

Protocol_Apollo ARCHIVE

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Table of Contents

HELP! Finding inner peace with female nature and hypergamy	3
Shit test- how to pressure flip	4
What Is "Fogging"	5
How do you feel kissing a girl knowing that she's had other dick in there at some point in time? (So basically every girl)	6
Alpha fucks, beta bucks??	7
How to "change her mood not her mind"	8
Nightlife in Istanbul/Antalya	9
Covert contracts are a no but life is transactional?	10
Fear not rejection, fear not getting rejected enough.	11
Weak Foundations	14
Looks 101	20
Extend the red pill beyond women.	26
"Are you good enough"	28
Are you good enough?	29
Cardio 101	31
Cardio 101	34
Remember The First Rule of Fight Club	37
You Aren't Ready For A LTR...yet.	40
Common Sense Lifting Tips	44
Don't Pre-Reject Yourself. Instead, Flip the Script.	47
You aren't an incel, you are just a stereotype	49
Why so Scared?	50
On Madonna-Whore Complexes	53
The Stay Tiger Analogy- FereallyRed Repost	56
Stay Tiger Analogy-Fereally Red	57
"You can't be sexist/misogynist and still love women!"	58
Stay Tiger Analogy [Repost]	60
□ □ Esoteric Testosterone and General Endocrine Hacks from the Greek Pantheon □ □	61
Vocal tonality: speak groot!	70
Hitler's Lost Book: Ihre Kampf. Video Games and your struggle to give them up	72
Hitler's Lost Book: Ihre Kampf.	75
Here's a whole mess of relevant quotes from Patrice O'Neal's Black Phillip Show. [Repost]	80
Why You Need Instagram in the Modern Sexual MarketPlace	87
Let them have their fantasy	93
The Only Option Is Strength	96
Muscles for Maximum Aesthetics □ □ □	97

HELP! Finding inner peace with female nature and hypergamy

1 upvotes | January 3, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

[removed]

Shit test- how to pressure flip

17 upvotes | April 15, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

Just a couple questions on this tool for shit tests:

Could someone give more examples of how to pressure flip?

And how would one pressure flip without seeming reactive/butthurt to the shit test (as the point of the test is to test your frame/reactivity)

What Is “Fogging”

2 upvotes | April 30, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

Been hearing of this tactic recently... could someone explain what it is, it's uses and examples of it

How do you feel kissing a girl knowing that she's had other dick in there at some point in time? (So basically every girl)

0 upvotes | May 2, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

Going to get trolled a bit for this but idc:

Swallowed the pill and accepted female nature a long time ago.

But there's this small thing playing with me recently and i don't know why.

How does one find peace and not feel disgust in knowing that every girl you will ever kiss has had a cock in and cum in there? Obviously, one solution, albeit impractical, would be just to go for virgins but good luck finding one. Another one would be just going full MGTOW but I don't think it's practical for me either.

But the lack of solutions doesn't give me peace on this subject. Or does one not need peace on it, should one not care at all and just enjoy the moment like the girl?

Alpha fucks, beta bucks??

1 upvotes | June 1, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

It's a very common phrase used by trp and the general manosphere.

It states that there are 2 kinds of men : one to provide the seed (alpha) and one to provide resources

But what is it's origin?

Does it imply that most men in caveman days were cucks as they weren't reproducing, they were just leeches off their resources and helped raise the alpha's children?

How to “change her mood not her mind”

7 upvotes | June 3, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

I understand that you are trying to get an emotional response rather than logical response but what does one do to attain that kind of response and not the other?

What actions are associated with changing her mood?

Nightlife in Istanbul/Antalya

1 upvotes | July 17, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

Anyone from these cities/visited before give their recommendations for nightclubs in either of those cities?

In Istanbul at the moment, and went to 4 “clubs” including 360 but they were so shit- a few of them aren’t even clubs, just restaurants with music and some of the “clubs” don’t even have dance floors and the one that did was for couples.

Surely Istanbul must have decent clubs with actual dance floors that’s not for couples and where I can meet other English speaking tourists? If not, is Antalya any better?

Covert contracts are a no but life is transactional?

6 upvotes | December 31, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

Assuming both premises are true. (Correct me if otherwise):

1. You shouldn't engage in covert contracts.
2. Life is transactional.

How does one reconcile these two conflicting statements?

To me, the only way would be to give value without expectation but until a point where you later assess whether the other party has given enough to warrant your previous efforts but surely this is just a delayed covert contract?

Fear not rejection, fear not getting rejected enough.

585 upvotes | July 27, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Incoming slightly lengthy post so sit down, relax and grab something. Done? Now, let's sperg out on asktrp, read the sidebar and plate single moms our way straight into this.

Rejection: The biggest part holding a lot of guys back(new guys) is the fear of rejection.

But when a girl rejects you... what did she actually reject?

Did she look at everything that you have done, everything that you will, everything that you succeeded at and failed at, all the opinions of your friends and family and then make a judgement call on all that?

Nope.

What happened was she made a judgement call on the snapshot you gave her.

That snapshot was a 1-3 minute interaction you had where all she knew was your name and maybe another one or two superficial details.

She rejected that. Not you as a whole person.

She rejected the snip-it you presented.

Maybe it was your body language, tone or maybe she was on her period or your hair reminded her of her ex.

Girls are retarded and illogical. Man's nature is to always find logical reasoning behind everything but with emotional creatures, it's not always possible.

Always let the woman decide why she rejected you, don't do the work for her.

But if you knew it was one of the former things that felt off (ie something you can change like tone and posture) bare that in mind and adjust next approach. If not, just move on.

But lets say you get rejected.

What happens next?

Absolutely nothing.

Did you die?

Did anything remotely important change?

Nope.

You still got everything, your body is in one piece, you still got your health, your money and your family and friends are still well (until some old woman with the last name that rhymes with *Hilton* comes after you).

The world just keeps rotating. And always will.

Do you think the opinion of a 110lb 5'3 girl changes anything?

Vast majority of men didn't reproduce: at one point only about 1 in 17 men did.

I tried working out what that was as a percentage but common core failed me.

Only a tiny minority passed on their genes. You are these very genes, this very blood...descended from literal warriors and hunters.

Your ancestors killed sabre tooth tigers for a living.

So does it make sense to fear the opinion of someone that is vastly weaker (10x less testosterone than you) and shorter than you and bleeds once a month?

It's just a girl. A random girl that you barely knew and she you.

But...Apollo...I don't like being rejected.

Well, in the wise words of Vas/Sir Kolbath:

*1st rejection may feel shitty.

10th rejection may feel like something.

50th rejection feels like nothing*.

You have to go through them to de-sensitise you to it.

Understand that the feelings you get are valid, but they won't kill you.

Best way of training yourself would be telling yourself "hey I'm still alive and well, this feeling of rejection didn't hurt me" upon rejection.

You'll only be truly free when you have nothing to fear.

One thing I can promise you is that your closing WILL get better.

(There was a guy here with a FR where he had thousands upon thousands rejections to bang one girl, now his closing rate is sky high).

With practice, nothing stays the same forever.

Literally nothing. You are guaranteed some level of improvement.

Practice playing tennis and you'll become better at tennis; you'll hit more shots consistently and hit better shots.

Same thing here.

Fuck you Apollo, fuck your Greek pantheon, fuck this red pill shit, I can't do this shit. I hate getting rejected!

Okay, but what other path do you have?

You could just only go for girls that are very DTF right off the bat, and will make it very obvious for you.

But this is a tiny minority.

Girls communicate covertly so naturally they won't make it obvious or very easy for you and most girls that will sleep with you will be somewhere near neutral/lukewarm about you.

Going for only these types of girls WILL mean you are leaving girls on the table.

You can be the guy with the 100% CONVERSION RATE or you can be the guy that's had the MOST CONVERSIONS.

I'm a Brit but I'll use an example the yanks will get to show which option one should choose:

One of the best, if not the best, basketball players in the world, Michael Jordan:

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. That is why I succeed."

Conclusion:

Rejection is natural and part of the game. It's like salesmanship, you got to go through the No's to get to the Yes's.

When you get rejected, it's not you as a whole that's getting rejected, it's that short interaction.

Your genes came from the best warriors/hunters the world has known, so use them...they didn't get passed onto you just for you to be scared of a tiny, fragile girl.

Weak Foundations

142 upvotes | November 2, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

A nice house built on a weak foundation is still a weak house.

Intro

There remains an undercurrent of guys who are red on the surface, but have a blue core. (My local village uncle, uncle Vas, classifies these people as red oreos). And its understandable...to an extent. Unlike PUA or r Seduction which just consists of betas/bloopies who just want to learn some cool alpha tricks whilst still holding onto their normative beliefs, pre-conceived notions of women, sexual strategy and want to "respect wahmen", the Red Pill totally rejects the narrative in an uncompromising way. It demands you forget everything you know, replace it with a totally new perspective and it certainly does not cater to anyone's fee-fees. However, this creates a problem as it's easier to learn about shit tests, learn that lifting is good for you than it is changing your entire meta of how you see women, what to expect from them and how you approach sexual strategy as a whole.

To truly understand red pill, you must first nuke your blue pill foundations. Anything less is just promoting building on a weak foundation, so anything built on that, is probably going to be just as weak or at best subpar. The Red Pill is **not** something you just sprinkle onto yourself. It is YOU. And you are IT. This is why its hard to fully grasp it, and why there are those holding onto their blue ideals but want a red surface. That won't work.

You must destroy everything blue and THEN build.

Body:

1. **Your ideal woman, whatever that is, is STILL a woman. Still susceptible to the same laws. So, be careful projecting what your ideal woman should be like and what she should accept.**

She will still respond to the same things as a normal woman would, and finds similar things just as repulsive. She will have the same exploits, programming, and functionality of that tinder hoe from last night.

There was a post detailing how you should never let a woman see you as weak, and it was disappointing to see a top comment suggesting that his ideal woman would somehow go AGAINST human nature and let him be open and vulnerable to her and somehow not find it unattractive. Women don't want to see a man weak. You showing weakness is screaming to her: **"You chose an unworthy mate"**.

She's already anxious for 1 million tiny and dumb things, the last thing she wants is to get anxious

over what is supposed to be her rock. Rocks don't show weakness. Rocks don't bleed. If something is up, seek literally anyone else OTHER than a woman. A close friend, a sibling, a parent, a mentor, a therapist, asktrp (only if you promise not to be a sperg) etc.

Your ideal woman, whatever that is, is just as susceptible to human nature just like any other woman, and just like you. You cannot project the ideal that somehow she will go against her nature. It is biologically engrained for women to want men a certain way, and for men to want women a certain way.

Sure, there will be some variance, I might order these girls differently to you. I may prefer blondes, you may prefer brunettes, but nobody here would say any of these girls are ugly. My 2/10 will never be your 10/10 and vice versa. For example, any man who says this or this is attractive, we would all question him.

Why?

Men, just like women, are biologically programmed to want their partners a certain way. Asking a woman to accept a man being weak is like asking a man to accept a fat ugly feminist dance theory professor.

Women are like house cats, all of these cats individually are different but they all operate similarly, they all respond to similar things. They still have the same programming. So, when you find yourself talking about your ideal woman, ask yourself, "Am I asking her to go against her nature?"

Eg:

- I don't want her to be addicted to social media.
- I don't want her to be addicted to drugs.
- I don't want her to be needy/really jealous.
- I want her to cook for me.

Versus:

- I want her to let me put on some weight during the LTR and still be attracted to me.
- I want to be able to lose frame with her sometimes.
- I want her to accept me being vulnerable, I want to open up to her without compromising on her attraction.
- I want to let myself go and make her fall in love with my personality.

See which set requires women to go against their nature?

2. Girls are sex objects. They are meant for fun, they are meant to de-stress your life.

They are not your mother, your partner/equal (how can a woman demand to be your equal when she wants someone smarter, taller, bigger and richer than her?) nor your political debate buddy. Nor do they want to be. Make sure you are looking for the right things in a girl, don't look for "can I debate her politically" or "does she like marvel films". Politics for women is entertainment.

Women do not have political opinions.

They just mirror whatever their friends/family/close males say. They are way more susceptible to herd think than males, they lack testosterone and so are WAY less likely to take risks such as thinking contrary to the herd. Being outcasted from the herd is literally death for a woman. Similar

thing for a man, but less so. At least he could defend himself until he found a new tribe, a woman alone in the wild is as good as dead. I'm sure some of you with LTR or even FWBs can also attest to how as the relationship progresses, the girl starts mirroring the same opinions/sentiments as you even if they never believed in such things and were maybe even against them. Can you blame them for this? Is this wrong?

No, that's just their nature.

Don't take their political opinions seriously, they are just naive little girls parroting what they hear whether its from their friends, media or Apollo, a [redacted] with anti-[redacted] tendencies. Learn to enjoy women for what they are, their femininity, their childlike mannerisms, their bodies, their youth. You are meant to have fun with them. They want to have fun with you. They don't want to engage in political debates, nor do you. So why bother? Most people won't change their minds anyway. I've tried/maybe still am trying to Redpill a fairly liberal friend and it's not very fun nor easy.

Don't try to seek the masculine from the feminine. (Mandatory reading, also HIGHLY recommend reading all of u/Archwinger 's posts).

Girls are primarily **for sex**. Girls are primarily **sex**. So, let's keep it that way.

3. Sexual strategy is amoral and a zero sum game.

Amoral...not immoral.

What's the difference?

Amoral is not considering morals into the equation, immoral is factoring them in and doing what you wanted regardless. It's like business, you do not consider the morals of doing a deal, you only consider the practicality of it. You consider what you gain and what you lose. That doesn't mean you need to be raging bull destroying everything in your path, but it does mean you put yourself first. Always.

Why?

Because that's exactly what women will be doing. Do not let people try to moralise your dating strategy. Girls are definitely **not** thinking of morals when it comes to their strategy. Remember:

You owe them nothing. They owe you nothing. A girl is perfectly allowed to walk away and so are you.

YOU get to decide if you want to fuck a girl with a boyfriend or not. You are not responsible for upholding the contract between her and her boyfriend. She has her own agency to do what she wishes, as do you. Whether you choose to do any of this (or not) should less be a question of morals, but more so practicality. If the girl's boyfriend is your long time best friend, then you may want to consider that. Further reading on amorality of sexual strategy (don't want to write too much on this since this topic has definitely been written about before, its just that it may need some refreshing on):

- <https://archive.is/G62qB> . Read this comment thread by u/RedPillSchool. Sums it up pretty well.
- Look up "amoral" on the search bar and you'll find more detailed posts, a couple of notables ones were by illimitable man.

Sexual strategy is zero sum.

You only got laid because someone else didn't.

You only fucked that girl because you didn't fuck someone else.

A 8/10 girl only exists because a 2/10 one exists. To have a girl 3 points above average, you need a girl 3 points below average.

You are only in the top 20% because a bottom 80% exists.

Your lifting only increases your SMV, because others do not. If everyone looked like Zyzz (RIP sick kunt), nobody would actually be a Zyzz and nobody would have a SMV advantage in this sense.

Your game only works because others do not have any/have a subpar one.

Alpha fucks only exist because beta bucks exist and vice versa.

All equations are balanced.

4. You cannot be a liberal and also red pill. They are opposites.

I'm not going to tell you what you CAN politically believe in because:

A) There are more politically versed guys on that.

B) Most of you just want to get your dicks wet, most of you are not at the stage thinking very critically about politics....yet.

Wasn't there a *Neo* from this sub who suggested that the red pill and the manosphere at large is simply a *Reaction* to shitty politics causing lost and troubled men to seek help and answers in *Safe* spaces online? And didn't he also suggest that the cycle of truth seeking goes: Nothing>PUA>Red pill>Politics ?

C) Those politically attuned enough probably have figured out that there's only effectively 2 political ideas that TRP is compatible with. And if you thought it was Democrat or Republican, then you would get AH ZEEEROOO points.

(This means red pill is NOT compatible with democrats/republicans/liberals/tradcons for the spergs, none of them would accept your ideas from the red pill, that's why you use alt accounts and are here on this forum learning how to get laid instead of learning literally anywhere else).

But I will tell you what you CANNOT believe in without being cognitively dissonant. **You cannot be a liberal and still be red pill.**

Liberalism: body positivity, all bodies are beautiful and created equal.

TRP : Fat and skinny guys are not ideal bodies, all bodies are not equal. Thou shalt lift. This is rule one. No exceptions/no debates.

Liberalism: Women are goddesses, respect them, worship them!

TRP: Female nature is amoral, apathetic. Respect is earned. Women are far from perfect. They are fucked up, but we accept them for that. We don't need to put them on a pedestal, and idealise them to accept them.

Liberalism: Equality for all! Share your resources, tax the rich to give it to the poor!

TRP: the sexual market is disproportionately distributed with 20% men getting 80% of the women. Here's how you can become that top 20%.

Did the chads give you their plates when you weren't getting laid? Would you give up your plates to some beta? Would you tell your plate "actually don't come over, go to billy betas house, he's fat and plays video games all the day and he hasn't gotten laid recently"? Did TRP try and get those chads before you or you to give up your plates? Or try to convince women to fuck guys who weren't getting their share?

Heck no. None of those happened nor ever will.

TRP believes in meritocracy: you go out, work on yourself and reap what is rightfully yours. Liberalism believes the complete opposite.

The sexual market place is a completely deregulated hyper capitalist free market. There is no such thing as liberalism/communism here.

Liberalism: We are so oppressed, we are victims, nothing is in our control.

TRP: Everything is in your control, you can fix yourself, you are not oppressed, here's what you need to know and now go and execute.

Sex is **basic** psychological need. It's on the bottom of this pyramid.

Liberalism and their economics has failed you so much so that here you are..on this random online forum...listening to random internet assholes who you will never meet, to obtain a basic psychological need. Trp isn't trying to solve anything complicated like world hunger, or time travel. It's literally trying to solve vast masses of men not being able to meet a basic psychological need.

How dysfunctional is that? Think how bad must be an ideology be where you struggle to meet a basic physiological need.

Conclusion:

- Your "ideal" woman will still be a woman. Her nature will be just as of that as any other girl. Idealising her to go against her nature won't work. Understanding her and your nature, what attracts her and what doesn't, the difference between what she says she wants vs what she really wants, however, will work.
- Girls are sex objects, stop looking for masculine traits/abilities in women.
- Sexual strategy is amoral and zero sum. Do not let others tell you how to date or not. Consider for yourself what you want to do, and then do that.

- You can not be liberal and red pillled simultaneously.

Looks 101

458 upvotes | February 10, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro:

Some say looks don't matter, it's just frame and game. "She rejected you? It's your game bro, just work on your game".

Some say looks are all that matter and no game can make up for lacking looks. "No game can compensate for being under 5'10, it's over for average height-cels"

Both are wrong.

Looks are part of the SMV pie chart alongside other factors such as game, frame etc.

Is it 33% looks?

Is it 25% looks?

Is it looks only matter at the very start of the interaction but then ceases to?

I don't know man, I'm Apollo not Zeus. All I know is it's a part of the SMV pie. And since you want a bigger SMV pie, it helps to work on ALL parts of the pie.

Remember, girls don't evaluate male SMV the way guys evaluate female SMV. Their evaluation is more holistic whereas with guys, it trends towards being binary. That's why guys will always want to bang the hot girl unless something is extremely off e.g. BPD or believes in MUH patriarchy. Whereas with girls, the guy with the good body can still get rejected for acting like a bitch but the fat confident guy can get still laid.

"But wait Apollo, doesn't that mean-"

No.

"I can get laid whilst being-"

No. Don't try it....I have the high ground. To become the unattractive confident guy, it's going to take a hell of a lot more effort than if you just went to the gym. To be that, you are going to need to max out everything else of the PIE, whereas if you just lifted, you wouldn't need to.

Lifting isn't up for debate so just lift m'kay?

Now, let's start from the top to bottom on how to maximise looks.

Body:

Hair:

Make sure you have a certain hairstyle. Don't just "leave it". Don't just let it hang.

Your hair matters. If right now, you don't have a certain style and are just winging it, I'd recommend getting a classic fade undercut. [Something like this](#). Anything with really short sides, and more hair on top. This is what I show to any new barber before I can just say the usual. This does require some upkeep, however, you have to go every 3 weeks to keep the sides short. Ideally every 2 weeks if you can to keep it sharp. Don't get lazy.

Why this hairstyle? It's classic, fashionable, and accentuates your face/head making it more angular.

You tell me, what looks more masculine: [any of these hairstyles](#) or [these hairstyles](#)?

"But Apollo, I want a unique hairstyle, I don't want a basic hairstyle that everyone has!"

Unique doesn't mean good, good means good. And right now, an undercut fade is "good". Now is not the time to find some really cool unique hairstyle...that comes later.

Hair loss/balding/prone to hair loss: I'm no authority on hair loss, Zeus blessed Apollo with a head full of hair...for now. But here's what I do know. If you have early signs of hair loss, just know....YOU CAN STILL FIX IT.

Hair loss is very preventable at the early stages, but you need to act fast and do your research. There are plenty of treatments out there, think Rogaine is a good one, but again, do your research, they each work differently. Use youtube and reddit for this.

If you know you are prone to hairless but haven't started losing hair, I'd recommend taking zinc (more on supplements below). Zinc, b vitamins and vitamin D all have been shown to prevent hair loss. Probably avoid creatine as well since creatine can accelerate hair loss....if, and only if, you are already prone to it.

Eyebrows:

If your eyebrows can overgrow to become a monobrow, just get a pair of tweezers and pluck those hairs out (never shave the gap in). Or do you want to be this guy? Thought so.

Eyes:

If you wear glasses, get big/medium sized frames. Don't wear grandma glasses like these or this. Ditch any really small frame. They are unfashionable these days. Instead go for bigger frames like club masters, aviators (or aviator inspired), anything similar to those size-wise.

Or just wear contacts.

Beard:

The best type of beard women like and looks the best on most guys is the stubble beard. Think like the 4/5th day after shaving. That 5 o'clock shadow. Something Like this.

So... how do we achieve that? Get a trimmer and trim it anywhere between 3-5 mm, twice a week.

With this type of beard, you cannot afford to get lazy.

You need to define your beard by shaving/trimming off stray hairs on your cheek. Now, if you are a real red pill supreme 9000 dark wolf alfalfa , you use a straight/cut throat razor for this as such. If not, use a safety razor although I find using a straight razor easier for defining these lines. Both safety and straight razors are MUCH cheaper in the long run compared to normal cartridge razors. You pay upfront \$10-30 or whatever for the razor, and blade refills cost something less than \$10...for 100 of them.

You can get 100 blades (which cut better than normal cartridge blades and don't irritate) for about the price of 2 cartridge refills.

You also need to make sure the neckline is taken care of regularly. Don't trim the neckline completely straight, trim them with a V/U shape like this: https://www.youtube.com/watch?v=_IAMYLHz7Kk .

Why?

When you trim your neck to follow your natural contour of the jaw like such, it really accentuates your jawline and makes it look better than it really as you see with that guy at the end of the video.

This is where the twice a week bit comes in, you can probably get away with trimming the beard once a week, but with the neckline you won't. At 3-5mm, your beard hairs are quite short so just a little neck hair growth is enough to make everything blend in and boom...now you have lost all the

angles and definition and got yourself a neckbeard. Congrats.

That's why you need to trim the neckline twice a week without the guard or just shave it off. If you are going to shave the neck hairs instead of just trim without the guard, I'd probably recommend the safety razor over straight razor. Straight razors cut too close on the neck for me.

Guess the straight razor just mogged me, so I am no longer a real red pill supreme 9000 dark wolf alfalfa :(

Whatever you use, just a trimmer, trimmer+cut throat or trimmer+safety razor, just DON'T USE GILLETTE.

They gave you the middle finger, remember?

Neck:

Take the neck pill, and train your neck.

Why?

Look at this guy, he's probably pretty jacked right?

Wrong.

He's not

That's the effect of neck training. Makes you look more jacked than you are. That and also increased stability of the head decreasing risk of concussion. Just ask Mike Tyson about neck training.

It's no coincidence that no professional fighter has a pencil neck.

Deadlifts alone won't give you a neck to write home about. So..how do we achieve a strong and yoked neck?

Neck extensions, neck curls, and side neck extensions. Do these. Start off easy, couple times to few times a week. And use light weight at the start. You don't need much weight to train those muscles. Don't start training your neck everyday.

Don't do neck bridges, these place a lot of pressure in the upper spine, it's a nice party trick...but that's really it. Not worth the risk when you have these other exercises.

Physique:

Lift. Nothing new here. The programme you do matters little especially at beginner-novice stages, any solid programme will give you good growth as long as you are eating and resting right.

If you don't think lifting is worth it, then under the decree of Mount Olympus, I, Apollo, sentence you to eternal damnation in the pits of Tartarus aka relationship advice. They'll tell you all the lies you want and how you just have to wait to find the right one who will appreciate your bubble gut bonanza.

The one caveat I would add is geared towards those doing 5x5 or similar programmes. There's nothing necessarily wrong with the programme, but I do feel it doesn't address supplementary body parts enough. This applies even more for the upper chest and side delts. Normal bench and barbell shoulder pressing don't engage these parts enough imo.

I would recommend adding just a few sets of incline dumbbell benching on the days you flat bench. Put the incline only one or maximum two above flat. You don't need crazy inclines, that is a shoulder waiting to pop. And please, tuck in the elbows, keep them at 45 degrees. For some reason, everyone remembers to have good form on the flat barbell bench but then everything gets thrown out the

window with dumbbell incline benching.

It's the same movement so keep the same form as flat bench.

With side delts, I recommend adding a few sets for them on the day you barbell shoulder press. I like to do a super set where one set is doing a cheat lateral raise up and controlling the negative one delt at a time (look up athlean x shoulder raise) and then doing strict y raises where I lean chest facing on a bench set one/two notches below vertical and raise the dumbbells to make a y position with my arms (Ie raise your arms at about 45 degrees each). Youtube "Y raise" for more info.

These two muscle groups will really help creating that V-taper which is synonymous with masculine men.

But don't skip calf training okay?

Posture:

I know my fellow e-sport gaming athletes like their vidya games but you got to know, they aren't good for you. They are mentally bad for you: they harness the fact men are human doings and know men derive purpose by doing shit so they put you on square 1 with nothing and make you grind on their game tricking you into thinking you're conquering challenges, and accomplishing something when in reality you are not and instead depriving you of chances of real masculine growth.

u/Thotwrecker left an amazing comment about this here. Summarising it wouldn't do it justice.

They are physically bad for you as well. Sitting for extended periods of time isn't good for the glutes, and also promotes ugly forward head posture. What happens is the muscles on the back of the neck get tight and the muscles on the front of the neck get weak creating a feedback loop where you naturally sit more and more with this bad posture.

When you sit, make sure you sit back straight, head back. Be conscientious of your posture.

Thats a preventative measure , but how do we fix this?

Well if you did your neck curls, your front neck muscles would be strong, that just leaves the tight neck muscles. These require stretching. Stretch these before you go to bed for the best results.

This video is good for sorting out tight neck muscles.

<https://www.youtube.com/watch?v=JA3O0NVb-sk>

I also do a similar variation on top of this (couldn't find the video for that), but I'll briefly describe it. Put your head, shoulder blades, hips, glutes, and heels in contact with the wall (like the video except this time, put the glutes and heels on the wall as well). Then, tuck your chin in and hold for 45-60 seconds. Breathe deep and on each exhale or so try to tuck your chin a little bit more, you will feel the neck muscles light on fire. For a stronger stretch, keep everything the same but this time let the heels come out forward a bit and hold again for 45-60 seconds tucking your chin in more and more. Do this for 3 sets before you go to sleep.

With this picture, we also see that rounded shoulders is part of the problem and therefore need a corrective stretch. <https://www.youtube.com/watch?v=02HdChcpyBs>.

I do the stretch he showed for the first minute but just on the floor with a stick. But you can try this with a towel as well. Its much harder on the floor, as you can't cheat as much. Flex your quads above the ground if you struggle to get the bar over your shoulders.

This is a great and very difficult stretch if you have never done this before and have even slightly rounded shoulders. If I miss just one of these stretching sessions after benching, I dread the next

session because I know how sore and hard it will be to do it at shoulder width grip. Start off wide do 12 reps, rest and do 2 more sets. The goal is for you to eventually be able to take a shoulder width grip and be able to bring the stick/towel up and over your head touching your lower back/glutes. Do this after a bench day and you will see how sore your shoulders/upper chest will be. That's all the tension getting released.

This and the neck stretch will correct your posture letting you stand tall with your chest out naturally without needing to consciously adjust it every few minutes.

How do you prevent rounded shoulders in this first place?

Again, posture. Be conscientious of it when you sit, don't let them hunch over. But also, it's how you train at the gym. You do flat bench, incline bench, decline press, close grip bench for triceps, shoulder press, Arnold press...you know what all those exercises work?

The front delts. The front delts are getting over-developed (any push movement will use the front delts no matter how hard we try to take them out) and leaving the rear delts under-developed. Have you ever seen a bodybuilder with under developed front delts? No, such bodybuilder doesn't exist, but I can find you many with lagging calves, hamstrings or rear delts. Most exercises naturally work the front delt but most exercises do not naturally work the rear delt. So what do?

Implement rear delt specific exercises such as face pulls and rear delt rows. (I prefer face pulls but each to his own). Just a few sets a week alongside those stretches should prevent rounded shoulders.

I don't know any really good rounded upper back stretches, will try to find some and may edit it in later.

Fashion:

Keep to more neutral/dark colours. Black, white, grey. Have the odd colourful item if you want.

But ultimately, your casual wardrobe should consist of white, black grey t shirts. Uniqlo do some good t shirts for fair prices.

Pay attention to the fit, the best fit would be one that fits somewhat close to chest, shoulders accentuating them but looser around stomach. Also, check the sleeve length. You want a slightly shorter sleeve length that way bitches can check out the gun show/at least give off the illusion of one. Ideal length is covering only the top third of the bicep. If you get lucky, some t shirts will have a sleeve length which just cover the the shoulder and barely anything else.

With bottoms, have a few denim jeans. Get dark blue wash, black and lighter blue wash denim jeans. Then you can buy whatever chinos you like or anything else you want to experiment with. Just make sure it's tapered from the knee down, having straight/bootcut jeans don't look good anymore. Fit matters these days. Not saying you should buy skinny jeans either, just get tapered/slim jeans. Hollister/abercrombie and Uniqlo do a range of jean styles and are all fairly stretchy.

Get your t shirt sleeve length and jeans tailored if you can't find the perfect length/fit off the shelf (you probably won't).

Jackets- bomber jackets, pea coats, Canada goose-style jackets (you know... the one with the fur on the hood) shearling jackets (faux shearling jackets aren't bad either) are all in fashion right now.

Again, now's not the time to get all unique and creative. That comes later. Check r male fashion advice for more info.

Accessories:

Now, this won't make or break you but its nice to have one accessory piece or two. Think like a cuban chain, a watch, a ring or a bracelet.

Avoid fashion brand watches eg MVMT, Armani, vincero- ie any watch a fashion youtuber promotes. Those are overhyped and shitty Ali express watches with a high mark up. Their normal fashion advice is fine though.

Go for anything from Casio, Seiko, Citizen, Orient. All of these are good watch brands and have many watches for different budgets. Or just go to amazon and see what you like.

You'd be surprised how many times girls would say "nice watch" or "where did you get that watch" for a simple \$100 watch.

Supplements:

Zinc- Great for testosterone, sperm production and to prevent hair loss. Its quite difficult for most people to get their daily zinc since it is only found plentifully in seafood like oysters which isn't part of most peoples daily diet. Take zinc picolinate, zinc citrate or cheleated zinc (ie zinc bound to an amino acid). Most zinc supplements are shit since they use zinc oxide which isn't bioavailable.

Vitamin D- also required for testosterone production and hair growth. If you are in the West, taking a vitamin D3 supplement should be mandatory regardless of your skin since we get so little light due to the weather for half the year and how we spend most of our lives indoors. If you live near the equator and spend a fair bit of your time outdoors then you can probably skip this .

Magnesium- this also helps testosterone but mainly it's for helping your body use vitamin D. Helps with sleep. It also strengthens bones and prevents osteoporosis, perhaps more so than calcium. Again, avoid magnesium oxide, it's not very bioavailable. Magnesium citrate, or glycinate are your friends.

Whey: Grass fed organic whey isolate. It's the best, and barely more expensive than regular whey isolate.

Extend the red pill beyond women.

119 upvotes | March 2, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Too many of have taken the red pill but only with women and so unironically are like this:

"Yeah, they lied to me about women, my parents, friends, teachers, Hollywood, schools, college, media and the general establishment couldn't teach me a basic skill of how to connect with women. It got so bad I had to consult reddit. Not only did I need to consult reddit, but even then, I found, most of normal reddit advice was wrong. Thus, I had to go a secluded, quarantined sub within reddit and listen to randoms internet assholes on how to meet a basic physiological need (sex). I saw time and time again that the very things I was taught women would sexually respond to were actually wrong, that in fact the exact opposite works. 'Negative/Wrong' action leads to positive results."

So far, this is literally TRP reader's story right?

Ok, so far so good.

"Fuck the establishment for lying to me about women, they were completely wrong and not a single thing they said held true.... but I'm sure they haven't lied to me about anything else."

Huh? Really? You think the establishment that lied to you about women, and lied so greatly, that you were forced to go to this sub and to this day can't find similar info anywhere on the mainstream, aren't lying about anything else?

Remember, this is the very same establishment that sold you blue pill dating advice, "traditional masculinity (marked by dominance, stoicism, competitiveness, dominance and aggression)is, on the whole, harmful" and nutritional advice such as this. 11 servings of carbs would roughly amount to 2000 calories btw. 2000 calories.....from carbs alone. How much does that leave for calories from protein/fat? Not enough.

They waged war against fat creating a boom of fat-free foods when that was the last thing you need. They sold you on trans fat and cooking with all kinds of seed oils (rapeseed oil, soybean oil) and telling you of the "dangers" of healthy fats from meat, avocados, nuts and butter.

Apollo, are you saying to believe in conspiracy theories?

Firstly, don't use establishment made terms to discourage critical thinking/anti establishment thinking. That term was coined by the CIA specifically to discourage critical thinking. Playing within their frame automatically causes you to lose.

Secondly, every single person reading this is already a de facto "conspiracy theorist" harbouring wrong think.

How Apollo? I could never be a naughty conspiracy theorist, the establishment have my best intentions at heart, despite them colossally failing me in the past.

Well, what is a "conspiracy theorist"?

It's simply someone who is skeptical about the current narrative they are being told.

Sound familiar? Everyone here, at one point, was skeptical of mainstream dating advice. At another point, they also became skeptical of mainstream internet advice like r relationship advice or r seduction.

The Red pill is synonymous with being skeptical.

You got here by being skeptical about women.

I'm saying there's more out there to be skeptical of, such as:

- Our food.

- Elite billionaires like our own chief medical expert and software programmer Bill Gates warning of decentralised currencies. I'm sure he really cares about the little guy when he buys bitcoin.

-Our banking system. Money printer go brrr.

-Tradbucks like Jordan petershill.

Just consider, if they can lie to you about women, what else can they lie about?

Be skeptical of everything. Always.

"Are you good enough"

1 upvotes | March 8, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

[removed]

Are you good enough?

20 upvotes | March 9, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Change how you think women see SMV. They don't perceive SMV the same way guys do.

E.g. For a physique, we'd probably rate this:

1/10

3/10

6/10 or [this](#)

8/10 or [this](#)

10/10

Now, don't sperg in the comments by saying x isn't natty or y isn't a 6/10. The pictures matter little but the point is we give guys a linear SMV model for their physique. More muscle= more points. Less muscle=fewer points. Fair and meritocratic right?

But what do girls do?

For them its more binary. *Is he muscly enough or not?*

For her, the 1 and 3/10 are the same. Not enough. And for her, a 6 or a 7 is enough. She doesn't care much about the distinction once you pass her threshold. She doesn't know the difference between a 4 plate squat and a 2 plate squat. She doesn't know about muscle mass and bodyfat and bulking and cutting, she just thinks "hot or not". That 8 and 10 is the same to her even though we are talking about a 30/40 pound difference.

With money, we would probably rate a guy making \$100k, \$1 million, and \$10 million quite differently.

But for her? Not likely, once you pass her threshold ("he's enough"), she cares little about the distinctions among those echelons. You think she's going to leave a guy making \$100k for a guy making \$150k? You think she's going to leave a guy making \$2.5 Million for a guy making \$10 million? Unlikely. They aren't concerned about the literal figure but more so how cool/posh is his general lifestyle. The lifestyle differences between those 2 examples is very little.

Is he rich enough or not?

So am I saying you should just aim for being good enough? Just aim for a 2 plate squat and a \$100k check and relax? Fuck no, 3 plate squat minimum. You should chase for more, strive for more. That's [life](#).

My point is if you already have a 2 plate bench, and aren't getting girls, the limiting factor isn't your bench or your physique. The answer isn't get a 3 plate bench (although you should still strive for it for yourself). Its very likely something else such as you dressing like a homeless guy or you barely escalating with any girls.

If you already are dressing amazing and getting your haircut every 3 weeks, and aren't getting girls, the limiting factor isn't your haircut or fashion. The answer isn't get your haircut every 2 weeks and buy more clothes. Its more likely you have a DYEL physique.

If you already are mass approaching girls, reading TRP and aren't getting girls, the limiting factor isn't you not having enough knowledge. The answer isn't read more. Its more likely you dress like

shit and probably also have a DYEL physique.

So if you ever find yourself struggling with girls, ask yourself, "what right now isn't good enough?" And improve on that first because that will typically be what's holding you back.

Cardio 101

2 upvotes | March 11, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

So you lift weights, bench is going up, getting bigger. Good job dude. You are on your way to realising your true potential in becoming a super sigma red pill 9000 alfalfa. But you find each set winds you out for a while, your next day DOMs isn't fun and sometimes you get the odd comment from a plate wishing you lasted longer or get a slightly disappointed implying "is that it?"

What's the solution to such a conundrum?

Is it steroids? Sarms? A Lazarus pit?

Nah, that's overkill when there's more a natural solution...CARDIO!

So why do cardio?

The most important muscle isn't your delts or chest, but your heart.

Nah fuck you Apollo, bigger biceps is more importanter...here for a good time not a long time right babe?

Well, how did that turn out for Our Aesthetics Godfather Zyzz or our favourite natty vegan cross fitter panini maker Rich Piana? (Whom rest in heaven among other legends such as Gary Webb, Malcolm X and Mr Potato head for not being gender inclusive enough).

But this is a sexual strategy sub, so let's relate it to that: how does cardio help you get laid?

- It helps burn calories thus helps you get down to a lower body fat percentage. *The best tool for LMR is a six pack- Ancient Chinese Proverb.*

- It boosts your SMV. What's the better version of you...you at 23% body fat or you at 16% body fat?

- Helps you last longer in bed. Need I say more?

- Improves recovery between sets and from day to day. You will no longer feel as winded after every heavy set of squats/bench needing 5 minutes to recover and your DOMs won't be as bad the next day.

Thus cardio= more gains.

Okay, so we established why do cardio...now to answer the how.

Body:

Let's first answer what NOT to do: High Intensity Plyometric shit. Basically a circuit of burpees, mountain climbers, pushups stuff like that. Why?

Because burpees is the number one way to hate doing cardio/exercise in general. If you don't enjoy and really dread doing cardio, how long are you going to stick to it? *On the flip side, this could be used as mental fortitude test for recruits...someone should write that down.*

Not only is this type of cardio not enjoyable but it taxes your body as well, it impacts your gains due to the interference effect of cardio. Your recovery needed for lifting is going to increase if you do this type of cardio which means less time/resources for lifting.

So what's the alternatives?

Elliptical, biking in real life, swimming, treadmill or anything else that isn't too intense like hiking, or recreational sports. One thing you will notice with most of these activities aren't too intense on the muscles nor the joints.

I prefer to do moderate steady state cardio (on the treadmill since that's my preference). I crank up the incline and walk (mimic a hill) for 30 mins/3-4 days a week. I used to do intervals where I would increase the speed to 12, sprint for 30 seconds, walk at speed 6 for another 30 and repeat for about 10-15 mins. Try both methods and see what you like either on the treadmill, elliptical, bike, in the pool etc. I found sprinting was impeding my recovery a bit and maybe wasn't doing my joints many favours YMMV. That's why people use running shoes for intense treadmill sprints, the soft heels on these shoes give way/are flexible so there's less impact on the knees/joints. Or just run on sand, grass, ie softer ground.

But do not wear these when you squat/deadlift. This will impede the transfer of power and mess up your form, your knees may cave in a bit as you are pressing from an unstable surface. That's why it's better to jump from solid concrete than sand if you want to jump as high as possible. Now you could just buy squatting shoes for this where the heel is heavy and solid (the total opposite from running shoes) or if you are really smart, just take off your running shoes and squat/deadlift barefoot. Don't be that dude who brings like 10 items in his bag just for lifting.

Now if you already got knee problems and/or taking steroids like win, the elliptical, swimming, biking in real life and hiking are much joint friendlier than the treadmill so do that instead. Your knees will thank you later.

When to do cardio

I prefer doing cardio on rest days, days when I'm not lifting. But if you can't, then do it AFTER LIFTING. Never before. Save your energy/glycogen for lifting weights, don't waste it on cardio.

Conclusion

Cardio is another tool in the box for bolstering SMV for short and long term gains. You don't need to do 1 hour a day everyday but totally neglecting it isn't smart either. As long you do it either artificially by using a treadmill, elliptical, a pool or by naturally living a very active lifestyle such as walking 20 mins everyday to and from work, walking your dog, going on regular hikes etc, it doesn't matter too much which form you do, just so long that you do it.

Cardio 101

254 upvotes | March 11, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Now you could just buy squatting shoes for this where the heel is heavy and solid (the total opposite

from running shoes) or if you are really smart, just take off your running shoes and squat/deadlift barefoot. Don't be that dude who brings like 10 items in his bag just for lifting.

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Remember The First Rule of Fight Club

278 upvotes | March 12, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

So you found The Red Pill, read the sidebar and some posts by your favourite uncle or vanguard. You are now lifting and even implementing cardio like I said. Nice. You had a few ONS and even got a plate or two now, shit, liberating isn't it? You can see through the lies. The veil is finally lifted. You are a free man, Neo. Congratulations are in order.

But you see your friend over there. He's still unchanged. Still blind. Still believes that women are queens, they are angels, and they aren't into being dominated in the bedroom, those types of girls must be defective. He lucks out here and there, but he isn't consistent. He's missing something.

So, as a good friend, you think about telling him about your new enlightenment, your new vision, your new power. It will be the edge he needs. I mean who wouldn't want to be red pillled? Surely every man needs to be red pillled? For their own good right? (*Thinking exercise - but does every man deserve to be red pillled? Is every man willing to do what you did?*) And it backfires. Maybe by a lot, maybe by a little. But it does.

What happened Apollo? Why the fuck isn't my friend getting it? He's my friend, he needs to see that his world view and vision is wrong. We went to the same school together, we play together, we laugh together, we even share the same music taste..how can he be so different to me?

Back to the drawing board, Neo.

TRP isn't a crusade, its not your religion to go round knocking on other people's doors asking to convert to. Its just some bullshit you read on the internet made for and by random internet strangers. Its your journey, your worldview and yours alone. You aren't some superhero who's been elected to save the world unplugging each beta one by one. Nobody elected you to save anyone or the world.

How would you like it if I just came to you and starting talking about how *islam/mormonism/feminism/insert any world view* can save you, what you currently knew was all wrong and you just need to accept this new world view out of nowhere?

When you engage in converting people to TRP (your new world view), this is a form of validation seeking. You want to feel validated for knowing what you now know and what better way to convince an outsider who at best, is probably neutral, and at worst, believes almost the total opposite to you. (Remember what you thought before you came here and how much you changed?) It doesn't matter where you are coming from, as a friend, mentor, brother, teacher, drill sergeant or uncle, trying to convince someone else of your world view, without being asked, is still a form of validation seeking. You learnt not to seek validation from girls but you forgot about not seeking validation from

your male peers.

But let's say you disagree. You don't think its validation seeking to quasi-impose your new internet thing on a stranger (I mean, you won't take "No you are wrong" as an answer will you? You will try to dig and dig until he finally cedes and sees the light right?). So you do just that. You commit to red pilling him.

But what exactly have you just committed to? You just committed to breaking down his world view and replacing it with yours. Everyday, your friend interacts with this world view (the blue pill), he sees everything through this lense. He brings this lense everywhere: to the club, to the coffee shop, on the train, to his social circle, etc. Its how he interacts with the world and how the world interacts with him. You have now committed yourself to saving him...from himself. How are you going to accomplish that? How are you going to save him from himself without him even realising he needs saving in the first place?

You can't.

This is not me just theorising. Like most of you, I once ignored this advice and thought surely my friends would be different. (*Remember, TRP isn't meant to be taken as gospel, you are meant to go out and test what TRP tells you to do and sometimes things you aren't meant to do*).

I have tried red pilling my friends. 3 in fact. All to varying degrees, one of them I linked the sidebar to and later on some of TRP's best posts, another one I linked him just the handbook to and another one, after I got some common sense, just tested the waters with. No linking to any resources, just some vague chit chat, no trp terms, and saw how he reacted. And not one bit the line. Some of you have even worse stories where your blue pillled friends not only couldn't take your advice but decided to snitch on you to your social circle/plates. That's what no pussy can do to a guy. That is the power of blue pill conditioning, where your own "friend" can betray to you. That's what you are up against. Luckily, I wasn't as unfortunate as that. Well not yet, anyway.

You can't teach those who are not wiling to be taught. Pareto shows 80% of the guys out there are like this. They decided to be lowest common denominators, to sheeple their way through life, adopting a value system that is not theirs, morals they don't have to think about or challenge, mindsets and thought patterns fed to them, just floating through life listening to inane tv romcoms with laugh tracks (think about how fucked up the world is where we need the shows we watch to tell us when they're being funny). They need to be like this. The system needs people like this. It runs on people like this.

Now is this post written entirely as a black pill? Eh, not necessarily. There is a way to red pill your friends, its not very efficient but it is a way nonetheless. How you ask?

The teacher only appears after the student is ready.

You let your actions do the talking, eventually one or two of your friends may get curious, and ask for your advice. Only then you can divulge your perspective. However, do not be surprised that despite genuinely wanting advice, TRP may not be the solution they seek. They may want something that still adheres to "girls are made of sugar and spice and everything nice". They can't handle what you know. When they ask for advice, you are going to have to calibrate. Don't assume this means you can red pill them, don't go full Rambo despite them seeming wanting to change. Ask me how I know.

Conclusion

“The Matrix is a system, Neo. That system is our enemy. But when you're inside, you look around, what do you see? Businessmen, teachers, lawyers, carpenters. The very minds of the people we are trying to save. But until we do, these people are still a part of that system and that makes them our enemy. You have to understand, most of these people are not ready to be unplugged. And many of them are so inured, so hopelessly dependent on the system, that they will fight to protect it.”

You Aren't Ready For A LTR...yet.

127 upvotes | April 6, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

A lot of you simply aren't ready for a LTR...yet. This post is to show you why and when you'll know you will be.

Let's look at why we use this common phrase:

"LTRs are Red Pill on hard mode." (And so by inference Marriage must be Red Pill on 1 shot God Mode).

LTRs are harder than plates/fwb because of 2 reasons:

Investment and time/exposure. With plates and FWBs, there's minimal investment. All you need is indifference.

She's acting bitchy? She's being annoying? She's tired and doesn't want to come over?

Treat with indifference.

So with our examples, if she's acting bitchy, treat with indifference and soft next or if it's really bad, permanently demote and just move onto the next bitch. It's cool....no harm done.

Tired and doesn't want to come over? If she does it once, treat with indifference and go hit up another plate whose down. If she does it regularly, hard next. This plate is broken, whatever...it was just your turn anyway. No biggie.

You dont bother with making minor adjustments like trying to correct her or guide her. Your only option is "take whatever you get" or "start from scratch". And since you aren't that invested in her, this not only works, but it is mandated...for plates/fwbs.

But with LTRs, things change. You must always have your indifference game (your plate game) but now you since are emotionally invested, her problems become your problem. This wasn't the case for plates/fwbs. You can't treat your LTR like a plate. (That's why you need control game on top of your indifference game for LTRs). You no longer get to say *"she's not mine, it's just my turn"*. This is indifference. If you are invested, you are can no longer be that indifferent as investment and indifference are almost the opposite of each other. She is yours and now you have to make it so.

Then we get the exposure element. With plates/fwbs, you spend some sexual time with them and very little non sexual time with them. Maybe you see them once or twice or even, rarely, three times a week. But with LTRs it's different, you spend sexual time and non sexual time with her. This means she gets to see a lot more of you. It's different from plate/fwb where you mainly see each other in a sexual context for a few hours a week at most.

This is why PUA/new TRPers who use this knowledge to jump straight into a LTR have already failed. Not only do you have to master another type of game (control), not only are you emotionally invested in that girl but you also have to spend a lot more sexual and non sexual time with her. This creates a bigger window to fuck up in.

So what do I propose before you think about LTRs?

The 25,25,25 rule.

25 N count

You need some notches on the belt before thinking about a LTR. Several reasons: get the experience of different kinds of women under your belt and to try many flavours before knowing what type of girl you would LTR. How do you know you prefer chocolate ice cream? Have you ever tried vanilla, strawberry, mint, coffee? Exactly.

But more importantly, getting your feet wet in casual sex (well in this case your dick) creates abundance and gives you the DGAF mentality you need to sustain a LTR. "The one who is least invested in the relationship has the most power". This is what enforces the prize mentality and proves to you, you don't need women, but instead, you want them.

Nothing can replace this. No matter what you read, how much you read, you will never truly internalise an abundance mindset/prize mentality in a LTR. True abundance mentality doesn't come from reading the best posts from the best writers but from actually having had it. Once you have a good N count, only then you will internalise that women aren't that special and the LTR is genuinely a special gift you are giving to a girl.

When you don't do this, and LTR the first or second girl you find, things may be fine for a while. But eventually, there will be tells of scarcity because deep down you know the only way you will be able to have sex is through a LTR. This will make you will overthink your text responses...maybe not by a lot...but by just enough. Other small tells and subconscious scarcity mentality is what will eventually ruin your LTR.

By subconsciously feeling you can't risk ruining the LTR, you will eventually ruin the LTR.

But if you go into an LTR with some experience under your belt, you know you have options and know you can find other women if things go south since you have done it before. And this is, ironically, what keeps your LTR smooth.

25 months of red pill

You've been brainwashed for a long time, almost a lifetime. Expecting to go from blue pill to 100% red pill in 1 week or 1 month or even 1 year isn't feasible. Think how much brainwashing you have to undo. You have lived 15-20 years, if not more, under the lies of Hollywood, your parents, your teachers, your friends, social media and other mainstream establishments. There's no one thing I, or anyone else, can say to make any new reader go from blue to hard red. It's a culmination of things. At the start, you won't understand TRP fully. I didn't...nobody did. Contrary to the British cigarettes from Purple Pill debate, there's a lot of nuance to the red pill especially within the best posts and best posters. You will miss the nuance of some of these posts until you come back much later to re read them. When you return, you may find other meanings or interpretations conveyed. You may even find something completely new in a previously read post or be able to make new conceptual links from it. This is often the case with the best posts. There are lots of different ideas and concepts on this sub so you are gonna have to wrestle with all these different ideas and concepts to make them all fit into one coherent picture.

Month 1 of red pill is not the same as month 6 which is not the same as month 13.

25 years of age

This is probably the least important one out of the 3 but still important. This is mainly to let you get a 25 N count before you consider a LTR. How are you going to get a 25 N count if from the age of 18, all you do is LTRs? But another issue is that most LTRs when you are young don't last long anyway. That's just the nature of the beast. Neither party really knows what they really want or need in a LTR at that point.

Now, I am not saying that you should start making Excel spreadsheets of your conquests, or mark the date of your 25th Birthday and start counting down to when you can finally have a LTR. Don't be a sperg. Take this post seriously but not literally. (Tbf this goes for almost every post here).

The point isn't to give you a hard checklist of when you can finally have a LTR. This isn't about when

I will give you my permission to have a LTR. You don't need it. This is just something to put things in context for you before you enter a LTR.

If you are 23, have a n count of 17 and been here for 3 years, then you might be ready for a LTR.

If you are 28, have a n count of 40 and been here for 1 year, then you might be ready for a LTR.

If you are 20, have a n count under 10 and been here for only a few months, then you probably aren't ready for a LTR.

Conclusion

LTRs are trickier than plates/fwbs. It is ill advised to hop into straight into a LTR after discovering red pill. Play the field first, your future LTRs will thank you later.

Common Sense Lifting Tips

187 upvotes | April 15, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro:

Lifting is an important aspect of the red pill, maximising your SMV and realising your masculinity. You can't be an alpha, or a masculine dude without having the physique of one.

No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength for which his body is capable. - Socrates.

Body:

Here are a couple of lifting tips, which should be common sense, but since common sense isn't very common these days, I'll go over them.

Get on a programme

This should be the most common sense thing of this post.

If you aren't on a structured programme, you are just fucking around in the gym. You are no different than the 12 year old whose hopping on different machines on his first day there.

Don't be that guy. Don't be the guy you see hopping from the leg press to the preacher curl to the seated row and calls it a day or the guy who just does whatever he feels like.

You need a structured programme. I don't care which one, fierce 5 , alpha destinys programme, nSuns, starting strength, 5/3/1, PPL etc.

If you can't tell me what exercises, sets, reps you are doing before you even walk in the gym, then you are just fucking around in the gym.

So when someone asks you on asktrp, do you lift...they aren't asking do you go to the gym....they are asking are you on a structured programme? Are you going to the gym in a serious manner?

When I go to the gym, before I even enter it, I can tell you every exercise I'll be doing, in order, their respective sets and reps and most of the time the exact weight plus or minus a few pounds sometimes.

Which brings me on the next bit:

Log your workouts.

What do I mean?

The best bodybuilders I see at my gym literally bring a A5 pad and a shitty biro to log their training. Maybe there's a lesson in there, I don't know.

Now, I'm not saying you need to be such a luddite. Just use your notes app on your phone. It's quicker and you won't run out of anything.

Write down your sets reps and weight of every exercise.

So on international chest day (aka Monday), let's say you benched 225lbs or 100kg for 5 reps and 3 sets. You would write 225lbsx5x3 or 100kgx5x3.

Now here's how we separate the wheat from the chaff.

How were you on the last few reps on the 3rd set? Were you struggling with the weight?

Compromised form? Took a mini break in between to reset? Needed some sort of spot for the last two reps? Or were these clean reps/clean as they could be?

Write this bit down too.

What's the importance of logging your workout you may ask.

Progressive overload.

You don't build muscle just by lifting. You build it by lifting more than last time. This is mainly done by increasing reps, sets, or weight. Most beginner to intermediate programmes will use one or more these variables to create overload.

(There are other minor ways like decreasing rest time, pausing at the bottom of a squat or bench but we won't get into that).

We log so we know how to overload for the next workout.

When you log your weights, reps and sets, you'll know when you are progressively overloading and by how much.

So, in our example, with a 225 bench 5x3. If you wrote down the last few reps you were really struggling/needed a spot, next workout you should try 225 5x3 again but this time without a spot and you'll get those reps clean.

But let's say your reps were clean, what would you do then?

Add 2.5lb plate on each side (or 1.25kg plates on each side) and do 230lb 5x3 or 102.5kg 5 reps, 3 sets. If this is very hard, that's fine. Just aim for 5 reps, 4 reps, 4 reps. Or 4 reps 3 sets. Because when you write this down, you'll know next time you train chest, you need to get 5 reps, 5 reps, 5 reps.

Another way to overload would be to increase the reps. So when you did 225 (100kg) 5x3, next time try 225 6x3 (6 reps 3 sets). Then after that go to 230 (102.5kg) 5x3.

Every exercise in your programme should be increasing by weight, reps or set every workout or every other workout at the worst.

No workout should ever be exactly the same as the other one in terms of reps, sets and weight. That's a wasted workout.

It's fine if your bench went up by a bit but your row didn't and vice versa. It means you made some progress and that this workout was harder and not the same as the last. Last time you benched 225 5 x3 and rowed 235 5x3, this time you benched 230 4 x3 and rowed 235 5x3.

For the main lifts: bench, squat, deadlift. You can increase by 2.5lb/1.25kg plates on each side every or every other workout. For some, the deadlift could be 5lb/2.5kg plates on each side.

Shoulder barbell press keep it at 2.5lb/1.25kg plates. This is one of the tougher ones to build strength. I've seen some guys be able to put 5-10kg on their bench/squat every time they train, but I haven't seen anything like this with the shoulder press.

This rule breaks down for accessory movements. You can't increase your bicep curl by 5lbs/2.5kg every time you train biceps.

Here's what I do. Play within the 8-12 rep ranges.

So, let's say you can curl 30lb (14kg) dumbbells for 10 reps. Work up until you can do 12 reps 3 sets then increase the weight to 35lbs (16kg).

Now go for 8 reps with this new weight, this is a big increase for the biceps, so don't be surprised if you don't get 8 reps with every set. It's fine. Next time you will get 8 reps for every set or maybe more. Then, work your way to 12 reps with this weight before increasing.

This is what I recommend for bicep, tricep push down (close grip bench, treat like normal bench), facepulls, lateral raises etc.

Conclusion

Don't train like a moron at the gym. Train in a structured manner constantly monitoring your progress. Your muscles only grow if you give them a new unseen stress.

Don't Pre-Reject Yourself. Instead, Flip the Script.

228 upvotes | April 25, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

"Every battle is won before it is fought." - Ancient Saying from Wuhan.

Intro:

Don't go into an interaction with a girl thinking any of the following things:

- Am I good enough?
- She's out of my league/will she like me?
- I don't have a chance with her.
- I hope she likes me.

By second guessing/doubting yourself, you have already lost the battle of this interaction before it has even begun.

Don't enter an interaction having pre-rejected yourself.

So what do?

Body:

Since this is TRP, we must totally subvert and flip this dynamic entirely.

From the approach and beyond, think sexual imagery of her. Any of these/a combination of these will do:

- Think about you fucking her taking each of your deep thrusts.
- Think about spanking her soft supple ass.
- Think about her being on her knees begging for your cock.
- Think about telling her "can't wait to fuck you later or have you over my knee or x sexual activity".

You see the difference? Before you went from being unsure whether you will be able to succeed to assuming you will and then some.

I know what some of you are thinking : "Wtf Apollo, this is some misogynist shit. This just sounds like some weird sexist black magic voodoo shit, how will this mental trick change any of my interactions?"

Well, firstly, thank you. That's kinda my thing. And secondly I believe the mind creates and projects its own reality. Thinking of such imagery gets subtly communicated through your body language. It subconsciously makes you talk deeper, slower, whilst putting you at ease. Often times, it leaves you sporting a subversive James Bond like grin throughout the whole interaction like so like you know something that she doesn't. Or at least, it will feel like you are holding back such a grin.

Sounds much easier than always consciously trying to keep your body language, your tonality, vocal speed all in check right?

When you do this, you will exude a sexual vibe /man to woman vibe and this is what she will subconsciously, or consciously, pick up on. She will instinctively know this isn't a friend to friend conversation. Girls want your sexual intent conveyed covertly rather than overtly. Think sexual vibe rather than sexual words. Letting her feel your sexual intent like this is better than telling her your sexual intent.

“But Apollo! It’s offensive and unhealthy to think this about women. It’s not the picturing them like this that’s working for you, it’s the confidence, and you could have gotten that confidence in a lot of other ways besides thinking of something so crude and vulgar!”

Don’t care. It works for me.

“But Apollo! What you’re doing demeans women and is hateful. Why don’t you just speak the way you used to speak? Eventually, if you keep at it for a long time and put up with a long string of failure and rejection, you’ll find a girl who likes you being awkward and insecure of himself.”

Nah, I don't think so. I'd rather be sexually successful now. Thanks.

You aren't an incel, you are just a stereotype

347 upvotes | May 15, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Since the banning of several incel subreddits, like braincels and incels without hate (ironically banned for being a hate sub), I've noticed an uptick of incels washing up on our shores and trying to brainwash our naive readers about the blackpill, how looks is all that matter, fucking prostitutes is better than fucking women, real alphas don't focus on women and all other weird things.

Well, that's not fair. Brainwashing young naive readers on asktrp and trp is meant to be my job.

Incels love to play the MUH race card. That if you are a minority, you can't get laid, but also if you are white, you also can't get laid because....reasons?

Let's look at these incels and see why they really are what they are. Breaking this down by demographic (please don't try this at home with FBI crime statistics!), we have the following:

Indians/Oriental asians . Let's see what the average male (and average incel) from this demographic is. Skinny fat or skinny. Grandma glasses. 5'8. Has no solid sense of fashion/grooming/hair style. Oh and definitely works in tech. Will probably always lose to a an equivalent white male, because the white male is 5'11 170 skinny fat while he is 5'8 150 skinny fat. If you are under this demographic, all you have to do is not be this stereotype. Build some muscle, change your wardrobe, wear contacts/wear fashionable glasses, grow some sort of stubble beard, and get a fade. Maybe wear a chain. None of these is difficult. If you've been on trp for a while, most of these things you'd already be doing. A 180lbs well groomed buff asian dude stands out more than a 180lbs well groomed white dude. Why? Because who the fuck is expecting a well groomed, fashionable 15% bodyfat 180lb asian/indian dude?

If you are a black incel/find yourself stuck fucking hood bitches and struggling with other girls, look if you are portraying a black stereotype. Drop the pidgin english, we iz gangsta and shiet, and the yeezies. Dress up a bit sometimes and speak well. Save the hood talk for your friends. Swap yeezies for Chelsea boots, hoodie for pea coat/leather jacket , "ayo" for "hey". A well spoken, maybe slightly overdressed black guy stands out more than his white or asian counterpart, for nobody is expecting a black guy to be that.

Now, let's go to white guys. In the west, there aren't too many very harmful white guy stereotypes. But there are a couple. White guys can't dance and can't cook. At least the black dudes know how to dance to hip hop and the Indians know how to cook tandoori chicken and the Chinese know to cook chicken chow mein or bats. So, let's change that. A white guy who knows how to dance/cook stands out more than his black counterpart. Who's expecting a white guy who can dance and cook well?

Putting it altogether:

Use stereotypes to your advantage, you are asian? Be a little more white/black, don't be such an asian stereotype. You are black? Be a little more asian/white. Don't be such a black stereotype. You are white? Be a little more asian/black. Don't be such a white stereotype. When you do this, you'll stand out more compared to your counterparts.

Everyone expects a dorky skinny fat asian dude or a ghetto acting black guy or a bland rhythmless white guy, so give them a surprise.

Why so Scared?

293 upvotes | May 28, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Recently, I got a question from user detailing how he was scared of getting cheated on. "How you could do everything right and still get played" was the question.

On the surface, seems like a fair feeling to have right? Well I perhaps thought so too but a part of me also thought "Nah, this is wrong. All wrong. upside-down, inside-out wrong".

Let's posit that there are two types of guys who get cheated on:

1. The guy who doesn't know if he's getting cheated on.

He doesn't understand that there is no guarantee a girl will stay loyal; nor even knows the signs of cheating and doesn't know he should always trust but verify with LTRs. By the time his ltr has already cheated and banged two new guys, he's starting to think she may be cheating. Now, most readers probably aren't under this category..they know the signs. And if you don't...well you got some reading to do.

But I think there's another type of guy who gets cheated on:

1. The one who is excessively paranoid about it.

This guy believes every girl will cheat. Unlike the other guy, he doesn't understand there is no guarantee a girl will cheat. He will mate guard, he will do things in the ltr merely to prevent getting cheated on, he will be overly protective and will find ways to check every little potential avenue for cheating. And unknowingly, because he is obsessed with his girl cheating...it becomes a self fulfilling prophecy.

Which brings me to this question you probably have:

"How do I prevent getting cheated on?"

You don't.

There is no magical thing I can give or tell you that will 100% prevent you getting cheated on.

"I see I cannot prevent getting cheated on, so how do I minimise the risk of cheating?"

Now that's a question I can help to answer.

There are 2 main avenues to this answer, the first is before the LTR even exists. To win the battle before it even starts. Before you even get into a LTR, you have to vet your LTR. Spend months vetting your her, not just a few weeks. Don't consider unLTR-worthy prospects. The sidebar contains info on how long to vet and how to. Can't spoon-feed you everything you know? ;) Consult the 25,25,25 rule. Don't hop into a LTR when you clearly aren't ready for one.

The second avenue is once you are in a LTR, what do you do.

For a LTR, I recommend having this paradigm:

"Be sexual and then some. Be an experimenter. An unpredictable experimenter. Your girl is nothing but your little plaything begging to be toyed with."

Trust me, your girl is gonna like it.

What do I mean by this? You got to be her darkest sexual chapter (read that post by uncle vas), the boyfriend who she did all kinds of things for, the guy who pushed her limits and then some, the guy who she says "I've never done this before".

How you may ask?

Simple really. Write a list of fantasies/shit you want to do. And just try it. Boredom is the death of your relationship. If you are really struggling, just remember some shit from porn and act it out. I don't care if they are dumb or impractical or they end up flopping. Just being willing to try them out can often provide some excitement. (But please stop masturbating porn...its terrible...give me one good reason to use porn. I'll wait.)

You want her plugged in public? You want to dress her up in a skimpy French maid/school girl/cheerleader outfit? Tell her. Try it. Be a sexual experimenter and then some. Test her limits.

Be unpredictable. Rip her panties off during sex. Take her for a drive, go down a quiet trail road, park somewhere and fuck her over the bonnet. Go hiking and do the same thing. Go the gym at a late hour with no staff, workout a bit, and then take her to the changing rooms and fuck. It doesn't matter if that was the plan along, but don't tell her. Make it seem spontaneous to her. When in public, shove her into a corner/wall make out. Or when you both get out the car, push her against the car and make out. But then go back to normal as if nothing happened. Being unpredictable gives her the emotional rollercoaster she craves for deep inside.

Experiment. Always be trying stuff with her. Embrace it. Be the guy who your girl can say "I actually just use him for sex hehehehe". If your girl is asked what's the best part of the LTR and new sexual experiences isn't the first or second thing she says, then you may want to change that. Don't underestimate the power of her being very sexually invested in you.

“And frankly, you should always turn up the kink meter until you reach the level where your girl makes you stop. Then turn it down so it's back to where she was comfortable and use that as the base level of your relationship. If you don't do that then guess what - you're boring. She's going to get bored with you.

Another way to say that is: if your girl hasn't told you "no" then you haven't gone far enough.

Women *prefer* a man that they have to reign in a bit. They *want* a man whose passion for them seems barely restrained. And it's makes them comfortable when they see that you respected their "no".

-u/nicethingyoucanthave

Now, let me be clear. You ARE NOT doing this to prevent cheating. I don't want you to think “oh fuck yesterday I did x crazy shit, now I have to keep doing it /up the ante otherwise she'll cheat”.

No. That's just being the aforementioned type 2 guy.

You are doing this for yourself. The side effect is decreased likelihood of cheating. You are doing this because you are an adventurous guy who likes doing fun stuff. Because you want to do this. Because you can. Because you want to build some crazy stories to share when you get old. Her loyalty is just a side effect, not the purpose.

But what if she cheats?

Well, I did say I couldn't guarantee she would never cheat. Just minimise.

So what do you do? Simple. Enjoy the ride, fuck her and throw the fish back to sea. The ride is over..

don't worry though, next one is right coming up.

What you have to understand is that girls are FAR MORE replaceable than guys who get it. How many good looking women have you encountered in your life? 100? 250? 500? 5000? Now, how many guys have you met who really get this shit? 1? 2? 5? 10? 20?

How many good looking 18/21 year olds are there? Answer

Every day and every year, a fresh new batch of young, good looking girls enter the market in the thousands. Can you say the same for guys who've internalised red pill?

The truth is , femininity is typically preserved, masculinity is built. This is what makes hot women far more replaceable than top tier men.

Don't fear getting cheated on. An obsessive fear of this only promotes the actualisation of such. And if you do get cheated on, relax..its not the end of the world. Its just some bitch who was far more replaceable than you are. All LTRs have an expiration date...maybe it's one month, one year, 3 years, 10 years or a life time, but they expire nonetheless. Your ride will eventually end (if you've been paying attention, its way more her ride will eventually end). If she cheats, whose loss is it really?

On Madonna-Whore Complexes

169 upvotes | June 28, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

We are all aware of the AFBB dichotomy. Alpha fucks, beta bucks....jerk and nice guy....lover and provider and so on. It manifests socially when that girl you met in college reaches her late 20s/30 and says "she's not like that anymore". It manifests biologically when women are the only mammals with no visible signs of ovulation and permanently enlarged breasts hiding their fertility window allowing them to use a dualistic mating strategy. Maybe this strategy came first and evolution came to optimise it or maybe this strategy came as a result from evolution. Chicken, egg. Matters little...all that is important is that it exists.

Ok, so nothing new here.

Body

But there's a male dichotomy too. Males have a dualistic strategy that often doesn't get talked about enough. On one hand, men want to spread their seed as much as possible (men produce about 1,500 sperm a second) wanting to fuck almost any fertile girl. However, on the other hand, they know women, who are already quite incapacitated relative to him, will become even more incapacitated for 9 months when she gets pregnant, making it his interest to stay and protect the woman and child. There's little point in impregnating thousands of women if none of the offspring survive. Men need to spread the seed but also choose one woman to commit to...for her sake and the offspring. And so this creates a Madonna-Whore dichotomy. Just like how women want the alpha seed and beta bucks, men want to fuck whores and but commit to a Madonna. (A madonna being a chaste, loyal, "virgin type" girl. A "good girl" if you will).

Though societies have changed much, this programming remains with us. Men will want whores to fuck and madonnas to commit to. And though modern society helps to encourage and optimise the female dualistic strategy by promoting casual sex, hookup apps, and birth control (alpha fucks) and lop sided divorce courts (giving them beta provider's resources), the same can not be said for the male dualistic strategy. Society does not by any means try to encourage nor optimise the male strategy. In fact, it actively tries to disincentivize it. Men who try to learn game to become players, are actively told not to learn game as its sexist, manipulative, mean or whatever new shaming tactic they conjure up with. Established players are shamed and deemed as immature who needs to commit to a real, experienced woman ,manipulative if they date younger girls, or fuck boy etc. Women get given a clearer separation between alpha fucks and beta bucks whereas men get a blurrier line between whores and madonnas. There's even talks about a bachelor's tax...which, again, would be another attempt to disincentivise half of the male strategy. As we can see, men aren't getting lined up with whores and chaste madonnas to choose from. However, this doesn't stop men from pining for madonnas/the good girl/the nAWALT- the woman who is NOT like that.

This, unfortunately, leads to a lot of men projecting their girl to be madonnas/the good girl more often than the actual supply of such.

Chasing/projecting for madonnas is inherently part of the beta bucks strategy. It's a tactic of the providers. Think about it. Once you start pining for a "good girl", it signals a few things to the girl:

1. It encourages her to be sexually uptight and to withhold sex from you. Because that's what she needs for your approval. Your approval of her comes from receiving a "good girl" persona from her, so guess what she will give you.
2. That you are more a beta/provider. The alpha/lover doesn't pine for madonnas or good girls, he does the opposite. He not only wants and likes whores, but he openly encourages them to slut it up as that plays straight into his strategy of being able to spread his seed as far as possible. He gives women approval by being sluts allowing him to maximise his strategy. The madonna part of the male dichotomy is inherently the beta/provider of the female dichotomy. Thus, seeking madonnas/good girls/the nAWALT is inherently a beta behaviour.

Think about the chads you look up to in real life. Maybe it's someone from high school, college, or maybe it's some famous rapper or athlete. Regardless, one thing you will notice is how you rarely hear of him slut shaming, or pondering about a girl's n count. With all the girl he has ever banged, did he ever care about their n count? Did he wonder if this girl was a virgin or how many guys she'd already been with? Nope. He just did his thing and that was it. He literally couldn't care less.

Even with LTRs, Chad doesn't care too much about this. He hops in LTRs with a cool girl he gets along with. Sometimes it's some accountant from Deloitte. Other times it's some ex-sorority girl from tinder. Same thing with all these celebrities. Did they go out to some remote village to specifically find some 17-year old virgin? Or did they LTR semi-famous women who already were mingling in their and similar elite social circles?

The point is girls have sex. It's there for the taking. Chasing a maddona/nAWALT or taking a puritan stance doesn't really help you. When you slut shame, you don't stop women from being slutty, you just stop women from being slutty...WITH YOU. Alphas do the complete opposite. They not only want and like sluts, they promote and encourage it as that's exactly what plays into their hand.

Every woman has the potential to be a whore...even your mother. Don't believe me? Ask your dad. Or did you think you just popped into this world through magic?

Conclusion

Now, I know what some of you are thinking. "Does this mean I have to commit to a whore?" No. As a man, your best cards are your time, commitment and resources. You don't give them away freely.

The point is you need to get over this madonna-whore dichotomy. There are far fewer madonnas than you think there are. As soon as you start thinking anything along the lines of: "she might be a good girl/Madonna" or "she's not like other girls, she's different".

Stop.

Recognise this for the innate caveman programming it is and ignore it. There are fewer madonnas than you think. You lose playing with this question as this is part of the beta provider strategy.

This means, to maximise the alpha strategy, you must be slut positive. You must be sex positive. Because that plays into the alpha strategy. Feign it if you must. To gain your approval, girls must embrace and show off how they slutty they are/can be.

Remember: It's 100 times better when a girl tries to exaggerate her experience and finding out later she lied than her reducing her experience and finding out later she lied.

The question shouldn't be is she a Madonna, but instead how much of a whore is she and will she be one for you?

Here's a good quote by Archwinger (if there is one thing you get from this post, it should be to read his stuff) to remember when you catch yourself thinking, "is she a good girl? Is she my madonna?"

"So for every woman you meet, you need to do two things. First, assume she's a slut. Anything she says or does that seems non-slutty is probably an act, because women hide their slut-pasts. If she's actually a non-slut, great, but the burden is on her to prove she's an exceptional woman, not on you to assume she's great until she slips up and gets caught in a lie. Second, pretend to be sex-positive. Act like you think sluts are cool and fun and funny and smart and that their stories, especially the sexual ones, are oh so interesting. Be open and non-judgmental on the outside, while secretly laughing at them on the inside. Make them feel comfortable as they fuck you while you seemingly don't judge them for their past and silently place them in the fuck-only box."

"The burden is on a woman to prove to you she's more than just a fuck object. Not on you to seek out her favorable traits or to assume she's awesome until she gets caught". - [u/Archwinger](#)

The Stay Tiger Analogy- FereallyRed Repost

2 upvotes | July 12, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

One of the best things, Endorsed Contributor, u/fereallyred said was his tiger analogy. Guys always found it insightful whenever it got mentioned in a comment, so I am re-posting on here. Enjoy.

Women are really interested in tigers. They're strong, pretty, nice to pet, protectors, have an "I'm the king of all I see" vibe, dangerous, and great status symbols.

To keep a tiger, though, it's convenient to train them to walk on a leash, not eat the occasional lamb, piss in the designated area, sleep in a cage, etc.

Problem is, tigers don't like being caged or on a leash. This is against their nature. Some do get domesticated, though, even learn tricks. It's helpful to chop off their balls to accomplish this domestication.

Problem is doing this makes them lose the edge that made them attractive in the first place.

They become compliant little kitties.

Women then realize all the excitement around owning a tiger has evaporated, because now they're walking down the street with wrinkled tiger balls in their purse, holding the leash of an overgrown neutered housecat.

Guess what? They begin the search for another tiger. Don't be a pussy. Stay tiger.

Great poster. Really knew his shit and was upfront as fuck with everyone. Called a spade a spade.

I personally learnt a good bit from him.

Check out his profile for more comments. Can sort by top voted.

Stay Tiger Analogy-Fereally Red

241 upvotes | July 12, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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“You can’t be sexist/misogynist and still love women!”

142 upvotes | July 13, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

A silly feminist asks me “how can you be so sexist/misogynist, and still love women?” “You think women as lesser than you but claim you have zero desire to walk into a school and unlock gold camo for your AR-95 in real life? How?! This is impossibru!!!”

Well...its quite simple really.

Just be me.

End of post.

Fini.

I’ll elaborate.

Blue pillers, and probably some new red pillers , see red pill as sexist/misogynist because it frequently implies and sometimes outright states men and women operate on a hierarchy. A hierarchy on respect, deference and in my contention, value. This is the antithesis of the egalitarian shit the blue pill teaches. The blue pill teaches men and women are the same in every way, biological differences don’t exist, men only have muscle because they train more not because of testosterone, but at the same time, “anything a man can do, a woman can do better”. (If you really think about it, blue pill in theory is egalitarian but in practice, is hierarchical with women at the top , men at the bottom and children at the middle).

Imagine you are walking on a street or in a park and see a 8 year old kid just running along playing past you. Boy/girl, doesn't matter. Is the kid your equal?

Fuck no.

You are stronger, smarter, taller, funnier, more charismatic, more skilled, more anything and everything than the kid. You are “better” than the kid in every or almost every conceivable way. In no way does he come even close to contending with you.

But does this mean the kid has no value? Or that you hate him? Or that you will harm the kid?

Fuck no. Not at all.

When you see a kid, you don't feel any hatred, disdain, malice for it. In fact, you probably feel neutral or probably ever so slightly above neutral about a kid. You understand you are superior to the kid. If the kid starts saying wild things, do you start debating him? Do you start listing all the ways he's wrong? Do you take his opinions seriously? No, you don't. You don't argue with kids. Why? Because

it's a kid.

That is how you need to see women. Just like children. They are children and thus, you must treat them like children. (This is on the sidebar if you fuckers ever read it, apparently its quite good). You are superior in almost every regard, you are taller, stronger, smarter, more skilled and funnier than her. You and her are not the same. Acknowledging and believing isn't evil and nor does it mean you plan to mistreat/harm them.

Red pill doesn't want angry misogynists, it wants happy misogynists. When a girl says a dumb political opinion (basically any opinion), the red piller guy doesn't clamour "NOOO, YOU ARE A WOMAN! YOU ARE DUMB, WOMEN DONT HAVE OPINIONS. YOU ARE WRONG BECAUSE X, Y AND Z!!! REEEE".

He just gives a little smirk and says "Yeh whatever you say babydoll" and changes topic. Why? Because he knows not to take women or her silly opinions seriously, just like a kid.

There is a natural order, a natural hierarchy:

Man>woman>children . That's the order of how love, respect/deference goes to. Men love women, women love children. Children respect women, women respect men. This is the hierarchy; the opposite of the egalitarian shit guys get told day in day out.

Conclusion

The notion you can only love women when you see them as your equal is just a blue pill trope. You can easily love women and treat them well without needing to see them as your equal.

Stay Tiger Analogy [Repost]

101 upvotes | July 29, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

The previous one got shoah'd by auto mod. Glad this shit doesn't happen on Forums.red. Check out the site...you can find all kinds of naughty think posts.

I heard you can earn crypto as well. Now, we just need an eccentric billionaire to make a couple tweets about it.

One of the best things, Endorsed Contributor, [u/fereallyred](#) said was his tiger analogy. Guys always found it insightful whenever it got mentioned in a comment, so I am re-posting on here. Enjoy.

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□ □ Esoteric Testosterone and General Endocrine Hacks from the Greek Pantheon □ □

393 upvotes | August 3, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

INTRO

We all know of the cultural war on masculinity, how only assholes lift weights and how manspreading is bad because reasons?

But what do we know of a chemical one? Maybe its (((them))), maybe it's corruption by Big Pharma/FDA , maybe there's a concerted effort to make fat, weak and easily controlled men, or maybe its just ignorance mixed with incompetence. Either way, our food is poisoned; wrecking damage on testosterone and general endocrine health in a multitude of ways.

Let's find out how, where these poisons are and how to avoid them.

*(N.B. Whilst masculinity is openly demonised, its secretly coveted and rewarded. Women fawn over the muscular guy in the club. Hollywood/feminists define strength entirely through a masculine lens via traits like bravery, assertiveness, arrogance, combative skill and dominance: the girl boss trope is simply copying masculine strengths and pasting it onto a woman. **True feminism would actually define female strength through a female lens optimising female attributes**, but obviously this is not the case for this entire movement is not an organic one but an astroturfed one. Feminism may truly be one of the biggest shit tests...and men failed it... by a lot).*

BODY

Parabens

Let's start off nice and easy. This one should ring a few bells as it's been discussed before. Parabens, typically in the forms of methyl/ethyl/butyl paraben, are estrogen mimicking chemicals. Typically found in skincare and hair products. They are getting phased out though so alternatives shouldn't be too hard to come by. The only way they can persist is via the ingredient "**fragrance**." Unfortunately, "fragrance" is a way for perfumes/aftershaves to hide a concoction of chemicals without needing to disclose a breakdown of the mixture so hypothetically, they could sneak in a paraben or two and you'd be none the wiser. Perfumes use this sneaky label all the time. Talking about skincare, **avoid tree tea oil and lavender oil completely**. These are very potent endocrine disruptors and estrogen mimickers, so strong they have made prepubescent boys grow tits. Google "lavender oil breasts boy" if you don't believe me.

Phthalates

Another common and potent endocrine disruptor. This one is found in soaps, shampoos and hairsprays and in plastic bottles for increased flexibility. You'll find this one is getting phased out, but check your current items for them and find alternatives. Paraben-free and phthalate-free items are getting more and more common by the day so alternatives shouldn't be hard to find.

Beer

One of the key ingredient in beer, Hops, is a phytoestrogen....and a strong one at that.

But, be honest, did you really need me to tell you beer makes you fat, weak and soft? The phrase "beer belly" can tell you everything you need to know. Just go to your bar and see what all the fat men are drinking. You don't require an academic source for this. There's nothing manly about being 25% bodyfat with bitch tits. **Beer being designated as a manly drink is merely Psy Op, but then again, these days....what isn't?**

Don't drink beer, it's estrogenic and has way too many calories. Opt for lower calorie alternatives- wine, spirits etc.

Aluminium

Aluminium is an endocrine disruptor and neurotoxin and has been found to contribute to neurological degenerative diseases like Alzheimers and Parkinsons. Found in deodorants, and also cookware made from aluminium (duh) . The good news is aluminium-free deodorants do exist..you just got to look in the right places. There's numerous alternatives to aluminium cookware too: cast iron, stainless steel are the first two that come into mind. Granite, ceramic, copper also exist as healthy options but do your research on this. Ceramic cookware can sometimes be coated with lead/cadmium compounds which aren't very good either. ***That's like dumping a feminist plate only to pickup a fat plate instead.*** No bueno. Do your research on non toxic cookware. All these alternatives can have varying quality; e.g. stainless steel is made with varying amounts of nickel and chromium. Cookware with 18/8 or 18/10 stamped on the bottom are the least likely to have these poisonous metals that leach into food.

Don't cheap out on your cookware; these are your tools to create your demi-god physique. **Acquire high quality cookware today so you don't need to buy a replacement tomorrow.**

Aluminium is also used in vaccines alongside other substances like formaldehyde. Curious isn't it?

On the topic of cooking, avoid ALL non-stick cookware like teflon and any other cookware containing any perfluorinated compounds (PFCs). *Notice the fluori bit? That's fluoride...this is probably the bit in PFC that's dangerous. More on fluoride later.*

PFCs are used as non-stick coatings on pans but are actually dangerous. These leach into food and are potent endocrine disruptors, wrecking havoc on testosterone and can even shrink penises. **Again, the solution would be replace all non-stick cookware with safer ones like cast iron and high quality stainless steel.** More on the dangers [here](#), [here](#) and [here](#).

Seed oils/vegetable oils

Now let's start getting more esoteric.

Modern diet culture has been totally Psy Op'd into replacing cooking with natural fats like butter, lard, olive oil with seed oil/vegetable oils. Such new seed oils are: **soybean oil** (will come back to this), **rapeseed oil**, **cottonseed oil**, **safflower**, **peanut**, **sesame canola oil**, **corn oil**, and **sunflower oil**.

Although they may be called "vegetable" oils (implying healthy), they are anything but. **All** those oils are heavily industrialised and inflammatory substances. And people are eating these in big quantities...every day! These are the oils everything is cooked/fried in. **Check any processed food at home, and you'll see at least one of them listed.** These oils are very unhealthy and inflammatory for a few reasons:

Firstly, extracting oils from seeds/beans is difficult so you need industrial power like intense heat to extract them but this leads to degradation and oxidation of the oils creating free radicals (very reactive) that go on to react with and degrade healthy tissue. This is the same mechanism behind why radiation is bad for you. Secondly, carcinogenic chemical solvents like hexane or bleaches are used to cover the rancid smell or flavor of the oil after it has been extracted. Thirdly, their omega-6 to omega 3 fatty acid ratios are fucked; the recommended being 4:1 or sometimes even lower. **The average ratio of omega-6 to omega-3 fatty acids in the American diet is between 10:1 to 25:1! That is well into the red zone.** Why? **Due to all these inflammatory seed oils being ubiquitous in food.** E.g. the omega ratio in corn alone is 46:1! And yet you will find corn and corn oil used almost everywhere. *Almost like the agencies sworn to protect public health not only don't care about public health, but they actively try to ruin it by permitting some of the worst ingredients through.*

Coming back to soybean oil, if there is one seed oil you give up, make sure it's this one. **Soybean oil is probably the worst out of the bunch.** Why? Firstly...it's soy. But secondly, not only do you get the problems stated above but also it negatively affects neurological conditions like autism,

Alzheimer's disease, anxiety, and depression. [Source](#) for the nerds wanting [citations](#).

So what do about seed oils?

Eliminate all processed food that you can. Chips, processed bars, cookies, cakes, all these types of foods use it. This is common sense. But, also don't cook with them at all. If you have a container of any seed oil, throw it out right now. **Only cook with olive oil, butter, lard, or if you want to be a proper hippie about it, avocado or coconut oil.**

A quick about olive oil and butter. Make sure you buy **Extra Virgin Olive Oil (EVOO)** and don't buy a cheap, generic one. A lot of common olive oils from the supermarket are diluted with cheap, industrial seed oils (surprise, surprise). Invest in a high quality one. EVOO from California is decent, I prefer European EVOO though. The best olive oil you can get is from **Spain/Greece/Italy**. *This is the original holy trinity.*

With butter, make sure you buy in the stick form not the tub form. The tub form is about half butter and half rapeseed oil (to make it easier to spread). But the stick (harder one) is fully butter and a tiny bit of salt added on top (sometimes), nothing else.

Even foods like meat, eggs and dairy can be high in omega-6's because most animals are fed diets of corn and soy. *(Imagine buying chicken and cows fed only seed oils to only then cook into even more seed oil. Now do you see why everyone is chronically sick?)*

Make sure your meat get grass fed, pasture raised and organic to avoid high omega-6s. (more on this later).

Soy

Fuck soy and any of its derivatives like tofu and tempeh. **Soy is also high in phytic acid and trypsin inhibitors which blocks the absorption of many vitamins, minerals and proteins.** Only the Not Gonna Make It (**NGMI**) eat soy these days.

You aren't a NGMI, are you reader?

And soy boy meme is very real. Art imitates real life these days. [Source is right here.](#)

This is what the strongest, most muscular soy eater looks like ; and this is what the weakest, smallest meat eater looks like. So, which way western man? Are you gonna be a good little consommer, own nothing, eat soy and live in tiny housing for muh environment? Or are you gonna eat like a king of kings consuming only the most organic and purest of foods and join me in the Pantheon?

Artificial Dyes

Dyes like red 40, yellow 5, yellow 6, blue 1 are also ubiquitous in food (processed food). These are colourings to give food an artificial (a very artificial) colour they wouldn't have otherwise. The reason why manufacturers use this instead of natural flavourings, like beta carotene, apart from them wanting to kill you, is because these artificial ones produce a much vibrant colour. **In other words, they use artificial and fake colourings to make your food look more artificial and fake.**

These dyes, however, are not very safe. **They cause hyperactivity, attention problems, ADHD** and some, like Yellow 5, have been associated with behavioural changes including **irritability, restlessness, depression and difficulty with sleeping**. Some European and Asian countries know what's up though, they either outright have banned them or manufacturers are required to put separate warning labels specifically detailing which dyes are present and their respective problems.

Luckily, they are not too hard to avoid. They are mostly in the most processed of foods like candy, chocolate, processed snacks etc. But be careful, they do find their way into sauces, condiments, soft drinks and sports drinks too. Feels good to be American right? FDA lets poison reign free on the shelves but come down hard on natural supplements like NAC.

Water

Just like how food is poisoned, so is water. Water these days can have all kinds of contaminants such as pesticides/herbicides, heavy metals, and fluoride. Some countries even manually add fluoride themselves for the "greater good" of their population. Fluoride is known to pose a great health risk: **it can leach calcium from bones, cause thyroid problems and lower IQ**. Perhaps, this is the greater good they are citing: a dumbed down population with brittle bones. For this, look into water filters. **Artificial fluoride (sodium fluoride)** is actually industrial run-off. **That's right...big pharma/agriculture lobbied congress to put their industrial waste into the water supply**. Get the name of your local water supplier and go to their website/call them to see the exact composition of the water and whether they fluoridate it. And if they do, get a filter. **Reverse Osmosis, and other kinds of filters can drastically decrease the concentration of these toxins.**

If fluoride/heavy metals are your specific concern, pay heed to the kind of filter you use, because not all filters remove these as these are atoms we are talking about, not molecules like atrazine for example. You may want to consider getting a shower filter too because your biggest organ is your skin which acts like a sponge absorbing whatever you put on it. Under heat, or a warm shower, your skin's pores open up more and if your water is fluoridated, guess what your skin is absorbing?

You could evade this problem by just drinking bottled water but that poses its dangers too. The plastic/plasticizer leaches into bottles, rendering them only fit for one time use, if that. Not to mention, here you are going in blind, not all water brands disclose their mineral composition (so the fluoride problem comes up here) nor do they tell you about phthalates and other plasticizers (substances that make the plastic flexible). But from my research, I can say Evian and Acqua Panna are good. There's a website that compares all these brands somewhere...look into it if you are travelling and only have access to bottled water and prioritise buying from these brands.

If your local water fluoride levels is too high/is artificially fluoridated, I'd recommend getting a filter and drinking it with a steel/glass bottle. If your water only has trace amounts of **natural fluoride (calcium fluoride)** from rocks, you may not need a filter as this fluoride isn't the same compound as artificial fluoride, it won't leach calcium from your bones since it's already bonded to it from the rock and should be more inert and less reactive, but again, do your research.

Eating organic/pasture raised/grass fed

Gonna lump all this together since it's all pretty much the same thing.

Fruits/vegetables:

Eat organic as possible. A lot of these are dowsed in pesticides/herbicides...that's modern agriculture for you. However, some are more dowsed than others. Look up dirty dozen and clean dozen list of vegetables and fruits. These are the lists of fruits/vegetables which receive the most and least pesticides respectively. **Prioritise on eliminating the dirty dozen from your diet or swapping them to organic, then move on to the switching the clean dozen to organic**, if you really want. After checking those lists. you won't see your favourite fruits/vegetables the same again. But don't fret, broccoli did make the clean dozen...you don't have to switch that to organic. Or maybe it pays to be paranoid.

Eggs:

You like eggs? No...not those kind of eggs, everyone likes that kind anyway. I'm talking about chicken or duck eggs (remember this fitness scam product?)

Then you probably want to know what you are eating...and what the chickens are. Why?

"Chicken Feed" Feeds You, Too! Many of the nutrients chickens eat find their way into the eggs

you eat eventually. That's why knowing the chickens' diet is important. So if chicken farmers add soy and corn (remember, very skewed omega 6 to omega 3 ratios) to their chickens' diet, pump them up with GMOs, and give them all kinds of hormones, guess what their eggs will be like?

Get your eggs pasture raised/organic. All other labels like cage free, cruelty free, free range are just bullshit labels, companies can use to make their eggs seem different than the regular versions when they are not. Thanks FDA/USDA, viva la corrupción!

If your eggs aren't a deep orange, your eggs are shitty (but probably not as shitty as the eggs from a 28 year woman).

Meat:

Similar story with meat. What your meat eats, affects you too. A lot of meat these days is pumped with growth hormones and fed GM corn/soy. How nutritious! /s

Eat organic/grass fed chickens/beef/lamb. There is also some bullshit going on with the "grass-fed" label, the label doesn't always mean what you think it does. The grass fed label can be given if you fed your cows only a blade of grass and finished them with corn/soy. After all, you did technically feed them grass. Nobody asked how much. That's why you have to look out for the grass finished label; that's when they were started and finished on a grass only diet. If that wasn't confusing enough, sometimes grass fed can also mean grass finished. Viva la corrupción!

So what do?

Look out for grass finished beef where you can, and ask your butcher/read the label. Also, try out bison and organ meats like liver. (Strongman Champion Bryan Shaw recommends bison). May be more expensive but they are more nutritional than regular meat.

Salmon or fish in general

Eat them wild caught never farmed. The farmed are fed absolute shit.

Research has seen the processed dry feed used is the most toxic ingredient consumed by farmed fish. High contamination levels in these specific fish come from dioxins, PCBs (polychlorinated biphenyls which are very toxic) and a mix of drugs and extremely dangerous chemicals, which could cause permanent damage to the human body. At the same time, these substances are linked to autism and immunodeficiency and endocrine disorders. Farmed salmon contains PCB which are linked to a

number of cancer types. Synthetic astaxanthin, mostly administered to give farmed salmon the typical pink colour of wild salmon, is also dangerous. Clearly, not stuff you want to eat.

You want your salmon orange, not pink.

Supplements:

Whey Protons:

Whey Protons are a very bioavailable and cheap source of protein compared to other protein sources like meat/eggs/greek yoghurt. I like mine organic/grassfed since what the cows were fed, eventually feeds me too. Luckily, this version of protein is barely more expensive than regular protein. If you have lactose intolerances/sensitivity, get whey isolate instead of whey concentrate. Most, if not all, the lactose is removed. Though I have no intolerances, I get isolate since I'm not paying to eat sugars/fats from the powder, I'm buying purely for the protein. But, there's nothing wrong/bad with whey concentrate.

Creatine:

Ah yes, the infamous steroid... creatine. I recommend getting this in its monohydrate form. You don't need to preload on this by ingesting 20g+, that's just a scam to get you to buy more of it. Just take 5g a day (a scoop) and you will be fine.

Zinc

Zinc is important for testosterone, wound healing, creating new sperm, preventing hair loss, boosting immune system and decreasing inflammation. If you are going to supplement with zinc, something I recommend unless you are eating oysters everyday, then choose zinc picolinate, glycinate, citrate or gluconate. Don't get zinc oxide/sulphate. Companies like to cheap out on those shitty, less bioavailable sources.

But be careful not to OD on zinc, zinc and copper compete for the same receptor sites... too much Zinc= Copper deficiency and too much Copper= Zinc deficiency. Maximum dose should be around 30mg/day. Most companies don't even do such a dose. With the copper predicament, I recommend either having a combined zinc and copper (bullet proof does one) or just make a conscious effort of eating copper rich foods like broccoli and others.

Vitamin D3

Similar story for Vitamin D3: good for testosterone, hair and immune system among other benefits. Recommend supplementing with at least 2-3K IU a day but nothing wrong with 4-5K IU.

Magnesium

Magnesium plays many crucial roles in the body, some of which include supporting muscle and nerve function, and energy production. It regulates sleep and preventing high blood pressure, heart disease, type 2 diabetes and osteoporosis. Unfortunately modern soil has been deteriorating more and more, causing magnesium levels to deplete That's why it's harder for you to get your daily magnesium without supplementing than your grandparents (not so true with zinc/vitamin d3). Another reason why you should supplement, is magnesium helps your body use Vitamin D3. It "unlocks" the Vitamin D3 for your body to use.

Brands

Thorne, Pure encapsulations, Now , Life extension, Jarrow, Solgar. All these brands are good. I use Pure encapsulations at the moment.

Conclusion

Yeah, this is quite a lot to take in. But unless you are eating a couch potato diet, you'd find most of these you already have down anyway, and just need a few tweaks here and there. My philosophy is quite simple, you only have one body, and in a world that continuously poisons you with little regard for improving general health and wellbeing, it pays to look after it. Take care of it now and your body will take care of you when you are old.

Vocal tonality: speak groot!

294 upvotes | October 19, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Was getting a bit tired of recent shit posts; I disappear for a short while and you gheys resort to shit posting.

Smh.

Reposting a useful outer game post on vocal tonality; too many people talk about rapport breaking tonality/dominant tonality without actually showing what it looks like.

So, I said fuck it and found a good post that does.

I repeat, this is NOT my post, it's an oldie from r seduction before it became ghey.

Got a couple of outer game posts in my drafts, but been a bit busy recently. Some raging, bald headed spartan dude is mounting an attack against Mount Olympus, looks remarkably similar to [this](#).

(N.B. I know some of you have some posts in your drafts too. If you can, prioritise posts focusing on outer game. IE shit the reader can literally walk out and implement the next time they are out. Nobody wants another "See! Women are hypergamous, women bad!" or another lame generic platitude post. Would be immensely appreciated xoxo)

Anyway, without further adieu:

So I was studying abroad on Mount Olympus and took "How to Speak Groot" as an elective. This course has changed my life when interacting with people (i.e. women), and I want to share a bit of what I learned!

Read each of these sentences aloud:

I am groot.

I am groot?

I AM groot.

I... am groot.

I. Am. Groot?

I... am... groot...

I am groot!!!

Even though each of these sentences is exactly the same, what makes them stand apart is in the tone and inflection of your voice when you speak. The emphasis on one word vs another. The slight lift in voice in the end that denotes a question vs the strong pronunciation that denotes a statement. The words are just words. How you say them changes everything.

This is why I tell people what you say is never as important as HOW you say it.

I'll give you another example. We're all familiar with Joey's (FRIENDS) famous pick up line:

"How *you* doin?"

The reason it makes people giddy is the delivery. It's the inflection on "you" and the subtle drop with the "doin" that grabs you.

It's that way he makes "How *you* doin?" sound like "You are beautiful. You are sexy. You are

fascinating. I WANT YOU."

It's all in the delivery.

How this affects your interaction with women (and why confidence is so important), is because when you learn how to adjust the way you say things, you can say anything, but convey a different meaning the way you say it.

You can say "Good Morning" in a way that makes her *hear* "Damn! You're sexy as fuck!"

You can say "Let's go get a drink." and what she *hears* is "I want to take your panties off with my teeth!"

And the best part: When you learn to play with your delivery, she will "hear" what she wants to hear! And while this can often be a doubled-edged sword, if she's attracted to you, it will ALWAYS work out in your favor.

Now, here's how you can make this work for you:

Read the following sentences silently.

I think you're beautiful.

I think you're intelligent.

Wow, you're really funny.

I think you're sexy.

I want to fuck you.

You want me!

Want to have sex?

Now read each sentence again, but this time say "I am groot". Say it in a way that tries to convey the meaning of the sentence.

You'll notice the subtle changes in diction and inflection, not only as you speak them, but as you *hear* them as well.

Now do it all again, but this time... smile while you speak.

This... this right here... this is Flirting 101. It's how to say or do one thing, but convey a completely different meaning.

It's the subtle difference in voice tone and body language that gives what ever comes out of your mouth "context".

And that subtlety makes all the difference in the world. It's the key to flirting. It's the reason I always suggest making an actual phone call vs text msgs. It's the reason what you say is never as important as HOW you say it.

Now go find a mirror and practice.

Hitler's Lost Book: Ihre Kampf. Video Games and your struggle to give them up

1 upvotes | November 24, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Gonna be a lengthy post so sit down, relax and grab some popcorn, or a protein shake or something. Just not beer, refer to my esoteric testosterone post on why, otherwise you are a Not Gonna Make It (NGMI).

You aren't a NGMI are you anon?

As No Nut November is nearing its end, and Black Friday is coming up, the will of the beta is grinding down and they need to replace Riley Reid with something else.

Well, what could it be?

Funko pops? Yes, but no.

Fruit loops or lucky charms? Yes, but no.

Therapy with a fat, female, intellectually-uncurious physiatrist who herself is on meds and third marriage? Yes, but no.

(Side note: This is what the average guy with a ghey-ming station who tells you to seek therapy on reddit looks like).

It's video games. You knew this was coming boys.

Why do you still play video games anon? Seriously...why?

Don't you get it?

Video games used to be made by gamers for gamers. Now it's just corporate execs releasing annual products for their consumers.

Years ago, those gamers weren't planning on implementing loot boxes, micro transactions or even thinking about a sequel, they just wanted to make a good game. Now, it's thoroughly controlled by corporate executives. And they do the opposite. They nickle and dime ghey-mers and wait until next year to do it all over again. Putting trans black soldiers in a WW2 game isn't what a gamer does, it's what a corporate executive does. Putting women as characters in a shooter game isn't what a gamer implements, it's what a corporate executive does.

It has been replaced by extortionate micro transaction systems, egregious skill based matchmaking, deluded historical revisionism such as black WW1 soldiers, or trans propaganda (last of us 2).

Can't you see it? Games prioritise virtue signalling over good quality games, and yet you still play them. Why?

I'll tell you why. Because deep down, you are still trying to chase that high you got from them when you were 12-16. You keep buying them annually, only be disappointed, swear them off and then come November, do it all over again. You try to relive the glory days, the highs you got, but deep down, you know they are truly gone. They died when gaming became corporatised, you just lie to yourself.

To a tiny select who need to play more video games, I hope you do,

You know who you are

There's a select few who genuinely need to play more video games

Ask yourself, are you playing too much video games? You know the truth. Are you playing more than you should.

There's no better time to give up video games.

Find anything else as a hobby, something more productive. Go for a hike, meet up with an old friend, go on a date with an unsure girl, start a side huddle, do some stretches, go to the gym again, etc. Instead making your ps5 your plaything, Make crypto your plaything, or women. Similar stuff.

Reflect

Can't even remember what playing them last week felt like/was like.

Not the same as fucking a bitch, reading a book, having a good time with friends on night out.

It's fleeting.

It barely gets saved as a distinct experience in our brains.

Now maybe you don't see them in this way, maybe you never got to experience the golden age, and so this current age is all you know.

To that I say, lucky bastard and also unlucky bastard.

But anyway, I got you fam.

You grind and grind, unlock all kinds of things, level all your characters only for it to count for nothing by next year when they release another instalment of their franchise.

What is the point of that?

There's some psychology here. Men are human doings. They derive purpose and pleasure through

conquering and doing. Why do yo think games never give you everything unlocked right off the bat and say “well, go have your fun now. You can have everything you may need”.

Well because guys can’t have fun like that. They get their rocks off grinding and working for those unlocks.

Regret

You will never say I wished I played more video games

You will regret not fucking enough bitches, or not being consistent in the gym or never trying a side hustle. Or enough side hustles.

But one thing is for sure,

You’ll never regret not playing enough video games.

You won’t even remember it by next week:month.

Golden age of video games is over.

Bury it.

It has been replaced by extortionate micro transaction systems, egregious skill based matchmaking, deluded historical revisionism such as black WW1 soldiers, or trans propaganda (last of us 2).

As you can the golden age of video games is truly over.

Bury it.

And no better is the time to do so.

The world is on fire . Printing your ass into inflation, mandating doom juice (link to parasites found) for public health (or is it another reason, link of how congress owns Pfizer stock).

Or perhaps there is another reason?

Girls are hoeing it up and aren’t getting the fucking they deserve.

As you can see, world is in some trouble.

Wah wah everything in moderation.

If I have a moderate dose of U235, a little dose . It doesn’t change the nature of it. It’s still poison.

So the real question isn’t can I have something in moderation but can I afford to

If I’m 85, probably not. If I’m 21 probably.

Same thing with video games. If you are happy where you at, then yes . You can stop reading this and go play some.

(Well not quite, finish reading this first. Don’t want to waste that drink and plus might need some of you to comment and educate the gheys who’ll cry “but muh video games” in the comment).

Reddit post mentioned by thunder. We keep chasing the highs we got when we were 12-18 video games. Those aren’t coming back.

Deep down, you know I’m right.

So here’s the plan. Don’t buy on Black Friday

Hitler's Lost Book: Ihre Kampf.

109 upvotes | November 27, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Gonna be a lengthy post so sit down, relax and grab some popcorn, or a protein shake or something. Just not beer, refer to my esoteric testosterone post on why, otherwise you are a Not Gonna Make It (NGMI).

You aren't a NGMI are you anon?

As No Nut November is nearing its end, and Black Friday is here, the will of the beta is grinding down and they need to replace Mia Khalifa with something else.

Well, what could it be?

Funko pops? Yes, but no.

Fruit loops or lucky charms? Yes, but no.

The latest ghey marvel tv series/film on netflix? Yes, but no.

It's video games. You knew this was coming, boys.

Why do you still play video games anon?

So many reasons to quit, so let's start with the obvious one:

The Golden Age of video games is over.

Video games used to be made by gamers for gamers. Now it's just corporate execs releasing annual products for their consumers.

Years ago, those gamers weren't implementing loot boxes, micro transactions or even thinking about a sequel, they just wanted to make a good game. They were just passion projects. Now, it's thoroughly controlled by corporate executives.

And what do they do?

They nickle and dime ghey-mers and wait until next year to do it all over again. Putting trans black soldiers in a WW2 game isn't what a gamer does, it's what a corporate executive does. Making your protagonist a trans person isn't what a gamer implements, it's what a corporate executive implements. Swapping nazi swastikas for an iron cross isn't what a gamer thinks of, it's what a corporate executive thinks of pander to the new generation of ghey-mers, who more and more look like this. It has been replaced by extortionate micro transaction systems and deluded historical revisionism such as black WW1 soldiers, or trans propaganda.

Can't you see it? Games prioritise virtue signalling, nickel and diming over good quality games, and yet you still play them. Why?

I'll tell you why. Because deep down, you are **still trying to chase that high** you got from them when you were 12-16. Those first moments when you first picked up gaming. You keep buying new releases annually, only be disappointed, swear them off and then come November, do it all over

again. You try to relive the glory days, the highs you got, but deep down, you know they are **truly gone**. They died when gaming became corporatised, but you lie to yourself...you hope those meanie executives will finally listen and give you the game you first played.

Newsflash bro: **it ain't coming**.

The personal passion project type of video games are dead. There is no way you can describe any major title as "personal passion projects" unless you are high, and if so, pass me the blunt brah. Surely, you noticed this decline in quality too right?

But maybe you never got to experience the golden age. Maybe you never got to experience people calling you the naughty word over the mic whilst claiming to have banged your mom, and this current age is all you know, making what I'm describing foreign to you. Or maybe you just don't have the vision I have, I mean, I am a God after all, so it's cool.

Don't fret, I still got you fam.

Ask yourself, after playing your favourite video game, how do you **really** feel?

Do you feel elated? Do you feel like a "high"?

If you are honest with yourself, you don't. You just feel drained/tired.

Compare that to coming back from a workout, its **nowhere** near the same. The workout literally took from you, it took your sweat, energy and your mental focus for 1-2 hours, and yet you feel like a Demi god right after. You gained more than you lost.

What did the video games take?

Fucking nothing. All you had to do was sit on your ass and play, and you **STILL** didn't gain anything from it. No sense of elation, nothing. You lost more than you gained. Try it out next time you play, see how you feel after. **Empty/fleeting** would be the word you'll look for.

Here's something else you can try. Try to remember what it was like playing a few days ago or a week ago. Don't just try to vaguely "remember" it, try to remember the exact details of what was happening, how many kills you got, the matches you played and how you felt.

You can't. Gaming doesn't even get saved as a distinct experience in our brains. It's just a vague blur. In a way, its almost as if it never happened. You can remember banging that Spring Break Hoe but you can't even remember last week's gaming session.

Compare that to your last workout or last week's bang. You remember so many more details. You can still remember what you were squatting last week, or benching last month, how hard it felt and how much easier it feels recently. **It happened**.

That bitch you fucked 2 weeks ago, you still remember her. You even think about her when you bang someone else and convince yourself it's her. Hell, even the bitch still remembers. She remembers being fucked and will always remember being fucked (no matter how she pretends she doesn't

remember or add it to her n count). Bitches are dumb, but they aren't that dumb.

Every year, you grind and grind on the latest instalment; unlock all kinds of things, level up your characters only for it to count for nothing by next year when they release the next instalment of their franchise. Your work almost gets **completely undone**.

(Side note: there's some interesting psychology happening here. Why do men grind so much on video games? Doesn't it get stressful? Who would want to put themselves through such hardship just to unlock shit on video games? Well, men are human doings. They derive purpose and pleasure through conquering and doing. Why do you think games never give you everything unlocked right off the bat and say "*Well, go have your fun now. You have everything you need*". Because guys don't have fun like that. They get it through grinding and working for those unlocks, video games know this and hijack this to hook guys and make them play for hours).

Again, compare to that to the gym. Your grinding in the gym visibly and numerically pays off, your muscles get bigger and stronger. Last year's work is not only NOT counting for nothing but instead actively counting towards your goal. How will you bench 315 if you never went through the year of only benching 250? Hell, even if you fall off the wagon and stop working out for a while, muscle memory will kick in when you return because of last year's work. If you benched 275 in the past, you still benched 275, the work **doesn't** somehow get undone. Similar thing with a bitch, if you fucked her last year, you still fucked her last year. Its not like she gets unfucked.

So as you can see, what even is the point of playing video games? What is the point of all this grinding? What is the point of playing if you can hardly remember what it felt like? Do you see the futility of it? **Or do you just choose not to?**

Here's a quick litmus test.

Just ask yourself, "**am I playing too much video games.**" It's as simple as that. A lot of you aren't where you want to be financially, physically or sexually, and so instinctively, you will know the answer, it will be like a reflex. Any deviation from this answer is a ghey rationalisation you use to hide from the truth. (*Think about this before you come in the comment section defending your ghey video games*).

There will be a minority who can genuinely say "no I don't". And to them, I sincerely tell them to keep doing what they are doing. But this is a **tiny minority** of people.

You know it. I know it. Everyone knows it.

There's really no better time to give up video games. They are shit now, they don't do anything for you, they leave you empty AND there are so many other things that require your attention...productive things. You can easily replace video games with something else, and naturally you will. You think you will just stand there idly during the time you were meant to be gaming? Hell no, you will find something else.

If you genuinely do find yourself twiddling your thumbs during the time you normally would be gaming, here are some ideas:

Go for a hike, meet up with an old friend, go on a date with a girl you aren't too sure about...maybe you'll find she's not too bad, start a side hustle, look into crypto, do some stretches (a lot of you guys are inflexible as fuck), go do some cardio (don't think I don't see you guys skipping cardio, refer to my cardio post on the best forms), read some posts on the main sub by your favourite posters (like me of course).

Here's the thing, you will NEVER regret not playing enough video games. **Nobody** at 80 is dying thinking "*damn, I wish I played more video games.*"

Here's what they do regret:

- Not having fucked enough bitches. Not having enough stories about of the escapades he had.
- Not having built a good physique. Imagine dying without never having seen your body at its peak. Couldn't be me.
- Not having built a good amount of wealth and always drove a Toyota.
- Not taking risks and trying some sort of side hustles/businesses.

The world is on fire. They are printing your ass into inflation, mandating questionable doom juices, and worst of all, bitches aren't getting the fucking they need. As you can see, it's in big trouble. There really is no better time to give up video games.

"But...but...moderation Apollo. Please let me play my video games. I promise I will only play a bit, I'm not like those betas who can't control themselves."

Tempting , but no.

A lot of you are vehemently anti porn. Even if moderation was proposed, a lot of you would say "No, just cut it out completely." Why? Because you know porn is poison. Poison is still poison regardless of dose. Same thing with alcohol and drugs, a lot of you propose you going cold turkey on these things, but yet you struggle to say the same for video games. Why is giving up video games your kampf, but not alcohol or drugs, at least those 2 typically happen in social environments unless you are a total loser and doing those alone in a basement. But in that case, wtf bro?

A lethal dose of polonium is about 50ng, would you still propose having this at moderation? Say, 1ng or 0.5ng? No, you wouldn't. Poison is still poison regardless of dose. Why the fuck would you take it?

So the real question isn't about everything in moderation (including poison), but rather can you afford it? If you are an alcoholic, you can't afford the poison alcohol. If you have a compulsive eating disorder, you can't afford the poison McDonalds. **And, if you aren't where you want to be currently, then you can't afford video games.**

Deep down, a lot of you know I'm right. **Any contradicting retort is simply a rationalisation used to hide from the truth.** So this Black Friday, do yourself a favour: don't buy the latest vidya game, don't buy the GheyStation 5 or the latest NoSexBox 360. It's just going to a huge time sink a lot of

you can't afford.

(Or you try and flip them for -\$10 profit like a boss ☐). That's viable too.

Here's a whole mess of relevant quotes from Patrice O'Neal's Black Phillip Show. [Repost]

386 upvotes | January 27, 2022 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Was talking to a guy in the DMs about Patrice, found a stellar post with his quotes had been removed. Had to repost and add in some footnotes, translations, clarifications etc. Maybe it is reddit who are the real racists for suppressing a black man's wisdom.

Last few days, seen a noticeable increase in quality. You guys know who you are...keep it up.

My and Vas' back were getting kinda tired from the heavy lifting, will need some more Romanian deadlifts or back extensions I reckon. That said, still got a fair few posts cooking in my oven (alongside some members of a certain long nosed tribe), so stay tuned.

Without further adieu:

"You got to understand, this is not her fault. What women do when they pressure you to marry them is not their fault. That's what the fuck they do. So you have to dismiss what she wants, dismiss that whole thing where she wants to get married, because that's what she wants to do anyway. But them saying they want to get married is like me saying I want to eat or wake up and look at something. That's what that marriage thing is to them. What you have to do is reestablish your shit. One thing you have to do is you have to be able to take an "L". Not afraid to take a loss to get your point across. So when she gives you that marriage ultimatum, if you look like you're sweating, and you're blinking, and you're nervous about her leaving, she will take advantage of that."

When pizza is good, its good. When its bad, its still pretty good. Sex is **not** like pizza boys. Check the price tag before engaging. Starfish sex no bueno. Sex after she's disrespected you no bueno. That's just telling her she can do whatever she wants and you'll forgive it for 2 minutes of romp time. Sometimes you got to lose the battle to win the war.

"Stop having negotiations with women. Stop trying to give her things to make her happy so that she lets you go out to fuckin hunt and let you go out to drink. You have to say "look sweetie, this is how it is" and you have to be ready for her to walk out of your life."

"One thing women need from you that if you don't give them they fuckin flap around like a fish out of water, is emotions. If she goes "I gotta get married! And I don't want you to go hunting!" You go "Oh sweetie we're not gonna get married for a while, I don't know when. And I'm going hunting right now. I'll see you later. You don't have to be here if you don't want" And kiss her on the cheek and be really cold because now her emotions have to eat on themselves."

"She's not walking out of your life unless you're crushed. They never walk out if you're indifferent on the couch. If you go "goodbye, nice talking to you, I love you but you have to live your life" That bitch will not take a step. Trust me."

Give them an inch, they will take a mile. The only way to keep her is to cede no ground, counter intuitive, I know, but that's how it is. (A lot of game and red pill can simply be described as this and just doing the opposite of what initially comes to mind).

Sometimes, the best move is to just kiss her on the forehead and say "this is the way it is now."

"(Advice given in response to a caller who says his wife only fucks him once a year) Nothing helps a marriage more than cheating. Nothing makes it easier. When you're cheating there's nothing she could say that would upset you after you get home. You have to say to yourself "you can't love a woman, like a woman loves you. You can't give energy to her the same way she gives energy to you. You can't go booby-bear, you can't hold her hand because she's holding yours. It's a distance thing. Stay gone for a couple of days, have other things to do besides worry about how much she loves you and you love her. You gotta get a life. You don't have a life if you're worried about going to a bachelor party and cheating."

"They don't want what they can have. And right now I think she has you."

Dread or straight up cheating are powerful tools in the box. Use them when necessary. You always want to have some dread happening regardless if she's a plate, fwb or wife. Don't turn into a complete eunuch where you suddenly choose to no longer to interact with women. Where don't go out to bars/clubs anymore, you don't approach any new cuties on the street, you completely delete all your dating apps, you don't DM any new girls on insta and cut communication with anyone you were currently talking to, and you try to keep your distance with new/current women in your social circle. You can afford to cut some of these things, but you can't afford to cut **all** these things.

"Most loser women, all they have to barter is their pussy. They don't have anything else. Men have so many other things to barter when it comes to the sex game, and the relationship game. If you're an ugly motherfucker with a hunchback and you walking with some type of swagger, everybody could be laughing and going "look at this hunchback motherfucker" but a woman might go "how could this motherfucker with a hunchback look like he should be fuckin' me?" There are other things that make us attractive to women. Initially there's only one thing that makes women attractive to us, and that's fucking them. And then it builds from there. But they like us more than fucking us on the front end. We like to fuck them on the front end and then go "wow, she's kind of cool" on the back end. So basically, you gotta understand that when you're meeting these women, essentially, they're losers. She has to get something out of her pussy, she has to get dinner, she has to get a movie. How can she function if she doesn't get something out of what she has? Our bodies are not as important to us as their bodies are. So when you're taking her out to dinner and spending time with her, you gotta understand that that's her way of fucking you. If you take her out 5 times, she fucked you 5 times. And you haven't fucked her yet. So basically what you're doing is driving down a one way street, behind this bitch. And you can't pass her. So if you find yourself getting stuck behind a chick on a one way road, you turn off the first available exit, and you get the fuck off that road. You can't let a woman whore out your time."

Your time and attention are your only sources of power. You must not give them up readily. Don't be a time slut. That's just an easy route into the friendzone.

"She's going to try and gradually take your manhood by small steps and before you know it you're sitting in the shoe store carrying her bags. You gotta first decide what you want out of this and if what you want is sex, then that has to be obvious. And if that's not what she wants, fine, there will be somebody else."

"Fundamentally, it's the nature of women to bitch you up. That always happens; the degree may be different from woman to woman, but it's all about bitchin you up. And it's organic. You cannot be angry at how they do it with such ease. It's like brushing your teeth. Your manhood is constantly under siege, and you can't be mad at them. It's like being mad at a fuckin snake for biting you. If you got a rattlesnake in your hand and you're like "this rattlesnake is the shit" and it bites you, you can't be mad at the motherfucker. You just have to go "shit, it's a snake".

Check out my stay tiger post for further info.

"Women have no skills to get what they want, so they hope what they want just kind of walks in. What gives you the balls to sit and wait for Mr. Right? What skills do you have to get Mr. Right?"

Femininity is preserved, masculinity is built. The 19 year old girl has about the same value as the 30 year old millionaire. When she's on a yacht in Dubai doing all kinds of shit, some very questionable, all she had to do was be pretty and say yes. For the guy who owns the yacht, he had to hustle his way up, and learn a trillion different things along the way.

"You have to take away what she wants (emotions) until you get what you want (sex)"

"She's only powerful if you let her be powerful."

"If you can't walk away from a negotiation, you have no power. Always be willing to walk away."- Donald Trump

"The amount of time it takes for her to pussy you up is the amount of time she sticks around to enjoy you being a pussy. And then she's going to leave you."

"(In response to a man calling in claiming his wife wants him to be a stay at home husband) All a woman has in this world is that her man is cool. For the sake of your marriage, do not get put in a position where she thinks you aint cool. If she can't look at you like "my man is the shit" then your marriage is over. How can you look at him like he's the shit if he's a stay at home fuckin' dad?"

You have to keep some distance from your woman. Keep some of the mystery. There's nothing sexy if she gets to see you taking your morning shit.

"My girl said the other day "can you get off that pimp shit for once?" I go "if I do bitch, then what?" You need an opening to fag me up. Don't let her fag you up."

Stay tiger.

"A woman wants to be protected by her man, and if she can punk you up, how are you going to protect her against another man? She's always looking to upgrade the protection."

A man whose willing to stand up to his woman, is also willing to stand up for his woman. Maybe this is why women like sexist jerks, if he can say shit without worrying about offending her, then he can probably protect her too. But if a guy is too scared to offend his woman, too scared to even dip his toes in being a sexist, how can she trust him to stand up to an actual threat like a man? If you can't stand up to a 120lb 5'6 foot woman, how you gonna stand up to 180lb 5'10 man?

"Do the whole dating thing once or twice at the most. Because you don't wanna do what other motherfuckers don't do. You don't wanna be taking her out and other motherfuckers just fuck her in the mouth on the first date. You take her out on 1-2 dates, and then you start pushing up on her. If she don't wanna give you no pussy, you don't go "fuck you" this and that. You always love em' and leave em'. Just give her a kiss on the cheek, pet her on the head and say "thank you sweetie, but I don't feel comfortable going out with you 2, 3, 4 times because I'm a viral young man who needs to fuck. I wanna be spending my time fucking you, not trying to fuck you. I know I want you now, do you want me?" You gotta make her ante up. "

Maybe this is a bit too overt, you can't give an ultimatum on the 2nd/3rd date. Let your actions do the talking, but yes, polarisation and escalation is important. There comes a point where you literally just have to go for it and if she rejects you, you have to cut all losses and move on.

"A happy man means a happy woman; it trickles down from the man. A happy woman doesn't mean shit. She doesn't know how to be happy outside of how a man makes her feel. If a motherfucker is sitting there playing Xbox 360 and you say "I'm not gonna bother this motherfucker at all". He could be on there for 8 hours and I'm just gonna exist in my own place for 8 hours until he wants to exist with me, you just earned yourself 8 hours of happy. That motherfucker would be like "sweetie, what do you need me to do? Cause you left me alone for that 8 hours I wanted to be left alone for." You were selling me what I wanted to buy. I wanted to buy some Xbox 360 time and you gave it to me, so you know what? I'm going to figure out how to make you happy. I'm gonna tune into you now instead of tuning out because you tried to force me to spend time with you, or force me to love you, or force me to talk to you."

"You should encourage the whore-ness in every bitch. The reason men don't like women is

because of what you put us through for pussy. The fact is, you could fuck me now but you're not, just because of the "unwritten rule" of not fucking on the first date. If a chick says she doesn't know me before we fuck, you don't know me any better if we talk for a year."

True. The only way a girl can truly get to know you or truly achieve intimacy is through sex. Sex is their language they speak. Anything else is cope. Sex is the only thing that connects man and woman. Imagine if one day, all their vaginas, mouths and assholes got permanently sewn up, you would probably spend a hell of a lot less time with women, wouldn't you?

"Pussy is only valuable to whoever is fucking it at the time."

"Any woman is going to push your boundaries until you stop her"

"Women hate being in charge. They don't wanna win, they want a winner. And that's what women test constantly, is this nigga the winner that I think he is? So you come at us and try to make us losers. And what a loser is, is a guy that lets a woman make his happiness. If you look at any woman who's in charge, she's not happy. She thinks she has to be mean to be the boss, she's copying what she sees bosses do. Women don't want to run shit, it makes them miserable. They want a man who runs shit so she can go "that's my man".

Women aren't suited for power and leadership roles. Power and leadership are inherently masculine traits, only the masculine can excel at this. And any woman who wants to excel at power and leadership will have to masculinise herself.

E.g. Margaret Thatcher. Probably a feminist icon, definitely not a feminine icon.

"I'm not going to bite my tongue, I'm going to tell you how I feel. Ok sweetie, I'm not going to take you out on another date. I've been on three dates with you. I know I want to fuck you, I don't know if you want to fuck me, but I already know I want to fuck you. If you don't wanna fuck me, figure it out, but we're not going on anymore food excursions so I can do something for you and you're not doing shit for me. The more you make me wait, the less it's worth."

Never allow a woman make you wait for sex. It's never worth it, it's also indicative of her attraction to you. Or lack of.

"Women want to look at a guy and believe that he will lead them where they need to go. But they're gonna test him like he's a weak ass second mate."

It's all a shit test. If her mouth moves, best to treat it like a shit test.

"If I'm the king of the castle and I marry a useless bitch, do you know what she becomes? The queen. She becomes the highest level that a woman's title can be, in the world. Just by marrying me. I make you the best you can be. But the Queen is the King's bitch. Now, if a queen marries a motherfucker that ain't shit, what does he become? A king? No. He's just the motherfucker whose the queen's husband."

"Guys, the only thing you really have to deal with is the threat of rejection on the front end. If I see you on the street and I go "hey what's up" and you go "I don't like you", all you had to do was deal with that. And once you apply that to yourself you can go "you know what, I'm just gonna stick fly paper everywhere and see what sticks."

Check out my post on rejection if this is a sticking point.

"Here's the problem, I have to be a good lover, have decent money, have decent clothes, be funny, I gotta be happy. I gotta be everything, for your vagina. Now where the resentment comes in is now you look at me, like I'm supposed to love you like you love me, and you've haven't done anything loveable. Why should I love you because I'm loveable?"

"Let's boil it back down to pussy. Let's say we had something that women were after every second of the day. What if God has cursed us or blessed us, and every guy had 10 G's in his pocket every day. And every day women were out there going "hello" and in our minds, were going "man this bitch is just after my 10,000 dollars" Now, just because she's after our 10,000 dollars, does that make you special? Cause she's chasing your 10 G's? And here's the thing about my 10,000 dollars, I'm better than my 10,000 dollars. Bitches are not bigger than their pussy."

Guys are success objects. Girls are sex objects. And it takes a lot more to be a good success object than a good sex object.

"You're gonna love him before he loves you, because he's showing you the best of him. You're not showing the best of you before he gets pussy. Before he gets pussy, it's him auditioning for pussy, so you're getting the best of a guy. You're gonna love him first."

A girl has to like a guy before she sleeps with him. A guy chooses whether he actually likes a girl after he sleeps with her.

"Women are looking for a General they are comfortable fighting for. They're looking for a guy they can believe in. Women really want to have no job, they want to support a man that they believe in."

The biggest prize for a woman is locking down the best man there is. No matter what Melinda Gates has accomplished or will accomplish in life, she will always be known for being the woman who locked down Bill Gates (whose been up to funny business in the last few years). Same thing for Jeff Bezos' wife. And Angelina Jolie for locking down Brad Pitt.

"Remember, a happy man is a happy everybody in his life."

Happy wife, happy life is a blue pill falsehood. Don't trust men who genuinely believe this. They'll backstab you if ordered to.

"Women have no skill to get what they want. You survey the land and go "he's nice" and your skill is to stand there and go "I'll get his attention so that he comes over with his skills."

Because you have no skills to get a man. Your skill is your beauty. You don't know how to get a dude. You don't choose a guy, a guy chooses you and you choose to go "yes".

Men actively have to work on their seduction, have to make an active choice to get laid, have to make an active approach. Women don't. They just have to sit passively and let the offers come in. Men fuck, women get fucked. Men approach, women get approached. Men are active, women are passive. Even their respective gametes concur.

Why You Need Instagram in the Modern Sexual MarketPlace

35 upvotes | December 7, 2022 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Unless you've been living under rock or in your mom's basement, you may know of an app called Instagram.

It is the most active sexual market place (SMP) in the history of man. It's how your local 5/10 literally gets more attention than a princess of ancient Arabia. Yeh, it's crazy, it's *clown world* etc, but that's not the point. Instagram has become the primary method of swooping up models, influencers, and "instagram models", plain janes and anything else. It will be today's mission to show why you need to be on it, or at the very least consider it. (We can talk about how to use it, the parlour tricks, the strategy another time, right now, let's focus on at least coming to common ground of seeing its utility).

So let's crack open a cold one and get into it.

Why should you use instagram?

1) Simple. All the bitches are on it.

The hot bitch is on it...the not so hot one is on it. The 17 year old is on it... the 37 year old is on it. Even your mom is on it, yeh sure, she may not post that much, if anything, but she's still on it right? We all agree in order to get laid, you must put yourself in front of pussy. If it is Daygame, one must put themselves in places where Daygame can occur. If it is night game, one must put themselves in places where night game can occur. Its called sexual MARKET place because you must go to the market to get sex.

And there is no bigger market place than instagram.

With Daygame and night game, your choices in women are limited. It is a finite number. It's predicated on how many women there are in that coffee shop, by that bus stop, in that shopping store or in that bar in that given moment. Sometimes, the limited choice is fine, sometimes it is not. Wanted someone hotter? Too bad bro, this is all the market has today. Can't talk to a thin blonde bitch if there is no thin blonde bitch there right?

Not to mention, you have variation in day and night game. The quality and quantity of girls at a Starbucks at 8am in a big city will be different than at a small family-owned coffee place at 2pm. Same thing goes for a dive bar vs a club in an area of a city where seeing a Lamborghini isn't that special. For Daygame and night game to work, you have to choose your venue well. There is no viable night game in small villages, bro.

But instagram doesn't have that problem. You have unlimited choice available to you **at all times**. You aren't at the mercy of the venue deciding who you'll meet. You like tall, thin, cocaine taking models? Instagram has plenty of those. You like freaky, goth chicks? Instagram has those too. You like repressed, religious girls who will do anything just to rebel against their baba? Instagram has got you, bro. Unlimited choice.

The biggest advantage Instagram has is it gives you way more choice than Daygame or night game

can, and you aren't mercy of something out of your control deciding the quality of pussy for that day or night.

Special bro tip: women, being the conformists they are, have widely adopted instagram. They flocked to it in droves over the years simply because other women have. So if you find one whose not on it, do a double take. Any bitch without one, or a relatively new one, needs to be looked at carefully. A probable explanation is her previous life blew up and she went scorched earth or she's reinventing herself. Stay woke ☐.

2) Connecting with guys.

Now, let's say you're not interested in instagram for women. Maybe you have enough hoes, maybe you don't know how to use a phone, or maybe you're into guys or something. That's fine bro.

But there still is good reason to have it.

Connecting with guys.

Unfortunately, you deciding not to have it doesn't mean that others will also choose to forego it. Many guys have instagram and the app is absolutely amazing as a networking tool. Couple reasons:

- It's less creepy/weird to ask for a guys insta than number. If you ask a guy you just met for his number, it can come across as a bit weird. Having someone's number is more personal and typically reserved for guys who are fairly close with each other. But instagram is way less personal, guys have little to no objection in giving another dude their insta. Think about it, would you give your number to every guy you've only talked to once? But let's say this hurdle doesn't exist, that every guy treats giving their insta exactly like giving their number. Having someone's insta still trumps their number because:

- It is a far better way of staying in touch with people. With features like making a post or making a story, instagram is a hack because you can stay in contact, without actually staying in contact. People can see what you're up to, what you're doing, where you're at, and vice versa. You can show them the cool shit you're up to, without actually trying to show them or show off. You aren't showing them specifically you're at this fancy coffee shop, they just happened to see what you're doing. And whenever they post a story doing something you have an interest in, you can use that as a conversation starter and eventually use that to hang out with them. Eg if they post a story at a gym you train at, you can talk about the gym and then ask them if they want to train with you or if you see them posting about bar near you, you can use that to see if they're down to go with you next time.

By only having their number, shit like this doesn't happen. People aren't texting each other about every little thing they're doing, every place they're going etc. You can't text someone treating it like a diary/journal, but you can treat insta like that, and that's exactly how people use it. When you add people on instagram, you have greater opportunity to see into their life. Makes it easier to relate to them, finding commonalities, and catching them doing something that aligns with your interests. You can give them recommendations if they're in your area and take them around, you can show them what certain parts of your life is like and invite them to join you. That's how you make friends...by doing shit together.

I'm telling you, don't sleep on instagram. Because of those 2 major reasons and those alone, I have

been able to connect with and stay in contact with people simply because of my insta. Eg a dude posts a story of Andrew Tate (shoutout Top G, learnt a fuck ton from him), from that point I knew he was a cool guy, we talked some shit and from that we hung out with each other, that's how we went from acquaintances to friends. That wouldn't have been possible if I just had his number.

Another reason why I like insta is it amplifies the cool shit you do. We live in an attention economy, the more attention you get, the more pussy and connections you get⁽¹⁾). Let's say you do something cool, you go somewhere nice for holiday, or win some trophy at a competition, or visit a fancy bar, the only people who know about this are people in your immediate vicinity....maybe a few people. But imagine, you took a picture with the trophy, or a short video of the bar, or a picture of yourself abroad and posted it. Now many more people will know of the cool shit you're doing and the lifestyle you live. People you haven't even met yet will be able to see what you did when they add you on instagram and go to your previous photos. By documenting the cool shit you do, you increase the bang for your buck for every cool thing you do.

Imagine doing so much cool shit but hardly anyone knows of it. Couldn't be me. That's like working out for years but always wearing baggy clothes giving nobody a glimpse or peak of your physique. You think I do that shit? Nah g, I'm wearing tailored suits, tight T-shirts all day. I don't train arms 3 times a week to hide them.

⁽¹⁾ Look at Kim Kardashian and that entire family, perfect example of how you don't have to be smart, strong, athletic, or talented in any regard but still become richer than vast majority of people. They aren't rich because they're smarter or stronger or more talented than anyone else, but because they had more eyes, more attention on them than anyone else.

3) You're going to get old.

Whether you like it or not, you're going to be old. Maybe not tomorrow, maybe not next year. But one day, you will.

One day, you will be 80.

At that point, do you want some vague memories of SOME of the things you did? Where your life was just a vague blur with maybe some specific memories sprinkled in? You can be blessed with a memory like mine (probably the biggest reason why I was an all star at school in academics, shit's not hard when your memory is almost unparalleled), but I can absolutely guarantee you won't be able to remember all your fun and unique experiences when you're old.

Or would you rather have photos and videos of all the places you went? All the things you did? All the friends you had and chilled with? The celebrations? The tough nights? The progress you made with your body? The hoes you banged? All those memories, experiences, emotions neatly captured in a few pixels? What will you do when your kids ask about your younger self and what you were like? I'm sure they will want to know about the interesting stories you have/things you did/people you met, and what better way than having a good picture to help you remember it.

You should always try taking photos/videos of even semi-interesting things you're doing, that way

when you're old, you'll be able to remember exactly what your life was like at x age and how far you've come.

I wish there was a way to know you're in the good old days before you've actually left them." - Andy Bernard

So, get into the habit of taking pictures and videos, they will be your time capsule, they are the **only** thing between any past experience or good old day being a vivid recollection fuelled with emotions and just some vague, blurred memory, assuming it's not totally forgotten.

And if you're already taking pictures and videos, you might as well upload some of them right? And where can one upload pictures and videos? Instagram.

Caveats & Objections

"But Apollo! Taking pictures is feminine/not alpha!"

Half truth. Perhaps it was in 2011.

But the sexual market place is evolving, constantly in flux. Things considered feminine or alpha change.

About 20 years ago, it was "alpha" to not take care of yourself, not groom and wear baggy suits like this. Today, if you wore a suit twice your size, you would basically be screaming you're a dork. You would be showing the world you aren't dialled in to what's going on. These days, it's the betas wearing suits like that and the alphas wearing tailored, tighter fitting suits.

There was a time where Cristiano Ronaldo was constantly accused of being a closeted homosexual (around 2010). Why? Because he was only one who was grooming himself and caring about his fashion. But today? He's a fashion icon. He didn't change the way he dressed, but what did change was the sexual market place. The market eventually deemed what he was already doing as "alpha."

When bodybuilding was still in its infancy, bodybuilders were accused of the same thing, that only closeted homosexuals go to the gym to get big. It wasn't seen positively back then. Today it is. (Even to this day, there are still people who don't lift see lifting weights as something positive, you can probably guess how these people look like).

Maybe you could have got away dressing like our PUA friend Mystery back in the day, with painted nails, hat etc and be seen as cool/interesting/mysterious. But today? You will just be seen as some weirdo who wants unlock gold camo on his AK47 in real life.

The Sexual Market Place is constantly evolving. What was alpha back then, may not be alpha today. Today, it is no longer considered feminine to be on insta and to take pics/videos to grow it.

You must constantly be adapting to the evolving SMP, or you will be left behind.

Adapt or die.

"But Apollo, social media is bad! Look at the statistics! ☐"

With the growth of red pill, and other self improvement spaces, I have seen a fair bit of male

pushback against social media, how it's bad for you, ruining mental health, blah blah blah.

And perhaps it is.

But here is what they missed.

Social media isn't inherently good or bad, it all depends on how you use it. A hammer isn't inherently good or bad, but it becomes good or bad in the hands of the wielder. You decide the tool's use, you can use it for destructive or constructive purposes.

Of course, if you spend hours and hours scrolling, looking at bullshit, then yeah, I'm sure your mental health will be negatively affected.

But do you think I spend time scrolling on insta looking at some random hoe twerking? **No.** I post my shit, catch up on some DMs, reach out to some people and fuck off. The odd time I might save a video on some Muay Thai combo I can practice and ask my coach about, or a cool location to visit or an esoteric health post. But that's it.

It's up to you, the user, how you use social media. You decide whether you will have a good or bad experience with social media. The power is in your hands, always was, always will be.

Be wary of those saying to wipe yourself out from social media. They claim mental health, this, that and whatever but often times, it is a cope. Deep down, these people innately know instagram is competitive, they know you can't just upload whatever garbage photo you have and expect it to do well, but instead of trying to improve their insta and be competitive, they withdraw entirely from it. Can't be outcompeted if you withdraw yourself from a competition right?

The reason why most guys are trying to ditch instagram isn't for mental health, but because they see they're in a competitive environment and they're losing.

It's a form of cowardice.

Ever notice how those killing it on insta are rarely seen complaining about insta?

Now, I never said having a good insta is easy. Yeh, you're going to have to put some work for it. Yeh, it won't come easy. But **nothing worth having comes easy.** A good physique, nice car, women, good social circle, nice insta...none of these come easy. But are they worth having? Absolutely.

I, your friendly neighbourhood, Apollo was once guilty of this. I knew no insta was better than a shit insta so I chose not to have one.

But eventually you have to open your eyes, Neo. You have to see the digital world is only growing, and it is worthwhile to at least some wet feet in it. Uncle Ted, the Unabomber, once said technology at first is seen like an optional luxury, but with its adoption it becomes a necessity, as society moulds itself around it. Eg when the car first came out, it was like a toy for rich people. You didn't need a car to travel, but it was nice having one. But as cars became more and more popular, entire societies built themselves around this new technology, to the point where now, not having a car puts you at a severe disadvantage when it comes to travel. Similar thing now with social media. What (especially instagram) once started as something some young people waste their time on, has now become as normal and almost as required like a CV.

But Apollo, I'm 45, what use is Instagram to me?

Yeh, true. You got me there. If your 45 and most of your leads come from daygame, then instagram will be less useful to you than say some college student. But if you're a young guy and after all this,

still can't see the importance of instagram, where the SMP is going (digital), the fact all the girls you know irl have insta, I don't how to react except laugh like this.

Are you saying I should take instagrams from women instead of their numbers?

No. When talking to women, go for the number. There might be select cases where an insta is better, but in general, go for the number.

The point of this isn't to switch from taking numbers to taking instagrams, but rather informing you to start fishing from pool you haven't used before.

Conclusion

Use instagram. Take the plunge, start messing around with it, start uploading some shit. Start using it in a positive way. If not for women or networking, do it for yourself. Make a private insta, where nobody except you can see what you post and post some shit. You will never be 60 and think "fuck, I wish I took **less** photos".

Let them have their fantasy

506 upvotes | January 12, 2023 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

Hide your effort. Hide your weakness.

Resist the attempts of women to get you to open up. Resist the inclination to spill your journey, your effort, your insecurities, weaknesses or struggle you went through and still go through to be what you are now. They don't care and don't want to know. Let them think everything you have and are came naturally to you, no work was involved.

Let them have their fantasy.

Body

Those gym muscles? You just go to the gym when you can and just eat what you can. When she asks, "Do you workout?" you don't say "yeh, I lift weights 6 times a week for like 2 hours and go thai boxing twice a week." Even if they can see two forehead veins up close, which never could be from just the occasional workout, you just say "yeh sometimes." If she prods into your diet asking if you take protein shakes, you just say "not really".

She doesn't want to know about the nitty gritty details, in fact, she would rather not. Why? Because she doesnt actually care.

It's not like she's going to write it down and use that info to start her own regimen. A guy might...she won't. She doesn't care if you actually workout. She can just see it. For them, it's like a shit test. The guy who starts spilling out his entire workout routine, going on a mini lecture over a simple "do you workout", is looked at as over invested and written off as someone who doesn't quite get it.

Or when she asks you in bed "were you always like this", you don't say no and start telling her of how you weren't alway like this. How you had been rejected in all kinds of ways, the journey you went on, the trials, the tribulations, the failures you went through or even hint at them, you just say "like what?" And when/if she expands, you just say hug her and say "yeh, I think so".

Let them have their fantasy.

Women don't care about your struggle. They don't care about the effort you went through and still go through to maintain what you are. **The more you spell your struggle out, the drier they get.** They want a finished product, something that naturally was like this and was not moulded or forged into one. They want to see and experience an alpha, not how understand and see how it was created. They love the former, they despise the latter. *To be angry against this or suggest a "real" woman should be able to handle the unveiling is a fruitless endeavour.* Nothing turns a woman off more than spelling every small detail of what's in front of them.

They want the fantasy.

The worst thing for a woman is to fuck someone thinking they were a strong, collected alpha, only to later realise they are not. This is why women evolutionarily oppose pua /red pill, they don't want

learned alphas, why they shame anyone who tries to learn about women and obfuscate the truth hence "be yourself". (Even though there is no such thing as a natural alpha, every alpha was once a baby crying like a little bitch without a clue on how to be alpha, only to learn from somewhere either online or in real life from friends or older guys). Be yourself is a code word for "make it easy for me to assess you and put you in the right box."

Insecurities/whining

This is why you can not afford to "open up " about your insecurities or whine to your woman.

You can not be insecure about anything full stop. If you are, maybe it's your height or dick or something, work on it. But however you approach it, do not talk to her about it. You won't solve it by going there.

I mean, what can a woman even do about it? Whip out a magic pill from her cupboard to fix it? No, all she can really do is give some consoling that isn't even genuine since you encouraged her too. Yeh, they may give you "reassurance" when you bring it up, it may feel good and comforting in that moment, but what you've really done is give her future ammunition to use in the next argument, you've revealed the chink in the armour. So there's really no point especially if the bitch will just end up weaponising it during a heated argument.

Or let's say you had a bad day at the office, you can not afford to whine to her about it. Because what is she meant to do about it? Is she gonna get up, get in the car and go to your boss and tell him what's up? No. So take this up with someone else, your woman doesn't want to see you weak or even be given a glimpse of it. You can also just try stfu about it, that works too.

Before all this, she thought you were a strong, secure, unfazed rock. And now here you are opening up and revealing all your weaknesses and whining like a little bitch, showing her you're aren't what she thought you were. It was way better for you to act like you've never had a rough day in the office and *let her have her fantasy*. She didn't fall in love with you because you "opened" up to her, started whining about your boss or told her of your insecurities and struggle, so why change things now?

When you think about the above examples, they all have one common theme. They all seek a motherly, validating love from women.

"Look how hard I workout mom!"

"Look at how much I've improved mom!"

"Please tell my x y z is ok, mom".

The only motherly love you will get is from your mother. **Nobody else...** so don't expect it from anyone else.

But Apollo! Something really bad happened to me! I need to run to my girl and ball my eyes out her!

If you're going through something bad, deal with it away from your woman. Turn to one of your boys, friends, mentors, family, journal whatever. Just don't turn to her immediately about it. Don't let her see you weak. At **best**, she will be neutral about it, but at **worst**, she will remember it and change her perception of you for the worst. You will never gain from turning to a woman over something tragic. A simple scroll on reddit is enough to see thousands confirming this. *Let her have her fantasy*.

Conclusion

Do not open up to women spilling out your insecurities, your journey, or the effort you go through to be what you are. Both of you are better off this way.

If you don't believe me, you are more than welcome to try it. Just send me her digits, after I go through preliminary checks, I might send her a DM ☐.

tldr: No tldr. Stop being lazy and read. This is not a dissertation on differential equations nor a thesis on Nietzsche.

The Only Option Is Strength

578 upvotes | January 15, 2023 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Some dude saw a comment from my last post and suggested I make it into a separate post. Nice, and short. Enjoy.

The reason why the only option as a man is to get as physically, mentally, and emotionally strong as possible is because:

No parent wants a weak son.

No child wants a weak father.

No sister wants a weak brother.

No friend wants a weak friend.

No wife wants a weak husband.

There is only strength. Anything else is a lie.

It is your duty as man to become strong in all realms. For yourself and those around you. Lucky for you, strength can be taught and attained.

Being weak is okay, staying weak is not.

Now, get back to work.

Muscles for Maximum Aesthetics □ □ □

93 upvotes | February 9, 2023 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Was thinking the other day which muscles give you the most bang for your buck in terms of looking jacked and made a list of them. First, however, some caveats:

- *This assumes you live somewhere where you'll mostly be in a shirt or t-shirt. If you live on a beach in a place like Thailand, Ibiza, or Cancun, and walk shirtless more than shirted, then yes, the biggest factor will probably be you having abs. So get lean. Do your hanging leg raises, weighted decline situps, etc. But if that's not you, and you live in a country where you might be shirtless only 10 of 365 days in a year (including holidays to the aforementioned places or festivals), then this guide is for you.*

- *Yes, I know it is hard to ascertain the "optimum" muscles for aesthetics because normally, guys develop their muscles concurrently. You don't find guys with huge arms but no chest, or big quads but zero shoulders. The only way to figure this out "scientifically as possible" is if you made a bunch of guys work out only 1 or 2 muscles and left everything else untouched and then compared. But who would volunteer for such experiment just to leave with a physique like [this](#)?*

- *"Actually, Apollo, the key to looking jacked is having a developed X" Yes, if you're that one dude with top 1% quads like [this guy](#), where every other muscle gets dwarfed, this muscle will be why you look jacked. Or if you're that one dude with gorilla glutes, that will be reason why people think you're jacked. But I'm not talking about guys like this, who clearly have asymmetrical and apex growth in one area.*

So, with that in mind, and no further adieu:

1) Neck

We have all seen those headshot pictures with some dude with a jacked neck juxtaposed to a to a photoshopped version with a skinnier neck. Neck curls will be your friend. Put a towel on your forehead, a weight on top and curl. You can also do side neck curls, and neck extensions. I mainly do neck curls, with some side neck curls. You'll get most of your neck size just from neck curls alone. Look up neck curls on YouTube if you're unsure how to do them.

Aesthetics aside, neck curls bring other benefits too. Building up your neck is building up your body's natural shock absorber. If you do a striking martial art like boxing, kickboxing, muay thai etc, training your neck is **paramount**. Having a bigger and stronger neck, will prevent your head from jolting back when you get hit in the face, limiting trauma to your brain. Guys have survived otherwise fatal car crashes simply because their neck was developed and strong enough not to let their head jolt so far back upon impact. **Training your neck can literally save your life.**

It brings corrective benefits too. Text neck/nerd neck/forward head posture partly comes from underworked muscles of the front of the neck and overworked (and tight) muscles on the back of it. Neck curls will fix the former and stretching the back of the neck will fix the latter. I can't tell you the number of guys and girls who would automatically improve their SMV by half or 1 point if they didn't have such an ugly head posture.

If you're completely new to neck training, aim for 9 sets of 12-15 reps/week for now. Then gradually

increase to 12-14 sets per week of neck curls. Increase the weight slowly. This is one of the few exercises where I recommend you **don't** go balls to the wall in terms of intensity, this is not like arm work on cables where you still have 1 or 2 reps in you even when you think you don't. This is not one of those "let me grind out 1 or 2 reps" exercises. The neck is a delicate area, so don't be stupid. Suffice to say, do not ego lift here. Nobody is going to ask you how much you neck curl bro.

2) Traps

Similar story to the neck here except these can take a beating without much repercussion. This and the neck really help in giving that jacked and intimidating look wrestlers, boxers and NFL players are known for.

Shrugs will be your friend here.

Any form you like really. I like doing them on a trap bar, but some of you might like it with dumbbells or barbell or behind the back barbell. I like the trap bar since the weight is on my side and can go in and out on the squeeze rather than just up and down; grip isn't an issue, with dumbbells, they tend to roll out your hand. But doesn't matter much either way, shit's just a shrug. The cue I like is: shoulder to your ears and really exaggerate the stretch at the bottom, almost try and force the weight down at the bottom of the shrug, this stretching effect is what will cause the traps to grow. This is why farmers walks are also known for growing traps. No squeeze there, but an immense stretch.

Go for about 8 sets/week, keep it higher rep (10-15) and see whether you want more or less volume.

The good news is these 2 muscle groups grow very quickly because they hardly get naturally worked (not true for calves for example), you can see progress just in a week if you have never isolated them and they hardly get sore. They can take a **lot** of volume without affecting your other lifts, so there's little reason not to train them.

The caveat is with neck, at least, gains come quick but they go quick. Start getting lazy with it, and skip them like calves, and you get *punished*.

3) Upper chest

Now this one I've experimented not training and just doing more sets on regular flat bench. I think there is merit in isolating it regardless of how much regular flat bench you do.

On me at least, the development of the upper chest seems to add "fullness" to the chest, maybe it's the way the upper chest fibres are placed on the chest, or maybe it's something else but for some reason, working the upper chest just gives an extra pop to the chest, you'll notice it especially wearing a good fitting shirt.

For this, I recommend incline benching. I personally go one notch up from completely flat. I really don't know how some of you motherfuckers bench 3 notches above flat, I start doing that with even 45 pound dumbbells and my shoulders start talking to me like this but if it works for you and isn't messing up your shoulders, then it should be fine. Experiment with 1 and 2 notches above flat though and see if you like it better, the required incline angle is often *over-estimated* than under.

For sets and reps, I like keeping this higher than normal bench. 8-10 reps. Put a few sets in whenever you're doing chest, and if your chest workout is already looking a bit full, try and substitute some

stuff out. Instead of 5 sets of flat bench, try 3 sets of flat and 3 incline. Instead of 3 sets flat, 3 sets cables, 3 sets flat machine, swap the machine out for incline.

4) Lats

Can't talk about an aesthetic physique without these.

The lats are responsible for giving you width from the front and back. For these, pull-ups and subsequently pulldowns are good, specifically, neutral grip pull-ups, and v handle pulldowns. I wouldn't say pulldowns are equal to pull-ups though so if you're stuck between the two, do neutral grip pull-ups.

Why neutral grip or v handle pulldowns you say?

Typically, when your elbows are **more tucked** to your body, the **more lats** you recruit. You can also apply this to t bar rows for example by using the narrower/less flared grips, but I would still do some sort of vertical pull, if not for lat hypertrophy, then to balance out the vertical pushing (ie your OHP/its variations), you want the shoulders to train through all planes of motion. Vertical pressing is balanced out by vertical pulling and horizontal pressing (benching and its forms) is balanced out by horizontal pulling (rowing and its forms).

There are some other decent lat exercises out there like lat prayers, iliac pulldowns too but those should be treated like icing on the cake rather than main movements.

5) Lateral delts

Your lateral delts can make a night and day difference in physique. They will show through a t shirt and a shirt. You can't hide a lack of them, people will just see the sudden droop extending from your chest.

Contrary to what some people may say, you will never get good delts just from pressing movements, the only way is to isolate them. As for exercises, any form of raise. I like y raises at the moment, but some of you might like cable raises, or normal lateral raises or machine raises. Doesn't matter too much. Just do them in the scapular plane when you can (don't raise straight out to the side but rather at roughly 45 degrees out, pointing at 10 and 2 o'clock). Aim for 6-8 sets/week and take it from there.

Don't skip these. And, please go hard on these. A lot of people go hard on the bigger exercises like squat, bench or row, but for accessories like arms or lat delts, they treat it like a fluff exercise; chasing a bit of a pump and calling it a day. Don't train like this. Treat these like main movements too. You can train harder on accessories than big compounds since what's the worst that can happen? With the compounds, you can't. One more rep than you can handle and your form might break and you might be looking at a knee problem, for a squat, or a low back issue, for deadlift, or a shoulder problem for bench. But with bicep curls or lateral raises, that isn't an issue. Push yourself by either number of reps, number of sets or increasing the weight by 2 pounds/1 kilo or so.

5x5 crew punching the air right now lmao.

6) Forearms

No guide would be complete without talking about forearms; quite visible when you're wearing a T-shirt and a rolled up shirt. Hard to hide shitty forearms. I remember someone telling me veiny forearms remind women of something else that's also veiny ☐.

Exercises: reverse grip curls and behind the back barbell curls/dumbbell wrist flexion curls will grow them. 3 sets of each should be enough. For more exercises/form, just look up on YouTube Geoffrey Verity Schofield forearms. Tbh, this is the only muscle group I don't isolate anymore, it's probably the least important of the 6 but had to mention them.

Conclusion

The more astute of you will recognise all these muscle groups, except one, are responsible for the V taper. Adding more real estate to the top of V will accentuate the taper and this is the key to looking as jacked as you can. I'm not saying start skipping arms, leg or lower back day, all muscles play a part, get noticed and add to a physique, but keep these specific muscle groups in mind. Have supplementary work for them and you won't regret it.