try pursuing different or hotter women. Maybe take a break from club women as they're usually all the same.

Things seem to be going great for you, but you don't want to put effort into women right now. That's cool. Take a break for a bit & see how you feel in a month.

When you are feeling sad, "why" would you wanna be happy?

3 upvotes · 9 January 2017 · /r/askTRP

Sounds like you're cynical about living in general. Life gets better man. You're in a cycle and you need to break free.

Start taking vitamin D and getting outside. Even a little bit of air will help clear this fog you're experiencing.

The key to happiness is doing stuff. Get out there. Meet people. Practice something. It's easier said than done, and we all have low points, but it's time to stop victimizing yourself and break free brother. It's 2017, this year is your year.

PM me if you need specific advice.

I can't do. And its pissing me off

3 upvotes · 9 January 2017 · /r/askTRP

You can't? Or you *won't*?

Track your calories in MyFitnessPal. Eat a caloric deficit & exercise. Your human body is no different than anyone else's on earth.

How come some legitimate pimps have feminine features?

3 upvotes · 9 January 2017 · /r/askTRP

Most of the image of "pimps" you see are dramatized by the media. So the image is distorted by the sheer definition of the matter. If you met a real pimp in person he probably wouldn't be feminized.

Do you let her fart?

3 upvotes · 8 January 2017 · /r/askTRP

Ghost her if she farts. Hard next if she does it while you're talking.

Was verbally abusive to new girlfriend

3 upvotes · 8 January 2017 · /r/askTRP

I'm not going to police you because it seems like you already see the problem.

Take away the triggers that cause this behaviour. I.e. Drinking. Stop drinking; you'll stop being verbally abusive & hold frame better.

Why do I get better erections masturbating than actual sex?

3 upvotes · 7 January 2017 · /r/askTRP

You've associated masturbating and porn with feeling aroused.

As for the cuckhold stuff, you need some psychological therapy and to become a man. That's a whole nother issue.

Who are some great seducers to model? Preferably historical figures

3 upvotes · 7 January 2017 · /r/askTRP

As I'm developing my personality, I decided I would appreciate some inspiration.

I believe this was part of your request. Seduction is only *one* characteristic of a personality.

Who are some great seducers to model? Preferably historical figures

3 upvotes · 7 January 2017 · /r/askTRP

Marcus Aurelius. Read his work.

Maybe don't look for figures in particular, but read books & develop your own mindset about it.

Trying to set clear boundaries with girlfriend to avoid drama

3 upvotes · 7 January 2017 · /r/askTRP

Good answer. Only thing I would add is OP needs to realize that beta's don't get to set boundaries.

Pinging a plate: yay or nay?

3 upvotes · 5 January 2017 · /r/askTRP

Fair enough, seems like you're not too invested either.

How can I test/vet this potential LTR girl?

3 upvotes · 5 January 2017 · /r/askTRP

At times she tries to top from the bottom, trying to move the relationship along faster, meet more of my friends, become fb friends, go on more dates.

This means she's pushing for commitment. She clearly likes you as well.

She is also a feminist, not a crazy one as she is open minded

Most women identify as feminists but pursue the opposite of what self-identified feminists claim they pursue. So take it with a grain of salt. Watch her actions not her words.

I appreciate any advice on how to vet and test early.

I'm in a successful LTR for the past 3 years, and what I can say is watch for things you have a hunch about. Like if something looks off, notice it and keep an eye on it. Example: if she starts going to feminist meetings or she starts lying about something stupid. If you have a hunch about something, you're usually correct.

Looking for support/advice on moving out

3 upvotes · 5 January 2017 · /r/askTRP

Ask yourself. Whats the alternative?

Live with your parents for the next few years? Then you'll be 27 and think "I should've taken that apartment for \$850 a month like TRP said I should".

Every man here will tell you the same thing. Muster up the confidence, tell your parents you're setting sail, and don't look back.

feel like its betraying a great thing (no rent, close proximity).

Probably the only two benefits.

I am interested in trying yoga. What do you recommend? I don't want to do all the introspective, glowing ball of energy BS.

3 upvotes · 4 January 2017 · /r/askTRP

Go to a class and do the movements. See how it goes.

But send *me* your extra glowing ball of Energy BS so I can store it for yoga later.

Setting up a daily routine

3 upvotes · 4 January 2017 · /r/askTRP

Usually don't do humble promotions... but read my [post on habits](#). There's everything in there for crafting a daily routine.

Is there ever an instance you would NOT accept getting shit-tested by a woman?

3 upvotes · 2 January 2017 · /r/askTRP

A shit test is *usually* with women who have an interest in you who test you to see if you are a worthy mate and have a strong frame.

This was 2017x more likely a comment about her long day and a reflection of her shitty life then a test to see if you are a capable male.

Was this a Shit Test? And if so did I pass it

3 upvotes · 31 December 2016 · /r/askTRP

It works like this:

If it's a test, it doesn't matter whether she thinks the guy is attractive or not. The point of the test is that she's seeing if you care that she thinks this other dude is hot or if you're thrown off by it.

The key here is to emphasize that you're not bothered by it, and you actually play it off as funny and exaggerative (because you're not interested in having his number obviously - amplify).

Like if she was teasing you about having a small dick, you could say "*yeah I couldn't even see it last night, where did it go? It was all up inside you it just disappeared.*"

Leaving the country for 2 weeks - How do I keep my LTR keen through texting?

3 upvotes · 30 December 2016 · /r/askTRP

Call once a day. Text minimally. No attraction is built through texting. Best to communicate at a minimal level for the next 2 weeks.

Motivation to read

3 upvotes · 30 December 2016 · /r/askTRP

You don't lack motivation. You lack discipline. You need to cultivate a mindset of calmness & focus.

Are you meditating daily? Start by reading books you are actually interested in. Not the ones you think you're supposed to read because the trp doctrine said so.

Girlfriend's mother does not want us to date.

3 upvotes · 30 December 2016 · /r/askTRP

Normally I'd say fuck what her mom thinks, you do you. But since this girl is 16, she's going to have to be around her family for at least 2 more years.

I'd confront her mom. Basically tell her how it's going to be. Empathize with her, but walk away getting what you want. It's better to be civil then avoidant. She probably doesn't want you to date because she doesn't know you very well.

Sooner or later you'll need to face her, especially if you want this girl as an LTR down the road.

Just got a gift card to Barnes&Noble (recommended reads)

3 upvotes · 30 December 2016 · /r/askTRP

Read

"The Charisma Myth."

"The six pillars of self esteem"

"the magic of thinking big"

"breaking the habit of being yourself."

Whats my next step? Trying to keep building momentum

3 upvotes · 30 December 2016 · /r/askTRP

It sounds like you have a promising future. Don't fuck it up. Keep doing shit & staying busy, it's easy to fall back into your old habits. You're a different man now, so keep doing what you're doing.

Next steps: get some good friends that you can do things with. Humans are social creatures & having friends is one thing that is highly under stated on this sub.

Friend has developed Oneitis with his gf and wants advice

3 upvotes · 28 December 2016 · /r/askTRP

This isn't your responsibility. When he's ready to get over his oneitis then he will do so.

You can only lead the horse to the water. You can't force it to drink.

Is it RP to "slide in the dms"?

3 upvotes · 27 December 2016 · /r/askTRP

Don't ask man. **Act**. Message her instead of talking to other men on the internet about maybe messaging her.

The worst thing that can happen is she says no. Do it. You have literally nothing to lose & you only stand to gain.

Does my new girlfriend have BPD? She has all the red flags in her history but seems so nice and transparent about it.

3 upvotes · 26 December 2016 · /r/askTRP

Sure she may have one or two points in her favour. That's not making up for the 100+ points against her though. Like many disorders, It's a spectrum, and one can sit anywhere on that spectrum & still be aware of where they sit.

Watch her actions, not her words. If she wants to overcome it she would be in treatment right now or actively trying to. It sounds like her overall lifestyle contributes to this behaviour and her past is exemplary of that.

i stabbed myself in the chest.

3 upvotes · 24 December 2016 · /r/askTRP

Welcome to the red pill. Nice to meet you. Before commenting, read the sidebar & start lifting.

Everyone here is a person, and persons are subjects of conversation here. At the red pill, we allow women to access their feminine side by being in our masculine ourselves. The way that nature has intended it.

Arguments? Please make a post on the main sub to explain your views.

Local latina in Puerto Rico from tinder

3 upvotes · 24 December 2016 · /r/askTRP

Be a human & go. More opportunity to meet people. Maybe this guy becomes your best friend. Not everything has to be overthought with a weird dynamic.

More chances to display social proof.

Lets talk. C'mon lets talk!

3 upvotes · 24 December 2016 · /r/askTRP

Seems, it's like a continuous fight between comfort & attraction.

Yes.

If she's saying it a playful way, then just tease her back with things like: *"well I'm a male... um... a human being, Part of the homo-sapien lineage... evolved from the homo-erectus."*

Be silly with her.

If she really pushes, then yeah tell her some shit your passionate about. Tell her some of your values. *Stoke the fire a bit here.* Keep it mysterious, but honest.

Red Sex

3 upvotes · 24 December 2016 · /r/askTRP

Yes.

Some days I'm more introverted than others, how do I change this mindset?

3 upvotes · 24 December 2016 · /r/askTRP

Get out of your head. Verbalize what your thinking, even if your talking to yourself.

Example: "I think I'm going to go lift some weights. Boooom!!!"

I'm more introverted myself (INTJ) & this works wonders for getting out of my head & being more extraverted.

fuck you oneitis!!!

3 upvotes · 24 December 2016 · /r/askTRP

Instead of venting your feels to a void on the internet, with no attempt at even asking for help- do something productive with your time.

You have oneitis? Then ask a question & LISTEN to the answers. Oneitis has been covered ad nauseum on the main sub and on asktrp.

Write a post if you want advice. This isn't Sympathy Eve.

How does one talk to girls without becoming their gay bestie?

3 upvotes · 24 December 2016 · /r/askTRP

It's not about what you say, rather than how you say it. Eye contact, gestures, deep voice, open body language.

Doesn't matter about the words you're saying. As long as your following the above & what /u/tttsss123 said.

Lack of Interest

3 upvotes · 23 December 2016 · /r/askTRP

Are you regularly watching porn? Because this can contribute to the type of ahedonic lack of enthusiasm toward women & sex in general.

If you don't want to have sex with babes then don't. Simple as that. Don't jerk off or watch porn for a month, then see how you feel.

ltr caught me on tinder

3 upvotes · 22 December 2016 · /r/askTRP

This is the right advice here OP. Listen.

I don't know how (and if) to confront people and assert myself.

3 upvotes · 22 December 2016 · /r/askTRP

Bottom line: you're scared of life.

You think it expires, you think your going to get hurt. You're afraid of confrontation. The biggest piece of advice I can give you is always think "no matter what happens, I will be okay."

You need to realize, that there is a difference between something that is dangerous, & something that is uncomfortable. It's uncomfortable to make a difficult phone call, but it's not going to kill you. Your Amygdala treats them both identically though. Evolution. Go figure.

No one or two lines of text will fix this. Read these 3 books if you want to get to the bottom of this:

"The Charisma Myth"

"Breaking the Habit of Being Yourself"

"The Six Pillars of Self Esteem"

Should you bother with girls that went cold on text

3 upvotes · 22 December 2016 · /r/askTRP

This is unconventional, but very cunning. It's a zero sum game. If she responds positively, then it's a win-win.

Frame it with the intention of spontaneously meeting up. Don't say it to confuse her... Your a man, you don't need to play mind games.

Also, merry christmas sickeningpiss ☹

She calls me a degenerate and a fucking cunt multiple times.

3 upvotes · 19 December 2016 · /r/askTRP

Man...

You need to leave her. You need to get some psychological therapy for recovering from this.

Listen to your intuition here man. You and I both can see something is seriously wrong.

/u/SkorchZang has a ton of comments dealing with LTR's. There's really no recovering from this one. But look in his comment history for some insight.

Plate is absolutely insatiable. Urgent tips needed in order to try and keep up, keep it up and satisfy her.

3 upvotes · 18 December 2016 · /r/askTRP

Read The Sex God Method.

A Christmas Disaster

3 upvotes · 18 December 2016 · /r/askTRP

There have *never* been redder flags ☹️

You can't make this shit up, no idea where you find these types of women.

You're giving this one SD girl way too much attention and reward. You're placating her comfort and she's fucking other dudes. Buying her air travel?!?! You're literally rewarding her bad behaviour. She's done nothing to deserve it. She's not sweet, she's not feminine & you're chasing after her like a little puppy.

Abundance mentality man. There's 3.5 billion women on the planet. Good women who won't put you through their dramatic BPD garbage.

Listen to your intuition here man. You and I both know something is seriously wrong. Leave SD and vegas behind you and work on yourself. Go return the airfare, save your money and never speak to either of them again.

Whats a good place for a date?

3 upvotes · 18 December 2016 · /r/askTRP

Chad doesn't exist, he's a fictional character that TRP uses for examples and hypothetical situations.

Are you going to do something because it's what chad does? Or are you going to blaze your own trail here?

Girl flakes, asks to reschedule for tomorrow

3 upvotes · 17 December 2016 · /r/askTRP

Yeah rescheduling is fine here. Peoples schedules change sometimes. If it becomes a habit or a regular thing, then you're not that important to her.

I think I created unrealistic expectations with my gf, how do I fix this?

3 upvotes · 17 December 2016 · /r/askTRP

This is pretty regular behaviour for an LTR. A card and a small gift on special occasions isn't an unrealistic expectation.

Keep the 1/3 in, 2/3 out rule. For every 1/3 you do, you should be getting 2/3 in value from her.

I would almost say to add some more comfort here. Maybe write her 4 cards a year.... *gasp*.

I was a loser in high school and college. I finally found the redpill and now I need to cover up my past

3 upvotes · 11 December 2016 · /r/askTRP

This man speaks the truth

What are your best pieces of advice for a high school junior/senior?

3 upvotes · 11 December 2016 · /r/askTRP

All advice on TRP is applicable to all races. So the color of your skin is irrelevant here.

Sounds like you just don't like the kids in your school. Which is fine. High school is the worst part of life.

Lift 5 times a week. Exercise every day. Don't jerk off anymore. Talk to everyone. Get a good haircut. Get some decent clothes (h&m or Zara is cheap). **Read a book a week.** Get some more hobbies. Learn to code. Punch a bag.

Embrace your introversion. Without introverts there would be no Elon Musk, Bill Gates, Naval Ravikants, Steve Jobs etc.

Confidence flirting in certain situations

3 upvotes · 11 December 2016 · /r/askTRP

The way you flirt with a woman is going to be different when it's just you and her vs. you and her in a public situation. It's context based.

Part of this is that there's social customs she has to keep and you have to keep in these situations.

I think you're psyching yourself out though. Most people don't give a shit what anyone else is doing. You think people are looking at you talking to this HB but they're not. They only care about themselves.

Create a frame, and live in that frame. Go in with a mentality of *"This girl wants to talk to me because I'm a valuable man who has his shit together and hopefully everyone sees me doing it so they can also experience my aura and presence."*

How do I make it so that I'm that guy she wants to go fuck on a Saturday night?

3 upvotes · 11 December 2016 · /r/askTRP

Wow man.

You have this shit down to a science. I'm stealing your methods.

The gold that you find in asktrp sometimes. You should literally copy and paste this into a post.

Speechless.

How much of an IOI is it if on a first date a girl offers you to eat ice cream from her bowl with the same spoon?

3 upvotes · 11 December 2016 · /r/askTRP

It's an IOI, as she wouldn't do that if she WASNT interested. It's not a strong IOI though.

Advice on a "virgin"

3 upvotes · 10 December 2016 · /r/askTRP

There's a balance you need to strike here.

Keep hooking up and then have sex when the timing is right. Women like it to "just happen". & it sounds like you're on the right track here. Keep doing what you're doing.

Deploy some basic plausible deniability. When she says *"I'm not that kind of girl"* you dial it back and say *"we're just kissing"*.

Give her a way to feel free with you. Not like she's just randomly fucking some guy for her first time.

Sounds like she's down with a *no strings attached* kind of setup too.

What are your best tips for flirting with and gaming high school/teenage girls? I'm a 10th grader.

3 upvotes · 10 December 2016 · /r/askTRP

It's not so much what you say, but how you say it that matters. Don't think of it as gaming.

Strong eye contact, light witty social banter. Look groomed, well dressed, you should be lifting if you aren't already.

Chat up the ladies and establish some rapport. Light touching, fun playful conversation. Talk to everyone in your school, and that'll give you huge social proof when it comes to actually following through.

3rd Date Denial

3 upvotes · 10 December 2016 · /r/askTRP

To me it sounds like she just wasn't feelin it. Maybe she was on her period. Sex seems like it's on her mind, so continue on.

If anything here, she's testing your frame. To see how you respond, if you'll get butthurt and pissy about it or shrug it off because you don't beg for average sex. I say you did well here.

Tips for a newbie at a holiday party

3 upvotes · 10 December 2016 · /r/askTRP

Who cares, whenever you two are vibing you'll know when to ask.

Don't take a snapchat, that's a validation request and you'll become one of many. Stand out. Ask for her email address :O .

How to do guys cope with feeling alone?

3 upvotes · 9 December 2016 · /r/askTRP

When you settle you get exactly what you settle for. You're feeling alone because you're not out there doing shit.

Sounds like at the core you don't want to be alone (because your a human & humans are social creatures). Own up. Take responsibility. Don't accept it as your reality. Change it then.

Go to Starbucks & read a book. Make conversation with the barista. *"Wow, that's some shitty latte art, I thought you was a pro"*. Then go talk to the old man sitting reading the paper. Boom two connections.

Go to the gym & ask a bro for a spot, make chit chat. Boom, a gym buddy.

At the end of this two hours you won't feel alone.

"Why'd you stop talking to me?"

3 upvotes · 9 December 2016 · /r/askTRP

She's trying to get a reaction out of you here. Testing your frame. Just agree & amplify.

are you mad at me?

"Yes, furious. Come over"

Make your feelings/intentions mysterious & unknown.

No one gains here from acting butt hurt & pissy about it. If it happens again, then withdrawal attention.

How does an Indian guy in the USA deal with the lack of guys of his race doing well in the game and stop from developing racial insecurities because of it?

3 upvotes · 9 December 2016 · /r/askTRP

Man, I think your giving into all this stereotypes about Indian men. Some of the most charismatic good looking guys I've met are Indian. Embrace it. Overcome the stereotype. If women come into your life, then fuck em. If they don't, then fuck em.

Look at shahrukh khan. He's 5'8, full Indian & has no trouble getting women. Albeit he is very successful, but the point is, he didn't see it as a crutch & a limitation.

Your small daily decisions are the ones that create you into who you become

3 upvotes · 23 October 2016 · /r/TheRedPill

Your habits become your actions when you do them.

I have subjective measurements. There's no hard and fast rule for this. Since I'm trying to the habit of *playing guitar*... 5 minutes will do. I'll eventually up that to 15 or 30 once I can handle 5. This might mean scales, it could mean singing, it could mean strumming. Depends on what I feel. I see what you're saying though. Try to set actionable habits, not just "play guitar".

How do you turn something ambiguous as some of the habits listed into something that is actionable?

Assign it meaning. "*Spend time on business*" is going to depend on what your list for the day is, and how you're going to do it. For me it might mean making client emails. It also might mean shipping code on a new app or website. It might mean just brainstorming for a few hours.

Your small daily decisions are the ones that create you into who you become

3 upvotes · 15 October 2016 · /r/TheRedPill

No? I'd be interested to know your experience if you have ever used it. I track the days I use it and compare it to the days I don't to see if there is a noticeable difference.

I have a prescription for it here in Canada. It's the only thing that helps me focus, as I have ADD. Not to mention it helps me sleep (Obstructive Sleep Apnea). It's a powerful nootropic as well.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

3 upvotes · 14 September 2016 · /r/TheRedPill

We've been dating for 3 years thus far. So far it hasn't been an issue- she doesn't push her values on me, and I don't push mine on her. I'm a pescatarian (fish only), so it doesn't conflict too much.

Yes, I'll keep my eye out for red flags. Thanks for the advice.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

3 upvotes · 13 September 2016 · /r/TheRedPill

You'll get there man. It's in your daily habits in which your destiny is created.

I'm no where near where I want to be. While I have a degree and a decent car, I'm still thousands under in student

loan debt, and have a few other health issues (sleep apnea) that I need to take care of.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

3 upvotes · 12 September 2016 · /r/TheRedPill

As my grandpa says, *"Education is not hard to carry around."*

My degree is from a top 30 university, and that being said I need a masters or law school to get a career that pays decently well (60-80k/annum). The bachelors degree looks good on a resume, but doesn't get you entry into high paying jobs. Experience trumps education in 9/10 cases.

For my own life choices, if I had a choice to go back, I wouldn't do my degree and I would pursue my business. I'd save tens of thousands in student loan debt, and spend the time working toward my business goals instead.

If you're passionate and you know what you want to do in life (i.e. lawyer) then finish it. Philosophy/Psychology majors do considerably better in Law School than any other degree.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

3 upvotes · 12 September 2016 · /r/TheRedPill

Hahaha, no foursome yet, but I'll keep you posted. These are valid points, thank you for your contribution.

2/3s of 1/3 is 2/9s. In percents:

From an effort standpoint, you are correct. I'm putting in 33% effort, and in the OP it may seem like I'm getting only 22% in return (I didn't go into descriptive detail on her 2/3).

But keep in mind, my 1/3 is stretching over the course of 1-2 evenings per week. While her 2/3 is stretching over 3-4 full days and nights per week. So the **value** I am getting (or think I am getting) is perceived to be more sitting around 60-70%. While the value she thinks she is getting might sit higher than 33%.

As you put it, this method isn't going to be ideal for everyone and does require investment. You have to pick what strategies work for you, and then use them.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

3 upvotes · 12 September 2016 · /r/TheRedPill

It's a fairly reliable vehicle, and I use it for my day to day transportation year round. Purchased for 19K here in BC, Canada.

It all depends on how you drive it. It's around 2K a year in maintenance (oil changes, belts, air filter, spark plugs).

Ex texts Gf

2 upvotes · 13 April 2021 · /r/askTRP

Guy sounds like simpcity

Seems like she handled the message fine

LTR keeps male friends doing favors for her

2 upvotes · 25 March 2021 · /r/askTRP

The right answer.

OP's girl is doing this by nature. It doesn't seem calculated or malicious - but it does seem capricious. You just need to hold frame, and just keep doing what you're doing, at the end of the day she's still fucking you. All women have orbiters. You can't control others.

Choose not to be harmed and you will not feel harmed.

Critique My Routine/Hobbies

2 upvotes · 3 February 2021 · /r/askTRP

LGTM

I've just got my first gf and i'm also her first bf

2 upvotes · 2 February 2021 · /r/askTRP

Enjoy the BJ's.

Why rush to starfish bro? Blowjob is the real W. You knooooow

So I Gave NoFap a Try...

2 upvotes · 13 January 2021 · /r/askTRP

nofap never worked well for me.

I don't know why, it's not a community that's framed well on any sort of backbone. It's just "don't do x". That doesn't motivate me. On the other hand, I did try semenretention, and I can say that it's a much better method to abstaining. I have way better sleeps, a more positive outlook, stronger, skin is better, more energy. I would check that out and see if it resonates with you r / semenretention.

Cougars hate me?

2 upvotes · 12 January 2021 · /r/askTRP

I have a story for you.

Girls like guys who are older than them.

What do I do at this point

2 upvotes · 12 January 2021 · /r/askTRP

Semen retention gives you that glow up that you're looking for bruh.

Stop trying to get laid. You're not outcome independent. Pussy will start flowing, when you stop giving a fuck if it flows or not.

Reaching out to broken plate

2 upvotes · 11 January 2021 · /r/askTRP

If she's liking your posts, it's a good thing to return the gesture.

It shows interest as well. Little sprinkles of validation here and there, as long as she starts it, is fine.

Why do I feel Empty about my LTR?

2 upvotes · 10 January 2021 · /r/askTRP

This is what swallowing the red pill feels like.

You're realizing your little princess, is not a princess... and she's not yours it's just your turn.

Why are no girls nowadays wifey material and are for the streets.

2 upvotes · 10 January 2021 · /r/askTRP

Girls who have to overcompensate for how they are "daddy's girls" are sometimes the ones with the most daddy

issues. Not always, but sometimes.

Long term gf of three years wants to move in and when we do i should speak to my parents only once a week.

2 upvotes · 9 January 2021 · /r/askTRP

It sounds like you girlfriend and your parents got off to a rocky start.

There's some unresolved conflict there. Not anything really major, but the little things build up quickly. And it's almost too small to even begin to resolve it.

It's not as simple as saying "no I'm gonna call my parents whenever I want, bitch". That's not going to end well for you in this case. She's not going to let up on this.

But the way you tell the story, it seems like your girlfriend is the difficult one to get along with. Seems like she is jealous of the relationship you have with your parents, and thinks that you prioritize them over her. Which may or may not be true... I don't know.

At the same time it does seem like you should distance yourself a bit from your parents. They do seem slightly controlling of you and your choices. You or they may frame it like "caring" but the way I read it, it's a passive controlling method. Running everything by them, asking permission etc etc. Again I don't know the full story, so take it with a grain of salt.

If I was in your shoes, and you do want space from your parents I would reply with something like: "yeah I'm thinking I need a break from my parents as well, they're really getting on my nerves. Some distance will do us good".

If you don't want space from your parents, then lay down the line and tell her how it's going to be. If she doesn't like it, then that's okay.

Then just proceed as normal, to contact them as you often as you wish. But if she continues to push for distance, see that as a red flag.

Let her warm up to your parents on her own terms.

Out of curiosity what country are you and her from?

Help me out guys

2 upvotes · 9 January 2021 · /r/askTRP

Good attitude.

Don't fear life. Embrace it. Run toward fear, not away from it.

Is it worth having a relationship with a girl like this?

2 upvotes · 6 January 2021 · /r/askTRP

This is everything you don't want in a girl bro

What does it mean if a girl sends her friends to stalk your page?

2 upvotes · 6 January 2021 · /r/askTRP

This is normal girl behaviour. They get their friends to screen/check things out for them.

She likely told her friend your Instagram or sent her your story, and she saw it. End of story.

What books would you give a 13 year old?

2 upvotes · 13 December 2020 · /r/askTRP

I understand your intentions are probably good.

But think back to when you were 13. You probably just wanted to go light some shit on fire with your friends. Even if he reads it, it will go in one ear and out the other. Too young to comprehend the concepts.

Since RP, I became more successful in my career but not with girls

2 upvotes · 13 December 2020 · /r/askTRP

I know I'll probably earn good and live a good life in the future but what good is it if I have nobody to fulfill my most basic need

Your most basic need in life is not women.

"Women are not the goal in life ... they are simply the by-product of a life well lived." - CopperFox3c

Live your life well, and women will follow. COVID won't last forever, it's a temporary moratorium for you to improve yourself and get ready for the next chapter of your life.

Girl I've been seeing for a year, bruises

2 upvotes · 10 December 2020 · /r/askTRP

Girls do bruise really easily though.

I slap my girlfriends ass even a bit hard, and she bruises the next day.

Initiating a breakup with LTR but feeling crushed.

2 upvotes · 13 November 2020 · /r/askTRP

You can't change the past. Neither can she.

I don't know the full story, and no one else does either.

she got back with her ex, while he was dating her friend, secretly on the side, breaking her friend's trust.

To me, this sounds like normal girl behaviour. Like table-stakes women shit.

Here's how I bet that it went: She was with John but she thought she could do better and broke up, but now her *best friend* Jessica is dating John, and now she wanted John back because "she had John first".

Hypergamy and nature don't have morals.

Don't expect such a high ethical code from women. You might be a real moral kind of guy, but don't expect others to carry your virtues. Few men or women will be able to be held to that standard. Consider accepting others for how they really are, loving their flaws and all.

To me, I don't see this is a big thing at all, we might have different values. To me, life is about bigger things than this "he said, she said" bullshit. Focus on the rocks, don't let this piece of sand destroy something good you have.

Maybe it's a life experience thing. Think on it for a week, if you're 50/50 on it, you should make the decision with clarity and calmness. Either way, you'll still have to accept what you can't change and move on.

First date went terrible where did I go wrong?

2 upvotes · 2 September 2020 · /r/askTRP

It sounds like she wasn't attracted to you.

It also sounds like you had a "goal" in mind (getting up to her place). Which women can sniff out from a mile away. It didn't "just happen".

Even reading your post, I'm feeling like you were a bit forced/needy.

Let go of your inhibition. Try not to date these college girls with a "goal" in mind. Or to impress them. You don't want to do that. You want things to free flow. Start with building rapport- little bit of teasing, inside jokes, story telling, which it sounds like you did. But maybe it was too contrived.

It's not so much about what you say, it's how you say it. With confidence, eye contact and open body language.

This all works better when you have high SMV, and the woman is actually attracted to you. When she's attracted to you, you have to try to fuck things up for her not to end up on her knees. Let go of the need to have sex. If you do, then great, if not, then her loss. Outcome independence.

Next girl on Thursday, post an update/FR and see how it goes with that one.

How to deal with haters with gf

2 upvotes · 30 August 2020 · /r/askTRP

Winners focus on winning

Losers focus on winners

That's it. Crabs in a bucket. You find out who you're real friends are once you get success in life.

What to respond? Girl kept flaking then she asked to hang. I said lemme see you naked first. Copied her text below

2 upvotes · 30 August 2020 · /r/askTRP

The naked thing was out of place. Not plausible enough. Made you look stupid.

Her delicate woman feelings are hurt and now you're on the hook. No nudes for you. She's *literally* crying right now bro. You're a terrible person. Comfort failed.

If she's a good catch, you could say: "That came out wrong. Let's meet tomorrow." That's it. Sure it's bordering backtracking, but it's also important to recognize when you fucked up, and not double down on being an autistic.

But this is a tough situation, not a lot of moves you can make. Just don't DEER (Defend, Explain, Excuse, Rationalize).

Just keep it light, as though it was a joke. If it comes up in person, just play it off as it was a joke.

How do you respond to "Hey"?

2 upvotes · 12 July 2020 · /r/askTRP

Just say "hey {{ girl.first_name }}" back.

Then start the conversation. She's reaching out because she's a) interested in you. Or b) wants to hook you in with the orbiter net.

Your job is to find out if your a or b to her.

live in outskirts and still slay

2 upvotes · 12 July 2020 · /r/askTRP

It's easier to play basketball when there's a court nearby.

It's obviously easier to live in the main good areas of a city for 100's of reasons. More options, closer in proximity to a larger pool of women. But nowadays modern transportation makes it incredibly easy to get around. I can drive my car from one side of town to the other in around 20 minutes. Crazy.

If your living out in the sticks or the boonies it's gonna be rough to get out and "slay" though. That's going to be a big commute. Makes logistics tough.

Blindsided by LTR, what's going on?

2 upvotes · 28 May 2020 · /r/askTRP

Maybe those two are mutually exclusive. Maybe you can't do both right now. Heal first, then focus on your mission. But don't make women your mission.

Women are masters at wearing men down. Capricious. And an LTR is TRP on Hard Mode. You left with your balls in tact as far as I'm concerned.

In LTR, how to handle expenses with dates and what not?

2 upvotes · 28 May 2020 · /r/askTRP

I go by the rule of, if **party a** is asking **party b** out, then **party a** pays.

This goes for buddies, friends, parents, girls, whatever.

If she's redpilled and sweet, she'll offer to pay anyway. If she's a cunt she'll expect it. It's actually a great vetting test, to pay and see if she offers, even politely.

If she insists (good sign), then you can just say something like "I'll let you get the ice cream later" or whatever.

If it's an LTR, then of course the dynamic changes, and things should be split 50/50 depending on the context/situation. I get one meal, she gets the other etc.

Tinder response

2 upvotes · 28 May 2020 · /r/askTRP

Tell her the same bad joke that she just told you.

Stop telling lies to make others happy..... it's unattractive, weak, a terrible habit, and every time you do this you are acting in someone else's frame.

2 upvotes · 5 November 2019 · /r/TheRedPill

Lying by Sam Harris is a very short insightful book about these concepts.

Gift ideas for LTR?

2 upvotes · 26 September 2019 · /r/askTRP

Yeah you could do that.

She'll probably want something from you to open at her parents house. Especially if she's opening all gifts there. It might put you in an awkward place if you don't have a gift that she can open.

Get her a card and maybe something ~\$50 that she'll like... candles, some feminine shit. Anthropologie is good for that kind of stuff. My LTR loves that store. Depending on what your girl is into obviously.

Then take the other \$30 and pursue your plan of a beach day to celebrate with her.

Gift ideas for LTR?

2 upvotes · 26 September 2019 · /r/askTRP

Hmm. What's your budget?

Gift ideas for LTR?

2 upvotes · 26 September 2019 · /r/askTRP

Is it a birthday gift? Or just a random gift?

Depends what she likes. If she appreciates physical things or experiences. For my LTR, she'd rather me take her somewhere for a night or two or some experience rather than a dumb necklace. I'd also rather that as well. Really depends on the occasion.

How to properly text on the phone?

2 upvotes · 25 September 2019 · /r/askTRP

Text only for logistics.

Accidentally let slip to a bluepill friend that I disapprove of his ex-girlfriend. Ignore it or say something?

2 upvotes · 24 September 2019 · /r/askTRP

It's one thing to say that about his current girlfriend.

It's another about his *ex girlfriend* of months/years ago. Buddy seems like he's still attached at the hip to his past self and anything attached to him. I'm sure he would also get offended if you said his favorite pizza spot sucked.

Women are sensitive children that get upset when they have a bad dream, and anything targeted at them is a massive deal and you're an asshole/enemy if they feel that way. Your friend is acting like a woman.

How to play it going forward: *"No worries man, we're cool, take care."*

She says we're not having sex

2 upvotes · 13 September 2019 · /r/askTRP

You can pretty well cancel out the situation where she was on her period. Assuming that's authentic and honest.

The second situation could be a comfort test and in that case just escalate as normal and sprinkle in some comfort here and there. Girls want a way to feel free with you (not feel judged). They don't usually want to feel used, or like a cum dumpster, which she might be feeling like now by the sounds of it.

Curiosity and ego burden - Is there a way to admit guilt in LTR, without giving up at all to your frame?

2 upvotes · 12 September 2019 · /r/askTRP

When a woman is mad at you or wants you to rectify something you did wrong, it's because she's having trouble trusting you again.

You shouldn't be running into this issue with plates (too much drama), and TRP doesn't fare well with LTR advice, so I'll do my best to advise you here. You can also ask in MRP.

You fucked up in her eyes, and despite you thinking you changed/remedied the mistake, she's can still be hurt about it. She may have trouble letting it go for a long time. Women *never* forget. Best thing to do, is acknowledge openly that you fucked up, and don't appease the subject any longer. You don't have to apologize profusely. But let her know that you know you made a mistake & have moved on since from it.

Read the way of the superior man. Gives a voice to a lot of this stuff.

Telling new LTR that you cheated in the past?

2 upvotes · 28 August 2019 · /r/askTRP

This gets into the moral domain of life more than anything for me — *"is it wrong to lie?"*.

It is wrong to lie— there's almost always a truth worth telling. Answering your question though, it is "ideal" to deny it from a utilitarian perspective, I think it's going to give you a lot of hassle if you don't deny it (might even break the LTR up).

Girl was responding straight away, day of date, she hasn't replied

2 upvotes · 23 August 2019 · /r/askTRP

Don't call her — just see if she shows up.

I think you're reading into this too much. It's been only a few hours, and your conclusions are just your insecure thoughts about the situation. (*Am I too direct? Did I scare her away? Is there another guy in the picture? Should I call her and chase her?*). These things aren't actually happening in reality, they're simply thoughts in your mind. Let those thoughts go, brother.

Abundance mentality. Go do what you were going to do anyway tonight at 8pm. If she shows up, cool. If not, cool.

It sounds like she's into you and will text you later or show up where you told her to. Women love being told what to do by men. She'll either text you back, or not. If she flakes, then it's on her and she'll look like a bitch and you'll look abundant.

How creepy is it to text an old acquaintance-crush?

2 upvotes · 7 August 2019 · /r/askTRP

Nothing to lose.

Just hit her up and see what happens. Lots of potential "maybe's" in life are lost because one person didn't call. Businesses not started, sex not had, countries not visited. It pays to be the first to smile when you walk past someone else. Don't overthink life, just live MrYeahright

Plate is unraveling

2 upvotes · 19 July 2019 · /r/askTRP

Probably just fog it. Which may actually work for you in this case too.

Plate is unraveling

2 upvotes · 19 July 2019 · /r/askTRP

I'm not a plate spinner myself. So it's up to you how you want to play it.

It looks to me like she's on/near her period and wanting some comfort from you. Girls are sensitive little things with feelings. But she's a plate, if you play into her little charade then you watch how quick she'll hold the cards. Spin and watch it break eventually though.

If it were an LTR I'd handle it differently. Question. Is the play interested in being a plate?

LTR shows lack of sexual initiation. Best course of action?

2 upvotes · 19 July 2019 · /r/askTRP

I think you're reading too close to the lines of what I was trying to get at.

For a good reason though, maybe my language was too definitive/conclusive. Reading it now from last night, I

was a few glasses of wine in at 3:00am and it shows. I agree with your points, as mine don't hold up well to the *reductio ad absurdum* you've challenged them with.

The sentiment of what I'm saying is that generally, as a man, it's your job to lead any interaction to the way you want it to go, and women will generally be receptive to the dominance/leadership that you exude. In my own experience 'leading' works better than 'waiting for her to escalate' into the sexual interaction.

She'll make it easy for you, and might even come onto you often if your SMV is high enough.

Opinion on Face

2 upvotes · 18 July 2019 · /r/askTRP

How tall are you?

Uninterested girl

2 upvotes · 18 July 2019 · /r/askTRP

The point is, you don't know whether she is or isn't interested in you.

It comes with time man. Boldness is a learned trait, and you can cultivate it. It may be an implicit fear or rejection- or maybe a fear of success.

[u/morescoobysnacks](#) gave you some good advice on being bold up there. Take your shot. be fun, outcome independent, and down for leading her.

The important thing is to recognize it, where you went wrong, then iterate and try again with a new woman. Main thing with dealing with ANY woman... is to **lead**.

As long as your making the decisions, setting up the meets, making the plans, taking off her clothes, telling her what to do, doing things without her asking you to. That's where real masculinity lies with a woman. Taking charge is key.

what do I do now. (situation with girl)

2 upvotes · 18 July 2019 · /r/askTRP

I actually thought this was funny — depending on who OP is, he could've pulled it off in a smooth way. Especially if it was call-back humor to something they chatted about at whole foods previously.

what do I do now. (situation with girl)

2 upvotes · 18 July 2019 · /r/askTRP

Call/text and be like *"Hey Audrey back from your trip? Free tonight at 7?"*

Good way to gauge her interest. Seems like she was into you at whole foods anyway. Don't "wait for her to hit you up with plans". She won't. Women rarely initiate, even when you've left it open like that. Just call the girl to meet up. If she's interested then she'll arrange a time or suggest a different one. You'll see right there if she is interested.

You could wait til tomorrow and then hit her up. Women act *in the moment*. So tomorrow if she's feeling tingly, she'll want to meet you. Right now through text you're trying to coax her into it. If I were you, I'd call her and polarize.

Plates that always try to continue text conversation.

2 upvotes · 8 July 2019 · /r/askTRP

Then set a date!

Hot to approach at a nightclub?

2 upvotes · 30 June 2019 · /r/askTRP

“Hi I’m a fun guy, I don’t think I’ve met you yet.”

This works because it gives her the impression that your a fun guy, know lots of people here (social proof and high social status).

LTR overly affectionate when she thinks I'm mad at her

2 upvotes · 27 June 2019 · /r/askTRP

The alternative is entitlement and having no remorse. OP's girlfriend is totally normal and sane with healthy guilt and shame.

Is watching porn every once in a while really so bad?

2 upvotes · 17 June 2019 · /r/askTRP

Good question!

Discipline and willpower take years to cultivate.

You need to see things bigger than yourself and have a vision that's clear. Mostly you're fantasizing is out of non-necessity. It's not necessary for you not to.

When something becomes necessary, you act differently. Like if you didn't have any food or shelter, you bet that you wouldn't be watching porn and fantasizing all afternoon- you would be outside chopping wood to keep warm. Because it would be necessary to stay alive. Humans need homeostasis. We're very lazy creatures when we have our needs met.

Read "Breaking the Habit of Being Yourself". And Meditations by Marcus Aurelius.

Become a better man. Lift, get your shit together, dress better. Talk to everyone. Lift. Do fun shit. Become responsible for your own happiness, success & fulfillment. Once you're looking at this man in the mirror, *they'll be a few women* in your city that will also want to be around that same man.

Try to fill those spare minutes of fantasy with other things. Every time you feel like fantasizing, write in your journal or write a list of shit you need to do.

Out in the real world....

2 upvotes · 3 December 2018 · /r/askTRP

Sounds like a plan to me.

You've reached the main resource, TRP! The goldmine resource for cold approaching.

Why do women on tinder/bumble stop messaging or message with short and emotionless replies after a while?

2 upvotes · 3 December 2018 · /r/askTRP

Being so forward, there's no time for her to make decisions. Just emotions.

It's forward and bold, but you cut the small talk and polarize right away. Women don't want to put themselves out there to get rejected, you've already covered that base in a humorous way. Your response is also authentic.

Doesn't sound like a pickup line, just sounds like a man interested in a woman.

How to stop my housemate from making jokes about me that i don't like around our group of friends

2 upvotes · 22 November 2018 · /r/askTRP

Yeah there's a balance you need to strike there.

I'd be interested to see if you handled it like the example in the video I shared, what would happen. If you find it difficult to directly address him this way, maybe this is where the real issue is. Try following the directions in that video, even if it makes you uncomfortable. It's masculine, direct, and it's assertive.

I wish I had seen that video years ago. I could've probably saved a lot of otherwise good friendships that ended because I didn't fully set my boundaries.

The thing is, you're not being an asshole, he is. And if he is really your friend, then the result should be that he stops. If he doesn't then he's not your friend anyway and find a new housemate.

Do you eat pussy?

2 upvotes · 22 November 2018 · /r/askTRP

I read this as "How do you eat pussy".

Started typing "like a watermelon".

Is this the PUREST form of shit tests?

2 upvotes · 25 January 2018 · /r/askTRP

The shit tests must have been strong, but still focused on the same principles.

Women select men based upon traits that show he can protect & provide for her & her offspring. She'll test him to see if he is a strong enough male to handle her- and put her in her place. If he's not strong enough to handle her, then how can he protect her?

Meaning you have to say the same shit, act continuously alpha, and have rock solid frame. She'll expect that and test it every day and every chance she can. It's not enough to do or say something once. You must do it continuously. Women are creatures of impermanence and their attention and memory are fleeting. They are always looking for the "best option", therefore they only want to be with a man who is continuously her best option. That cycle seems to reset on a daily basis I've noticed.

The shit tests in evolutionary times probably focused a lot on protection. But who knows, the men back then aren't around now to tell the story.

I'm a ginger, is my smv fucked forever?

2 upvotes · 18 January 2018 · /r/askTRP

"I'd prefer being asian."

Doesn't matter what you prefer. You don't get a choice. Why will you let orange hair dictate the outcome of your life? Your SMV won't be fucked forever because of orange hair — it will be fucked because of that attitude.

Girl Resentment

2 upvotes · 16 January 2018 · /r/askTRP

What's your investment so far?

It's going to depend. How much value does she bring to your life? If this is a one off shit test/on her period bullshit, then pass it up. But if this is a toxic sandwich then move on YGand.

Any ideas on getting out of a mental rut? Is it possible to have more than 1 oneitus?

2 upvotes · 28 September 2017 · /r/askTRP

You need to start doing things.

Do you have a job right now? You should be busy enough that you don't have time to keep track of 3 different women on social media... they should be keeping track of you.

Since you mentioned the masturbation, that could be related to the lethargy you're experiencing. How often are you watching porn/jerking off a per week?

Should I interrupt a conversation?

2 upvotes · 26 August 2017 · /r/askTRP

Sure.

Don't wait there for 20 mins like a puppy dog. Just politely ask your question. There's a way to do it in a strong, kind way. Don't do it rudely.

What's the response to "are you looking for a relationship"?

2 upvotes · 26 August 2017 · /r/askTRP

Yea something like this or with a witty spin-off will do.

"you never know where I'll dock my ship next"

Note: works best when on the topic of sailing

Which should I read: No More Mr. Nice Guy, The Book of Pook, or The Charisma Myth?

2 upvotes · 14 July 2017 · /r/askTRP

Read no more mister nice guy first, the other ones next in whatever order.

Really short summary of my situation right now, seeking advice for further proceeding.

2 upvotes · 3 July 2017 · /r/askTRP

now as we are texting each other

There we go. Stop doing that. Meet up with her, texting her is only decreasing her attraction for you. Keep texting to a minimal for logistics.

talked like crazy and kinda told her everything about me which I know is a mistake

Yea, you can recover from this. Don't talk any more about yourself... keep in 80/20 or 70/30 in terms of talking.

gaming a girl that is already strongly attached to you

She's young, and I'm guessing you are a bit older as well (18?), so she is probably a bit naive and acting on her primitive instincts (attraction, tingles, etc) rather than reason.

If she's already really into you, then continue to treat her like your other plates. Be aloof, outgoing, cunning, fun, IDGAF. It's all about body language as well... never break eye contact with her until she does first. Stare into her soul like you're going to steal it and sell it to the red pill.

Becoming Alpha at 14 years old

2 upvotes · 10 May 2017 · /r/askTRP

Okay, firstly. Get rid of all that negative self talk.

"I'm bad with words", "I have no social skills". You are what you see yourself to be. From now on you're the guy who is good with words and has great social skills. Talk to yourself in that way no matter how weird it sounds.

Keep lifting, talking to people, focusing on hobbies (basketball, coding, guitar), and approach some young ladies. Nothing really matters in life, even if it seems like a really big deal. Just let your guard down and do you bro.

Text Reply: Good? Bad?

2 upvotes · 27 April 2017 · /r/askTRP

Keep pretending like you like her without saying it explicitly.

It's good you kept it plausible- as now she's really going to like you. Personally I would've gone a more elusive route, but that's just me.

What's up with girls who give you their numbers but ignore any attempt to hang out?

2 upvotes · 24 April 2017 · /r/askTRP

Options.

Men desire freedom, Women desire access. More options means more opportunity for them to find a viable mate.

is 5'11" a good height?

2 upvotes · 19 April 2017 · /r/askTRP

The best height is the one you have. 5'11 is a great height.

Mostly because you can't change it. Stand up straight and wear snazzy shoes and you'll look taller.

Funniest/craziest hook up stories?

2 upvotes · 19 April 2017 · /r/askTRP

Here's a crazy one:

3 year LTR was lying in bed watching YouTube on her phone...

I come in without saying anything, start kissing her neck from behind and then take off her clothes. We fuck and then watch YouTube together afterwards.

Leg day.

2 upvotes · 15 April 2017 · /r/askTRP

Do one legged squats if it's too easy for you.

Or hold some paint cans/other household item in your hands while you do it. You won't get a big ass don't worry.

Lunges are also effective. Slow and controlled.

How much time does it take for you to internalize rp books? How many books a year do you read?

2 upvotes · 14 April 2017 · /r/askTRP

I personally internalize better by listening to the books.

Like many guys here, I read 1 book a week on audible; and usually articles/e-books on the side. If a regular book takes 10 hours for you, an audible book should only take 5 (depending on the book).

Her highschool colleague

2 upvotes · 28 March 2017 · /r/askTRP

This is so menial man.

Precious frontal cortex real-estate being occupied by this insignificant manoosha. Delete this from your neural hard drive and don't ever think about it again.

She's probably got 50 orbiters messaging her at any point in time. This one Andrew guy is a drop in the ocean. It's all shit testing- hold frame and watch her actions. She'll give signals if she's going to jump ship. Don't focus on her orbiters. Focus on your bench press and your GPA.

The women will come. Girls your age are like cats. They want to chase you when you don't give them attention.

Analyze My Texting

2 upvotes · 27 March 2017 · /r/askTRP

You could not respond for a few days... or just call her and ask her out hiking. Where's the win in not calling her?

You gotta realize that some of these girls have like 20 dudes vying for their attention in their inbox. You might have just gotten lost in the inbox. Call her and polarize. Stand out from the orbiters.

She's not going to pursue you. She's down for hiking, but you just gotta put her on the spot a bit.

LTR very needy, what do?

2 upvotes · 22 March 2017 · /r/askTRP

Sounds like your girl just needs a bit of direction from you. Lead by example.

She's most likely needy and not respecting your time, because you don't fully respect your time.

Start keeping a schedule. Tell her your available only in X hours because your pursuing your dream of working on your passion.

Good women are generally supportive of a man that's after a goal, and will respect his time accordingly (only if he shows respect for his own time).

Beach date HB8 flaked last minute. Advice?

2 upvotes · 22 March 2017 · /r/askTRP

That's her making herself open to you. It's her asking you to lead.

Early in a relationship a woman will rarely ask you to do things. That's your role. She will only make herself available so you can pursue her.

New bitches hate me

2 upvotes · 22 March 2017 · /r/askTRP

The title of your post sounds like the next hit rap track. Naming my new Spotify playlist this.

Is it ever worth it to fight for a girl?

2 upvotes · 21 March 2017 · /r/askTRP

Great metaphor about dancing. Really put things in a different light for me.

What are your Daily and Nightly rituals/routines? [serious]

2 upvotes · 21 March 2017 · /r/askTRP

That's a massive question.

My daily routine consists of over **23 habits that I track using a habit tracker.**

Nightly routine consists of sleeping. Zzz

Poorly Handled LMR, got some angry texts the next day. What should I respond?

2 upvotes · 18 March 2017 · /r/askTRP

I'd go with an "ok" and then set something up in the future.

She was probably just bitchy on that day, and he lost frame/failed the LMR- which made her feel judged. She felt like she was "about to have sex"... instead of it just "happening".

About sex and masturbation.

2 upvotes · 14 March 2017 · /r/askTRP

You're over thinking it. It might not take a month, it might take a year. And masturbation isn't usually the problem- once a week is fine for that. It's porn that's the problem.

Having access to more naked woman at the click of a button than most men would've seen in a lifetime 100 years ago fucks with your brain. There was a post on dopamine this week on the main sub- good precursor to understanding.

u/Meat-on-the-table wrote a post on **porn** that broke it down in a brutally honest way. I read it at least once a month.

What's Your City About? (Going Back To Budapest)

2 upvotes · 12 March 2017 · /r/TheRedPill

I was in Budapest a few months ago with my LTR. Great city. Would go back again.

Can't comment on the day gaming, but seems like you know Budapest inside and out. Most of what you said here applies to other cities in Europe too.

Since race matters in regards to how you approach sexual strategy, why can't we talk about it without askTRP throwing a tantrum?

2 upvotes · 11 March 2017 · /r/askTRP

We can talk all day about the things that don't work.

Sure, being a hipster might not work for an indian guy or an asian guy. But being the well-dressed indian guy with a sense of humor and a cool haircut will work. Embrace your strengths.

Might matter more in inner-city US then anywhere else. I knew this guy in Eastern Canada who was a indian bartender and had crazy long hair. He was the coolest dude ever and chicks just flocked toward him (when he wasn't at work).

Telling guys to lift heavier weights when they are muscular or to have better game when even the best game

You think that you're above that because your skin is a different color? You should never call yourself a finished canvas. You should always be perfecting your own Michelangelo.

"Please dont leave!" (even though I am not going to fuck you), when she just wants a warm body around, that a established time to leave right?

2 upvotes · 10 March 2017 · /r/askTRP

She wants an orbiter around for comfort and company man. That's all it is.

She's not going to fuck you and she isn't interested. She likes the attention.

You might... BIGGGG MIGHT. Get some duty sex in like 2-3 weeks. But only to keep you around.

Is feminism just one big shit test?

2 upvotes · 4 March 2017 · /r/askTRP

There's two types of feminism.

1. Equality Feminism: Humans deserve equal political, economical and social rights. Men are humans. Women are humans. Therefore men and women deserve equal political, economical and social rights.

2. Toxic Feminism: Usually the type that we refer to here on TRP. The toxic feminist. Entitled, man hating, manipulative woman who stop at nothing to destroy masculinity. And in turn create a warped reality around gender roles, and pretend they don't exist. Acting like a man, being like a man, but entirely hating men. Not embracing their feminity at all.

So is it a shit test? Maybe. Just agree and amplify if it is.

Integrating RP with current friends

2 upvotes · 1 March 2017 · /r/askTRP

When you apply it, you'll remember.

The best way to learn a language is to emerse yourself in that language and speak it every day.

As for your friends, just own your positive changes. If they bring it up, just agree and amplify.

becoming full/more red pill by quitting video games/porn/unhealthy eating?

2 upvotes · 28 February 2017 · /r/askTRP

That would also work. Good suggestion.

The stakes need to be high enough to make real, lasting life changes. Punishment just happens to be a great motivator for humans. Works very well. Even if it's self induced.

becoming full/more red pill by quitting video games/porn/unhealthy eating?

2 upvotes · 28 February 2017 · /r/askTRP

Yes. It legitimately works.

The main reason people don't follow through on there goals are the "stakes" aren't high enough. It's not necessary to stop watching porn, eat healthy, or cut out video games. But what if every time you did that, \$100 was taken from your bank account. You'd think much more carefully about your actions.

I Dont Know How To Have Fun

2 upvotes · 23 February 2017 · /r/askTRP

Wow. That's a long time man. Pays off!

Wayne's work is red pill before the red pill existed. He takes the politically correct point of view a lot of the time (obviously). However his content and opinions reflect so much of the content in the community here.

The 3% man is a breezy read, 2 hour e-book. Definitely like to hear your take on it if you get a chance to read it.

I Dont Know How To Have Fun

2 upvotes · 23 February 2017 · /r/askTRP

Wanted to point out that your writing style is very much like Corey Wayne's. Conversational, and easy to read.
He has a well known blog and is the author of the 3% man (which I'm sure you've read before).

How do you keep things from getting messed up by girls?

2 upvotes · 23 February 2017 · /r/askTRP

Create your own frame and attitude and live inside that.
Be the guy that the girls and guys gravitate toward because you have an infectious enthusiasm and aura about life. The man who smiles whether it's raining or sunshine. Whether he's experiencing pleasure or in pain.
Your friends will fall into a woman's frame to attempt to impress her. This will work for a little bit, but she'll get bored when she realizes he's a pushover.
Despite what the other guys are doing- do you. Don't change your attitude to accommodate others.

ethical money problem with a friend (20k)

2 upvotes · 22 February 2017 · /r/askTRP

50% is correct.
"Half for me and half for you bro!"
He'll take it. Who's going to turn down 10k? It's insulting that he said 2%.

Redpill in nutshell

2 upvotes · 22 February 2017 · /r/askTRP

<https://reddit.com/r/theredpill> is a great place to start.

Need some motivation/clarification

2 upvotes · 17 February 2017 · /r/askTRP

You don't need motivation. You need discipline.
I lost 35 lbs in 6 months.
Tracked calories every day using fitness pal. Strength and muscle gains went up. Cut out dairy and beef. HIIT cardio every day. 175 and shredded now.
You can do it too. Start instead of thinking about it. Take action man. Analysis paralysis.

Has anyone found duolingo beneficial?

2 upvotes · 17 February 2017 · /r/askTRP

Agreed, Duolingo isn't challenging enough. Even when you fail it, you pass.
Yeah, pick up a French textbook from a university. They give the old ones out for free at the bookstore. Tim Ferriss has a great language learning strategy as well.

[24 y/o] Introspection & Need for advice

2 upvotes · 17 February 2017 · /r/askTRP

What I see here is you ~~explaining~~ complaining about all this shit you can't change.
Uncontrollable variables is what I call them. You can't control them. Height is fixed, no father figure is fixed, your shitty past is fixed.

Focus on what you **can** change. Focus on your mind, your body, your relationships with friends. Read "Breaking The Habit Of Being Yourself" and "Meditations by Marcus Aurelius". Those books will show you how to think differently and how to live a good life.

You're a man. And a man is the best thing you can be on this planet. That means you won.

How to proceed with texting tourist

2 upvotes · 17 February 2017 · /r/askTRP

Where's the loss?

Give her a call. I mean don't spam her phone, but call her and invite her out for a good time. Nothing to lose.

Nofap and game

2 upvotes · 17 February 2017 · /r/askTRP

Yeah that's the way it should work.

You have that internal drive and confidence because your motivated as a man to procreate and spread your seed.

You're not spilling it on pixelated women as frequently.

Avoiding Arguments - The technique... HOW??

2 upvotes · 13 February 2017 · /r/askTRP

I'll add that book to my list this month.

Thanks for your insight man.

Avoiding Arguments - The technique... HOW??

2 upvotes · 13 February 2017 · /r/askTRP

Can't put my finger on anything lately. But occasionally in the last 6 months it's been things like:

"I don't like it when you don't text me all day."

"I would really appreciate it if you made more time for me"

"I don't like it when you go on business trips without me. You should take me"

I think it's mostly attention based stuff. I've been prioritizing my business and haven't made time for her. It's fairly rare, but recurring so it's difficult to fog her every time.

Avoiding Arguments - The technique... HOW??

2 upvotes · 13 February 2017 · /r/askTRP

Hahaha.

Thanks for the field report. Almost spit out my coffee laughing.

A good reminder that I need to brush up on my fogging with my LTR. There's times when A&A just doesn't cut it.

The one gripe I have, is when she'll inevitably say "I don't like it when you do X... stop doing X". By just always acknowledging that on surface level, and pushing it under the rug- it'll keep repeatedly coming up. Just keep putting fog in these cases too?

"I don't think I would"

2 upvotes · 13 February 2017 · /r/askTRP

Spot on.

This shows way less investment and plausible deniability then a drink. It's non-assuming.

Move on and pursue younger, single women.

New here - How to begin the changes and how to handle reactions of those around me as i start making changes.

2 upvotes · 13 February 2017 · /r/askTRP

Hold frame. That's how you deal with it.

Do not DEER. *Defend, Explain, Excuse, Rationalize.*

You're making positive change, becoming a better man. Stick to the journey (don't talk to your wife about it).

Read top level posts and sidebar for a few months before you post here or in the main sub.

LTR met up for drinks with another guy (professional reasons)

2 upvotes · 9 February 2017 · /r/askTRP

My advice is to hold frame. Don't bring it up again.

She's not going to jump ship for an intern, and if she does, then you saved yourself years of trouble.

Ask the question again she meets up with twice.

LTR says she doesn't want to be with me anymore if I don't change.

2 upvotes · 9 February 2017 · /r/askTRP

Don't buy her flowers because she asks for them. Only ever do acts of comfort because you truly desire to do so. She'll know the difference and one feels very contrived.

Getting her a flower or a small gift once in a while will make her heart swoon for you. Women are gentle creatures and need a strong man to balance them out.

Yeah you're right, it feels like an ultimatum. But consider this: **you can frame all these changes gradually as your own. You don't have to fall into her ultimatum. What you do and what she wants you to do will be different.**

Med School

2 upvotes · 7 February 2017 · /r/askTRP

Great answer.

OP, listen to this man. I'm a philosophy grad, definitely don't have what it takes for Med School.

Dicipline and the right habits will get you there.

How to continue from this point

2 upvotes · 7 February 2017 · /r/askTRP

Why not?

You've already got a reason. She doesn't need to know the whole game plan. Actually it's best if it's left to mystery anyway. For all she knows, you're in her city all the time, and your best friend lives on 6th street.

How do I deal with male shit tests?

2 upvotes · 6 February 2017 · /r/askTRP

Same way you deal with female shit tests.

Socially correct way to respond a girl you don't know smiling at you?

2 upvotes · 6 February 2017 · /r/askTRP

Smile back.

If you are attracted to her then approach her. She's smiling because she's opening herself for you. It's a window to go talk to her. IOI for sure.

Difficulty convincing people

2 upvotes · 6 February 2017 · /r/askTRP

Did it work?

Is she interested or leading me on, or am I doing something wrong

2 upvotes · 6 February 2017 · /r/askTRP

This could be because she's gauging your interest. Shit test most likely. Hot and cold games man.

Are you in high school? High school girls do this.

Why am I getting cat called by girls in cars recently?

2 upvotes · 5 February 2017 · /r/askTRP

Chase after her bro!!

It's an IOI if she slows down the car. Escalate to the car door.

Premature ejaculation

2 upvotes · 4 February 2017 · /r/askTRP

Days man. Days.

Yes. You control it. I wait til she's on the edge of orgasming, then about 3/4 way through hers, I'll let it go and she'll orgasm again. I'll say on average, like 20-45 mins.

She's gleaming at the end always, because she thinks she did it.

How do you guys manage your time?

2 upvotes · 4 February 2017 · /r/askTRP

Open the calendar app in your phone. Click on all the times and fill it with the things you need to do. If you find you have too much to do, then you're over committing (which it sounds like you are). Start saying no to things that are non-essential.

Adopt proper habits to automate some processes.

As you live your days, so you live your life.

Dealing With Relatively Low SMV At Work While Looking For A Better Job?

2 upvotes · 2 February 2017 · /r/askTRP

I am told to "stop being a pussy" on the regular

Shouldn't be treated this way at ANY job. Complain to the labour board in your state and get that bitch fired. **Get out of there as soon as you can.**

Keep the job for now, keep searching for an internship. Some good opportunities and places to start:

<https://www.producthunt.com/search?q=Internship>

Hold frame around everyone, even when they're losing it. There's beauty in staying calm within a storm.

I think GF is spying on me

2 upvotes · 31 January 2017 · /r/askTRP

Could be all coincidental. But even to me, something odd seems up.

Important thing is that you held frame. She hasn't explicitly suggested that she's doing anything- so stay oblivious.

If you have a hunch about something it's usually right.

"He needs to be careful."

2 upvotes · 31 January 2017 · /r/TheRedPill

Haha, you betcha I did.

True. Around the right man, any woman will turn her filter off. But she'll keep the truth hidden from the men who are oblivious to it- even when it's right in front of them.

Does the Indian guy stigma just not exist in certain parts of the USA while being a major setback for SMV in others?

2 upvotes · 29 January 2017 · /r/askTRP

I'm not an indian man. But I have some indian friends, and they seem to have no trouble hooking up with attractive women. They lift, work on themselves, their businesses and live interesting lives.

no one wants Indian men

I find that lot's of indian guys just handicap themselves because of the color of their skin. That leads to a vicious cycle of not trying because "no one wants Indian men"

'You don't take me out with your friends'

2 upvotes · 29 January 2017 · /r/askTRP

[u/dr_warlock](#) hit the nail on the head in my opinion. It's been 2 years. She wants to be integrated and see where you stand amongst your mates.

Might be a bit of a comfort test as well- she feels you don't 'show her off enough' or include her. In that case, include her more.

Don't Touch Her

2 upvotes · 28 January 2017 · /r/askTRP

Good to get it out somewhere man. Do some journaling, but do it in private. It's not always conducive to put it out there on the internet.

Keep lifting, and realizing this stuff. Come to terms that your whole life you've been fed a blue pill lie, and you're waking up from a dream you never slept to.

How can I [22M] make my girlfriend [22F] dominant?

2 upvotes · 28 January 2017 · /r/askTRP

My understanding is you want your girlfriend to take on a more masculine role to fulfill some sexual fantasy with her calling you degrading names and disrespecting you.

The Red Pill is not the place for these questions.

Attracted to toxic women?

2 upvotes · 28 January 2017 · /r/askTRP

You're meeting these women because you hang around the places they hang around.

Dress differently, and approach higher value women in more affluent areas (universities, book stores, gyms).

If I spend all my time looking for cars at the junk yard, I'm going to always drive away with junk. If I walk over to the Porsche dealer, I'll always come out on top. (*Assuming your SMV and bank account allow for it- respectively in the examples*).

No more blowjobs from plate

2 upvotes · 28 January 2017 · /r/askTRP

It's true OP. If you're SMV was high enough, she wouldn't ever have an issue. She'd be begging to see you every night to do this.

Either you're dealing with some anti-bj-feminist, or she also wants to get some tounge action.

I always act super-beta around the girl I like

2 upvotes · 28 January 2017 · /r/askTRP

Good man for starting early. I'm 24 and I wish I had knew what I know now when I was 16.

Let go of your inhibition. You might be approaching these girls with a "goal" in mind. To impress them. You don't want to do that. You want things to free flow. Start with building rapport- little bit of teasing, inside jokes, story telling.

It's not so much about what you say, it's how you say it. With confidence, eye contact and open body language.

People who've had success (dates or more) cold approaching at uni, how did you go about it?

2 upvotes · 27 January 2017 · /r/askTRP

Ahhh right. I gradded a few years ago and have been in an LTR ever since (3 years). I met her at university and literally just approached her and asked her to come to lunch with me. Being bold and polarizing works in these cases.

Most men just aren't ballsy enough, women love it when you put it all on the line.

Job offer

2 upvotes · 26 January 2017 · /r/askTRP

Take the job man. You don't have room for negotiation now. That's going to look greedy. Move up in the company in 3-8 months you'll be making 80.

People who've had success (dates or more) cold approaching at uni, how did you go about it?

2 upvotes · 26 January 2017 · /r/askTRP

Approach women that you find attractive and ask them to study.

"Hi, I'm sonderho, how's your latte tasting?"

Make eye contact, and judge using IOI's. If she smiles then approach her. Having seen her a few times before in classes you'll build rapport and IOI's will be pretty evident at that point.

Usually women in universities don't have their guard up as much. Approaching becomes more "plausible" as they can think "were just studying". Etc.

How to talk to quiet people?

2 upvotes · 25 January 2017 · /r/askTRP

Yeah. Social market value matters when talking to anyone. People want to be around others that are high value.

Needy people usually have a goal in mind. Let the conversation free-flow. And turn off your inhibition.

Waitress at place I frequent passively aggressively insulting me. I don't even know her. Not sure how to react.

2 upvotes · 25 January 2017 · /r/askTRP

Who cares what this one bitch thinks about you. She's a waitress at some restaurant. I'm sure you have 3 more plates just like her.

You need to detach from others emotional responses toward you. She's one woman in 3.5B. Not going to mean anything in the big picture of things.

Best way to react is to ignore it. Or agree and amplify. Don't enter her frame. Say something like *"Thank god I'm leaving, can't even take myself sometimes. You coming with?"*

How to *market* my commitment to buy plates?

2 upvotes · 25 January 2017 · /r/askTRP

You're missing the point. Nobody is moralizing your proposed behaviour. Above all, I'm not interested in the rightness and wrongness of it. Morals do overlap when you're talking about good strategies for mating however.

If you're looking for a good plate strategy, this isn't the best one. Search the main sub for a good strategy.

Maleficence is specifically talking about the harm or evil that your causing. Deception is fine, but usually won't pay off long term. One should strive for beneficence in most of his interactions. Or at the very least nonmaleficence.

How to *market* my commitment to buy plates?

2 upvotes · 25 January 2017 · /r/askTRP

There's a reason that raising your SMV works and that AF/BB exists. Don't try and re-invent the wheel. There's successful plating strategies on the main sub, those will also work for you.

Interactions with other humans are usually not manipulative. Yes, we may garner resources, or benefit from certain interactions. But usually not in a malicious way. I believe the word you're looking for is **persuasive**.

I don't know what commitment really means.

Commitment when talking about relationships usually means being dedicated to one woman.

Threesome from Tinder?

2 upvotes · 25 January 2017 · /r/askTRP

Something feels off here.

Despite the paper with the name on it. Seems like your going to get robbed. Or best case scenario have sex with

another dude and some tinder rando.

Lifting help

2 upvotes · 25 January 2017 · /r/askTRP

It's the new lifting trend. Remove all compound lifts to focus more on lifting. Trade-named: *"anti-lift"*.

OP, just hit the gym hard minimum 4 times a week. Lift lighter if your bones are cracking. Try a de-load week.

Is this what woman do? Is this fucking normal?

2 upvotes · 25 January 2017 · /r/askTRP

Always initiating makes me lose my power and attractiveness and put the girl in a better negotiating position.

The girl will always be in a better negotiating position, because women are the choosers in the sexual kingdom in humans. This is sidebar 101.

I think this is because I'm not attractive enough.

Women are way more keen to put themselves in situations to be received when they're interested in the man.

Need Help With Lifting

2 upvotes · 25 January 2017 · /r/askTRP

Five movements. Squat, benchpress, deadlift, shoulder press, pull ups.

Look up beginner routines on youtube regarding form and rep ranges. Tons of great fitness youtubers out there giving free workout advice.

For building muscle, stick within the 8-15 rep range focusing on volume (amount of total sets) in your workouts. Lift fairly heavy.

LTR messages ex

2 upvotes · 25 January 2017 · /r/askTRP

I'm never a fan of discussions with women, as they're going to do what they want anyway. You establish the boundary by being abundant about it, and implying that she knows what will happen if she cheats. Light dread essentially.

LTR messages ex

2 upvotes · 25 January 2017 · /r/askTRP

Light dread is a good move. But also don't seem butthurt about it. With her or without her, you're going to have a bomb life.

Take into account what [u/DonaldBaelish](#) said. The reason she thinks this is okay, is because you subtly implied that it was. Women watch and mimic your behaviour/frame.

What are some less noticeable red flags?

2 upvotes · 22 January 2017 · /r/askTRP

I feel like "I don't cook" is a really complex shit test meant to weed out the betas. Like the modern day Disney princess shit test- that you have to con her into somehow.

My LTR never used to cook. Same Disney shit test. But every time I was in the kitchen making my food- I'd tell

her to do tasks like "cut the vegetables really small "or "get me the coconut milk" and "mix this for 5 minutes".

She happily helped every single time. Not one complaint. This really helped develop the "captain/first-mate" dynamic as well.

A few months later, and she's totally oblivious to it now. But she cooks 70% of the food between us.

I've been seeing this girl for 2 weeks now

2 upvotes · 21 January 2017 · /r/askTRP

You're expecting her to lead. A woman won't ask you out. They rarely put themselves in any situation to be rejected by a man. It's a huge social risk for them- evolutionarily it didn't fair well.

Always expect to do the planning, the calling, the texting, everything. She'll make herself available to you by picking up the phone or replying back. It's not because she's not interested- it's because she's a woman.

Wait 2-3 days if you want- but understand that you're not going to get a better response out of her by doing this.

What Are Some RedPill Jobs That Don't Require A College Degree Or Even A Diploma?

2 upvotes · 21 January 2017 · /r/askTRP

Freelance website development. Software developer. Trades. Customer service at a tech company. Photography.

"Am I not enough for you?"

2 upvotes · 18 January 2017 · /r/askTRP

Comfort test. She knows she's high value, and wants commitment. She's going to break soon.

Options: Commit to her in an LTR- seems like she's be a solid woman to have around. Or wait until she breaks and leaves. Inevitably that will happen. Better to make a decision now on your terms, then to come back from a lower position later.

I want this girl to invite me to a frat party, but i havent talked to her in 3 weeks. What should i say?

2 upvotes · 18 January 2017 · /r/askTRP

Good approach from [u/SkorchZang](#).

I would do this:

Tell her that YOU are *taking her* to the Frat Party. That way, it doesn't frame it as her going just so she's your ticket. Since you haven't talked in a few weeks, message or call her and be like *"Hey girl. You, me, Frat Party. Tonight. Be ready at 7pm. I'll pick you up."*

You're leading this way, and not looking like you're asking for a ticket in.

LTR and work

2 upvotes · 17 January 2017 · /r/askTRP

Exactly this OP.

Need advice on closing

2 upvotes · 17 January 2017 · /r/askTRP

These are only two cases. And both sound like they're edge cases. Most women giving you IOI's won't act like this.

You need to polarize more. Like set up a meet right away with both. Then escalate physically. Lead the

interaction. Message both women right now saying *"hey girl, pick you up at 7 on Friday, I'm taking you out."*

You'll see right there if either of them are interested. If they both are, then boom- two plates for Friday at seven. Some intense **u/OmLaLa** strategy on **hardmode**.

Not full RP yet, looking for what I could have done better

2 upvotes · 17 January 2017 · /r/askTRP

Great advice. I agree with you here.

Boldness always wins- the *"Me. You. Drink right now!!!"* line is perfect for this situation. Nothing to lose. Boldness is putting it all on the line and not caring about the outcome.

Don't give up here OP. Message her **BOLDLY** to meet. Polarize. Make her make a decision.

The reason she's giving you one word replies is because you're not communicating your desire.

Not full RP yet, looking for what I could have done better

2 upvotes · 17 January 2017 · /r/askTRP

No selfie.

Your Values on Time Spent Away

2 upvotes · 16 January 2017 · /r/askTRP

In the OP you are elusive about the hobby. Is this a more general hobby? What is the hobby?

Despite the fact, 1-2 days a few times a year with a general group of people is pretty normal for business trips, sports teams, jobs, or conferences alike.

If you're a strong confident male, then it shouldn't matter to you. If she's going to cheat, she's going to do it no matter what. Hobby or not.

Too forward chest skeleton.

2 upvotes · 16 January 2017 · /r/askTRP

Not sure what you want people on here to do. This is not a Red Pill issue.

This is your genetics, it's how your built. Use it to your advantage.

Why women get into relationship with older men and not the opposite?

2 upvotes · 15 January 2017 · /r/askTRP

I think your missing the point here. Women are "ready" to give birth between 13 & 17 (after their first period).

It's not necessarily the **YOUNGEST** woman you can find... but the one that you're most attracted to as a man. The age variance can range from ~17-28 for the most fertile women.

Our culture doesn't exactly promote procreating at such a young age (nor are women even good partners or mothers at that age). I'm speaking more from an animalistic evolutionary perspective here.

My girlfriend went to see a movie along with her female friend and her boyfriend. She did call me but I was so busy with my car. Is it okay for her to go even if I am not there? She didn't ask me permission though. RP lens reply appreciated

2 upvotes · 14 January 2017 · /r/askTRP

Man. If you aren't trolling, then here's what you do:

Nothing. Your girlfriend is her own human with autonomy- she can go to a movie with whoever she wants. It's up to you to be reactive or abundant about it.

How to play off about not having friends in dating?

2 upvotes · 14 January 2017 · /r/askTRP

Chuck gets it! Probably makes like 15 friends a day through this bulletproof strategy. A+

How to play off about not having friends in dating?

2 upvotes · 14 January 2017 · /r/askTRP

Don't say "yeah I have no friends". Because it's likely you *do* have friends, or have HAD friends. Just not in your current city or location.

When she asks to meet your friends, say that you have lots of buddies but they're from x city I used to live in.

On a different note- make some friends. Aka talk to everyone. Approach guys, make conversation, then get their number & hang out.

Post your witty tinder bio here.

2 upvotes · 14 January 2017 · /r/askTRP

Do you find putting your career in the title gets you women who aren't interested in sex- Classifying you more in the Provider category?

What's been your experience?

What to do when you were inconsistent? LTR Shit test.

2 upvotes · 14 January 2017 · /r/askTRP

Cheers man, happy to help.

Yeah after a second read, it looks like a comfort test to me. Especially since she's sick- probably feeling pretty low.

How do I remove the thoughts that not being the best equals being shit

2 upvotes · 14 January 2017 · /r/askTRP

Fine, some is genetics- but don't handicap yourself here.

You don't have to compete with Chad or be the MOST alpha. Lots of guys on here are average guys but got a lot better by doing hard work. You can also do the same thing.

Best way to drop bodyfat %?

2 upvotes · 13 January 2017 · /r/askTRP

True. But Adding cardio & your normal weight lifting will burn more cals too - which leads to weight loss.

How do you command respect without coming as a bitch and how would you do it in these two situations.

2 upvotes · 13 January 2017 · /r/askTRP

Become a man worthy of respect.

As in, work on yourself, your career, your body, your mind & the way you look & dress. All of this adds up.

Women know when they're being shitty. They've evolved to treat the right man with respect. Women don't treat

respectable men like this.

Do you have a secret delusion that you're maybe the best in the world at gaming women?

2 upvotes · 13 January 2017 · /r/askTRP

Exactly. You are what you think you are. The ego protects your identity & can light a fire of confidence & IDGAF mentality.

On the other hand it can develop a false sense of self and can limit you in accepting the truth about reality.

Example: Someone might think they're so great when in reality they're 20lbs overweight & act like a douche. But they call themselves alpha all the time. Big ego.

Do redpill men always have an objective when entering a conversation?

2 upvotes · 13 January 2017 · /r/askTRP

I just finished "The Charisma Myth" on audible. That's been the best book to help me.

Eye contact is a big one. When you're staring into someone's soul it's hard to think about other shit. They clue in that you're fully present & you exude that sought after charisma.

YouTube [Charisma on Command](#). He's got some great content on this stuff.

What does a successful red pill relationship look like?

2 upvotes · 13 January 2017 · /r/askTRP

An LTR is a constant balance between comfort & dread. There needs to be adequate amounts of both for it to be successful. I'm in a 3 year relationship with an HB9, & I can confidently say that you need to have rock solid frame & be on your A game. Testing doesn't subside, it continues- just in different ways. *Always*.

A balance 80/20 alpha/beta works well.

You shouldn't LTR a woman unless you're sure she is feminine, submissive, & has a good relationship with her father. Not always predictive, but definitely a green flag.

I wrote a post on LTR's that might be worth a read for you.

This is what a Red Pill Woman looks like

2 upvotes · 12 January 2017 · /r/TheRedPill

Refreshing to see a woman who is in touch with her biology and doesn't accept the feminist propaganda in the media today.

What Keylogger do you recommend

2 upvotes · 11 January 2017 · /r/askTRP

Run it using terminal. Or google it. He gave the directions in the file.

Or alternatively, search. <https://www.google.com/#q=key+logger>

How can I get as BLUE PILL as possible?

2 upvotes · 11 January 2017 · /r/askTRP

Tell the truth then, and end it on your feet.

Admittedly it would be the *easier* way to end it. But not the right way.

Want to ask out acquaintance of a girl that rejected me a month ago. We all will show up at the same social functions so I need help navigating this.

2 upvotes · 11 January 2017 · /r/askTRP

You're thinking too much into this. Be normal. Be a human- you're a social guy with options, act like it.

Message her for her number & when it comes to driving on the date, say *"let's take your car"*.

No big deal. Then escalate with this woman- no matter what girl A or C or B or X or Z think. Dont fall into their frame.

Will Stuttering = Impossible to succeed? Any strategies?

2 upvotes · 11 January 2017 · /r/askTRP

Usually when something doesn't work, it's because the person doing it didn't do it enough or correctly. Execution is everything. Try harder- try it for a month, then iterate.

I would start by reading stuff other than the red pill. There's many books on red pill concepts like charisma, success, approaching, frame, etc. Sometimes you can miss the forest through the trees with too much time on this sub.

What Keylogger do you recommend

2 upvotes · 11 January 2017 · /r/askTRP

Waste of time. What's the point? You know the truth already.

Open source on Github.

Best TRP based books?

2 upvotes · 10 January 2017 · /r/askTRP

Read **"The Charisma Myth."** This will help you break out of your shell more.

Pick up **"The six pillars of self esteem"** and then read **"the magic of thinking big"** and **"breaking the habit of being yourself."**

Classics like NMMNG and The Way of the Superior Man are also good reads.

These books changed who I was, they will likely do the same for you. Improving your life takes effort and time. There's no easy way out. TRP can tell you what to do, but we're not going to do it for you. Take action on your own life if you want to truly change.

Difficulty convincing people

2 upvotes · 10 January 2017 · /r/askTRP

You're welcome.

Difficulty convincing people

2 upvotes · 10 January 2017 · /r/askTRP

I gave you the advice that has worked for me. I convert around 80% of my leads into customers. Sometimes I even get graphic designers to do work for free for me.

It's all about framing it. I'd say listen to my advice (try it). Trust the process & see if it works. If it fails I'll send you a \$5 Starbucks card. Win-win

Difficulty convincing people

2 upvotes · 9 January 2017 · /r/askTRP

Sure. But why not skip the implicit, and offer it directly? Way more clear and upfront. People are more likely to see that as an offer and not just an implicit suggestion.

Also, why would everyone be so optimistic as to think that this will make millions and they need to assure themselves a slice of the pie? I tell them that I'm working on it as a side project and that they should do the same.

Right. But you're seeing it from your perspective here. People care about themselves. Their slice of the pie is what is important to them. What's in it for them? What flavour is the pie? How many hours a week do they need to work on the pie? Is it in the oven yet?

My suggestion is craft out a offer letter (professional) with **explicit terms**. Stating their share, the commitment from them, VC interest (if any) and any other details.

If someone came to me with that, I'd be way more likely to work with them, rather than just asking them to work with me for free for a possible % of the profits.

Need an advice regarding telling the truth to a girl

2 upvotes · 9 January 2017 · /r/askTRP

Alright, so you lied and now you want to undo the lie. Here's what you do:

It *is* your hometown, so you are actually from there, and you can make that clear to her. But you need to tell her that you're leaving back to University for another few months. Tell the truth and say you're going back to university in another city. Might not be the most comfortable conversation, but she's not your LTR. I think you're making this bigger than it is.

Or do a cunt move and not say anything until I'm gone, then just block her/not answer her messages?

Nah. Be honest, that's a coward move.

Not trying to police you, but in the future just be upfront about these things. Way more simple. I had an issue with lying a year back. Since then, I tell the truth about *everything*. Even when it's inconvenient. Read the book "Lying by Sam Harris"

An opportunity to start fresh

2 upvotes · 9 January 2017 · /r/askTRP

Go to the gym, talk to other guys. That's how you make friends. You go up and talk with people.

It's likely that you could also make some friends through the company you work for as a dev. Lot's of those guys outside of work are probably pretty chill.

Go to drop-in basketball at your local courts shoot some hoops. Usually you'll meet some cool people there.

And then keep increasing your SMV and approach women you find attractive.

a sweet girl that i fucked on the 2nd date became cold and wants to take things slow

2 upvotes · 8 January 2017 · /r/askTRP

Yeah doesn't sound like she's interested anymore. Women who are interested in a man don't go cold like this. They're always ON & accommodating of his advances.

Do what everyone here is telling you to. Go no contact til she reaches out.

Sometimes I want to cry

2 upvotes · 7 January 2017 · /r/askTRP

Amen to that. Glad it resonated with you.

People try & decipher out this existential grand meaning to life. & the big surprise is that there is none. I find happiness and peace in that, & I think you have too.

New here, and need a fucking lesson.

2 upvotes · 7 January 2017 · /r/askTRP

Yeah, maybe that's your problem then. Just too invested off the batt. I think you know the solution here.

New here, and need a fucking lesson.

2 upvotes · 7 January 2017 · /r/askTRP

If you haven't already, then cut this woman from your life. You're on a mission & you don't need her mind games holding you back.

Find healthy normal women who won't lie & play you like this. Easier said than done, but you need to vet girls before you commit to them.

This is shitty but you need to move on from this. Take a few days to yourself. Then when you're up to it, keep pursuing women you find attractive & vet them stringently.

I sing love songs to myself. I want audience (girls). Should I go for it?

2 upvotes · 7 January 2017 · /r/askTRP

If you enjoy singing these songs, then continue doing it. But don't go & sing them to women for any reason other than you enjoy singing them.

If your passionate about it, & a woman hears you, not big deal. I play guitar around my LTR all the time. She thinks it's romantic, & maybe it is. But I just enjoy doing it.

Not sure how to handle this new girl

2 upvotes · 5 January 2017 · /r/askTRP

Yeah, if you're not interested in dating, don't force it. Because then you end up half-assing it and wasting your time and her time.

It's more your frame that will determine a fun or boring date. Women hate options. Just give them one option in the future because you already know she's the active type (you met her at the gym).

But pushing her like that is a good idea.

Yes, it'll be pretty evident after that. Don't text her either. Call her out of the blue. It'll force her to make a decision.

Chick messaged me on bumble. How do i respond?

2 upvotes · 5 January 2017 · /r/askTRP

I agree with you that he doesn't have to be super A game and try hard. Not what I was going for.

I suggested this because I *would* say something like that in person. It's outrageous and off-topic humor which I go for anyway. OP don't put on an act to look cool or funny or whatever. It's a regular question and you can answer it at face value like you said he should.

Never read any PUA shit before, because that stuff *is* garbage. Nonetheless, thanks for your perspective on this.

Stuck between multiple personalities? Or similar/normal?

2 upvotes · 4 January 2017 · /r/askTRP

Sounds like you're stuck in the past or thinking of the future.

There's like 10 books. But most people who need to read them, probably won't read them. So start with "The Charisma Myth". It keeps you present & grounded in the "now".

Then read "Breaking the Habit of Being Yourself".

Question about Jealous Ex

2 upvotes · 4 January 2017 · /r/askTRP

These are either really intense shit tests, or she's actually very jealous. Or both.

Keep passing them as shit tests. Or leave her & find a girl who isn't going to yell at you for going on fb. That's a shitty girl. There's non-shitty girls out there now too in the world.

Sex without your own place

2 upvotes · 4 January 2017 · /r/askTRP

Make it on audible too so I can listen to it in my car.

Advice for a date

2 upvotes · 4 January 2017 · /r/askTRP

Thirsty tinder dudes are going to go after her no matter what you do. She's not yours, it's just your turn.

Go minimal contact on this one man. Build some attraction for the concert. Then own that night. Social proof through the roof. Fancy as fuck. Wear your best mink.

"As a Friend" Shit Test

2 upvotes · 4 January 2017 · /r/askTRP

Sometimes you can't see the forest through the trees. Post a FR later.

What are the best ways to avoid erectile dysfunction?

2 upvotes · 3 January 2017 · /r/askTRP

Interesting perspective.

Do you have any studies citing the lowering of testosterone after semen retention?

How do you maximize your looks?

2 upvotes · 2 January 2017 · /r/askTRP

It comes down to a few things:

Facial symmetry, low body fat, proper sleep and hair/grooming.

You have good symmetry, and a good haircut. It looks like you're holding a bit of fat in your face. If you cut 5-10 lbs, it will dramatically change your looks

Happy New Year

2 upvotes · 1 January 2017 · /r/askTRP

You as well. Thank you for your thought out contributions this year. Here's to 2017.

Unblocked my ex girlfriend a day ago to see if she was still texting me.

2 upvotes · 30 December 2016 · /r/askTRP

Bingo. **She wants closure.** Don't fall into her frame here. She has nothing that you want & she lost her chance with you.

Just got a gift card to Barnes&Noble (recommended reads)

2 upvotes · 30 December 2016 · /r/askTRP

Breaking the habit of being yourself is a good place to start. Spend the extra money if your one book short. A few of those you can find online for free in PDF or kindle format.

Do girls of color cheat?

2 upvotes · 29 December 2016 · /r/askTRP

Making it more insightful for you ;).

In all seriousness, I've found that women who come from an EASTERN upbringing (usually colored - asia/india/japan) have better values toward loyalty and relationships in general. They're less likely to cheat because they know when they have something good. Again, not the rule for all eastern cultures, but definitely something I've noticed. The women are LESS entitled.

Is it beta for me to get my eyebrows threaded at a salon?

2 upvotes · 28 December 2016 · /r/askTRP

Yes. Also have got it done. Just don't wax them. Only pluck or thread.

Salvaging an LTR by calling it off?

2 upvotes · 27 December 2016 · /r/askTRP

Go with your intuition here. It's usually right.

Van is amazing. Tons to do, classy feminine women, true west coast vibes. Living costs are on par with Toronto/San Diego. No where near as expensive as the bay area though.

Going insane

2 upvotes · 26 December 2016 · /r/askTRP

No shame in being 27. Your life has just begun.

No one or two lines of text will fix this. Read these 3 books if you want to get to the bottom of this:

"The way of the superior man"

"No more mister nice guy"

"Breaking the Habit of Being Yourself"

"The Six Pillars of Self Esteem"

Good luck.

Anyone have experience dating someone who has been abused?

2 upvotes · 26 December 2016 · /r/askTRP

Love bombing.

Going insane

2 upvotes · 26 December 2016 · /r/askTRP

Answer that question yourself.

Anyone have experience dating someone who has been abused?

2 upvotes · 26 December 2016 · /r/askTRP

Hmm. Could be the exception to the rule. It's not impossible... but when you smell smoke, there's usually fire.

It sounds like her behaviour has been pretty normal thus far. But keep an eye out. And encourage her to get therapy. Watch out for BPD, it's addicting and it looks a lot like "true-love".

Anyone have experience dating someone who has been abused?

2 upvotes · 26 December 2016 · /r/askTRP

Yes, she'll be entirely emotionally attached, then watch when you don't call her for 3 days. **She'll lose her mind.**

To her, those 3 days will feel like abandonment. BPD is thrown around a lot on this forum, but those are really clear signs of BPD. Especially if she's been sexually abused.

Has she had therapy?

Anyone have experience dating someone who has been abused?

2 upvotes · 26 December 2016 · /r/askTRP

Usually these types of women have psychological issues and problem forming strong attachment to their partners. If they do, it's almost always anxious and ambivalent behaviour.

Turn the ship around here.

Girl that flaked 2 times wishes me merry Christmas

2 upvotes · 24 December 2016 · /r/askTRP

Don't accept this rejection. It's not rejection. Are you butthurt that some random bakery chick didn't text you for 2 months?

If you want to meet up with her, text her back & say: "hey merry Christmas. Just doing some yoga over here while opening gifts. Let's hang out on the 28th."

If she doesn't suggest another time, then don't engage, and ignore after- she's not interested.

i stabbed myself in the chest.

2 upvotes · 24 December 2016 · /r/askTRP

Awakened from the dead on Christmas Eve. #resurrection

Should I be worried?

2 upvotes · 23 December 2016 · /r/askTRP

You're worried about something that may not have even happened. Don't stress about the future, this is an outcome that you really can't control. If she was pregnant she would've definitely told you about it by now.

Just because you used her condoms, doesn't mean she poked holes in them to get your golden sperm. I would

chill about this & enjoy your break bro.

Lack of Interest

2 upvotes · 23 December 2016 · /r/askTRP

Good for you man. Then sounds like you need a break from women for a bit. Women are a perk to living a good life. Not the purpose of the life itself.

Am I breaking bro code?

2 upvotes · 23 December 2016 · /r/askTRP

There's no "bro code". That's a cultural PUA term used to disguise mate guarding. This guy is shit testing you.

What you should've done is agree & amplify here.

[FR] A white knight saved me from a transit cop trying to take my money in Florence, Italy

2 upvotes · 23 December 2016 · /r/TheRedPill

Yeah this is what we ended up doing after this happened. Bought a week pass.

I developed a scar on my upper right arm from a rash, should I get a tattoo?

2 upvotes · 22 December 2016 · /r/askTRP

Your arm is ruined bro. Cut it off before the scar gets worse!!! If anyone asks say that there was an accident at the tattoo parlor.

What are the social benefits of being gay?

2 upvotes · 22 December 2016 · /r/askTRP

This is not a red pill issue.

I don't know how (and if) to confront people and assert myself.

2 upvotes · 22 December 2016 · /r/askTRP

I was you man. Not even 2 years ago, same place, almost to a 'T'. Don't beat yourself up about it, life goes on, it continues and you will soon become a great man that others will be asking advice from.

But it won't happen automagically. You must take action on your fears. Confront every single one of them.

You need to read. Every day. A book a week. Listen to the men on here, many of them know what they're talking about.

Pat down

2 upvotes · 22 December 2016 · /r/askTRP

Yes. By the length of the post & the 50/50 attitude he has, it seems that he's indifferent about the whole thing. To cheat in the first place, you gotta be pretty indifferent about your wife as well.

Dear /u/deckard_spade, make a real post with details and background so you can get some solid answers here.

Pat down

2 upvotes · 22 December 2016 · /r/askTRP

Fair enough assertion.

I agree with you that having never been married or cheated on, it's difficult to put myself in either persons shoes.

Training wheels I can understand, but a GPS is invasive & absurd.

Calling it as I see it, seems like those two options ARE viable choices. The additional counselling may work, but sometimes your fighting a lost battle. You & I both (and it seems OP) have fought those.

Pat down

2 upvotes · 22 December 2016 · /r/askTRP

This is tough. Firstly, she doesn't trust you. If you want the marriage to last you'll need to build up trust again. The way I see it you have two options here.

1. You build up trust again with her. This will take time. & an immense amount of frame from you. Shit test after shit test. Comfort comfort comfort. A storm will rage. GPS's will be installed (without you knowing). Monitoring will happen.
2. You get your finances & shit together & then end it peacefully framing it with the benefit being on her side.

How I see it, is any relationship that's come to a point where you have to GPS track the person, isn't one that's going to last.

ltr problems

2 upvotes · 20 December 2016 · /r/askTRP

You're a man. Who cares if your mom and your LTR have the same views on religion. Put it in perspective. People have opposing views and life goes on.

It doesn't sound like you're bothered by your girlfriends religious beliefs. And if a relationship with her and your mother is ruined over it, the relationship wasn't very strong in the first place.

This seems really important to you right now, but in a month this won't be on your mind.

Best way to game plate's friend

2 upvotes · 20 December 2016 · /r/askTRP

Don't overcomplicate things here. You're not exclusive with plate 1, so there's no obligation to stay committed. She's not going to want to compete with her friend, so she'll likely break. Your gamble.

This one woman is into you, & it sounds like she's an upgrade from plate 1. Great. If you're into her, then **keep pursuing her**. Despite what other circumstance arises or what anyone else thinks here. Just do you. Set the frame.

seeking feedback on my Tinder profile

2 upvotes · 20 December 2016 · /r/askTRP

Lookin' good man.

Keep the shirtless pic. Women aren't always attracted to the guy that's the most buff. They're attracted to lean, muscular men with good facial genetics. Seems like you're good on both.

I feel tired, lonely, and missionless, but deep down there is a hunger

2 upvotes · 19 December 2016 · /r/askTRP

In short, Porn is pacification. Our human brains haven't evolved to handle more naked women at the click of a button then we would likely see in a lifetime 100 years ago. It kills your most internal drive as a man.

Nonetheless I encourage everyone to have their own reasons for doing something or not doing something.

[/u/Meat-on-the-table](#) has written a good piece on this a few months ago. <http://archive.is/SglOI>

what IU should I get? What is T?

Use 1000ui to 4000ui daily. T is Testosterone levels.

what is a sleep study and how do I go about getting one. What is sleep apnea and why do you think I had it?

Sleep apnea is when you can't enter REM sleep because your airways are obstructed which leads to inhibition in other parts of your life. I think you have it because many problems in people's lives can be attributed to sleep issues.

How do I reach abundance?

Search in TRP

Whats a good place for a date?

2 upvotes · 18 December 2016 · [/r/askTRP](#)

Showing your interest in a woman and pursuing her isn't considered beta. Stop thinking in terms of alpha & beta about everything. Good on you for asking her out.

Take her some place you'll be able to comfortably escalate. Pick her up, you two go for a walk or grab a drink/coffee, then muster up a reason for her to come see your place. You have a great dog, or you two can watch a movie etc.

Take the lead here, she doesn't want to worry about anything when she's with you. You have that shit handled. She's yours to touch, shoulders, hands, small of her back, arm, anything. Touch and play to show your interest.

Being nice to girls who appear to be well within your frame

2 upvotes · 18 December 2016 · [/r/askTRP](#)

You did good here. She's probably gleaming because of it too. That type of shit girls love. A sprinkle of comfort here & there. They need it as much as they need you to pass shit tests.

I message my LTR things like that sometimes & it's always worked in my favour. She knows I'm thinking about her & she tries harder because of it when she comes over.

Help A Pale 19 Yr Old Fuck Get With A HB8

2 upvotes · 17 December 2016 · [/r/askTRP](#)

Playfully touch. Touch her hands, shoulder, small of her back. Pat her on the head in a playful way. 90% of escalation isn't intercourse. It's frame & courting.

Girlfriend of 3 years left me almost a week ago. Looking for advice to get her back.

2 upvotes · 17 December 2016 · [/r/askTRP](#)

You need to realize the reason she broke up with you. She broke up with you for multiple reasons, & none of the reasons were because you were too good of a man. Almost all the reasons were because you were not enough of a man.

Since nothing has changed about you in the past week... Getting back together with her right away is not the solution.

Become a better man. Lift, get your shit together, dress better. Talk to everyone. Lift. Do fun shit. Become

responsible for your own happiness, success & fulfillment. Once you're looking at this man in the mirror, *she'll* be wanting to get back together with *you*.

At this point you can choose, instead of begging at her feet a week later.

To approach or nah?

2 upvotes · 17 December 2016 · /r/askTRP

Stop fantasizing about approaching her with other dudes on the internet and just go do it. You'll find out pretty quick if she's interested, and if she is, then great. If she isn't, then also great. Train harder either way.

LTR is doing things to argue with me

2 upvotes · 17 December 2016 · /r/askTRP

She's testing to see if you lose your frame.

Agree & amplify. My LTR does this sometimes, women try and see if they can throw you off your center.

Do not DEER. Defend, Explain, Excuse, Rationalize.

[SERIOUS] ADMISSIONS TO UNI/FIRST SUBMISSION TO MY MENTORSHIP BLOG

2 upvotes · 17 December 2016 · /r/askTRP

This is not a red pill issue.

LTR pissed I left her

2 upvotes · 15 December 2016 · /r/askTRP

I've noticed this as well. It's refreshing to see men on TRP developing their own style. TRP is a toolbox, & you can use more than one tool to finish the job.

XD!

2 upvotes · 11 December 2016 · /r/askTRP

Ghost her. She's pulling your chain man. Don't be a beta.

Go no contact for a week, then see if she reaches out. If she does... reply to her text with "k". & then ghost her for another week.

You've got oneitis, abundance mentality Man. GFTOW.

I am now close to 30. So... when is my time exactly?

2 upvotes · 10 December 2016 · /r/askTRP

What?

You're in your prime here man. I assume your lifting, have an awesome career, & not married it seems. What's the holdup?

Sour milk is not even worth discussing in this context.

In a high school of 250 kids

2 upvotes · 10 December 2016 · /r/askTRP

Nothing to lose brother. And everything to gain.

Possibly off topic question but i wanted red pill's view on this. My question is has the world

gotten more safer since old times (1800 1900's etc) or has it gotten worse/more dangerous since then in your opinion?

2 upvotes · 10 December 2016 · /r/askTRP

This is not a red pill issue.

That rush of asking a girl out..

2 upvotes · 10 December 2016 · /r/askTRP

Yeah it's testosterone, excitement and nervousness. Sit in the feeling. Become comfortable with being uncomfortable.

Feeling jaded after years of being redpilled

2 upvotes · 10 December 2016 · /r/askTRP

It sounds like you're just burnt out in general.

Take a vacation from going out and gaming women. Don't jerk off for a month. You'll feel totally different come January 9th.

In a high school of 250 kids

2 upvotes · 10 December 2016 · /r/askTRP

it'd seem really out of the blue to start talking to some of them after four years.

Hamstering man. Don't make excuses. You don't think a person can change? Why not start talking to some of them. It's been god damn 4 years.

Girl on tinder said i look too innocent to be this much of a fuckboy.. im just wondering how to respond back.

2 upvotes · 10 December 2016 · /r/askTRP

20 minutes?!?!? She's lost interest bro. Give up. I haven't seen gains at the gym in a week so I stopped going. (all sarcasm.)

Agree and amplify here. Say something witty, or send a halo emoji.

Guides for successful Tinder strategies?

2 upvotes · 9 December 2016 · /r/askTRP

Read it:

https://www.reddit.com/r/TheRedPill/comments/3l310a/the_red_pillers_guide_to_online_dating/?ref=search_posts

I'm having issues overcoming last minute resistance

2 upvotes · 9 December 2016 · /r/askTRP

Yeah. This is simply anti slut defence. Best way to fight through LMR is using plausible deniability. When she says *"I'm not that kind of girl"* you dial it back and say *"we're just kissing"*.

Take one step back, then take two steps forward.

Chances are, you're rushing it. She feels like she's about to have sex. Women want sex to "just happen". They don't want to feel like they're making any mistakes or compromise their status with you. If she gives it up too easily not under enough guise, you'll lose your respect for her and she knows that.

Give her a way to feel free with you. Not like she's just randomly fucking a guy from Uni while she's drunk. That'll play out bad for both her & you down the road.

Haha obviously hit her up before break. Since when is being interested in a woman being a needy bitch?

Would I develop a split personality disorder?

2 upvotes · 9 December 2016 · /r/askTRP

This question is not relevant to asktrp.

Contradicting views regarding meeting girls

2 upvotes · 9 December 2016 · /r/askTRP

Why not do both? There's a misconception that you can't occupy two thoughts & mindsets/frames simultaneously.

Take a dualistic approach. Work on you, your mission, & your habits. But also approach, be outcome independent & kill it.

What does it mean when a girl says "if you want"?

2 upvotes · 9 December 2016 · /r/askTRP

It means "why are you asking me?", & just "do what you were going to do." It releases them from responsibility. & it shows autonomy in your decisions.

Your small daily decisions are the ones that create you into who you become

2 upvotes · 16 October 2016 · /r/TheRedPill

I have a prescription for it here in Canada for Obstructive Sleep Apnea and Adult Attention Deficit Disorder.

You can also go the sketchy online Pharmacy route. Usually you're getting some form of Modafinil or Armodafinil from India. This involves paying in Bitcoin and often waiting months for something that has a good chance of getting seized at the border.

PM me if your seriously interested in getting it and I'll give you some tips.

Your small daily decisions are the ones that create you into who you become

2 upvotes · 16 October 2016 · /r/TheRedPill

I track the days I use it and compare it to the days I don't to see if there is a noticeable difference.

I've been 200mg/day taking it for 6 months now (5-7 times a week normally) and 200mg still does the same as it did 6 months ago. Modafinil is one drug that has very low tolerance. Same goes for dependency. I can go off it for 2 weeks and experience almost no withdrawals (slight tiredness sometimes).

Funny how a lot of people in this thread asked about the Modafinil.

Your small daily decisions are the ones that create you into who you become

2 upvotes · 15 October 2016 · /r/TheRedPill

Between 100mg and 200mg.

You might have trouble sleeping on it because you're taking it too far into the day. You need to take it fresh in the morning.

What time, dosage, and how often do you take it?

Your small daily decisions are the ones that create you into who you become

2 upvotes · 15 October 2016 · /r/TheRedPill

Great advice in this comment. That's a solid list structure. Glad to see another strategy is working out for you.

Believe it or not, I've also been writing 10 ideas down every day for about a year now (give or take. I miss a week here and there). It has changed my life. Tracking my habits daily is one of the ideas I've manifested from that. Thanks for pointing it out— you should make a post on it soon.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

2 upvotes · 14 September 2016 · /r/TheRedPill

Yeah. To meet classy women, you need to go where classy women meet. Sounds cliché but classy women hang out at bookstores, the gym, **university or colleges**, dance classes, in the park going for runs, and yoga classes. Are you looking for an LTR or classy plates?

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

2 upvotes · 13 September 2016 · /r/TheRedPill

What city are you from?

We met in University. The quality and femininity of women you're going to meet at bars isn't going to compare to the women you'll meet say at the gym or in second year Psychology class.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

2 upvotes · 12 September 2016 · /r/TheRedPill

Hahaha, excellent advice. I'll keep that in mind for a few years down the road ;).

You will continue to suffer if you have an emotional reaction to everything that is said to you.

2 upvotes · 19 August 2016 · /r/TheRedPill

I had this LTR once. She was over-all a good woman.

She would shit test a lot, but she would also genuinely try to give me criticism to improve. Back then, I had a hard time telling the difference between a test, and her being helpful. After RP, I sort of grouped it all together and treated everything with her as either a shit test, or a comfort test.

Whenever she did give me criticism, and I knew it wasn't a test, I would humbly take the criticism, ask questions, and see what areas I could genuinely learn from this person. i.e. in university she was a great public speaker, so she would give me criticism, usually harsh, on my talks.

The hardest part is realizing that *some* people who critique you do it out of malicious intent, to try and bring you down. But some people do it to lift you up. It's about figuring out who the fakes are.

You will continue to suffer if you have an emotional reaction to everything that is said to you.

2 upvotes · 19 August 2016 · /r/TheRedPill

As I understand you are saying that, frame is actually not being closed it is being open. And take the test in. Analyze it and make the outcome that profits you most. So it is not a defense mechanism that protects you. It is a life style that empowers you.

You need to write a post on this. This is the way that I see it. Thanks for putting it into words.

To me, frame is your constant state of being. The energy you omit. All of your unstated beliefs that give context to any interaction. Frame gives meaning to the words that we say. The way that I react to any situation becomes

the belief that I have about that event.

A RPs guide to Colombia

2 upvotes · 4 March 2016 · /r/TheRedPill

Well, I'm moving to Colombia.

Field Report: First date in 7 years

1 upvotes · 13 June 2023 · /r/TheRedPill

Good that you're self aware on these points.

Try to live more in the moment. Think less, do more.

Is it attractive to women when you're dirty from working, dressed in work boots and jeans?

1 upvotes · 11 April 2021 · /r/askTRP

If she's attracted to you, doesn't matter how you show up.

Any skin care routines you guys follow?

1 upvotes · 11 April 2021 · /r/askTRP

Retain your semen.

A side benefit of retaining your seed is your skin starts to glow.

Other than that, wash your face with a exfoliating cleanser in the shower a few times a week. Try not to use too much soap on your face every day. Just use cold water. The oils will build up and your skin will look healthier.

Resources on forgiving your parents

1 upvotes · 2 February 2021 · /r/askTRP

Without drawing on the details, that sounds traumatic.

Can you afford therapy? If not, I recommend reading some books on narcissism like "start here" and "out of the fog".

TRP playlist

1 upvotes · 2 February 2021 · /r/askTRP

Drake featuring drake

Psychological approach to stress - is crying for men

1 upvotes · 2 February 2021 · /r/askTRP

I like to cry.

After I cry I feel so good. It's good for you. To feel sad, let out emotions. Anger. Whatever it is. If you feel like crying, just don't over think it. Just cry. Your body is trying to release an emotion, you need to let it happen.

Religious girl

1 upvotes · 2 February 2021 · /r/askTRP

Say, "I just called him a few hours ago. He said he approves."

Yolo, this bitch isn't into you man.

Why does a high body count create neuroticism in women and not men?

1 upvotes · 10 January 2021 · /r/askTRP

It's not a black and white decision for either sex.

There's choice involved; and preference. Different mating strategies. Also not all men are alpha enough to fulfill their evolutionary narrative, so they'll settle for being a beta provider.

It's in also in an alpha man's favour to provide for their offspring to ensure their health and survival. Unless the man has a ton of resources, how would he do that if he's impregnating a new chick every day?

Don't Expect to Hookup

1 upvotes · 7 January 2021 · /r/askTRP

Just some ASD, just breeze past it.

Agree and amplify. I think you handled it well, by saying you don't do things like that. Gives her some plausible deniability when it "just happens".

Is it worth having a relationship with a girl like this?

1 upvotes · 6 January 2021 · /r/askTRP

No pussy is worth that first list for me. No pussy.

I need help deciding which combination of languages to start learning

1 upvotes · 13 December 2020 · /r/askTRP

Agreed.

*Most. Is the keyword here.

There are some lower cost countries that give you a better life then you could dream of, for a third of the price of what it costs you in the west. It all depends on what you value of course.

This is a good chart showing world cities cost of living x quality of life:

<https://pbs.twimg.com/media/D7XYUN0UIAARne0.jpg>

I need help deciding which combination of languages to start learning

1 upvotes · 13 December 2020 · /r/askTRP

I would visit there, before you decide to retire there.

There is many countries that have a very low cost of living. What you want to look for, is a low cost of living, but a high quality of life.

I need help deciding which combination of languages to start learning

1 upvotes · 13 December 2020 · /r/askTRP

Corruption makes it a shitty place to live. It has some of the worst air quality.

"Don't go to Jakarta" is what people from Jakarta will tell you.

Traffic.

Bali, is probably the best place to visit in Indonesia, but even there, it's become an instagram island and a trash can for tourists and influencers. Commercialized place that was probably paradise 30 years ago. Now it's terrible. I was supposed to stay 6 months there, but I left in 6 weeks. It's a shit hole compared to Thailand.

Don't learn a language because of quantity of people/countries that speak it. Learn a language because you want

and/or want to live in that place.

Do some travelling and find places you want to visit/live and see if you like the life there.

Clarification: Girls who bring down friends in LTR

1 upvotes · 13 December 2020 · /r/askTRP

It's called mate guarding.

But what you've described sounds like reverse mate guarding. I think she could want the guy for herself, and thus is trying to denigrate the other girl, so she can go in for the swoooop and steal him away.

Kissing

1 upvotes · 11 December 2020 · /r/askTRP

It's a test.

Comfort or shit test, depending on how she says it. With my girlfriend it's always a comfort test.

Whether it's a shit test or a comfort test, the answer is always the same. Just respond by kissing her right there.

A book or experience, anything

1 upvotes · 10 December 2020 · /r/askTRP

Read The Alchemist

GF rejected sex today.

1 upvotes · 2 September 2020 · /r/askTRP

Those are good things to do. Keep doing them, but mix it up.

[u/ComplexProjection](#) gave some sound advice about that.

Women need some mystery/surprise in their life. They can't eat the same food every day, men can. Women "crave" things. A great book is called "the way of the superior man" that talks a bit more about the nuance of things like that.

Should I comfort her after a bad day at work? Or will this just validate her even more?

1 upvotes · 12 July 2020 · /r/askTRP

I think you're complicating something really simple.

Empathy is about balance, not about scarcity. There's enough to go around. There are times where offering empathic statements are the best move, but usually just listening, and giving her a hug is the best move. A wise man once said nothing at all.

I see your point though, if you're empathizing several hours a day, then you're her therapist, not good.

Moving Out later in life?

1 upvotes · 24 June 2020 · /r/askTRP

10 years from now, will you still be shacking up with your parents?

How about in 20 years? It doesn't matter if they're not happy about it. I'm assuming this is for cultural reasons, but in any case you need to put yourself first. Move out. There's something in you that's calling for freedom. Get out and find it.

Sure, your parents might be mad at you for a month. Or a year. But soon they'll visit you, and I think your

relationship with them will grow stronger. You're not put on earth to make your parents happy. Don't try to control their emotions. Only try to control yours.

What's the point?

1 upvotes · 18 June 2020 · /r/askTRP

Yes.

LTR is super needy/insecure and over-analyzes situations constantly. Time to end it?

1 upvotes · 6 June 2020 · /r/askTRP

I don't know your LTR, or you. But this rings a few bells.

Had a buddy who had a girl like this. Constantly afraid of abandonment.

Check out the book "walking on eggshells". Read that and see if any of it rings a bell for you. She may be borderline.

What to do

1 upvotes · 21 April 2020 · /r/askTRP

Peter sounds like a orbiter who like to say the right things to earn beta points.

If she's not getting comfort from you she'll go to someone else to find it. I wouldn't worry too much. Just proceed as you are, and sprinkle in some comfort here and there. 80/20 alpha/beta.

Should you flex on tinder?

1 upvotes · 8 April 2020 · /r/askTRP

I think you're overthinking this.

The goal of tinder should be to get off tinder as soon as possible. To arrange a meet, in person.

High SMV helps, and if you do cool shit, in cool places, then cool — use those photos. But if you fake it, when you're not actually wealthy, for the purpose of appearing wealthy, it will shine through in your personality. And sooner or later it'll reveal itself that you're a fraud. If you're doing it for an easy lay, I think most women would get provider vibes, and not give it up as easy, because you got the \$\$\$, and you need to "earn" that pussy.

There are so many good guides to tinder on the main sub. Take a look.

I need to learn the basis of how to spark an interesting conversation. I know how to ask questions, but never know how to make it more than just an interview. Any sources for info?

1 upvotes · 16 March 2020 · /r/askTRP

No quick magic pill you can take for being charismatic and interesting.

Read "How to win friends and influence people" to start with. "The like switch" is also a good start. Those books are both basic fundamentals. It all begins with internal frame though- that comes with time.

[Charisma on Command](#) has a few good videos on YouTube.

WWYD? Would you travel for 10/10 pussy? Would you cheat for it?

1 upvotes · 21 February 2020 · /r/askTRP

This is tough.

On one hand you've got a ready and willing HB10 waiting overseas for you in a city of glitz and glamour.

On the other hand you've got a solid 4 week fling with a (probably) sweeter girl, that you enjoy the company of a bit more too.

It's hard. There's something that feels wrong to you about going to Singapore and fucking this HB10. If there wasn't then you'd never write a post about it.

Also there's the off-chance your fling will find out too (instagram, friend, Murphy's law).

But 4 weeks isn't serious either, are you exclusive?

I'd do what feels right in your gut.

The Little Things

1 upvotes · 30 December 2019 · /r/askTRP

Just reading these comments, some of you fucker's are kinging shit tests. I need to brush up.

How do you reply to Instagram story reactions?

1 upvotes · 22 December 2019 · /r/askTRP

Here's what I mean by 'making herself available':

By her liking a photo of him, she's putting herself out there in a plausible non-committal way so he can start a conversation and pursue her. She's doing it in this low risk method so she does not risk rejection from him, but she's also not putting herself out there to look desperate either. Women have options, she can get dick anywhere. She's just throwing out some nets Sunday morning to see who's going to bite. Hunting for alpha fish.

Unless he has really high SMV (or she's a slut) she's not going to directly message him out of the blue from a story and say "oh your so hot, I want to fuck you, let's go out tonight".

Instead she'll think he has a cool life/he's a great guy or whatever and reply on a story with 🍷 so she can be cute or some shit.

I'm getting granular and reading into things here because nothing could've been happening like this in the situation above. This is strictly from a theoretical standpoint, so take it with a grain of salt.

How do you reply to Instagram story reactions?

1 upvotes · 22 December 2019 · /r/askTRP

In my experience women communicate very covertly.

If she wasn't interested in him at all, liking any story he posted would be pretty well out of the question, unless she's fishing for orbiters as I said above.

Liking a photo of him would be about as overt as she's probably going to get to "make herself available", and that's definitely an IOI.

What workout program should I use?

1 upvotes · 12 December 2019 · /r/askTRP

Lift, eat, sleep.

A lot. In that order. Every single day.

Embarrassing Moment

1 upvotes · 12 December 2019 · /r/askTRP

Cute story. She probably likes you now. Lock her down like you locked that door.

Advice needed

1 upvotes · 12 December 2019 · /r/askTRP

Never heard of a girl doing anal before normal sex.

Actually seems a bit off to me after reading it. Usually it's the other way around. Maybe I'm the odd one out here, but I've never fucking heard of that. BJ before sex is totally normal though.

What are my chances?

1 upvotes · 30 October 2019 · /r/askTRP

The best height is the one you have. 4' is a great height.

Mostly because you can't change it. There are hundreds of variables that play a role in mate selection.

All of us have *Uncontrollable variables*. You can't control them. Height is fixed, no father figure is fixed, your shitty past is fixed. But the present moment, and who you show up as, that's **not** fixed.

Focus on what you **can** change. Focus on your mind, your body, your relationships with friends. Read and get smart. Start programming. Learn philosophy: "Meditations by Marcus Aurelius" is a good book to start with. Those books will show you how to think differently and how to live a good life.

You're a man. And a man is the best thing you can be on this planet. That means you won.

Quick question

1 upvotes · 26 September 2019 · /r/askTRP

Respond and schedule something else down the road.

Ignoring makes you look butthurt in this case. I like the "wear this" attitude, but now she's got you in a bit of a double bind because you're invested now in this plan. I would hold frame and reschedule another time. Depends though, more context is needed. Is this a rando, or someone that you're into?

Accidentally let slip to a bluepill friend that I disapprove of his ex-girlfriend. Ignore it or say something?

1 upvotes · 25 September 2019 · /r/askTRP

A wise man once said nothing at all

Telling new LTR that you cheated in the past?

1 upvotes · 28 August 2019 · /r/askTRP

In your case, it'd be different if you cheated in **this** relationship.

Seeing as though it was in a last relationship I see it as no different then if you kissed/had sex with the woman in your last relationship. Would that matter to your current relationship? No. And is it's almost impossible to tell the entire truth anyway. There's no utility in that. There's worse things you've done in your life than sending nudes to some internet bot. Should you tell your current LTR of all the mistakes you've ever made? Well only if you want to ruin your life and hers.

I think you've found the greater good in omitting this piece of information from your past... as you're doing that with everything every single day.

Girl keeps asked why I don't like her posts on twitter and Instagram

1 upvotes · 28 August 2019 · /r/askTRP

Sure, you don't want to emit the energy. Agreed on that point.

My main point is that in the end, if you genuinely **do** like this girl... showing interest in her (if she's not friendzoning you) is a masculine thing to do and the only way that she'll actually know you're into her.

When your courting women, you do have to show your interested, hit on her, build rapport, escalating with touching etc... (and that does in turn, validate her to some extent). There's no way around it.

Girl keeps asked why I don't like her posts on twitter and Instagram

1 upvotes · 26 August 2019 · /r/askTRP

I understand you've had experiences that shaped the way you're averted to give validation to women. In general it's not a good mating strategy.

But one thing about validation you should know, is it's not all about "her perception" of validation. It's equally about yours. **Illustrated with this example:** *Imagine a guy stalking a girl, looking at all her pictures, spying on her in his spare time, just total creep stuff... She doesn't know about any of this, so all is well, totally normal and no validation, right?*

Well none that she can see. But the guy is enthralled in her and she's his oneitis even though she doesn't even know he exists. Should he continue this behaviour, since it only matters if she's unaware of the validation?

No he shouldn't. Validation matters more to the man's psychological health than to woman's. And it's affecting you more than it's affecting her.

Just my thoughts on the matter.

how exactly do you enforce boundaries?

1 upvotes · 19 August 2019 · /r/askTRP

If your methods seem to work, then that's definitely the exception and not the rule.

If it's not broke, don't fix it. If you're seeing success this way, then keep at it. You could just be a very respectable dude, and that's the reason she's listening to you/respecting you. Not because of what you're saying.

what do I do now. (situation with girl)

1 upvotes · 18 July 2019 · /r/askTRP

You're welcome.

Rare to see a man on here who actually takes the advice and doesn't question it. Respect to you. Genuinely interested to know how this goes. So post an update or FR.

what do I do now. (situation with girl)

1 upvotes · 18 July 2019 · /r/askTRP

Voicemail bro.

Then she calls you back and the balls in your court, she's chasing you.

The reason I say to call her and ask her out is because it's bold, it's forward and it puts her on the spot to make a decision right then and there. No room to flake.

Why is crying bad? If it's not a breakdown, why is it losing frame?

1 upvotes · 18 July 2019 · /r/askTRP

You need to realize that you are a human, and everyone else you interact with are humans. We all have the same goals, we all eat, we all cry, we all shit, we all want success. You're just another human in a room of humans.

Sadness is a human emotion, just as happiness. Get over yourself. Be grateful you're in a position to be even

complaining about this shit. I don't recommend doing it constantly, or when it's unwarranted. I cried so hard the other day, for like an hour. I felt great. I don't even know why I was just pissed off and I cried it out. Hit the gym after and couldn't be happier afterward.

How to not make her feel like a slut?

1 upvotes · 9 July 2019 · /r/askTRP

There is a natural way to lead into sex.

Starts with making out, then progressively escalated to higher stages of arousal. I think you're overthinking this as "sex" being this aggrandizing thing that needs so much planning/attention. A little LMR is totally normal.

In my experience... if she's willing to blow you she's willing to fuck you. Simple as that (usually). Since it's only been 2 dates, I would expect maybe after a couple more dates she'll be a little more free with you and let you in a bit more.

Or maybe I'm reading into the situation wrong- a lot gets lost in translation over reddit.

Maybe she was on her period, or some shit, who knows. Women are crazy creatures. I wouldn't overthink it... just continue to escalate and push/pull/polarize.

[u/chazthundergut](#) wrote a quality piece on ASD/LMR today on the main sub. Give it a read.

Hot to approach at a nightclub?

1 upvotes · 30 June 2019 · /r/askTRP

It's a Kawhi Lenoard reference ;)

First date went very well. When would be the next appropriate time to meet without losing interest?

1 upvotes · 30 June 2019 · /r/askTRP

This is a solid answer.

This is exactly what you should do.

Girl is taller than me.

1 upvotes · 30 June 2019 · /r/askTRP

I have no experience with your situation.

My advice is don't let it get to you or bring you down. It's not the end of the world and obviously lots of shorter guys get with girls. Focus on what you can control... not the things outside of your control.

How do I respond to this girl who is flaking on a date?

1 upvotes · 3 December 2018 · /r/askTRP

It seems like you had the cognition to say otherwise though, since you knew immediately that it was wrong after you said it.

You just need to calibrate that more. With humor, you need to tune into an intuition. If it doesn't make you smile before you say it, you probably shouldn't say it.

Otherwise it comes across as try-hard. Like the sentence you said. There's no way anyone would say that out of the blue, without any context. With a guy, it's fine — (most) men have backbones. Women on the other hand, are sensitive children, and anything targeted at them is a massive deal and you're an asshole/enemy if they feel that way.

If you're normally a stoic guy, you can use humor to your advantage. Say something funny you notice with a straight face.

Saying you have a girlfriend during an approach

1 upvotes · 27 November 2018 · /r/askTRP

Asking is different than telling.

If she asks if you drive a Porsche, that's one thing. Telling her you drive one out of the blue, when you actually don't, that's a completely different thing.

Life is much more rewarding when people find the truth out on their own. If she asks, then it's a shit test and you can agree and amplify or handle as you want.

People describe me as being a "deep person"

1 upvotes · 26 November 2018 · /r/askTRP

Take the complement humbly.

It's a complement, don't drown in it. You're an introspective person, that's a good thing. No one here can answer the question about why your friends think you're deep, because we don't know you.

Calling vs. texting a girl

1 upvotes · 22 November 2018 · /r/askTRP

Yeah, agreed. Text is fine then.

Calling vs. texting a girl

1 upvotes · 22 November 2018 · /r/askTRP

Voicemail bro.

Then she calls back and balls in your court, she's chasing you.

How to stop my housemate from making jokes about me that i don't like around our group of friends

1 upvotes · 22 November 2018 · /r/askTRP

I would say at this point, it needs to be done because it is a consistent thing. Best of luck, interested to see how it goes.

being overly "teased" as an intern

1 upvotes · 25 January 2018 · /r/askTRP

"Choose not to be harmed—and you won't feel harmed" — Marcus Aurelius

There's people in life who try to get under your skin. Laugh it off with them. Stop taking it all so seriously, live and if other people want to have some fun, then you have two choices. Be butthurt. Or don't be butthurt. Both are your choice. Agree and amplify man.

Working at a hostel = easy game?

1 upvotes · 17 January 2018 · /r/askTRP

Are you asking for yourself, or for a friend?

Probably, depending on the area it was in and other factors like your visual appearance, status etc. But be careful and wear protection.

Can't connect during sex

1 upvotes · 16 January 2018 · /r/askTRP

I'd like to ask a follow up question here, as I've never heard this advice.

I don't have an issue with being connected to my gf, but some other shit has been plaguing me with motivation/passion for life. How would 'free-writing' help me boost out of this?

How can i make a girl more comfortable with me and interested in me

1 upvotes · 29 December 2017 · /r/askTRP

Maybe it's not comfort man.

Maybe your SMV isn't high enough yet. Do you lift? Do you get haircuts? Do you take care of yourself? Are you polarizing? Are you a masculine man?

If all your shitnis together, and it is comfort, then you're not building enough rapport.

Also, great book recommendation for you man. It's called "the like switch." Amazon it - happy new year.

"I feel like you're distancing yourself"

1 upvotes · 8 October 2017 · /r/askTRP

Looks like a comfort test to me...

Could pass this in a number of ways. Both your suggestions look good, I'd lean more toward the first one.

First Time Talking/Trying to Date an Asian girl. Feel like I cannot read her feelings. Need 2nd opinions

1 upvotes · 5 October 2017 · /r/askTRP

Spot on advice.

My Neighbor is moving out

1 upvotes · 26 August 2017 · /r/askTRP

Agreed.

This was a little forward as it sounds like there's been no romantic rapport building. However I commend you for trying.

Also you gave her no plausible excuse for staying over. She subliminally looks like a slut as she knows what would go down if she stayed in your bed. ASD kicked in.

What you should say next is (for a final coup de grace): "hey, if you need a place to chill for a bit, I'm getting pizza for 1 at my place. Movies, me, pizza- how could a Friday get better?"

Likely she'll go cold but you could write a FR and we could read it and laugh!

Should you show her jealousy?

1 upvotes · 26 August 2017 · /r/askTRP

Hard no.

Amplify the non-jealousness of the situation. Prove you're cool with it. For example if she says "oh yea wow that guy is so hot bla bla".... reply with "oh damn girl, I would totally date him". Show a strong frame.

Advice on ex wanting to be friends?

1 upvotes · 2 August 2017 · /r/askTRP

Everyone is saying move on, but I disagree.

Here's why. There are two possible outcomes. 1) she's looking for closure that she made the right decision by friending you. Orrrr 2) she's looking for more of the make out sessions/hookups in a discreet and plausible way.

I'm leaning towards 2 here as there was no explicit reason for the break off other than going to two separate colleges (some time in September I assume). That leaves around a month of fooling around for you and her. She knows that but doesn't want to come across and needy or slutty, and is disguising it as just "hanging out as friends".

I could be wrong, but it's definitely worth a shot... might have a FWB for the rest of august. If the first two meet ups there's no more hookups then I would say ghost and it was 1 all along.

Not to mention women pair bond with their first partner and she may be attached to you for life now :P.

How frequent are shit test. If a girl gives me a real one can I assume that she is attracted a lot or somewhat?

1 upvotes · 14 July 2017 · /r/askTRP

That's the gist of it, there's also other methods to deal with shit tests, and some of these wouldn't apply to every context.

Shit tests do not mean they're attracted to you.

It sometimes does mean that. Especially if there's other IOI's involved as well. I don't understand OP's example at all, as it's poorly formatted and doesn't provide context.

Really short summary of my situation right now, seeking advice for further proceeding.

1 upvotes · 3 July 2017 · /r/askTRP

Fair enough, there are exceptions to every rule and edge cases like this could fall on that line.

Edited my response toward your question.

Radio silence for two days. Shes craving some attention, how to eventually respond?

1 upvotes · 2 July 2017 · /r/askTRP

Have you fucked this girl yet?

Radio silence for two days. Shes craving some attention, how to eventually respond?

1 upvotes · 2 July 2017 · /r/askTRP

Not entirely sure on this as you didn't provide grounds for the relationship.

That being said, she's probably ovulating right now (makeup, craving male attention, reaching out to you). It's your call how you play it.

Possible Red Flags?

1 upvotes · 10 June 2017 · /r/askTRP

Some of these flags are red, some are just flags, tinged a reddy-pink color.

Most of these things are just odd. Maybe it's a cultural thing, but it doesn't seem normal to date your cousins. Not LTR material.

How to contact/open a girl I don't know and rarely see

1 upvotes · 10 June 2017 · /r/askTRP

Are you telling me to ring the bell at night when everyone is home, ask the father (who will probably answer the door), "Is your daughter home? May I speak with her?"

Sure why not. Nothing to lose, everything to gain.

How to contact/open a girl I don't know and rarely see

1 upvotes · 9 June 2017 · /r/askTRP

Alright man, this is a minor case of oneitis.

I'd understand your pursuit of this girl if she was the last teenage girl on earth, but there are more in your area, probably many more. Either go and knock on this girls house and explicitly ask for her number, or go pursue other girls in your neighborhood/school.

I only know of one opportunity where I can make contact with her, as I'm fairly sure shes a homebody: She gets off the bus 3 streets over and cuts through a yard that puts her right onto her driveway.

There will be little benefit for you trying to maneuver yourself in situations to *accidentally* run into her. It'll most likely end up with you looking kind of creepy by not explicitly talking to her.

Take the bold route and literally go and ask her out.

Bulk or Cut?

1 upvotes · 24 May 2017 · /r/askTRP

Great progress man.

Focus on eating right, sleeping 8 hours a night and lifting in the 10-15 rep ranges. You could stand to put on 20lbs but take it step by step.

Trouble in the mornings.

1 upvotes · 24 May 2017 · /r/askTRP

Can attest to this app's efficacy. Worth the \$5 install.

Was this a shit test?

1 upvotes · 10 May 2017 · /r/askTRP

A red herring is a decoy. Something that's intentionally meant to be distracting or misleading. Women pull this shit constantly.

Help dissect this interaction.

1 upvotes · 30 April 2017 · /r/askTRP

Come to think of it you raise a good point.

Reading it with having that in mind, he did immediately put her guard up after he said " Yeah that's cause you sell shitty stuff.". He could've went with something more cunning and kept things lighthearted and fun.

Good observations.

Help dissect this interaction.

1 upvotes · 30 April 2017 · /r/askTRP

I disagree with you.

Here's why: The conversation they had was clearly flirtatious in nature. He was in no way validating her, any more than she was validating him. There was clear interest shown by her from the beginning indicated by his friend (girl) by the bar in the beginning.

As I said, there's no enough context. Maybe he did fuck it up if he acted all needy. Sounds to me like he was outcome independent and aloof either way.

Help dissect this interaction.

1 upvotes · 30 April 2017 · /r/askTRP

I don't think there's enough context here to tell.

My hunch is you didn't fuck it up. There was clearly some playful banter at play- and you handled yourself accordingly and didn't fall into her frame when she flat out rejected you. Whatever tho, her loss- seems like you had a good attitude that reflected that anyway. When she said "Not really", that might've just been token resistance (too soon in knowing you) or just her being in a bitchy mood.

Depends on her body language but it sounds like you could approach again and keep going with the push pull thing. Next time go up to her and say *"I'm ready to buy something, sell me it."* And play that out. She'll be responsive to that, and might go along with you.

First date thoughts

1 upvotes · 30 April 2017 · /r/askTRP

Is there a way to defeat this first impression I think I made the second time around or am I confined to her box she put me in

I mean, it's up to you if you want to be held to something she is or is not projecting on to you. No one can put you in a box that you didn't climb into yourself. If you climbed in, then climb out.

No one can dictate the frame unless you give them permission. If you want to wake up a new man tomorrow, guess what? You can. And no one, not her, not me, or the rest of TRP can say anything else if you're frame is strong enough.

Just don't fall into it when she tests you. Just continue on as your reality is stronger than hers. The human with the stronger frame will always win.

Where can I meet women?

1 upvotes · 19 April 2017 · /r/askTRP

Bookstores, colleges, gyms, streets, allys, grocery stores, dance classes, McDonald's, airports, train stations.

In my experience women are everywhere. You just need to approach them for them to develop interest in you.

How RP is this?

1 upvotes · 19 April 2017 · /r/askTRP

Let me guess where Johan is now...

Comfort/Shit Test?

1 upvotes · 19 April 2017 · /r/askTRP

Comfort test.

Wanted to see you but pointing out that she's busy and won't have time. Good time to text her and set something up for tomorrow or the next day.

Are there anyone here who is happy without having a sense of responsibility?

1 upvotes · 15 April 2017 · /r/askTRP

You can be happy WITH having a sense of responsibility.

I would argue that responsibility is required for true happiness to manifest. A man can only be happy when he is achieving his goals. Whatever those goals may be.

There's 3 types of goals: easily achieved goals, hard to achieve (but possible) goals, and impossible to achieve goals. The hard to achieve goals tend to make us the most happy long term, while the easy and impossible ones tend to make us miserable.

A sense of responsibility is required for both.

Should I see my ex-LTR one last time before she moves?

1 upvotes · 15 April 2017 · /r/askTRP

This is all true.

Bottom line is, OP will still go see his ex one last time. He just came to asktrp for confirmation of his decision. The male hamster is strong sometimes.

And despite all of this, if he knew he wasn't going to see her, he wouldn't have asked this question on asktrp. It would be an auto-no. He just wouldn't see her.

What do you think of the line "If you were a lot taller, you could be a model!"

1 upvotes · 30 March 2017 · /r/askTRP

I feel like you could only pull this off if your SMV was really high.

Depends on how you say it of course, but probably not the best line to default to.

LTR candidate has a question she asked yesterday----

1 upvotes · 27 March 2017 · /r/askTRP

Yeah I agree that after he probably shouldn't be backpedaling. Might still be able to make it work though. Depending on how he frames it.

However from the get go, I think it would be effective to be up front.

LTR candidate has a question she asked yesterday----

1 upvotes · 27 March 2017 · /r/askTRP

What's your reasoning that you wouldn't?

What do you think there to lose here from his perspective?

Dealing w/ rejection/fear

1 upvotes · 26 March 2017 · /r/askTRP

Too broad of a question.

Ask a shitty question, get shitty answers.

It all depends on what area of your life and what context.

My ex contacted me. What does she want?

1 upvotes · 26 March 2017 · /r/askTRP

She wants closure. Making sure she made the right decision.

Still probably pair-bonded with you. Either that or she's just trying to stir some shit up.

New Yorkers of askTRP, what does it take to date and fuck the hottest girls in NYC?

1 upvotes · 26 March 2017 · /r/askTRP

What applies in NY also applies everywhere else on the earth.

Become a high value man with integrity, work ethic, solid frame, good financial potential, muscular and intelligent. And don't become that for any woman, she'll see straight through you.

Become a man worthy of fucking and the roles will be reversed. The women in soho will be asking questions about how to fuck you.

Is going down on a girl a blue pill move?

1 upvotes · 23 March 2017 · /r/askTRP

Nope

How often do you clear your mind?

1 upvotes · 22 March 2017 · /r/askTRP

I use [calm](calm.com) for meditation. And specific strategies I learned in "breaking the habit of being yourself - joe dispenza"

Gaming a friend of former oneitis?

1 upvotes · 22 March 2017 · /r/askTRP

Sounds like a plan. Play it out and see how it goes bro.

You should be talking to, pursuing and flirting with more than one girl in high school anyway. Don't make women your mission.

What are your Daily and Nightly rituals/routines? [serious]

1 upvotes · 21 March 2017 · /r/askTRP

Way of life iOS

How do you find balance in lifestyle?

1 upvotes · 21 March 2017 · /r/askTRP

It's a bit slow at the beginning. Try and listen to it instead of read it. Audible or something.

It's a short read anyway and would really benefit you if your having that kind of feeling where you're wearing a mask about things.

How do you find balance in lifestyle?

1 upvotes · 21 March 2017 · /r/askTRP

Have you read No More Mister Nice Guy yet?

This book would really benefit you.

LTR, she's trying to dread game me... how to handle?

1 upvotes · 20 March 2017 · /r/askTRP

All shit tests, just start treating her more like a child.

Withdraw attention and affection. Continue dreading (step it up a bit). Hold frame, agree and amplify as much as you can.

If she continues to do this, consider breaking it off with her.

A collection of articles related to goal-setting and working hard?

1 upvotes · 18 March 2017 · /r/askTRP

Benjamin Hardy on Medium has some good stuff.

Tips for job hunting?

1 upvotes · 15 March 2017 · /r/askTRP

What field of marketing are you in?

<https://weworkremotely.com> is great for remote work. Had a few friends apply and get hired off of there.

Can y'all help me quit smoking weed? I need a replacement or something

1 upvotes · 15 March 2017 · /r/askTRP

Gabor Mate has a good talk on this topic.

I forget where I heard about it originally, but it's sort of formed into my own thing now. I didn't create it, but I don't remember where the genesis was. Definitely from a book I read in university.

Happy in a Redpill LTR, but im young and have not spun plates. Should i end and spin plates.

1 upvotes · 15 March 2017 · /r/askTRP

This should be a whole post in itself.

Too many guys trade in owning a Porsche for an occasional drive in an economy rental car.

There are so many overlooked truths right here. You don't often hear this real of advice around here, but it's a good reminder why we have endorsed contributors.

What are your short term goals and why?

1 upvotes · 14 March 2017 · /r/askTRP

I'd like to know more about the novel.

What's the topic and storyline? How long have you been writing for? What are your challenges in sitting down to write every day?

About sex and masturbation.

1 upvotes · 14 March 2017 · /r/askTRP

Found it:

https://www.reddit.com/r/TheRedPill/comments/4dyz86/pornography_addiction_and_erection_dysfunction/

About sex and masturbation.

1 upvotes · 14 March 2017 · /r/askTRP

It was a post about a year back, but I'll link you to it if I can find it.

Am i second best?

1 upvotes · 14 March 2017 · /r/askTRP

Bringing up her ex is a shit test (usually).

Probably not worth it TBH. She sounds like she's not into the right things anyway, drugs and alcohol are a red flag to me. But to each their own.

What will you do in this kind of a situation?

1 upvotes · 11 March 2017 · /r/askTRP

Your welcome man!

I just want to max out my chances and to prevent a case where she'll say no... That's why I was thinking about going out before, to "soften" her?

Here's the thing. It won't soften her. If anything she'll think you aren't interested in her sexually. The reason you have hesitations about this is you live with roommates and you think she might not be down with that.

Which is fair. She might not be. But she also might be- so give it a shot. It's very likely she won't care. If you're super worried, give your friend \$20 to split for a few hours.

Under what circumstances would a girl let herself get double teamed (or triple or more)?

1 upvotes · 11 March 2017 · /r/askTRP

Depends on your own preferences.

But generally a woman who is feminine, sweet, works on her body (lifts), doesn't drink or do drugs, respects you, good looking HB8.5+, low N count, young, submissive.

The list goes on.

I don't care about getting laid?

1 upvotes · 10 March 2017 · /r/askTRP

That's the way it should be in my opinion.

Only pursue the ones your drawn toward. And only do that when you feel like it. I don't see anything wrong with not fucking women if you don't feel like it.

1000 years ago some men would go years and sometimes decades without seeing or fucking a woman.

I don't care about getting laid?

1 upvotes · 10 March 2017 · /r/askTRP

No I wouldn't say anything is wrong with you.

Are you attracted toward women, or just have indifference about them?

Got her number, what now

1 upvotes · 9 March 2017 · /r/askTRP

Keep it playful and fun before then.

Set up a meet first. Coffee or something that she won't bail on. Most guys make the mistake of inviting her over to their place right away. That rarely works because she needs to figure out if you're a weirdo or not. Pre screen before the cave. It's an evolutionary thing.

You don't have to text at all actually. It's better if you don't. If you must, then keep it mysterious.

To message or not to message?

1 upvotes · 9 March 2017 · /r/askTRP

Yeah, see how it goes. Being bold works well with women.

Sister always making up stuff about me

1 upvotes · 6 March 2017 · /r/askTRP

Counter it with better advice then.

Contribute, don't denounce.

I decided that I'm gonna start my own business...

1 upvotes · 5 March 2017 · /r/askTRP

Fixed, thanks for pointing that out. I'm reading the effective executive right now, got it confused.

Men of March: Day #4

1 upvotes · 5 March 2017 · /r/TheRedPill

Great post.

I'm joining in here on day 4, and am getting rid of a large garabage bag full of old clothes. Donating them to a local men's shelter in my city.

In addition to old clothes, I'll also be getting rid of old files on my laptop that have no use at all. Just taking up space in my mind.

Thanks again. Looking forward to tomorrow's.

How to kiss close

1 upvotes · 4 March 2017 · /r/askTRP

Touching her.

Getting comfortable with her. Welcoming her into your frame. Search polarization on the main sub.

March 03 - Weekly Improvement & Progress Thread

1 upvotes · 4 March 2017 · /r/TheRedPill

Hit new PR this week on bench. 225 for 12 reps. Been working toward that for over a year.

Down two pounds this week to 179. Doing a slow cut to aim for 173 by mid May.

Took a break from reading asktrp and TRP for a week. Back with a new perspective.

Put in hours after work this week and finally completed a new e-commerce business I'm starting. Launching next week.

Finished "Essentialism" after seeing it being recommended it by a another man on asktrp. Great book.

Great job to everyone else here too. Good to see everyone killing it.

Fails:

Jerked off to porn once after having abstained for 22 days.

Lost frame a few times with the LTR. Lack of quality sleep I think.

Had a few cheat meals. One too many. Didn't track my calories this week.

Girl that I currently work with

1 upvotes · 4 March 2017 · /r/askTRP

How you normally act. Be charismatic, funny, mysterious. Like your always 'up to something'. Know what I mean?

Girl that I currently work with

1 upvotes · 4 March 2017 · /r/askTRP

Don't over think it. Act normally.

Just call her and get together. Set up a meeting. Be like "*hey you, long time no talk. Let's get together tomorrow at 7. I'll pick you up*"

Removed ex from Spotify Family

1 upvotes · 3 March 2017 · /r/askTRP

She'll take it to court and win.

Courts always side with the ex-gf when it comes to Spotify account issues. Seen it with uber accounts, airbnb accounts and many others. Sad.

becoming full/more red pill by quitting video games/porn/unhealthy eating?

1 upvotes · 1 March 2017 · /r/askTRP

I'd thought this as well before I tried it. In theory it doesn't sound like it would be effective, but in practice it's enormously effective. Burning the money seems to give your willpower a boost.

I see your point of that what if you just throw in the towel and add this failure to the pile of shame. Sure, there's that option. But if you follow through on burning the money, it conditions your brain not to do X bad habit due to the punishment.

I wanted to start getting up at 5am so if I didn't get up I'd have to burn a \$20 bill. Surprisingly this worked in getting me up for a few weeks until I found another time that fit my schedule better.

New italian girl says she is a virgin, mystery.

1 upvotes · 28 February 2017 · /r/askTRP

Not to good to be true. Sometimes women aren't sluts. Could be a lie, could be truth.

She has no reason to lie outright to you about not having past bf's. Is she LTR material?

Since she's hesitating about sex it shows that she could be a virgin. One way to find out I suppose.

I can't help empathy, so how can I do this and understand it's okay?

1 upvotes · 28 February 2017 · /r/askTRP

How long are the messages? Like 30 words, or like 300 words?

Bored and lazy at the same time

1 upvotes · 27 February 2017 · /r/askTRP

Sounds like your building a ton of skills at the same time, which is great.

Try and start a business or study in the meantime. Get ahead on your midterms and start studying for finals. Maybe turn that 20 minutes per activity into 60 minutes per activity.

Meal prep, set 1 month, 3 month, and 6 month goals. Start writing, read a book. Join a drop in basketball league at your courts... or a meetup group. Getting out there socially will help fill a lot of your time.

Typical behavior of Italian American and just women of Mediterranean heritage in general to be forward and uncomfortably aggressive when pursuing guys?

1 upvotes · 25 February 2017 · /r/askTRP

If she's over 25, then it's wall approaching sluts that are looking to lock down a provider.

Letting you know she's sexually promiscuous off the bat is a cunning technique to coax you into pursuing her. Red flag.

Under 25 and she's just a slut.

I find it very unattractive when women talk openly about sex. After reading TRP for 2 years I've come to enjoy the push-pull dance between the feminine and masculine energies. Plausible deniability, courting, leading etc.

Has anyone ever had a girl claim your stubble hurts?

1 upvotes · 25 February 2017 · /r/askTRP

It is legit.

Some women have a very sensitive facial epidermis.

Doesn't matter as much as you think it does though. She's probably just expressing herself. Just take it with a grain of salt.

Feelings Before Logic

1 upvotes · 23 February 2017 · /r/askTRP

That sounds like a flat out lie for a cop out to approach a girl.

Almost like you're mustering up an excuse to talk to her. So badly that you have to lie to her about a dog dying.

Can't a man have genuine interest and open a woman through his honest masculine integrity? Don't listen to everything on that Seduction sub. There's some good posts, but they're far in between.

How do I man the f*** up?

1 upvotes · 22 February 2017 · /r/askTRP

You've got this block in your head that's stopping you from expressing your masculine instincts.

Not sure if that's because of shame, anxiety, or confidence problems (could be all 3).

I was you before. A few years ago I was the ~~man~~ boy who used to apologize to the clerk for her giving me the wrong change. This is no simple issue. It takes months of breaking out of your shell. Realizing that you are a man. And a man is the best thing you can be on this planet.

Elliot Hulse on YouTube has a lot of great content on this topic.

Trust in your instincts and don't overthink this. Embrace your masculinity. PM me if you want to go more in depth.

Class-mate calls her

1 upvotes · 22 February 2017 · /r/askTRP

Orbiter. All women have them. Good you held frame.

There's nothing you can do. Watch her actions

ethical money problem with a friend (20k)

1 upvotes · 22 February 2017 · /r/askTRP

That has nothing to do with you though.

On your side, you're lending him 20K and your return rate is 150%. His fathers money is his, but the money you lend to him is yours.

What he does with the money is irrelevant.

Best of luck man.

ethical money problem with a friend (20k)

1 upvotes · 22 February 2017 · /r/askTRP

True, or his inexperience which is more likely.

Young guy, rich family, not a lot of deals behind him.

ethical money problem with a friend (20k)

1 upvotes · 22 February 2017 · /r/askTRP

Everyone's telling you no, but consider this.

Negotiate a higher payout. Say 50%. He has no other options. Also know the risk. He could walk with your 20K.

Game Unattractive Girls

1 upvotes · 22 February 2017 · /r/askTRP

Sure, it's good practice.

Ethics isn't a concern here. If the action is within human will and it's not harming anyone, then usually it's a good action.

Treat all women the same. Young girls, old ladies, kids, they're all children at the core of it.

Redpill in nutshell

1 upvotes · 22 February 2017 · /r/askTRP

Not sure how much more specific I can be without going into depth. That's two sentences.

You asked for a general breakdown, and now you want specifics. I suggest you read through the 367 more pages if you want specificity.

Redpill in nutshell

1 upvotes · 22 February 2017 · /r/askTRP

Reclaiming your masculinity.

Specifically as it relates to sexual strategy and self improvement.

It requires work, lifting, and reading.

How do you set up and pull off fucking a date at a motel/B&B?

1 upvotes · 21 February 2017 · /r/askTRP

You've gotta be high value enough for her to not feel like a slut. She knows what's up when she's going to the motel, and she'll do it with Chad on the first date.

It'll vary from girl to girl. Some girls might be down with it, others won't and will have high ASD.

Probably works best with a FWB rather than a ONS.

She's no unicorn, but how do I deal with her?

1 upvotes · 17 February 2017 · /r/askTRP

Re read your post. That's why I think she's playing games.

She won't contact you. Call her and meet up at your place.

She's no unicorn, but how do I deal with her?

1 upvotes · 17 February 2017 · /r/askTRP

Yeah she's playing games. Play them back.

Don't kiss her, but do everything else to escalate. Touching her everywhere etc. After I while she'll be the one wanting to kiss you.

Guitar songs to impress their hamster

1 upvotes · 14 February 2017 · /r/askTRP

Anything by John Mayer is pretty groovy and people like.

"I don't think I would"

1 upvotes · 13 February 2017 · /r/askTRP

That's the point. Women like to pre-screen you.

Low investment, ASD is low, and it's just coffee if she feels like she's not into you.

What advice would you give to your 20 year old self?

1 upvotes · 13 February 2017 · /r/askTRP

Great explanation. Never heard this perspective before.

Could you expand on your experience/struggle with it has been?

Motivation for running

1 upvotes · 13 February 2017 · /r/askTRP

Put your shoes on, your shorts on, then go outside and start walking. The motivation will come to you.

Get in motion. Start acting and the motivation comes.

Girl I hit it off with flaking when asked to grab coffee.

1 upvotes · 10 February 2017 · /r/askTRP

Well. Suggest a date- sooner the better. You hold the cards because she flaked. Do it on your schedule.

You could say, *"wowwww girl. You owe me! Tomorrow. You. Me. 7pm. Starbucks."*

Keep it playful and fun. Not needy, but banter and flirting as much as you can.

First number ever; quick question

1 upvotes · 10 February 2017 · /r/askTRP

Sure. Arrange the drink. What's the problem?

See where it goes. She's wall approaching though, so watch for that. Go pursue women your age- younger, hotter, and probably easier to deal with as well.

LTR met up for drinks with another guy (professional reasons)

1 upvotes · 9 February 2017 · /r/askTRP

Good for holding frame about it.

Don't let her see that you're concerned. Mate guarding doesn't work.

Seems like a professional meeting- obviously she was texting you throughout. If it was anything more than that, she would have hid it from you and told her she was "going out with the girls". How was she dressed that night?

Sources to increase general everyday knowledge and in turn be more relate-able?

1 upvotes · 9 February 2017 · /r/askTRP

Like anything worthwhile... there's no easy way out. Read books. It will increase your overall knowledge and make you more relatable.

Psychology, philosophy, stoicism, self development. Get an Audible or kindle subscription and read a book a week.

LTR is against weed

1 upvotes · 9 February 2017 · /r/askTRP

Yeah either she has his best interest at heart, or it's a massive shit test/control game.

OP, why doesn't she like it?

What is the proper response to "I know you like me, but I don't feel the same. I'm sorry. . ."

1 upvotes · 9 February 2017 · /r/askTRP

Agreed.

If she knows your invested and pandering over her, she holds the cards and you'll always fall into her frame.

LTR says she doesn't want to be with me anymore if I don't change.

1 upvotes · 9 February 2017 · /r/askTRP

Remove "cheating", and my point still stands. He wouldn't be posting on asktrp if there wasn't an issue here.

Don't have to see eye to eye on everything. But I'm curious, what's your perspective?

LTR says she doesn't want to be with me anymore if I don't change.

1 upvotes · 9 February 2017 · /r/askTRP

Certainly not.

Looking at OP's past, it's not conducive behaviour to a good relationship (plate or LTR) with ANY woman. He's lost frame multiple times, cheated, and physically abused her.

Not going to moralize that, but to me, that doesn't look like behaviour of an alpha male.

LTR says she doesn't want to be with me anymore if I don't change.

1 upvotes · 9 February 2017 · /r/askTRP

Judging by the tone of the post, OP wants to stay (he didn't mention leaving).

OP is better off starting over with someone new

Sure he is. 10/10 what he *should* do. It's going to be much harder for him to build himself in this relationship as she already doesn't trust him and wants him to change.

Instead of dehumanizing the woman, why not humanize yourself? Sexuality

1 upvotes · 9 February 2017 · /r/askTRP

What?

There's no context here. No one is dehumanizing women on TRP. Females are humans, as are males.

Should you see an LTR everyday? What if she is in the same social circle as you?

1 upvotes · 9 February 2017 · /r/askTRP

If you want to see her daily, go ahead.

But attraction is built when you're not around her too. It builds mystery and tension.

How to continue from this point

1 upvotes · 7 February 2017 · /r/askTRP

Nope. Tell her what to do.

Apologizing for being silent?

1 upvotes · 6 February 2017 · /r/askTRP

This is the right answer OP.

Don't apologize for doing nothing wrong. You don't owe them fast replies or anything else. I have friends I don't talk to for months- pick up where we left off.

FR/Request for advice and pointers on game

1 upvotes · 6 February 2017 · /r/askTRP

Let me clarify. Show interest, (asking her out, touching, escalating, eye contact, building attraction) but don't explicitly state your interest. Remain aloof and mysterious about where she stands with you. Push pull type of thing.

FB seems like the best bet here.

FR/Request for advice and pointers on game

1 upvotes · 6 February 2017 · /r/askTRP

Don't show all your cards. You can express interest without being pandering.

Obviously keep the attraction mysterious and keep her guessing, but it's important to show some interest so she knows that you're into her. She's not going to make the first move.

Attraction has already been established here- like you said, clock is ticking. Ask her out today, for tomorrow on your rest day.

She sounds like she's always around beta men. So make sure you tell her what to do and lead as much as you can.

FR/Request for advice and pointers on game

1 upvotes · 6 February 2017 · /r/askTRP

You did good.

Scrap 1-5 and create a 6.

Call or text her and meet up for coffee at your place. Don't make an excuse that she needs her stuff. You want to make it explicit that you're interested in her. Good way to gauge her interest. Seems like she was into you the second half of the night anyway.

Sounds like you've been reading and applying TRP for a while. So you know the drill on escalating and all that.

Big or lean?

1 upvotes · 6 February 2017 · /r/askTRP

As long as your body has sufficient resistance

Are my lifting stats worryingly low?

1 upvotes · 5 February 2017 · /r/askTRP

Good man.

If you want to put on lean mass, start going in a higher rep range 8-15 reps and high volume workouts. Keep strength training 1-2 days per week.

Big or lean?

1 upvotes · 5 February 2017 · /r/askTRP

Lift: for hypertrophy, 8-15 rep range, high volume workouts. Work in 1-2 strength days a week.

Sleep: 8 hours per night. Stop eating at 8pm.

Diet: Increase your calories by 300-500 daily. Your weight multiplied by 20, is usually what you need to gain size.

Tons of YouTube videos on lean mass phases. Omar Isuf is a good place to start.

Are my lifting stats worryingly low?

1 upvotes · 5 February 2017 · /r/askTRP

Great progress man.

Try and get that weight up a bit. When you do- a lot of your lifts will increase. Bump your calories to 3000-3500. That's how much you need to eat to gain size.

Premature ejaculation

1 upvotes · 5 February 2017 · /r/askTRP

I can attest to this. A few years ago when I was 19, I was taking them for PE.

Couldn't ejaculate if my life depended on it. She would orgasm on top 3 times, and still nothing. Not worth the side effects and health risk though. Long term solutions are more efficacious.

How to keep the ball rolling

1 upvotes · 5 February 2017 · /r/askTRP

You called her and told her what to do. She's probably never had that happen before. Women love direction. She won't flake.

No contact before the date. Not your responsibility if she flakes. If she flakes, then she lost out.

Where to I begin my education?

1 upvotes · 5 February 2017 · /r/askTRP

STEM.

How many times does it have to be stated on here? Go with engineering as [u/drepe_thill](#) says. You don't even need a university education for that either.

Do a respected coding boot camp and ship open source on GitHub.

Alright TRP you helped me with a lot. Help me with this.

1 upvotes · 4 February 2017 · /r/askTRP

There's certain instances when it's "*sloppy seconds*". I still think plating is fine. LTR, not so much. Preserve the male friendship over any woman always.

Best friend vs acquaintance definitely changes things OP.

How do you guys manage your time?

1 upvotes · 4 February 2017 · /r/askTRP

I use "Way of Life" it's an iOS app for habit tracking. Similar ones for android as well. I wrote a post about it that I linked above.

Alright TRP you helped me with a lot. Help me with this.

1 upvotes · 4 February 2017 · /r/askTRP

They're broken up. What's the issue?

Women are the choosers. Let her choose. She wants you to fuck her, either do it, or another man will.

Might be weird with your friend, but I'm sure it's going to be a casual thing with her anyway.

How to make friends?

1 upvotes · 1 February 2017 · /r/askTRP

Talk to everyone. Approach people and introduce yourself. Make light banter and build rapport. Do that enough and you'll make friends.

"He needs to be careful."

1 upvotes · 31 January 2017 · /r/TheRedPill

I don't think it was ill-intended or malicious either. Despite her nature, she may have been also genuinely looking out for my friend. Or maybe not.

Nonetheless I appreciate your perspective here.

Is this the future?

1 upvotes · 30 January 2017 · /r/askTRP

Good points.

I suppose my lens is tinted a bit red at this point. Moreover I'm speaking about the best 'adaptive strategy' amongst mammals. Sure, multiple partners were (and still are) a thing- but is that the best way to advance the species? Maybe. But I argue it's not.

it's important to look at the facts available to discern the real truths.

The facts are certain primates and mammals are polyandrous in nature. However, the way our society is evolving, it self-selects for too many 'beta-males' because of this left over evolutionary strategy.

Broad strokes aside, you and I can both agree that something about that video doesn't look right.

Does the Indian guy stigma just not exist in certain parts of the USA while being a major setback for SMV in others?

1 upvotes · 29 January 2017 · /r/askTRP

Western Canada.

Attracted to toxic women?

1 upvotes · 29 January 2017 · /r/askTRP

Jesus Christ man. These women are toxic.

Definitely higher value women in the world who take care of themselves and have respect for their man. Just gotta be looking in the right places. Not online- as women can be deceptive and "seemingly stable" in those areas.

No more blowjobs from plate

1 upvotes · 28 January 2017 · /r/askTRP

Could have just been a one off then. It's difficult to judge without context and background.

Be more discreet about the bj's. Don't outright ask for it- that's playing into her frame. Make her want it.

What to do when girls bring up religion?

1 upvotes · 28 January 2017 · /r/askTRP

Escalate to abortion, politics, and feminism. Is this even a question? Agree and amplify til she leaves the room.

Nah, but usually you can say something like *"the universe has a plan for us all"*. Pretty ambiguous and keeps things elusive.

Alpha gift ideas for true bros?

1 upvotes · 28 January 2017 · /r/askTRP

How much do you want to spend?

Take them out for a pricy dinner with a nice bottle of something fancy. Or rent some ski-doo's and go boating.

How to *market* my commitment to buy plates?

1 upvotes · 25 January 2017 · /r/askTRP

Read anything on Plato. It's really basic philosophy. The article below should give you a good introduction to it.

<https://plato.stanford.edu/entries/principle-beneficence/>

Waitress at place I frequent passively aggressively insulting me. I don't even know her. Not sure how to react.

1 upvotes · 25 January 2017 · /r/askTRP

Best thing to do with passive aggressiveness is answer the actual topic at face value instead of the *perceived* aggression.

Good video on YouTube by [Charisma on Command](#) about passive aggressiveness.

I HAVE AN UNCONSCIOUS NEED TO REMAIN MONOGAMOUS TO MOM

1 upvotes · 25 January 2017 · /r/askTRP

Great. Continue that regimen.

Try joining a mens brotherhood group in your city. Might help you to be around other people going through the same things.

I HAVE AN UNCONSCIOUS NEED TO REMAIN MONOGAMOUS TO MOM

1 upvotes · 25 January 2017 · /r/askTRP

I will practice Healthy masturbation according to No More Mr Nice Guy.

Man, the last thing you need is more masturbation. That should be the least of your priorities at this point.

Start lifting heavy, 4 days a week. Then join a martial art for the other 3 days. Your workout is 4% of your day. Take your masturbation time and cut it in half to make the time.

Distance yourself from your mother, a man can only truly evolve when he detaches from his mothers emotions.

Should I give her a ride?

1 upvotes · 25 January 2017 · /r/askTRP

Exactly man. It's important to not analyze if everything you do is red pill or alpha enough. If it feels right and masculine, go for it.

Should I give her a ride?

1 upvotes · 25 January 2017 · /r/askTRP

Yeah, no woman will see it that your appeasing her. Not before she's going to your house..

They naturally want a man to take the lead. By not picking her up, I'd say you'd be showing scarcity in your resources and disinterest in her.

Pick her up. Post a FR later.

Should I give her a ride?

1 upvotes · 25 January 2017 · /r/askTRP

It's your opportunity to lead and pick her up. You should definitely pick her up for the date/fuck at your place.

The vent

1 upvotes · 25 January 2017 · /r/askTRP

Amused mastery.

Take part in it. Ask questions, become genuinely amused by the fact that this prof is a crazy person. It's likely everyone else is thinking it too, you'll just look like the one who's subtly calling it out.

Or put up your hand and ask "how does this tie in with *course topic*"

My girlfriend wants to be less emotional, is aware she is more sensitive than most and wants to improve.

1 upvotes · 21 January 2017 · /r/askTRP

Then looks like she's definitely trying. If you had fell into her frame and started profusely apologizing- it's unlikely she would've done that. Holding frame is essentially when she's getting emotional.

I've been seeing this girl for 2 weeks now

1 upvotes · 21 January 2017 · /r/askTRP

That's great- then set that up. Or message her that you two are meeting up tonight to *"prep for the movie"*

My girlfriend wants to be less emotional, is aware she is more sensitive than most and wants to improve.

1 upvotes · 21 January 2017 · /r/askTRP

Fair enough- she definitely could be. I have little background here and going off of my experience. She likely could be an outlier and improve and become less emotional.

I've been seeing this girl for 2 weeks now

1 upvotes · 21 January 2017 · /r/askTRP

~~request~~ **receive** your attention. Plus, she could be only moderately interested. By the IOI's during texting it sounds like she's putting herself out there enough.

Try to set up a new date for the future- every time you meet up with her. Really good way to gauge her interest.

How can I bring energy and life into what I do?

1 upvotes · 21 January 2017 · /r/askTRP

Take a sleep apnea questionnaire online and diagnosis yourself. From there you can choose the appropriate steps to take.

How can I bring energy and life into what I do?

1 upvotes · 21 January 2017 · /r/askTRP

Go get a sleep study done. Maybe you have sleep apnea and that's why you're constantly tired and lethargic.

How can I bring energy and life into what I do?

1 upvotes · 20 January 2017 · /r/askTRP

Start supplementing with vitamin D. I noticed when I stopped watching pornography I was more energetic and inspired (dopamine levels we're depleted).

Could also be your iron levels. You may want to get a blood test or start supplementing with iron. How do you sleep at night? Do you wake up tired?

Trainee here, how do i convince my Boss to employ me further?

1 upvotes · 19 January 2017 · /r/askTRP

Firstly, show perspective jobs your dribbble. If you don't have one then get one. They probably want to see a work sample or a number of samples before they hire an employee.

As for the meeting with your boss. Mention that you want to move into a more senior role and be more challenged. Go to them with a list of things you can start doing immediately to do this.

Start doing all the duties of the job you want. Pretty soon they'll have no choice but to promote you.

Should I give up playing the guitar?

1 upvotes · 19 January 2017 · /r/askTRP

Very true. Been playing for 5 years and have realized there's no end game to reach.

OP, 15 minute a day jamming on the guitar isn't going to break your schedule. Continue playing and sell some of your guitars.

I HATE when bitches ask me "How is your day going or other small talk over text. How do I avoid this?

1 upvotes · 19 January 2017 · /r/askTRP

Some chit chat is inevitable. Escalating right off the bat isn't usually good- because *women-safety-radar* might kick in (even on this circumstance). Escalate to something fun within a few minutes. She's just making conversation day to day because she's boring and wants you to lead.

"Hey girl. You, me. Tonight. Be ready at 7pm. I'll pick you up."

After building some rapport- chit chat, then say that. Thats it. Then play it out. It's forward and bold, but you cut the small talk and polarize right away.

Is there any place for open relationships in TRP?

1 upvotes · 18 January 2017 · /r/askTRP

Even that though. Usually that's going to evolve into her also seeing other men and not telling you about it because she's bitter in her feeling like she has to share.

This method will only work if your SMV is through the roof, and she see's you as a god. Very few men are in this position. And the men that ARE, are usually content fucking the high value woman who wants them every night.

I have no social skills whatsoever and don't know how to make good conversation.

1 upvotes · 18 January 2017 · /r/askTRP

Stop looking for an outcome.

Like literally, have no objective with going into a conversation, if it goes good or bad, it doesn't matter because it *won't effect you in any way*.

I used to be in your position. But avoiding being uncomfortable or disapproval is the main thing you need to fix. Revel in discomfort.

I have no social skills whatsoever and don't know how to make good conversation.

1 upvotes · 18 January 2017 · /r/askTRP

I think you might be approaching conversation with "a goal" in mind. Try to just let it flow. Make small talk, boost your friends up, smile.

Having a uplifting demeanour is hard to cultivate. The Charisma Myth is a great book to read up on for this.

LTR and work

1 upvotes · 17 January 2017 · /r/askTRP

Then it's a comfort thing. She doesn't feel cared for and that your passing her comfort tests. "Does he still love me?" Kind of thinking.

Don't placate, but search the main sub for crushing comfort tests.

LTR and work

1 upvotes · 17 January 2017 · /r/askTRP

If she feels like she's "doing all the work", it's clear that you're not taking on a leadership role. You're falling into her frame more than she's in yours.

Lead your girlfriend. Take charge. Decide what you two are going to do. Pass her shit tests, and her comfort tests (this was a comfort test and you failed).

Amused Mastery Understanding

1 upvotes · 17 January 2017 · /r/askTRP

An attitude of Amused Mastery implies to a woman that by virtue of your maturity and/or authority you've "seen it all before", you already know what women mean when they say or do what she is, and it's amusing to you -

u/Rollo-Tomassi

Also, [read all the top level posts](#) using the search function in the main sub for this.

Good replies?

1 upvotes · 17 January 2017 · /r/askTRP

It's a shit test. Agree and amplify. They're trying to shame you to make you fall into their frame. You could even say "*Yea, I was going to marry both of you, but now I'm reconsidering. You lost your chance forever. It's over.*"

I don't understand the point here. Don't waste your time in these asexual group chats anymore. You've got better shit to do.

How to maximise one's energy?

1 upvotes · 17 January 2017 · /r/askTRP

It's something you need to do consistently. I have ice baths once per week (long story), and usually practice the method in the ice bath.

It's not a night and day difference, but there usually is a noticeable increase in energy throughout the day.

Is this clever or too intense?

1 upvotes · 17 January 2017 · /r/askTRP

This might not work out as well as you want it to. Just because it does sound rehearsed.

If you can pull it off in an amused way, with charm and Charisma. Do it casually and not like your just randomly crashing into people's carts to say this line.

Need advice on next steps after injury

1 upvotes · 17 January 2017 · /r/askTRP

Take a stress leave off work. Or an injury leave. Depending on where you live and what job. Ask if you can take on a more sedentary role at your job temporarily (anything that's not standing).

Not much you can do here. It's just damage control with keeping your job at this point. Rest and do physio exercises to rehabilitate it.

Where do I begin?

1 upvotes · 17 January 2017 · /r/askTRP

What is this holy side-bar you speak of?

Why women get into relationship with older men and not the opposite?

1 upvotes · 17 January 2017 · /r/askTRP

Yes, thanks for the correction here. My Biology is a bit rusty.

It's usually about a year after they start menstruation. As soon as they start ovulating.

But the most fertile window as you implied are a few years after- usually 17-28 being the prime.

Not full RP yet, looking for what I could have done better

1 upvotes · 17 January 2017 · /r/askTRP

Fortune favors the bold.

It comes with time man. Boldness is a learned trait, and you can cultivate it. It may be an implicit fear or rejection- or maybe a fear of success.

[u/follow_that_rabbit](#) gave you some good advice on being bold up there. Shows that your fun, outcome independent, and down for leading her.

The important thing is to recognize it, where you went wrong, then iterate and try again with a new woman. Main thing with dealing with ANY woman... is to **lead**.

As long as your making the decisions, setting up the meets, making the plans, taking off her clothes, telling her what to do, doing things without her asking you to. That's where real masculinity lies with a woman. Taking charge is key.

PM me if you have any specific questions, or want more insight.

Not full RP yet, looking for what I could have done better

1 upvotes · 17 January 2017 · /r/askTRP

Exactly- that's what I meant.

Leave that last message- all on the line.

If she's not game- like you said, then don't pursue anymore because she's not interested.

Too forward chest skeleton.

1 upvotes · 16 January 2017 · /r/askTRP

Okay, fair enough.

As [u/oldredder](#) pointed out- build some muscle, and you'll fill out more. And stand up straight as you can. Possibly posture classes on youtube might help.

Watching all my friends succeed in life is making me clinically depressed bros, I need help

1 upvotes · 14 January 2017 · /r/askTRP

Good post. Grant Cardone also does a chapter on this in "The 10x Rule" that's worth reading.

Post your witty tinder bio here.

1 upvotes · 14 January 2017 · /r/askTRP

Fair enough- good perspective. Didn't think of it like that.

How to play off about not having friends in dating?

1 upvotes · 14 January 2017 · /r/askTRP

Listen to [u/vandaalen](#). He's giving you great advice & you're dismissing it & creating new posts about the same thing.

What styles of clothes make your muscles pop?

1 upvotes · 14 January 2017 · /r/askTRP

Tommy Hilfiger make a good 3 pack v neck. They fit to size and don't bag out in the arms.

Those who know nutrition, I'm eating liquid food. Is it OK?

1 upvotes · 14 January 2017 · /r/askTRP

You included a link to protein powder by soylent.

Those who know nutrition, I'm eating liquid food. Is it OK?

1 upvotes · 14 January 2017 · /r/askTRP

Not sure if your serious or not.

If you are then you need to be consuming 70-80% real food. Veggies, grains, lean protein, and then supplement maybe 20% with this powder.

Humans have evolved to eat real food over hundreds of thousands of years.

Best way to drop bodyfat %?

1 upvotes · 14 January 2017 · /r/askTRP

My error, was thinking of someone else in the industry. Thanks for the correction.

Going to a chick's house.

1 upvotes · 13 January 2017 · /r/askTRP

This guy gets it.

Do redpill men always have an objective when entering a conversation?

1 upvotes · 13 January 2017 · /r/askTRP

Yeah I agree with you. There's a balance you need to strike.

With women you're courting, like you said, you need to take the lead & escalate it to something intimate. Doing this with body language, conversation, banter, touching etc.

I take a step back & let things flow when I start losing track of time & getting into whatever the chat is about. That's when lower inhibition comes in & charisma raises up a notch.

Main thing is to be present.

When you're present, leading, goals and effortless conversation happens automagically.

How to be a simple man?

1 upvotes · 12 January 2017 · /r/askTRP

Great advice.

What is missing from my perception of attraction?

1 upvotes · 12 January 2017 · /r/askTRP

Your welcome, post a FR if you end up plating them or they come around.

What Keylogger do you recommend

1 upvotes · 11 January 2017 · /r/askTRP

Never done keylogging. But I know my way around terminal.

Find an app on the App Store. Try some different programs out and figure it out.

How to face the girl who rejected me few months back?

1 upvotes · 11 January 2017 · /r/askTRP

Attraction is variable and can move up and down depending on options, social status, SMV etc. If you haven't [read this](#) yet, then I would start there.

Should I ignore this girl who is very nice to me?

1 upvotes · 11 January 2017 · /r/askTRP

Don't fall into her frame. You're inferring that she's going to start some drama before anything ever was started.

She sounds toxic. Cut her out of your life- despite if she kicks & screams about it. No point in wasting any more time with her.

Do you smile back at them?

1 upvotes · 11 January 2017 · /r/askTRP

Yes, smile back.

Put your ego aside & stop being anxious of the outcome. When a woman smiles at you, usually she's opening herself to an opportunity to you. By not smiling, you're turning her down.

Meeting up with ex LTR, this should be interesting.

1 upvotes · 10 January 2017 · /r/askTRP

Try for it anyway. Sometimes people surprise you. Maybe she just got a settlement from some thing you don't know about & was thinking of paying it back. Ask for it anyway. Nothing to lose.

Meeting up with ex LTR, this should be interesting.

1 upvotes · 10 January 2017 · /r/askTRP

Doesn't matter if she has it. She needs to pay it back even if it's on a payment plan. If she has any decency then she'll start paying it to you.

How to be more charismatic/smooth

1 upvotes · 10 January 2017 · /r/askTRP

Read "[The Charisma Myth](#)". This will help you break out of your shell more.

Moved for Work

1 upvotes · 10 January 2017 · /r/askTRP

Fair enough. Then try and pursue this Airbnb woman. See how it goes. Post a FR if it goes well or doesn't- I'd like to see how this plays out.

Company Creation

1 upvotes · 10 January 2017 · /r/askTRP

[u/RPShitlord](#) is correct here.

Pay a lawyer or a notary to look over this. Might cost you \$150 USD but worth it in the long run. I've been fucked over before and god I wish I could go back and pay whatever amount required to cover the right documentation.

How to build social circles?

1 upvotes · 10 January 2017 · /r/askTRP

Approach people and make conversations. Talk to everyone. Become someone that's worth a fuck. Raise your SMV.

How should I deal with this? (Frame control, anxiety, bullshit)

1 upvotes · 9 January 2017 · /r/askTRP

This is a great answer OP. Listen to this man. You'll continue to live the same life if you keep wallowing in your victim puke.

Life doesn't happen to you. *It happens for you.* Those who get taken advantage of, continue to do so because they enjoy living in victimhood. The weather is nice there- they can tan their fat on the beach year round. If it didn't serve them, then they would move to Ownership City- Governed by Mayor lietruth.

Quality Must-Read TRP books?

1 upvotes · 9 January 2017 · /r/askTRP

Doesn't matter the order. Just matters about reading books. Start at the one that interests you the most. If you're on the fence, then read "Breaking the Habit of Being Yourself" first.

New girl tells me she loves seeing me but having serious family issues (mum is seriously ill). Do I just leave her be?

1 upvotes · 9 January 2017 · /r/askTRP

Seems like she's just doing damage control right now.

People go through shit with their family, and there was obviously some emergencies going on. Who knows what the fuck's happening. Not your problem and it's probably not personal.

I think you're technique is fine. No reason to think she's lying either. Wait til she reaches out again.

Quick question on following up after a flake

1 upvotes · 9 January 2017 · /r/askTRP

Man, you're asking her to lead here.

"Drop me a message when you're ready to make plans."

Not her job to make plans. It's yours. You're asking her to lead.

She just sent me a text today (Monday evening) with "How are you?"

This is her making herself available to you. Time to not ignore it and say, "Hey you, I'll pick you up tonight at 7."

We can both assume that she flaked in the beginning because of her period. No biggie, you probably got some

extra gym time anyway. Her period is over now and she's interested in you and wants to get together. She is giving you an opportunity to setup another meeting.

Quality Must-Read TRP books?

1 upvotes · 9 January 2017 · /r/askTRP

Read "The Charisma Myth.". This will help you break out of your shell more.

Pick up "The six pillars of self esteem" and then read "the magic of thinking big" and "breaking the habit of being yourself."

Classics like NMMNG and The Way of the Superior Man are also good reads.

These books changed who I was, they will likely do the same for you. Improving your life takes effort and time. There's no easy way out. TRP can tell you what to do, but we're not going to do it for you. Take action on your own life if you want to truly change.

Pre-RP friends die hard. How to exit relationships?

1 upvotes · 9 January 2017 · /r/askTRP

If you want to ghost them for a while, just say you're busy and can't hang out.

If you really want to divorce your friends, then you've got to tell them straight out that you don't want to hang out with them anymore. Full stop.

Need advice on moving forward with two girls

1 upvotes · 9 January 2017 · /r/askTRP

"I'll pick you up Friday at 7PM". Be forward about it. No room for her to assume that she has to lead. Pursuing a woman and being interested in her isn't thirsty. It's thirsty to sit on the sidelines and expect a woman to lead.

If Friday works and she's interested, then she'll say sure. If it doesn't work and she's interested, then she'll suggest another time. If she's not interested, she'll either not reply or reply and not suggest another time. Trick is to watch her behaviour on this one.

Need advice on moving forward with two girls

1 upvotes · 9 January 2017 · /r/askTRP

You're overthinking all this shit. Just call the girl to meet up. If she's interested then she'll arrange a time or suggest a different one.

Don't "wait for her to hit you up with plans". She won't. Women don't want to lead & they get bitter when a man asks them to.

How to game a woman without a place to fuck?

1 upvotes · 9 January 2017 · /r/askTRP

Suggest to go over to their place. Not rocket science. If a woman is interested in you enough then she'll make that happen.

Great success, but unfulfilling

1 upvotes · 9 January 2017 · /r/askTRP

Where are you looking for women? & what kind of women are they? Most guys who have trouble finding worthy LTR material are usually looking in the wrong neighbourhoods.

Have a hard time connecting with girls unless I'm flirting with them.

1 upvotes · 9 January 2017 · /r/askTRP

Sounds like you have lower inhibition when in certain settings & circumstances. This could be because of alcohol or just the time & place/sexual atmosphere.

It's all about developing a strong internal frame with lowered inhibition. Just stop giving a fuck like you do at the parties... same you, same girls, same attitude. Frame it differently.

I loose sleep whenever I'm stressed. And then I stress about bad sleep and I can't sleep.

1 upvotes · 9 January 2017 · /r/askTRP

Seems like you cant sleep because of all this shit on your mind. Stop carrying the weight of the world on your shoulders man. Wake up.

GF is being a bitch. Fuck her. Parents are in debt? Fuck em. Not your issue. Your a human, get some sleep & realize that these problems are small in the large scheme of life.

Pop a melly (melatonin) tomorrow night then turn off all electronics, do a meditation (YouTube, Calm, or headspace) and relax.

Conversation Help

1 upvotes · 9 January 2017 · /r/askTRP

Don't jump into all that heavy talk. Keep it light. Use a one for me two for you approach. She shares something, then that'll segway into conversation and opportunity to ask more questions. Then touching, laughing etc.

Don't get too hung up on the details here. It's not about *what* you talk about per say. It's more about *how* you talk about it (body language, eye contact, attitude, posture, social aptitude). You have a whole other conversation with your body. & that's mostly what women que in on.

High Interest, No Kiss?

1 upvotes · 9 January 2017 · /r/askTRP

I think you're waiting for her to kiss you. It won't happen.

You need to polarize more. Escalate. TOUCH HER. Then get close to her physically. Hold her hips, then bring her in close and put your lips on her lips. She'll know what's up so don't talk or anything.

We talk until the wee hours of the morning.

I see the problem.

I even choked her while we were watching a movie and her head was in my lap.

You should've tried to kiss her instead of choking her. Her head is in your lap, escalate man. Escalate.

"YOU DON'T EXIST!" - brutal insult. I have never wanted to see someone hit the wall so hard, but that's an uncertainty of the very distant future.

1 upvotes · 9 January 2017 · /r/askTRP

Don't let her bitterness get to you. You clearly still exist & she is oblivious to the definition of the word in itself.

More of a reflection of her than of you. Keep approaching other women & bettering yourself.

Applying everywhere and still no offers. Any advice ?

1 upvotes · 9 January 2017 · /r/askTRP

Follow up on your applications. Often jobs receive hundreds of applications & you're just a number in a Applicant tracking system.

When you apply, do something other than a cover letter & resume to stand out. Build a website or write 10 ways you can bring value to their team etc.

Helping Out A Friend

1 upvotes · 8 January 2017 · /r/askTRP

The man will make his own decisions. Let his decisions be his, & let him experience the repercussions of those decisions.

His life will be lived, and he'll figure it out on his own time.

a sweet girl that i fucked on the 2nd date became cold and wants to take things slow

1 upvotes · 8 January 2017 · /r/askTRP

I wouldn't read too much into it. Could be any number of variables. Important part is to keep escalating. Post a FR later & see how it goes

Friend is getting married to his gf of two years. He might be doing it for all the wrong reasons.

1 upvotes · 7 January 2017 · /r/askTRP

The man will make his own decisions. Let his decisions be his, & let him experience the repercussions of those decisions.

His life will be lived, and he'll figure it out on his own time.

Jealousy without cause?

1 upvotes · 7 January 2017 · /r/askTRP

With these limited details, sounds like your GF went and partied without you. You held frame & now you're thinking you made a mistake & you should next her.

Consider it. But also be cognizant that she can do that if she wants. But she also knows what happens if she crosses you too.

Girl that rejected me, after leading me on, now thinks im a creep?

1 upvotes · 6 January 2017 · /r/askTRP

Sure, but would it be worth it anyway? Like what's the goal for you?

Sometimes I want to cry

1 upvotes · 6 January 2017 · /r/askTRP

Yeah but you want a solution to your bad attitude. If you wanted a solution then you would solve it yourself. People in this thread are giving you great answers & you're dismissing them.

You would go to the main sub or any endorsed contributors post history and find the meaning to life. You'd read 10 books that I've recommended on here.

The meaning to life is lifting, fucking, procreating, reading, starting a business, laughing, creating, making friends, sleeping, waking, crying, typing. Read enough books and you'll find the meaning.

Sometimes I want to cry

1 upvotes · 6 January 2017 · /r/askTRP

The point of life or the point of your post?

Sometimes I want to cry

1 upvotes · 6 January 2017 · /r/askTRP

Seems like you have a cynical outlook on things. If you feel like crying, then fucking cry it out. Sadness is a human emotion, just as happiness. Get over yourself. Be grateful you're in a position to be even complaining about this shit.

Some people can't even eat because they're slaves in factories worldwide.

Started making notes

1 upvotes · 6 January 2017 · /r/askTRP

It's a good idea to do this. Putting your feelings & thoughts out into the universe. But keep it to yourself, and don't leave this shit out for people to see.

Is this what I should expect from younger girls these days?

1 upvotes · 5 January 2017 · /r/askTRP

It might be normal for some girls. But this seems a bit odd. Probably not representative of ALL young women. Usually if they're interested in a man they'll show some respect/manners. Sounds like these ladies were just shitty & not interested.

Connecting and flowing her emotions. But not controlling or manipulating them?

1 upvotes · 5 January 2017 · /r/askTRP

This. Don't come here asking questions before you've done the education.

Managing communication with a prospect and converting her to a plate

1 upvotes · 5 January 2017 · /r/askTRP

Set up a time to meet. Then escalate.

You would have to be the one to initiate the conversation **every day** to maintain daily presence and keep yourself on the radar.

Don't do this. You don't have to maintain "daily presence". Just arrange a time to meet. Then meet her. Then escalate with her. Then convert her to a plate. Keep the communication part to a minimum or just communicating to meet up.

How do I deal with good morning & good night texts?

1 upvotes · 5 January 2017 · /r/askTRP

This is the correct answer.

Small things like this will make her day if you take 1 or 2 seconds to reply to the message. Keep it to a minimum though.

What kind of sings do women give when they finally want you to kiss them?

1 upvotes · 5 January 2017 · /r/askTRP

Depends on context. It could be a clear sign. Gotta use your judgement here.

Text game

1 upvotes · 4 January 2017 · /r/askTRP

Text for logistics & meet up. Short & sweet. Hate it or love it, that's what you need to do.

Question about Jealous Ex-Girlfriend

1 upvotes · 4 January 2017 · /r/TheRedPill

There's a dedicated sub for questions like this man. Head over to asktrp.

How if possible do you re ignite the spinning of older plates?

1 upvotes · 4 January 2017 · /r/askTRP

Sure. As long as she's not fucking crazy then go for it.

Escalate and see how it goes. She probably hit you up because she also wants a no-strings-attached kind of deal.

Girl came over last night. No F-close (I didn't push for it at all purposely) - she wants to hang again today?

1 upvotes · 4 January 2017 · /r/askTRP

I'd like to hear this full FR and background on the meeting. Would make for good reading on the main sub. Post a FR.

First date?

1 upvotes · 4 January 2017 · /r/askTRP

I'm selling them at \$0.00314 per point. Limit of 10 per minute. How many do you want to order?

Advice for a date

1 upvotes · 4 January 2017 · /r/askTRP

Hahaha oh it's that type of music. Break out the Gucci jean jacket & cut off the sleeves then

First date?

1 upvotes · 4 January 2017 · /r/askTRP

Girlfriend material or plate? Go skating or do something fun where you can escalate later.

The fb like is worth 10 trp points.

Did I overreact? Hard nexted girl in middle of the date.

1 upvotes · 3 January 2017 · /r/askTRP

This. Doesn't sound like she has direction from you or any other male. Like she's free act shitty and however she wants.

You either lead and give her clearer direction (i.e. take her phone from her) or you walk out. Sounds like she's cold and wasn't into it, and made that clear with her body language.

Worst LTR Dynamic. EVER.

1 upvotes · 3 January 2017 · /r/TheRedPill

if he challenged boo-thang in any way or acted contrary to his low head hanging, chastisement accepting, open wallet ways, she would take it as a threat more than a challenge.

Sadly it's at this point for Hubert. If he stands up for himself or changes his ways she'll walk out. Beta's don't get to have boundaries. The man needs to grow some balls.

What does it mean when you keep getting ASD behavior in private?

1 upvotes · 2 January 2017 · /r/askTRP

Okay, solution time.

Ask her out explicitly outside of work. No more of this ride-home stuff in her car. That might be part of the problem here to be honest.

Call her right now and ask her to drinks tonight. Then escalate at drinks back to your place; so you can show her your new Katy Perry mixtape. If there's any chemistry there, it'll be seen in how she dresses and behaves. You can clear the air if she's playing games or not. Post a FR later.

LTR with a single mom is a viable sexual strategy. Change my view?

1 upvotes · 2 January 2017 · /r/askTRP

Your life man. If you want to LTR a single mom, do it. You're fathering another man's child. If you can stomach that, then go for it.

But ask yourself: You're a valuable man who can have your pick of any 7/10, 8 or 9. (Not sure why you're limiting yourself to HB6's?) What's special about a single mom? Nothing. Why? Because this post is evidence your already on the edge and questioning why you're wasting you time with single moms.

Lots of pretty women in the world. I'd change your mindset & enjoy the ride

How to have less TISSUE on your face?

1 upvotes · 2 January 2017 · /r/askTRP

You're looking at surgery here. I think your account is up for a banning.

True or False: frame

1 upvotes · 2 January 2017 · /r/askTRP

What is your question?

How to deal with aggressive/ passive aggressive strangers?

1 upvotes · 30 December 2016 · /r/askTRP

Yes you should call attention to it. However you can't treat it like aggression because it comes across as seemingly neutral.

Do any of you TRP guys use viagra?

1 upvotes · 30 December 2016 · /r/askTRP

They work, but they require an immense amount of effort for not a lot of payoff. Box breathes work really well for me (google it).

Chicken or the Egg

1 upvotes · 30 December 2016 · /r/askTRP

The best time to act was a year ago, the second best time is now.

Don't dwell on what was yesterday. It cannot be changed. You only have today, you're not promised tomorrow.

Sounds like you answered all your own questions man. PM me if you need help with anything specific.

Do any of you TRP guys use viagra?

1 upvotes · 30 December 2016 · /r/askTRP

Surprisingly, there is a drug that makes you last longer.

It's a certain type of SSRI. I don't condone taking anti-depressants but it's a cost/benefit if it's really damaging your sex life.

How can I help my friend

1 upvotes · 30 December 2016 · /r/askTRP

I wouldn't waste your time trying to get a high off the demise of her looking like a bitch.

It's obvious your friend is in the dark & wants to be there. If he didn't, then he'd wake up, turn the lights on, and realize he's being a beta bitch.

Make the situation known to your friend; likely he won't listen. But nonetheless, inform him on what you see going down. Then let him take you for brunch and morning coffee.

Chicken or the Egg

1 upvotes · 30 December 2016 · /r/askTRP

Start by internalizing the phrase "this too shall pass". When you realize that everything is temporary, you start to develop a mindset of abundance.

When everything is temporary you have nothing to lose. Because **the glass is already broken**.

Abundance is realizing you have nothing to lose because it's already gone. You start to value "the now" more & give less weight to "the future" or "the past".

Question about masculine energy.

1 upvotes · 30 December 2016 · /r/askTRP

Strong internal frame. You're an immovable rock. Nothing phases you. Whether she accepts you or she doesn't, you don't give a fuck. That's the essence of masculine energy, and women (despite what they say) are very attracted to this. It looks like you're on your way to developing it.

Whatever you do... **don't try & set boundaries**, it won't work. Women only resonate with your actions, not your words. She will continue to test you, every day, every moment she can. Consider it a good thing.

Pat down

1 upvotes · 30 December 2016 · /r/askTRP

I think you wanting to stay in this relationship is essentially you being familiar with the familiar. Your words say you want to stay, but your actions express the opposite. They actually scream that you want out.

There seems to be a long history of infidelity on both sides of coin here. This behaviour doesn't foster a relationship of trust or love. It's clear she doesn't trust you, which means she doesn't feel safe. Which means you can never be her alpha or protector.

Despite you having common friends, that shouldn't enforce a relationship or marriage. The desire to fuck other women is not going to diminish. It's a mans nature and prerogative to want to spread his seed, you just need to be aware of the repercussions of that.

My suggestion to you is to make a more detailed post with all this info so you can get a broader spectrum of

advice.

What's TRP way to apologize?

1 upvotes · 28 December 2016 · /r/askTRP

Read the way of the superior man. Gives a different perspective to things like this.

You messed up & she's now closed to you. She's not sure if she can trust you. You need to open her somehow. Could be through dancing with her spontaneously, making her laugh, teasing her that you've been an idiot.

Most guys on here try to complicate shit. Sometimes You just fucked up & you've got to own up & correct the mistake. Don't suck up or placate.

More context. Write some background here.

Anyone have experience dating someone who has been abused?

1 upvotes · 26 December 2016 · /r/askTRP

Oh my god dude. You've got to make a new post here. This is insane

Anyone have experience dating someone who has been abused?

1 upvotes · 26 December 2016 · /r/askTRP

Yeah man, this is shit you should've mentioned in the main post because it's entirely more relevant than every other word you wrote.

Make a new post to get some good advice from the vets.

Guys that live in NYC or any major city in the USA for that matter, do you notice this kind of "community" thing among younger neighborhoods?

1 upvotes · 26 December 2016 · /r/askTRP

This is not a red pill issue.

Some days I'm more introverted than others, how do I change this mindset?

1 upvotes · 25 December 2016 · /r/askTRP

Clueless with other peoples emotions, specifically with it comes to romance. I'm quite insensitive, and it comes across as not caring in my relationship when passing comfort tests. How about you?

Local latina in Puerto Rico from tinder

1 upvotes · 24 December 2016 · /r/askTRP

All the more reason.

The girlfriend label

1 upvotes · 24 December 2016 · /r/askTRP

What about if she *is* your girlfriend? A good idea to apply some comfort?

I destroyed a girl. I think?

1 upvotes · 23 December 2016 · /r/askTRP

What was the Reddit account consisting of? And how did this evolve to you cheating? Seems like an odd reason to break up with someone.

first Date - I'm 19

1 upvotes · 23 December 2016 · /r/askTRP

Man, you're inviting her out. The way it usually works is the person inviting the other person out pays for the meal/drinks.

TRP is a toolbox, many men like to split everything. I will split things when we're both just getting food randomly... You can be an alpha male & still treat a woman to dinner. As long as it comes from a place of abundance rather than appeasement.

Would having 10,000 followers actually help me?

1 upvotes · 23 December 2016 · /r/askTRP

It might help you. But not as much as you think it would.

I think your confusing perceived validation over actual value here.

Followers may provide an element of *social proof*, but that's about it. If your photos are sub par, and your life is boring, same results.

what should i do? (living situation related)

1 upvotes · 22 December 2016 · /r/askTRP

Write a full post for advice. There is not enough information about you or your background here.

TRP I Need Help: From Childhood Beta to Teen Alpha to Married Beta

1 upvotes · 22 December 2016 · /r/TheRedPill

There's a subreddit for this. It's called asktrp. Enjoy.

New skill

1 upvotes · 20 December 2016 · /r/askTRP

I'd also like to know a skill that makes money *and* attractive women.

Whats a good place for a date?

1 upvotes · 18 December 2016 · /r/askTRP

Haha. Hard to tell on asktrp sometimes. It will man. Post a FR after, even if it didn't go the best.

Anyone have any tips or ideas for cold approaching in the gym?

1 upvotes · 18 December 2016 · /r/askTRP

I didn't PR that set, but I feel it motivated me more than a dude standing there. Felt more animalistic for sure.

I don't like my name because it's difficult for people pronounce the first time. What should I do?

1 upvotes · 17 December 2016 · /r/askTRP

You're lucky you have a cool badass name people can't pronounce. Some of us have regular names like Jim and Bob.

Represent your name with pride, don't hide it. If you absolutely have to, then shorten it to the first couple letters that make sense. i.e. if your name is *Reyansh* then shorten it to Rey.

Did Shahrukh Khan change his name? No.

I am deep concerned about myself. Can you help me?

1 upvotes · 17 December 2016 · /r/askTRP

I understand in the US I have no chance with so many good looking high earning alpha males.

I think your disqualifying yourself here. Don't settle. When you settle you get exactly what you settled for.

Most of the time Indian guys (& other guys) self-handicap themselves.

Other races don't automagically get all the hot HB 9's. Every man is going through a similar struggle here.

If you're interested in Indian women, then find a young woman in her early 20's who hasn't rode the CC across Europe. There's tons of them everywhere in North America. Lots that would be interested in a man who has his shit together, which it sounds like you do.

Two questions.

1 upvotes · 17 December 2016 · /r/askTRP

She wants closure. Don't give it to her.

Performance so far? - To text or not to text?

1 upvotes · 17 December 2016 · /r/askTRP

This is way too long of a post for what you're asking. Don't worry about a text message man. Use texting for logistics. **Call her.** Go and meet up with the woman & find out the answers to your questions.

This is menial shit. Live life more freely. Don't get bogged down in these details. If she's cool, then great, pursue her. If she's not, then don't. Despite what anyone says here, just do you.

Could I get some honest Tinder picture feedback?

1 upvotes · 15 December 2016 · /r/askTRP

You look good dude.

One piece of feedback... you have a bit of an angled head-tilted half smile in every photo. It's charming in one or two. But bare some teeth in a photo or two. Or do less of a pose for the camera & a more natural shot. Or one With you not smiling.

Otherwise you look great.

How do i start lifting with limited gym choices?

1 upvotes · 11 December 2016 · /r/askTRP

Planet fitness is a full gym. And it's cheap too. Don't look at the downsides, look at the upsides. Some dudes are hitting home workouts & getting shredded.

How to go about escalating on a second date in the park?

1 upvotes · 11 December 2016 · /r/askTRP

It's hard to tell age with limited information. Just judging by the ice cream post from before.

lighten up, be more confident and go out and get what i want.

Sounds like you already know what to do. Go and do it now.

How to go about escalating on a second date in the park?

1 upvotes · 11 December 2016 · /r/askTRP

Sounds like she's into you man. But you need to polarize more. She's talking which is good- it means you can open her. Touch her every opportunity you get. Hold her hand, touch her hair, share *your* spoon. You know what I'm sayin'.

Not sure how old you are, but it sounds like your in high school/early college.

Keep the banter up. Light touching, fun playful conversation. After the park, *at dusk*, propose that you two continue the night with a movie at your place. Then escalate as the situation permits.

What is TRP stake on pride?

1 upvotes · 11 December 2016 · /r/askTRP

Having pride is a good thing. The opposite would be shame.

There's a difference between being bragadocious or trying to one-up someone. "My arms are bigger than you dude." Or "I'm so smart look at my degree."

Confidence flirting in certain situations

1 upvotes · 11 December 2016 · /r/askTRP

Killin it man. You've got the package. I'm not one for approaching women because I'm in a 3 year LTR & really happy with her. But back when I was in University this is what I would've done.

Confidence flirting in certain situations

1 upvotes · 11 December 2016 · /r/askTRP

Boom. There's always going to be taller/more muscular/better dudes. And that's a good thing. More potential friends for you. You have absolutely nothing to lose.

Give this a read:

<https://medium.com/the-mission/success-secret-live-like-you-could-lose-everything-but-know-theres-nothing-to-lose-5488abb68f1b>

Confidence flirting in certain situations

1 upvotes · 11 December 2016 · /r/askTRP

Stop thinking. Your brain will self sabotage you to keep you in the same place. Just do.

I can tell you might be falling into her frame a bit. Or even pushing this frame (that doesn't exist) of her rejecting you and walking away. Women are intuitive creatures. She's going to sense that in the middle of the lecture. And respond neutrally or negatively.

If you're into her, then pursue her. Despite what other circumstance arises or what anyone else thinks here. Just do you. Try & reframe it in your mind and feed off that energy. People will follow.

What to do with pregnant girlfriend

1 upvotes · 11 December 2016 · /r/askTRP

I don't blame you. So make some decisions here. If you don't, time will make them for you.

Challenge that fear you have. There's really no grounds for that in reality. You've done nothing to show yourself as unfit to see your own offspring. The child isn't even born yet.

There's a way out of this that everyone wins. You just need to find it.

My girlfriend just hit me in the face.

1 upvotes · 11 December 2016 · /r/askTRP

You're getting some good advice here. Especially the top comment.

It's going to be hard for you to take the advice though. I can tell because I used to have a friend in this situation. & as soon as she hit him once, it was a weekly thing until he started having bruises on his arms, neck & legs. This woman was easily an HB9 as well. Total angel around everyone else. She just didn't respect him, because he didn't show respect for himself.

You have two options here.

Option 1: You stay with her and she will further realize how you are not a man worthy of *baseline human respect*. Clearly she already thinks that of you. But this is going further down the rabbit hole. She'll start hitting you every day, verbal abuse will increase, sex will disappear, blame will be on the rise. To the point where you'll question your own sanity & life. & end with her holding a knife in her hand & you up against a wall.

My friends story played out like this. He's still with the girl, she still hits him, cops called twice a month, asking to stay over at my place. Some people can't wake up. When your breathing the smog for too long it becomes your air. Familiarity.

Option 2: You know this option already and it's not going to be easy. Option 1 is the option you want to take because you asked the question here. Option two is the option you're going to take because your a valuable man and you don't tolerate abuse from **anyone**.

What to do with pregnant girlfriend

1 upvotes · 11 December 2016 · /r/askTRP

You're conflicted here because now your going to be a father. This doesn't stem from a nice guy trait. This is more evolutionary. I think most men in your position would feel guilty leaving, just for the sake of the child.

Sounds like if the child wasn't in the picture, you'd be working in tech & living downtown in a big city (without her).

There are decisions that need to be made... & they're not going to be easy.

You have to decide whether to give up what you want now (not appear as an asshole to your gf & child) for what you want most (job in tech in the city, better life for yourself & your child down the road).

Girl on tinder said i look too innocent to be this much of a fuckboy.. im just wondering how to respond back.

1 upvotes · 11 December 2016 · /r/askTRP

Haha was going to say :p

help

1 upvotes · 10 December 2016 · /r/askTRP

It sounds like you've been through some shit man. Maybe you were over invested in a woman & she fucked you over.

There's light at the end of the tunnel, & TRP is the entrance to that tunnel.

Read. Lift. Do social activities. When your driving in your car/or alone somewhere, scream at the top of your lungs. You've got a lot of repressed anger from living In a shell. I know because I was there too, 5 years ago, at 18.

After a second read, many of these issues require a psychologist & cognitive therapy. First priority should be getting to that checkpoint. Maybe your job has health insurance. Look into that.

Genuine problem with one DT aspect, looking for advice

1 upvotes · 10 December 2016 · /r/askTRP

Your welcome. Best to you.

Ghosting

1 upvotes · 10 December 2016 · /r/askTRP

Interesting points. Thanks for your perspective on this. Agree to disagree.

Ghosting

1 upvotes · 10 December 2016 · /r/askTRP

Why are you expecting the woman here to take the lead?

Her answer is affirmative & it conveys interest in hanging out with the guy. It clearly is stated when she says "want to hangout?"

I'm surprised she even asked the question back. If anything I'd say it was a strong IOI.

Ghosting

1 upvotes · 10 December 2016 · /r/askTRP

What would look like interest, *to you*

Ghosting

1 upvotes · 10 December 2016 · /r/askTRP

"Want to hang out??"

There's some interest no?

Ghosting

1 upvotes · 10 December 2016 · /r/askTRP

Are you telling me that every single girl. EVERY single one. Has their phone with them at all times? Not every woman in the world even has a phone.

Most women (that own phones) are glued to their phones. I can agree.

But are ALL WOMEN? No. Some women are not.

Just Need some Reassurance !

1 upvotes · 10 December 2016 · /r/askTRP

If it comes from a place of abundance, (*we were so last July bitch I'm over it*) then do it. It's not like you still have feelings for her.

Lots of guys here will tell you don't wish her happy birthday. At any cost. Fuck that.

Why be sour? You've got an abundant life now. You're over her. Share the **alphabet** and wish her happy birthday.

Tips for a newbie at a holiday party

1 upvotes · 10 December 2016 · /r/askTRP

This comment tho

good boys wins

1 upvotes · 10 December 2016 · /r/askTRP

Good and bad are relative terms to do with the *rightness* or *wrongness* of something. And TRP is not a place for moral discussion.

Women have a dualistic mating strategy and each women's preferences for a man's behaviour are going to differ (i.e. some women prefer more beta, some women more alpha). Depending on her age, time in cycle, and the type of woman they are.

Generally they prefer the one with the best potential (genes, socio-economic status, temperament, confidence) who has the highest chance of sticking around.

This question has been answered at exorbitant length in the main sub. Search.

Genuine problem with one DT aspect, looking for advice

1 upvotes · 9 December 2016 · /r/askTRP

It's binary because it's a quantitative psychological measure. It's the most accepted form of psychopathy testing out there. Your score is considerable.

Go for therapy after exams. This is something you can live with, but it's a bigger psychosocial issue that needs to be treated.

Is Donald Trump an alpha male?

1 upvotes · 9 December 2016 · /r/askTRP

Is food good to eat? Does a man have alpha qualities? Should I deposit a cheque?

Why is having older friends frowned upon?

1 upvotes · 9 December 2016 · /r/askTRP

It means you're more mature and developed than your peers. Go with it. It might be frowned upon because it's not common. That's the sole reason though.

Otherwise the benefits are huge. I've talked to some 65 year olds/80 year olds all the time. The shit they can tell you. Man they've been through hell and back. Most I've learned from anyone my age (23) is "wow I don't want to be like you man".

A bad for a good maybe ? but weird situation at the moment

1 upvotes · 9 December 2016 · /r/askTRP

Take some time for you man. As much as guys on here will tell you to GFTOW, if you're not feeling it the day after, then chill. Hit the beach or go lift something heavy. Go for a hike & write in your journal.

Despite you living close to this crazy woman, doesn't place any obligation on you to see her/communicate to her. Do your own thing. You're in a badass new country for the next 3 months. Kill it.

Genuine problem with one DT aspect, looking for advice

1 upvotes · 9 December 2016 · /r/askTRP

I've studied psychopathy extensively in University. It's a good thing you recognize your symptoms & want to address it.

What country are you from? There may not be many therapists but there are certainly *some*. At least there is *one*.

Self empathy is a good sign. But this is essentially part of who you are, the first thing I can suggest is **get therapy or treatment**.

Sounds like you aren't dangerous or want to harm anyone. It also sounds as if you've had a rough childhood.

Take the PCL-R then comment your score below.

How do you get dates?

1 upvotes · 9 December 2016 · /r/askTRP

Tons of material on the main sub. Use the search function, it's crazy.

"Why'd you stop talking to me?"

1 upvotes · 9 December 2016 · /r/askTRP

No, just make it hard for her to read you. This is a shit test. Hold frame. Agree and amplify.

How does an Indian guy in the USA deal with the lack of guys of his race doing well in the game and stop from developing racial insecurities because of it?

1 upvotes · 9 December 2016 · /r/askTRP

I live in Western Canada. There's a ton of Indian guys here.

I have a coworker/friend who's gf we work with might be in to me. Advice?

1 upvotes · 9 December 2016 · /r/askTRP

This is extremely hard to read & understand.

It sounds like what's at play is you're caring a lot about what these random people may or may not be thinking or doing. You're really caught up in what this girl & her mom are thinking, and your friend & this other girl.

If she's going to cheat, that's on her. Has nothing to do with you. Your not in a relationship with her boyfriend are you?

You're falling into their frame. Reclaim your personal power man.

This one woman is into you, & her mom is approving. Great. If you're into her, then pursue her. Despite what other circumstance arises or what anyone else thinks here. Just do you. Set the frame. People will follow.

Give me some ideas for talking to people randomly.

1 upvotes · 9 December 2016 · /r/askTRP

Talk to everyone you see. & let people into what your thinking about. Just say what your thinking. Start with what your doing, that stuff is cool. Small talk gets a bad rap, but it's really how you establish rapport.

"beautiful weather out today"

"hi, I don't think I've met you yet. I'm anonqI"

It's not so much about what you say, rather than how you say it. Having an abundance mentality here, & become outcome independent. Your not trying to gain anything, so let the conversation flow freely. Some people are chatty, some aren't. Move on.

Also read this:

https://m.reddit.com/r/TheRedPill/comments/39qnwd/how_to_talk_to_everyone_you_see?compact=true

How does an Indian guy in the USA deal with the lack of guys of his race doing well in the game and stop from developing racial insecurities because of it?

1 upvotes · 9 December 2016 · /r/askTRP

Many of them were.

They lifted, they worked on their life, & despite the color of their skin, they had 8's & 9's as GF's/Plates.

Most of the time Indian guys (& other guys) self-handicap themselves.

Other races don't automagically get all the hot blonde women. Every man is going through a similar struggle here.

Surrounded by beta friends

1 upvotes · 9 December 2016 · /r/askTRP

Lead by example. Don't worry about the beta shit they're doing. Focus on you. Sooner or later they'll follow your lead because they can see the results.

If they don't, their loss.

I have tons of friends who don't see the light when it comes to TRP. Frustrating for sure.

Does anyone else here get laughed at in public?

1 upvotes · 28 November 2016 · /r/askTRP

This should be a post in itself.

I'd like to see you dive deeper into these parts of stocism with some more real life examples/FR's.

Your small daily decisions are the ones that create you into who you become

1 upvotes · 22 October 2016 · /r/TheRedPill

In terms of outcome, you're ejaculating in both circumstances. If your goal of sex/or goal with women is solely to ejaculate then both are the same.

Occasional masturbation instead of sex is healthy and arguably evolutionarily advantageous. However, this pattern of behaviour isn't going to serve you long term like dominating a woman will.

To each their own.

Your small daily decisions are the ones that create you into who you become

1 upvotes · 16 October 2016 · /r/TheRedPill

Good points. I don't advise taking any drug without a need for it or at the very least a prescription.

Like the articles imply: there's no such thing as a free biological lunch. There are going to be implications to any drug you take long term. Thanks for the contribution and pointing this out.

Your small daily decisions are the ones that create you into who you become

1 upvotes · 15 October 2016 · /r/TheRedPill

The thing about Modafinil is it works most effectively when you take it consistently for 1-2 weeks. This is because you need to build up plasma levels of the modafinil drug in your blood.

I get that pressure feeling as well when I don't properly eat or drink. Try taking 100mg every day at 9:00am for 14 days. It's also way more effective when you drink an obscene amount of water. I drink between 6-10 litres of water a day when I'm on it, and remember to eat.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

1 upvotes · 13 September 2016 · /r/TheRedPill

Self taught, always been a passion of mine since I was a kid. It's challenging, but rewarding and definitely useful in todays day and age.

Try Code School for learning, or the many other platforms out there. Even 15 minutes a day makes a big difference in the long run

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

1 upvotes · 13 September 2016 · /r/TheRedPill

So maybe I can tell her - "massage my back" - "bring me food"

This is a good place to start. If she responds positively then that's a +.

You need to be looking elsewhere for women (if you're looking for an LTR). You and I both know, that the kind of women that are on tinder, bars, clubs, and house parties aren't the kind of women you want to be involved with long term.

The way to get a woman to invest more in you is to continue to raise your SMV and invest more in yourself.

Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

1 upvotes · 13 September 2016 · /r/TheRedPill

Literally pay half on all future dates, and see if she still fucks. Then you know if you're alpha or beta dating.

I'll try this, and if the findings are significant, I'll do an update post. Cheers.

We may not see eye to eye on everything here. Nonetheless, I appreciate your advice, and I'll try out some of the strategies you suggested.

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It's a fairly reliable vehicle, and I use it for my day to day transportation year round. 100,000km on it.

It all depends on how you drive it. It's around 2K a year in maintenance (oil changes, belts, air filter, spark plugs).

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1 upvotes · 13 September 2016 · /r/TheRedPill

I purchased the 2006 Cayman for 19K (15K USD) here in BC, Canada. Some other commenters have pointed out that it's much more expensive in Australia. What would that car cost down in Australia?

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1 upvotes · 12 September 2016 · /r/TheRedPill

It sounds like you have your life together, and you own your shit.

I recently visited London and found the women there slightly cold and distant. It's hard to say if it's the area you live in, or the cohort of women you are courting. Are these women you're picking up from the club, or meeting at the gym? There's usually a difference in behaviour/femininity.

The 1/3 to 2/3 rule works best if you are already in a relationship. When both of you know it's not official, all bets are off, and she's not going to reciprocate her 2/3 when she knows you two aren't exclusive. Feminine women are

more likely to reciprocate to this rule than others. And women qualifying themselves for LTR's are going to try harder then plates/ons.

You shouldn't start telling them anything, as women communicate and respond to communication generally through your actions. My advice is to find a good feminine woman that you're interested in... LTR her, do your 1/3 and then see if she reciprocates. I'm confident that she will.

I'm on mobile, let me know if this makes sense.

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1 upvotes · 12 September 2016 · /r/TheRedPill

That still seems very steep considering it's 65K for a base model 2016 Cayman, and mid 20K for a 2006 model here in Canada.

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1 upvotes · 12 September 2016 · /r/TheRedPill

Agreed, I drive it in the winter and people tend to give me funny looks. I would buy the car 1000x over for the amount of respect, looks, and status I get from it. Tangibles matter to people and women.

The Cayman was a car that was affordable enough (19K) for me at this time in my life. By no means is it a 911 Turbo; but perhaps that's in the cards in the future for me.

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1 upvotes · 12 September 2016 · /r/TheRedPill

\$190,000 for a 2006 Porsche Cayman in Australia?? That's outrageous.

Mine I purchased with 100,000km on it, and it's in decent shape. I got a good deal on the car, a guy that lost his job was desperate to sell it.

You all still think you're special - and here are the ways it's holding you back.

1 upvotes · 20 August 2016 · /r/TheRedPill

Good point. I've learned that the hard way, but recently got my sleeping cycle back on schedule. 7-9 hours every night from 10pm-7am usually.

That being said; on occasion, you need to make compromises. Especially if it means moving the needle forward.

You will continue to suffer if you have an emotional reaction to everything that is said to you.

1 upvotes · 19 August 2016 · /r/TheRedPill

It's going to vary on your relationship with the woman, and what kind of woman she is. Has this come up as a recurring thing?

Number one thing I look for in a woman is if she backs me. If she's not bringing you up, she's holding you down. That being said, there are exceptions and she may have some merit depending on whether or not your business is actually working. Some women criticize (test) in order for you to hold frame/improve as a man/or see if your actually serious about the pursuit your in. She'll test you to see if you're the real deal.

If it is coming from a place of genuine concern then see where you can improve. If it's a shit test, treat it like one. If it's her having some decent points, listen and see where you're slipping.

Above all, in the end who gives a fuck. If she doesn't want to come along on the ride for your awesome business then so be it, another woman will.

You will continue to suffer if you have an emotional reaction to everything that is said to you.

1 upvotes · 19 August 2016 · /r/TheRedPill

Sounds like we grew up in the same house-hold brother. Growing up with conflict avoidant mother taught me how *not* to deal with conflict in real life.

Instead of facing it head on (like a healthy person should), I would avoid it and wait until I was forced to confront it. I would then confront the person or situation in a placating way.

Since then, I've discovered my passive aggressive upbringing is entirely toxic. I face my problems head on now. If I have issues, I confront the person about it clearly, calmly and directly.

You will continue to suffer if you have an emotional reaction to everything that is said to you.

1 upvotes · 19 August 2016 · /r/TheRedPill

Good points here. You're absolutely right, there's going to be many situations where this won't work.

However in similar cases, I've somewhat found the opposite to be true (could be edge-cases). Being reactive puts you in other people's frame. This (usually) can signify some sort of guilt or admission to the other person. Instead of refuting it, let the other man (or woman) hamster what the truth is in those situations.

A plate told me she only contacted me for a sex date because she got rejected by someone she wants. Should i ignore it and fuck her still or should i block her for that disrespect?

0 upvotes · 30 August 2020 · /r/askTRP

I think she is probably just talking too much, and agree that she shouldn't have said that. Very confusing. Bitchy.

But it is what it is. Whether she said it or not. Your fav sushi spot is closed, you go to your second fav. If you told the restaurant this is your 2nd fav spot, they wouldn't think anything of it.

If you show you don't care then it shows you are not *bothered* by shit. You're a rock. Nothing can hurt you.

2nd Post with Further Clarification: I went up to a girl and asked her out on a date.

0 upvotes · 27 June 2019 · /r/askTRP

I'd say: "**isn't it obvious?**" with a smile.

This implies two things, the subtext communicates most of the message. First, it implies that you're a man who asks a lot of girls out, so it's obvious you would also ask her out. Second, she may decode that as "oh he's asking me out because I'm so pretty/great/he likes *me*, bla bla hamster".

She might interpret that as a compliment... but fine, let her. It's evasive and mysterious, so doesn't matter anyway. Charming with a solid frame. Pitch and catch. Short and sweet.

When the subtext communicates the conversation, things go better for you in life (with women that is).

Why are girls fat?

0 upvotes · 13 March 2017 · /r/askTRP

What kind of question is this? I can easily find 100 YouTube videos on this exact topic.

Obesity is related to many factors. Mostly comprising of affluent health conditions. Overeating, stress, excessive meat & dairy, alcohol, along with a sedentary lifestyle contribute greatly to this.

Sister always making up stuff about me

0 upvotes · 6 March 2017 · /r/askTRP

Agree and amplify.

If she makes shit up about you, just 10x it. She might say *"all my brother does is play video game like 10 hours a day and spend his money on cheetos."*

You would reply with: *"Actually I play video games 30 hours a day and I spend your money on Cheetos not mine. I've been using your bank card to feed my Cheeto addiction for months!"*

It'll make her look really silly and that her stories are simply inaccurate.

TRP in highschool

0 upvotes · 9 February 2017 · /r/askTRP

I'm talking **principles**. Whether a woman is 17 or 35 TRP will work effectively.

There may be socio-cultural differences in your age group, sure- I'll give you that. Humans are humans though. And despite social media, high school norms, or anything else- mating practices remain consistent.

TRP in highschool

0 upvotes · 9 February 2017 · /r/askTRP

All TRP principles apply at most ages of a mans life. You're not an exception because you're in high school.

Search asktrp for the keyword "high school".

What would you name a chili for a cook-off in an office full of women?

0 upvotes · 29 January 2017 · /r/askTRP

"killing_the_hamster"

LTR messages ex

0 upvotes · 25 January 2017 · /r/askTRP

I mean, a lot of guys here will tell you to ghost her. But you need to see the bigger picture.

Is there any other red flags that indicate she's cheating? Likely it was similar to when you were messaging your ex.

Hold frame about it- aka don't bring it up or discuss your feelings. But watch her behaviour and other signals that may indicate she's still messaging him.

LTR over reacting?

0 upvotes · 25 January 2017 · /r/askTRP

Yeah man, your the one being all butthurt about it. It's not disrespectful of her. And your creating a weird frame and vibe around it for some reason.

Don't be so sensitive about things. Just let it roll.

How to face the girl who rejected me few months back?

0 upvotes · 11 January 2017 · /r/askTRP

Go for it. No doesn't always mean no. No sometimes means LMR or ASD. Nothing to lose by approaching her again.

Virgin with no friends?

0 upvotes · 11 January 2017 · /r/askTRP

Go talk to guys at the gym and make some friends. Get a hobby. Guitar, basketball, reading books, coding,

anything to propel you forward.

Fuck the tinder online scene. You're grouped with every other guy hounding for one girls attention. Approach women *in real life* by saying "hi".

I keep cycling between stages - how to break the cycle?

0 upvotes · 4 January 2017 · /r/askTRP

Sounds like you have to come to terms with reality man.

You've lost out from this one bitch and now you're intentionally making yourself suffer. Keep doing that or fucking empower yourself and move on. Those stages are victim stages. You're a man. Move on with it.

Sometimes life stings & you've got to be stoic and abundant about it.

2017 is your year. Forget this stage bullshit victim story & kick ass. Focus on you.

Unblocked my ex girlfriend a day ago to see if she was still texting me.

0 upvotes · 30 December 2016 · /r/askTRP

Ask yourself, what's the real reason she wants to talk? To catch up? Or is it because maybe she wants to check if she regrets her decision & is trying to secure a branch to swing back to.

I feel tired, lonely, and missionless, but deep down there is a hunger

0 upvotes · 18 December 2016 · /r/askTRP

First of all, congratulations on graduating from your MBA, that's a huge feat.

I don't know what's going on in your life and this sadness could manifest for a multitude of reasons. **Stop masturbating and watching porn. It's draining your masculine vitality.** Get your vitamin d levels checked, iron levels, if your over 28 get your T tested as well. If you wake up tired, then book a sleep study. You could have sleep apnea, or another sleeping disorder that's causing this.

Read the book: "breaking the habit of being yourself - joe dispenza"*

Start speaking and thinking from a place of abundance and gratitude, instead of scarcity and self pity.

Anyone have any tips or ideas for cold approaching in the gym?

0 upvotes · 10 December 2016 · /r/askTRP

I don't think it's rude. I chat with girls all the time in the gym.

You've got to be pretty bold and stand out in terms of looks & your physique though.

Ask her to spot you on bench. I've done that before & the girl was so shocked, she was like "no one has ever asked me to do that before, so cute".

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0 upvotes · 13 September 2016 · /r/TheRedPill

Good points here. After reading your reply and many others, I've realized I need to play back a bit and have her start paying for more/doing less.

I'm paying for dinner, but not in a placating or supplicating way. The dynamic that exists right now is me leading the interaction and not her using me for resources.

I didn't go into descriptive detail on her 2/3, while I went into detail on my 1/3 (because it's the part that is worth sharing to other men). I consider her efforts to be 2/3 and often above that.

how to suggest outdoor sex

-1 upvotes · 2 February 2021 · /r/askTRP

You need more plausible deniability and the logistics have to be right.

Depending on how secluded the nature is, it will be a real mood killer when you're fucking on a bunch of tree branches and moss when Karen and her weekly jogging group runs by.

Go for a run, build attraction, polarize, escalate... then take things back to your place or hers.

LTR candidate has a question she asked yesterday----

-1 upvotes · 27 March 2017 · /r/askTRP

Some guys will disagree with me, but here's the thing.

How many women have you actually been with? Say it's 10. Joke around with her ("like including grade school?"). But be straight up. It'll work in your favour as light dread off the bat. Say "10". And nothing else.

Keeps it honest, nothing to hide, and in any way she's going to see it as your an experienced guy who knows what he's doing. It'll work in your favour. Trust me.

Putting red pill on resume

-1 upvotes · 15 March 2017 · /r/askTRP

Say that you're *"an avid contributor to a men's awareness and empowerment group"*

To message or not to message?

-1 upvotes · 8 March 2017 · /r/askTRP

Call her. Quit this messaging bullshit.

Put her on the spot with an answer. Call her and ask her over Wednesday. You can't expect her to pursue you, or initiate contact. That's not what she'll ever do. She will only make herself available to be 'received'.

Best way to drop bodyfat %?

-1 upvotes · 13 January 2017 · /r/askTRP

He died of heart issues (related to diet). Ironically his eating strategy sought to solve this issue.

[FR] A white knight saved me from a transit cop trying to take my money in Florence, Italy

-1 upvotes · 23 December 2016 · /r/TheRedPill

It has more to do with holding frame around others, even in positions of authority.

These aren't white knights, these are people on your side.

I never saw it that way, I suppose you're right. Thanks for your perspective.

Opinion on texting about emotions/deep feelings with LTR?

-2 upvotes · 29 December 2017 · /r/askTRP

"Dear precious,

Thy heart swoons for thee breast of my love and heart. I wish for 1000 moments of love in thy kiss. Whisper me a text so I can really know your true hearts desire. I shall'nt try to sleep til' finally I'll be complete with my question on asktrp."

It's fine to say shit if you mean it and feel it. Keep it to a min though. Can't build attraction over text. Spend time

with **your** family at Christmas and be present there. Not messaging your main squeeze.

Investing

-3 upvotes · 10 March 2020 · /r/askTRP

I disagree, I think this is sound, good advice.

The best way to learn to chop a tree down is to sharpen an axe and go out to the woods, find a tree and try to chop it down. You can read 100 books on how to chop a tree down, but most of them are going to say the same thing. Reading one book would suffice. The rest of the job is action.

This guy is pulling 145K USD a year, a few hundred dollars on some trades isn't gonna kill him. Try it. See what happens. Then go back to the library once you fail.

You don't have to handicap yourself because there are smarter, better traders/men out there. Just head over to wallstreetbets on Reddit. Some of those guys are pulling up on day trades. Doesn't matter who you're up against, it's not a race where one person wins, everyone gets a chance and can play to win.

Investing

-3 upvotes · 10 March 2020 · /r/askTRP

I would download robinhood.com and start playing around with a few stocks.

Lose a couple hundred, gain a couple hundred. Get your feet wet, learn to buy and sell. If there's a term you don't understand, then google it. That's how I got into it. No formal training, just started trading a few penny stocks.

Went from \$50 to \$700 in 2 weeks. Lost it all being an idiot, but that was my education.

Surprisingly stocktwits.com is a very fun/lighthearted way to get going. Live feeds of guys who are day trading all kinds of stuff.

Lots of good stuff on reddit if you search.

Are you looking for short term or long term positions?

Known girl for 3 years, dated for 1, broke up for a year, thinking of giving it a second go (seeing her this weekend)

-5 upvotes · 28 August 2019 · /r/askTRP

I would follow your gut on this.

No one knows except for you. On paper there's some red flags, but there could be many green ones that you're not listing. I would just stick 100% with your gut and your intuition.