

Finally took a chance, and I'm high off of the results.

October 16, 2014 | 800 upvotes | by [StanFlat](#)

Now this isn't a major success in any way, but it's a pretty big personal victory. I was at the gym about two hours ago and I was doing my regular ab routine on a decline bench. Directly to the left of the bench are all of the treadmills and bikes where the basic cardio-bunnies go to get their fix. I'm an avid people watcher, so in-between sets I always look around the room and study people. I try to figure out their motives, what makes them tick, what got them to this point etc. I'm doing my normal gaze about the room and I see this absolutely beautiful girl running and chatting with her friend. She's short and skinny (my preference) with amazing legs and this exotic skin color that drove me nuts. I would rate her an 8/10. Now normally I would just glance her up and down for a bit and then continue on with my business. However, any girl that religiously goes to the gym has a 6th and 7th sense when a guy is checking them out, and she snapped to attention; making dead fucking eye contact with me. Without you guys I would have just glanced about the room as though I was daydreaming to play it off, but I remembered what I read. I maintained eye contact and smiled the best smile I've ever smiled. That shit was James Franco-level smile game. She smiled back warmly, turned to her friend and said something, then her friend looked at me and smiled as well.

Perfect.

At this point the old me would go "awesome, she probably thinks I'm attractive. I'll take that thought and apply it to my ego. I'll touch myself to that later when I fantasize about actually going up to her, charming the two of them and fucking them in the showers".

No. That's not me anymore. I'm done with that shit. I hopped off the bench, and made a B-line straight towards them. Then I made a sharp right turn towards the drinking fountains. What can I say? I was nervous as fuck and never did anything like this before, and this girl is so. hot. I got a sip of water so I could test to see if I knew how to swallow anymore. I knew. I stood up, wiped my mouth off, turned around and said to myself "Man up, you miss 100% of the shots you don't take". I love you, TRP. I made my second B-Line straight towards her, and this time I had the momentum of confidence keeping my path straight. I walked up to her, and with a cheeky smile said "Hi, I'm Stan."

I made them laugh a lot and she was very eager to text me as soon as she got out of the gym. My legs were shaking the whole time, but I did it, you beautiful bastards. Were going out this weekend and I'm not nervous at all. In fact, the only thing I feel is excited and proud.

You miss 100% of the shots you don't take. Read. Educate yourself. You'll be surprised when the things you learn come in to play, and even more surprised when you find you're subconsciously applying them.

I Just thought I'd share my story and I know I'll come back and have more to share.

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Comments

Syn3rgetic • 303 points • 16 October, 2014 10:31 PM

Cold approach at a gym? damn son that took massive balls. good job

StanFlat[S] • 124 points • 16 October, 2014 11:44 PM

Thanks bro, but they're pretty average sized.

tthrowaway01 • 23 points • 17 October, 2014 11:26 AM

Cold approach at the gym is the absolute most difficult and nerve-inducing approach there can be.

Congratulations dude! Happy for you.

[deleted] • 8 points • 17 October, 2014 03:07 PM

I have to agree. I can cold approach ANYWHERE with zero fear except the gym. Something about getting rejection and seeing them everyday or interrupting them in their work out really keeps me from it. Awesome work bro!

evilassaultweapon • 19 points • 17 October, 2014 01:42 AM

Oh no you don't.

anavars • -14 points • 17 October, 2014 07:15 AM

Your hitting the gym and their not small? Pfft.

elsombrerocubano • 173 points • 16 October, 2014 10:10 PM

Welcome to the rest of your life

StanFlat[S] • 76 points • 16 October, 2014 11:44 PM

This one gave me goosebumps.

Position5hero • 179 points • 16 October, 2014 08:12 PM

Good job man.

Glad to hear the sub helped you.

Just remember only half the job is done, but it's a good start

StanFlat[S] • 37 points • 16 October, 2014 11:49 PM

Thanks man, and the fight never really ends.

redpillexplainsit • 13 points • 17 October, 2014 12:23 AM

OP how good looking/muscular are you?

StanFlat[S] • 22 points • 17 October, 2014 12:28 AM

I'm a little shorter but definitely have some solid tone. All in all I like to think I'm pretty good looking.

[deleted] • 5 points • 17 October, 2014 03:31 PM

This is all you need, with good posture. I'm about 5'6" with shoes on and regularly attract girls who claim to be between 5'8" and 5'11". Funny thing is, a chick I met recently claims to be 5'8" but she feels like the tallest girl I've ever been out with. Why? Her grandma told her the best way to lose 5 pounds is to stand up straight, and she does. Posture.

Nice work man.

scholarly_pimp • 2 points • 17 October, 2014 02:24 AM

I hope you respond since he answered the question

notevenbro • 39 points • 16 October, 2014 09:56 PM

Denzel articulates my opinion on this

Mechbiscuit • 89 points • 16 October, 2014 10:51 PM **[recovered]**

There is no more time for another self help book, another self pitying post or another fantasy about winning a girls number with a wittiest thing that comes to you in the shower the next day. Time is up. There is no more time.

Make those moves, be bold. Tomorrow you could be dead, or worse, wishing you were as you enter another number on a spreadsheet in a 4x4 cubicle that you've inherited as life.

You don't need an opening line, just brutal masculine honesty.

"Hi. I saw you over here and I had to come and meet these lovely blonde curls."

That's it. That's all it takes.

High five through my screen at you, buddy.

There is no more time.

YourSonsAMoron • 22 points • 17 October, 2014 06:59 PM

I'm new to this sub, and I've seen it catch alot of hate... As it should. It is filled with guys who are bitter and focus more on their resentment towards women and society rather than the fact that we are learning how to manipulate and thrive in it.

...and then I see posts like this. It reminds me that I stumbled upon a goldmine of information and motivation when I found this sub. This type of response is what people need to see... less posts about how ridiculous feminine propaganda that only the dumbest .1% of women believe... less posts about how we're victims... more posts about how to live, thrive, and take control.

Mechbiscuit • 13 points • 19 October, 2014 02:26 PM **[recovered]**

Perhaps this should be a forewarning to anyone who has been seduced by TRP. There is a very poisonous aspect to TRP which should be read with your guard up. Not everyone is into the kind of sexual strategy that TRP promotes and they only see that side of it is if you know the theory more in depth than face value.

I caught heat for saying this before but it's in the same vein as your reply to me. Subreddits like pussypass and posts knocking feminism are not constructive lines of thought and should be discarded. They will only bring you down. Of course there is value in that part of the theory, knowing the history of why we *have* to do this, but inevitably it leads to a great deal of discomfort.

This is the poisonous side of TRP - the pointing of fingers that pull us away from the point we are trying

to make. The accusatory *"See! See! Women have it way better than us! Look what they get away with!"*

Those who subscribe to TRP and indulge in this victim like attitude miss the point of TRP entirely. It IS about self improvement and unapologetic moving forward with your life and sometimes that looks like being selfish. And you know, being selfish in this context is not a bad thing. **TRP summed up in two words is: "Self Respect"**

It's about accepting the true nature and destiny of men *before* women. We have discovered that our own problems actually need to be fixed. Some men get stuck in what TRP calls the anger phase. This leads them to subscribing to MGTOW and opting out of the system entirely which is their choice, but in my opinion is a defeatist choice.

I could ramble on for hours about the genius and the poison aspects of TRP, especially the softer masculine side that women will value just as much as the strength side that has been missed entirely, but I won't because no-one will read it.

So, I guess what I'm trying to say is I appreciate your words of encouragement.

4J5533T6SZ9 • 2 points • 24 October, 2014 04:58 AM

I'm really impressed you were able to express that and have more upvotes than downvotes, but you articulated yourself well. You also perfectly described my frustration with the sub. It's so often an echo chamber of the same opinions and complaints and does nothing but make men more bitter. However, I'm optimistic that most of the guys here will eventually see that the negativity is doing no one any good.

[deleted] 16 October, 2014 09:28 PM

[permanently deleted]

Redditinga • 16 points • 17 October, 2014 01:37 AM

Practice, pal. Ask for some girl's number (begin low, fives, sixes, sevens) even if you don't want talk to her after, just to practice. Then practice sms gaming, and so on. When you decide some girl's worth the effort, act according to your practice

[deleted] • 18 points • 17 October, 2014 02:35 AM*

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edmproducerXX • 1 point • 17 October, 2014 08:59 AM

Strongly disagree for progress is made when you leave your comfort zone.

You should of course be comfortable to talk to any random stranger on the street. But by no means aim to start with the "5ves"

Redditinga • 1 point • 17 October, 2014 04:33 PM

Actually, it depends on OP's shyness/anxiety level. That's why I put the margin from 5s to 7s.

Considering he's starting now, any girl might be out of his comfort zone

Edit: Punctuation

PlanB_pedofile • 4 points • 17 October, 2014 03:02 PM

Keep at it. The fear of rejection and humiliation is what holds people back.

Always remember frame. Frame is keeping cool. Frame is what you hold in the military as you have two drill instructors chew you a new asshole over a fuckup. Frame is being able to keep composure while everyone else will lose their shit.

Keep frame as your core. Then you'll be able to focus that energy forward.

mzog • 23 points • 16 October, 2014 11:18 PM

My legs were shaking the whole time

This is why you never skip leg day.

StanFlat[S] • 10 points • 16 October, 2014 11:50 PM

Haha actually it IS leg day, I think that contributed to the shaking because before that I just finished up my squats.

teeelo • 11 points • 17 October, 2014 02:05 AM

You should have skipped leg day...

StanFlat[S] • 15 points • 17 October, 2014 02:10 AM

I will cough in that girls face before I skip leg day again. My weak knees were just another sign that I'm trying to better myself.

[deleted] • 3 points • 17 October, 2014 02:13 AM

"I just finished up my squats"

Or maybe it contributed to the approach...

StanFlat[S] • 2 points • 17 October, 2014 02:16 AM

Maybe my glutes did the talking for me.

BluepillProfessor • 4 points • 17 October, 2014 04:55 PM

Nope, it was the burst of testosterone from doing the squats.

mzog • 2 points • 17 October, 2014 05:01 AM

gotta practice that hip drive

skinnysandvs • 26 points • 16 October, 2014 10:18 PM

You're a goddamn inspiration

StanFlat[S] • 14 points • 16 October, 2014 11:43 PM

That's fucking awesome to hear thanks man.

imhighnotdumb • 1 point • 17 October, 2014 09:38 AM

You really are, well done bro. I'm an avid gym goer and get a lot of looks but still havent had the courage to pull this off, might do it next time thinking of your success haha!

[deleted] 16 October, 2014 11:26 PM

[permanently deleted]

StanFlat[S] • 4 points • 16 October, 2014 11:52 PM

See I keep reading comments like this and the thing is, of all the doubts that came in to my mind, this one wasn't one of them. I didn't even think about how approaching a girl at the gym would look, I just kind of did it. Thankfully it worked out, and I'll heavily consider how it could not have before I make the move next time.

[deleted] 17 October, 2014 12:02 AM

[permanently deleted]

[deleted] • 14 points • 17 October, 2014 12:16 AM

Not really. You should talk to her. Worse case she isn't interested. Unless you do something totally creepy like say to her face "damn look at those titties!" it won't be creepy thereafter. She'll just know that you are a guy who is attracted to you and even chat with you every now and again because you did make the effort to get to know her.

Wolfengristl6 points 17 October, 2014 04:49 AM [recovered]

Man, I started working out at the 24 Hour Fitness near me a few years ago. Beautiful woman there working. I guess she's in her 30's? Past the wall, but still hot. She was a personal trainer, but has since quit. I ALWAYS wanted to talk to her. At the time, I just couldn't imagine it working out for me. I would go to the gym at about 5pm and she would be there doing her thing, and sometimes I would catch her looking at me. Sometimes she would catch me looking at her.

But neither of us did anything. EVER. I know it's my job to make the first move, but I just couldn't see it happening. She drives a Bentley, and I'm just a chump college student and I used that as a rationalization to not approach before I just admitted to myself that I was just a pussy. And before I admitted that to myself, I rationalized that "She's too old for me."

We played this little game for a few months before one day she wasn't even looking anymore. Not to be outdone, I stopped looking too.

I started going there the summer of 2012 until I move away from here in January 2015.

Life Pro Tip? : The gym is the NUMBER ONE place in America where you aren't allowed to make eye contact (to a certain extent). Guys look, and people get this. But if a girl makes eye contact with you, she sees something she likes, and you NEED to make a move.

PlanB_pedofile • 1 point • 17 October, 2014 03:09 PM

I cant fault a woman past her 30s and working hard +hot. That's still 16 years my junior.

52576078 • 3 points • 17 October, 2014 11:58 AM

Man, I hate those girls who parade around the gym in their tiny clothes, pretending to work out, just fishing for attention. I really think it's just attention seeking behaviour, as if they don't already have enough validation from every man on the street, now they have to remove as much clothes as possible in a heavily testosterone environment. I never give those kinds of girls the time of day. I can tell trouble when I see it.

StanFlat[S] • 1 point • 17 October, 2014 12:06 AM

Yeah that's really true. The thing is I strayed away from my schedule today as I was up a little earlier than normal. I figured eh what the hell might as well get the day started. I got lucky.

Indianbro • 1 point • 17 October, 2014 12:56 AM

Just ask her advice about (exercise she is currently doing/is good at) if you make eye contact with each other and take it from there. Also, ditch the headphones man. They're good for during sets. However in between sets take that shit out. You are literally confining yourself and letting others know you dont want to be disturbed.

[deleted] 17 October, 2014 01:04 AM

[permanently deleted]

Indianbro • 4 points • 17 October, 2014 01:10 AM

Well obviously you know more than her its just a freaking icebreaker statement. How is it an obvious ploy? That's just you making up excuses and not taking the initiative man lol.

teeelo • 1 point • 17 October, 2014 02:11 AM

Hi, here is one angle: Confront her politely but assertively and come off as if she is on **your** turf. Ask her a few questions- control the conversation and then leave without looking like you're in love. Treat her like she thinks you are in charge.

scots • 43 points • 17 October, 2014 12:21 AM

"You Miss 100% of the Shots You Don't Take." - John Wilkes Booth.

penseroso • 33 points • 16 October, 2014 09:08 PM

Good show man, I still can't do this. Well done.

StanFlat[S] • 26 points • 16 October, 2014 11:48 PM

If there's anything I wanted people to learn from this post it's that YOU CAN do this, you're just choosing not to. I promise you I'm just as brave as the average person, and had as many doubts as any guy would. I almost had myself convinced but I pushed all of it aside. Break through that mental barrier, and never wait longer than your first thought. Your brain will try to convince you to do otherwise, and if you wait long enough, it will succeed. You can do it man. We all can.

Di-eEier_von_Satan • 6 points • 17 October, 2014 12:47 AM

Way to sac up. Inspiration to us all my friend.

[deleted] • 5 points • 17 October, 2014 02:01 AM

I've been irrationally nervous for a date I've got coming up this weekend, but this post and that mentality you talked about is really helping. Thanks dude (and great job, of course).

StanFlat[S] • 4 points • 17 October, 2014 02:08 AM

That's great to hear. Good luck, buddy. Remember: Your first thought is your body's as well. Listen to that and you'll go into auto-pilot.

Youbetripping • 23 points • 16 October, 2014 09:11 PM

That took balls man. Fair play. Keep it up. Approach everyone.

StanFlat[S] • 8 points • 16 October, 2014 11:45 PM

Damn right, that's my new life motto.

[deleted] • 13 points • 16 October, 2014 10:06 PM

good shit OP, I remember my first plunge, telling myself the whole time "what's the worse that can happen compared to the best?"

getting rejected never felt so fucking good

Ryohazukisan • 11 points • 16 October, 2014 10:55 PM

The good old leg shakes, I still get that

StanFlat[S] • 5 points • 16 October, 2014 11:24 PM

Haha yeah man I'm not sure if there's some breathing I can do or some meditation but I want to be rid of it.

RyanLikesyoface • 6 points • 17 October, 2014 12:42 AM

Experience is all you need. Keep at it and you won't understand why you were ever so nervous.

ilphae • 11 points • 17 October, 2014 01:26 AM*

Also, do more scary shit in general. Jump out of an airplane. Go rock climbing. Learn a martial art. Your body is responding to elevated cortisol and adrenaline levels (and other chemicals I don't understand) because of the stress of the situation.

One way is to become familiar with that stimulation (hot girls), so that your body doesn't produce as many stress hormones.

Other way is to habituate yourself to higher hormone levels in general so that it takes some serious shit to get you going.

Or, do both. I recommend learning to be cool and calm regardless of the situation. As soon as you feel that shaky feeling, FORCE yourself to slow down. For me it is like a reflex now, but it took a lot of practice. Control your movements, pretend you are in slow motion. This is a more useful skill than merely picking up women. It can be applied to public speaking, job interviewing, fighting, or whatever crazy shit life throws at you.

Albert Ellis, a famous American psychologist overcame this problem in an interesting way.

Wikipedia: Ellis had exaggerated fears of speaking in public and during his adolescence he was extremely shy around women. At age 19, already showing signs of thinking like a cognitive-behavioral therapist, he forced himself to talk to 100 women in the Bronx Botanical Gardens over a period of a month. Even though he did not get a date, he reported that he desensitized himself to his fear of rejection by women.

Independentmale • 7 points • 17 October, 2014 05:45 AM

pretend you are in slow motion

This is brilliant and I've been trying to remember to do it myself.

It feels really slow and weird when you're doing it, but that's because your perception of time and space is altered by the chemicals your body is releasing. From the outsider's perspective you're taking normally. As a bonus you get precious extra nanoseconds to come up with better things to say and you look less awkward.

I read where someone videotaped themselves doing this, then played it back to verify this

hypothesis and it held true.

PlanB_pedofile • 3 points • 17 October, 2014 03:07 PM

Numbers. The more you do it the less it comes.

Draw strength from accepting that the shakes are normal. This is a normal thing to happen. There's no easy way to rid them other than keep doing it till it doesn't happen no more.

Like a sore muscle. You work out and then you get so sore and out of breath. But you don't let the soreness stop you from your routine. You get up and keep at it. Eventually you find you are doing the same numbers, same weight, and you are not sore no more. It's almost easy. Then you know you can push harder, more reps, more weight.

teeelo • 2 points • 17 October, 2014 02:05 AM

Breathe is good- just remember to take deep breaths and the rest takes care of itself.

It's kind of a self shit test.

StanFlat[S] • 2 points • 17 October, 2014 02:06 AM

Huh, that's a pretty cool way to think about it. Awesome.

[deleted] • 1 point • 17 October, 2014 02:37 AM

Deep breaths are a physiological trigger. Deep and slow tricks your body into calmness. In essence, if you act calm, you will become calmer.

Overzealous_BlackGuy • 2 points • 17 October, 2014 03:13 AM

Breathing would help...and walk while singing a cadence in your head so you dont feel as if youre walking funny. (left right ..left right) it also creates a nice rhythm and i feel like i can talk more smoothly

[deleted] • 7 points • 16 October, 2014 09:31 PM

There you go son, nicely done.

Now go bang her and send her our best regards.

[deleted] • 17 points • 16 October, 2014 09:13 PM

Nice job mate, gym game is hard work.

[deleted] • 15 points • 16 October, 2014 09:51 PM

Unless you're a personal trainer ;)

[deleted] • 13 points • 16 October, 2014 09:53 PM

Fuck. I chose the wrong profession.

[deleted] • 5 points • 17 October, 2014 03:31 AM

It's not much but God dammit it's progress. If you fuck everything up and don't fuck her, don't get all depressed and shit. She's a stepping stone in your life, nothing more. If you do fuck her, good for you. Either way, analyze what worked and what didn't. It's progress and that's all that matters. Good job man.

Jaereth • 4 points • 16 October, 2014 10:00 PM

Great job man.

I think I did this once or twice. Exactly what you said. Make up your mind to talk to her, then start heading that way, then just turn and bail.

Do this a few more times and it will be over. All the anxiety and fear, that part of it is over so fast. Before I met my gf I was approaching at Subway and the park. I still approach just to talk to people. Keep doing it. Talk to everyone.

NOTING helps you hold frame in front of a HB8 or 9 better than literally having done it 100 times before.

GayLubeOil • 6 points • 17 October, 2014 12:20 AM

If you trained abbs properly you would be in too much pain to cold approach girls. That video will blow your mind

StanFlat[S] • 6 points • 17 October, 2014 12:30 AM

haha jesus man, I guess I'm just a pussy.

GayLubeOil • 2 points • 17 October, 2014 12:37 AM

When you perform crunches expel all the air out of your lungs at the top of the movement. You will get a better contraction and better abs. It will fuck you up pretty hard though. I have pretty decent abs

StanFlat[S] • 2 points • 17 October, 2014 12:43 AM

Haha woah dude I follow you on twitter. Didn't even realize.

[deleted] 17 October, 2014 12:21 AM*

[permanently deleted]

Goldfulgore • 6 points • 16 October, 2014 09:28 PM

If you learn to do this on a regular basis then you'll go a long way.

Good job

[deleted] • 4 points • 16 October, 2014 10:11 PM

Well done mate. Fortune favours the brave.

[deleted] • 3 points • 17 October, 2014 07:23 AM

Actually it favors the "bold", but both work in this situation :)

Nagger_ • 4 points • 16 October, 2014 10:49 PM

wana give us a play by play of the interaction?

StanFlat[S] • 9 points • 16 October, 2014 11:34 PM

Sure.

I was walking up to her and before I was within ten feet of her she was watching me approach. That closing ten feet of distance was such a long walk. I smiled at her and said "Hi, I'm Stan". She introduced herself and I asked her friend what her name was. Her friend was also notably less attractive but seemed like a nice enough person, though she was quiet through the entire interaction. Obviously didn't want to take away from my intentions.

I turned to the attractive one (I'll call her G), looked her in the eyes and while smiling said "I'm going to be straightforward, I find you very attractive and was wondering if I could have your number". I could tell she was almost never approached like this because the first thing she said was "Me?". I laughed because it was such a genuinely nervous reaction, and it made me feel more comfortable that even attractive women can be sweaty neckbeards inside. I said "Haha yeah you." in a reassuring 'don't be nervous' kind of way. She said "Yeah, sure!" and gave me her number. She asked what my name was again, and I left after telling her I'd text her.

Well apparently she didn't want to wait because she texted me and were still texting to this very moment. Also, for the love of god, anyone who reads this should BRUSH UP ON YOUR TEXTING GAME. I'm following a simple reactionary formula based on my humor and delicately inserting my intentions at every proper place. So far this shit is in the bag.

Anyways, yeah, that's what went down. The whole interaction was probably five minutes but she told me after that she was really impressed by my cold approach. Balls, you gotta have them nowadays.

AlphaAccountant • 8 points • 16 October, 2014 11:45 PM

Congrats on the approach. But I would suggest being careful on how much you text her before the meet.

A) if you aren't actually busy as fuck, it should at least appear so (this also adds somewhat to the outcome independence).

B) to a lesser extent, you have to actually have stuff to talk about in the first meet to get to know each other.

StanFlat[S] • 7 points • 16 October, 2014 11:53 PM

Thank you this is actually really good advice. I'm going to aptly follow what you just said. Positive bro points to you, man.

AlphaAccountant • 2 points • 17 October, 2014 12:01 AM

NP bro. It's easy to get caught up in such a victory. And I obviously don't want to be a downer. But she potentially has a few orbiters blowing up her phone so she can get that male validation.

I would suggest toning it down progressively. For example, maybe you got super busy on Friday to get a report on your bosses desk and answer less quickly and less frequently. Or when she shit tests you and a valid reaction is the ignore. Wait longer than usual and go off on another subject, without responding to the original text.

Obviously all of this without seeming butthurt. Hoping these quick pointers help you out and good luck!

StanFlat[S] • 1 point • 17 October, 2014 12:02 AM

Yeah that helps out a shit ton thank you man. And you're right, I can't let it get to my head, maintain frame. Good shit.

Independentmale • 2 points • 17 October, 2014 06:36 AM

"I'm going to be straightforward, I find you very attractive and was wondering if I could have your number"

Pure gold. The entire thing, really. Introducing yourself to her friend was the right thing to do.

I flirt with the ugly ducklings, too. You can't ignore them. They crave attention and if they like you, you

have a better shot with their friends.

Mustaka • 3 points • 17 October, 2014 12:00 PM

This better be followed up with a threesome with both of them.

And videos. We are going to need those as well.

Dr_Wally • 2 points • 17 October, 2014 02:05 PM

To study the game file of course.

Philhelm • 4 points • 16 October, 2014 09:24 PM

It sucks that I'm married, since I wish I could play too (without catastrophic consequences).

BigSmeez • 7 points • 16 October, 2014 09:32 PM

Join us over at /r/marriedredpill

StanFlat[S] • 2 points • 16 October, 2014 11:38 PM

I'll check that out as well I never really looked in to that side of the RP spectrum.

Independentmale • 3 points • 17 October, 2014 06:18 AM

You totally can bro. FLIRT.

It's real easy for a married man to train to pick up women. Assuming you're not a cheater, you are completely and totally outcome independent. You're not even trying to get her number, let alone a date or a fuck. You're just being friendly.

Charm them. Smile, "How's your day", etc. Make small talk. It's cliché but it really works. When I started getting good at it, it became habit and I found myself doing it right in front of my (now ex) wife. Talk about dread game, it was glorious.

Be friendly with guys, too. It's easy to justify flirting with women when you're friendly toward everybody. What's wrong with being friendly and likable? Your wife can't say shit without looking like a crazy jealous bitch.

If and when you do wind up single, these skills will carry right over and you'll be way ahead of the game. It might even fix some problems in your marriage. My wife tried to get her ass in line when she saw how confident I was becoming and getting more interest from younger, prettier girls. I got more sex from her the last year of my marriage than the first 14 combined. Unfortunately I had been too beta for too long and she would not stop trying to put me back in my cage, so she had to go.

PlanB_pedofile • 1 point • 17 October, 2014 03:17 PM

Day flirt is my version of dread game. I found it to be a positive in my marriage. It reminds the lady that I still have it, I have abundance, and provides social proof.

I won't pursue to disloyalty, but it does help remind her that she does have competition and needs to put forth some effort in the relationship.

Awalt... if she thinks she can branch swing she needs to know that she'll never swing back because I can replace her just as quickly. Women want their cake and eat it too. Just remind them that if they eat the cake there's no more cake.

denmaur • 2 points • 16 October, 2014 10:14 PM

I did that once..once. The girl smiled back, we got into a conversation, she even followed me across the gym and pretended to use a machine next to where I was working out. I saw this as a huge positive sign. Then we both moved to another spot in the gym, talked quite a while longer. Then I asked her if she'd like to go out sometime, and she said "Oh, I have a boyfriend". I was so pissed at her for acting interested. But I was also pretty proud of myself for following through. She was so easy to talk to, asking her out seemed so natural to do. Haven't seen her since. That was before discovering you guys.

lindependentmale • 5 points • 17 October, 2014 06:27 AM

I have a boyfriend

"No problem." Then change the subject and go right back to being friendly/flirty.

If you brush this off like it doesn't even matter, you win. Go right back into the conversation like it never even happened and you might wind up in her panties one day after all. On more than one occasion I've found a "taken" woman suddenly becoming available after hanging out with me a few times.

loin_fruit • 2 points • 16 October, 2014 10:46 PM

Hell fucking yes. Congrats man keep up the good work. This is definitely motivational.

StanFlat[S] • 2 points • 16 October, 2014 11:39 PM

Great, this comment is something I was hoping to see. You can do it man.

Tom_The_Human • 2 points • 16 October, 2014 11:44 PM

Fuck man cold approach in the day is still something I have trouble with.

Gratz man.

StanFlat[S] • 1 point • 16 October, 2014 11:53 PM

It's my biggest fucking fear I swear. Push yourself, dude. You can do it.

Tom_The_Human • 3 points • 16 October, 2014 11:56 PM

There are two or three insanely hot girls at my uni gym that I definitely would bang but I always feel apathetic towards approaching them. Could I just subconsciously be making excuses?

StanFlat[S] • 1 point • 16 October, 2014 11:59 PM

Yes, that's entirely possible. It's really easy to find any reason at all to not do something that's difficult. The only difference between you and I is that I have 1 cold approach under my belt, just 1. I can tell you it was not easy and I did feel apathetic about it, but I still did it. You can too man. Push that feeling aside and go get what you want.

Overzealous_BlackGuy • 2 points • 16 October, 2014 11:58 PM

This post made me smile, I've done this before it's funny to read the shit ive done/do from a different perspective

Im_A_Box_of_Scraps • 2 points • 17 October, 2014 02:37 AM*

To be honest I wouldn't even call this RedPill. This is just you being confident which is 100% all that matters. Good for you man.

[deleted] • 2 points • 17 October, 2014 03:07 AM

Courage is definitely the most underrated virtue.

PlanB_pedofile • 2 points • 17 October, 2014 02:58 PM

God damn this brought a tear to my eye. Wtg gathering your balls and wits and actually fucking applying trp and approach.

Fuck, even if she turned you down, i have a boyfriend, ect shit test, the victory is you have learned and APPLIED the red pill and approached.

Now keep lifitng and keep pushing forward! There is no top of the mountain, just a higher climb.

[deleted] • 2 points • 17 October, 2014 07:27 PM

Good story well told. At each stage I was thinking that would be superb progress, then you would kick it up a notch. Top stuff.

[deleted] • 2 points • 17 October, 2014 07:50 PM

Congratulations my friend you hit the jackpot.

See, c like everything in life, big risk big reward. Gym is highest cold approach risk and has highest reward. Cardin bunnies are routinely the most sexual little foxes out there. All that elevated energy and sweat. You've knocked down a winner my dude

Much respect

StanFlat[S] • 1 point • 17 October, 2014 08:28 PM

Thank you, friend. We should make cold gym approaching a thing. Just saying.

[deleted] • 1 point • 22 October, 2014 08:20 AM

fuuuck no.

it is NOT for everyone.

Holden_Frame • 2 points • 17 October, 2014 09:17 PM

While this story *is* great, it (and others like it), the results are honestly somewhat meaningless without knowing the OP's *true* SMV vs the girl's true SMV.

Not in any way doubting how hot the girl was (8 according to OP), but the bottom line is OP obviously met her looks threshold in the first place.

Very few of us are going to be getting unsolicited smiles from an 8 at a gym.

That said, we should judge ourselves as much by what we overcome as what we accomplish. OP obviously overcame a lot of anxiety, doubt and bad habits to set aside his fear and make the move.

That is indeed inspiring.

[deleted] 17 October, 2014 10:13 AM

[permanently deleted]

StanFlat[S] • 2 points • 17 October, 2014 10:18 AM

Do something about it, bro. You have the tools.

Indianbro • 2 points • 17 October, 2014 12:52 AM

What the...Guy picks up girl at the gym? Does not compute...How can he break the cardinal rule of picking up girls at the gym...It just does_not_happen.

[deleted] • 1 point • 16 October, 2014 09:43 PM

congrats man - show's how a small decision change can really mean the difference between kicking yourself in the nuts later and fapping and a meeting success.

Now I am going to assume OP is attractive. What do you do if you do the same thing OP does but the girls are put off and don't smile back or pretend like you don't even exist when you walk past them and smile

[deleted] • 2 points • 16 October, 2014 09:47 PM

Make yourself more attractive. People aren't books, we judge by covers when trying to find a mate. It's different for everyone but the first step for most people is to work out like men. I don't even need to explain because you'll notice the immediate difference.

[deleted] 16 October, 2014 10:51 PM*

[permanently deleted]

StanFlat[S] • 4 points • 16 October, 2014 11:43 PM

I'd suggest shaving, tanning, washing your face for 3 years, washing your hair for longer, no more greasy foods, hit the gym, wear sunglasses to hide that thousand-yard-stare, and burning that fucking shirt. That's IF you looked like that.

[deleted] • 1 point • 17 October, 2014 12:11 AM

Better fitting clothes, personal grooming (shave, shower, exercise/just going out in the sun) and you'll be in good standing.

Then all you need to do is start approaching women.

Overzealous_BlackGuy • 1 point • 17 October, 2014 03:16 AM*

If you were to lift and clean up youd look pretty rugged in a good way just add some meat to those bones, urbanize your demeanor a little get some swagger.

[deleted] • 1 point • 16 October, 2014 10:20 PM

Freakin awesome! Great job!

NotMeUsee • 1 points • 16 October, 2014 10:25 PM [recovered]

Excellent man. Good for you.

fasterpussycatdie • 1 point • 16 October, 2014 10:58 PM

Just popping in to express my approval and admiration. God bless ya, brother.

StanFlat[S] • 1 point • 16 October, 2014 11:39 PM

Thanks man I appreciate it.

Arkanjil • 1 point • 17 October, 2014 01:48 AM

Nice job! Way to overcome your fears!

Cuntshitassfuck • 1 point • 17 October, 2014 01:53 AM

Good job man. Before reading anything about TRP I innately knew that half of it was just having the balls to act and not fearing the outcome. For anyone in a similar situation what's the worst that could happen?

dreauxx • 1 point • 17 October, 2014 02:33 AM

Shit man, hats off to you; glad to hear you put yourself out of your comfort zone and succeeded! Keep that frame up brother!

StanFlat[S] • 1 point • 17 October, 2014 02:35 AM

Much appreciated, go in peace.

[deleted] • 1 point • 17 October, 2014 04:15 AM

You should go out and get another one for the next day.

I'm serious as a fucking heart attack.

Condorman80 • 1 point • 17 October, 2014 04:26 AM

For a second I thought you said "Hi, I'm Satan." Nice work!

killeronca • 1 point • 17 October, 2014 01:13 PM

Just out of curiosity OP, can you tell us how attractive/what race you are?

Cold approaching at the gym is not easy especially an 8 and she seemed very into you just by smiling at her.

StanFlat[S] • 1 point • 17 October, 2014 02:38 PM

I answered this above already but I'm pretty attractive.

mega_beta • 1 point • 17 October, 2014 03:27 PM

So you got over your fear to approach her, now don't be afraid to lose her if she starts fucking around and playing games.

ramo_ramones • 1 point • 17 October, 2014 03:38 PM

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[deleted] • 1 point • 17 October, 2014 05:30 PM

Cold approach at a gym seriously takes balls of steel. Probably one of the hardest approaches there is. I would say that is a major victory.

argunta • 1 point • 17 October, 2014 06:51 PM

It's stuff like this that gets me motivated, success stories like this that gets people off of their seats and gives them hope to continue improving themselves. Good job man and keep at it, stories like this lift men up worldwide.

StanFlat[S] • 1 point • 17 October, 2014 07:14 PM

That's why I love this sub, and especially the comments on this post. This is such a tight-knit community and

were all working together to boost each other.

GIGANTIC_NIGGER_DICK • 1 point • 17 October, 2014 08:01 PM

This is goddamn inspirational man. I'm still getting past the smiling part. I am so goddamn bad at smiling at random girls, I always have resting bitch face syndrome. Does anyone have any tips on the smiling aspect?

StanFlat[S] • 1 point • 17 October, 2014 08:27 PM

I'm not shitting you, this will sound stupid. Practice. I practiced my smile in the mirror unintentionally my entire life. I always smile at myself in the mirror (mostly because I finally look good with my shirt off).

When you smile at a girl don't just straight cheese at her she'll think you want to wear her skin. Slow subtlety is the key.

gimmetrp • 1 point • 17 October, 2014 05:29 AM

Fucking yes. I screwed this up the other day because I was afraid. No more.

speakertable • -3 points • 17 October, 2014 02:48 AM

wtf this is turning into Seddit's "HAY GUISE I APPROACHED A GIRL TODAY PLS CONGRATULATE ME"

StanFlat[S] • 3 points • 17 October, 2014 02:54 AM

Haha yeah it kind of is, but why does it bother you?

MordorsFinest • 0 points • 17 October, 2014 06:45 AM

Respect, i like posts like these

[deleted] • -2 points • 17 October, 2014 03:49 AM

You talked to a girl.

Congrats bro.

Cure ebola next.

TheThingsIThink • -1 points • 16 October, 2014 09:43 PM **[recovered]**

You wonder if the hard turn to the fountain actually helped increase their interest in you?

3 options. Hurt, push, or help

StanFlat[S] • 3 points • 16 October, 2014 11:37 PM

I'm not sure but I still laugh every time I think of what a chicken shit I was being.

YaBoiTibzz • 0 points • 17 October, 2014 06:48 AM

Legit. If you work out on the reg tho and you're in shape cause of it, what is there to say? It was bound to happen.

wangkeerder-12 points 16 October, 2014 10:38 PM **[recovered]**

am i in /r/seduction? what does this story have to do with TRP?

[deleted] • 6 points • 16 October, 2014 11:21 PM

I don't know why people are upvoting this. Not misogynistic enough! 2/10 /s

StanFlat[S] • 1 point • 17 October, 2014 01:10 AM

Underrated Post. OP confirmed for closet homosexual.

LeeChurch • 7 points • 16 October, 2014 10:55 PM

This wasn't something he would have done pre RP. OP seemed to be displaying his gratitude to how the subreddit helped him improve.

StanFlat[S] • 5 points • 16 October, 2014 11:36 PM

This guy gets it. Also, in no way, shape or form did I seduce her. I got her number based on the sole fact that I applied RP truths to my daily life.

Talkshitgethit • -4 points • 17 October, 2014 01:37 AM*

I never do approaches as the gym, cause I don't want to be focusing on women when I've got 300 lbs. over my head, but great job bro, keep up the good work!

Edit: Holy downvotes Batman! It's a bench press guys, IDK why you're downvoting me, it's not unbelievable at all.

PlanetAwkw0rd • 1 point • 17 October, 2014 11:51 AM

300 lbs? Wow man, are you like, Hercules? I mean, wow... I can't believe someone like you exists...

Talkshitgethit • 1 point • 18 October, 2014 12:11 AM

A 300lb. benchpress isn't too unheard of. Google Ronnie Coleman and see what those types of body builders put up.

BluepillProfessor • 1 point • 17 October, 2014 04:57 PM

You mean laying on your back doing leg presses over your head, right?