

A 7 step guide to swallowing the pill

November 3, 2014 | 812 upvotes | by [no_face](#)

You have read a lot of theory about the nature of women (hypergamy, hypoagency, rationalization, etc) and game and so on, but some newbies may benefit from a step by step guide to actually swallowing the pill

Step 1: Lifting

Posture Before you start lifting, you need to make sure your posture is OK. If not, you risk pinched nerves, bad form and injury. Your posture is poor because you have poor habits. In particular:

One shoulder lower than the other: Typically right handed folks have their right shoulder below their left. This is caused by higher development of the right breast muscle compared to the left and weak back muscles. The instructions below assume your right shoulder is lower. If your left shoulder is lower, swap the words left and right below

To fix this, stand with your left shoulder near a door jamb or pole. Raise your right arm all the way up. Bend it at the elbow so that it makes a right angle. Grab the door jamb or pole and stretch. You can put your right foot ahead. Hold for 20 seconds. This should temporarily fix your shoulder imbalance. You now need to do side and front shoulder raises with dumbbells (not a barbell). You should also do chest flies to develop your chest muscles. Start with the lowest weight possible. In the beginning, they will feel too light. As you increase the weight bit by bit, you will notice that its harder for your left side. You should continue to exercise at this weight until both sides find it equally hard. From here on, when you increase weight, they should feel equally hard.

Head Forward position/Kiphosis: Generally caused by sitting for hours in front of a TV/computer. Fix it using this technique https://www.youtube.com/watch?v=LT_dFRnmdGs

Lardosis: You need to stretch your lower back and strengthen your abs. The best way to strengthen abs is to walk up an incline (on a treadmill for example) or to suck your abdomen in and out.

Once your posture is good, you can start on a beginner program such as stronglift 5x5 or starting strength. Your first few months with the above will probably result in better posture that you can hold due to improved posterior chain. You may appear taller and more confident.

Over time, you will have improved strength and start to add muscle.

Rookie curl-bro mistakes you avoid by starting with large compound exercises:

- Focusing on curls and only exercising the muscles you can see in the mirror. You will lose all kinds of proportionality and will look uglier as you grow.
- Undertraining chest and overtraining triceps
- Neglecting shoulders in favor of biceps.

Step 2: Style

Until your posture is fixed from step 1 above, you should not be investing in new clothes. If you are a fat bastard, you should wait until your pants slip off and even then only buy modestly until you think you have relatively flat abs. Then you can go shopping. Try different brands and see what looks good on you. If you are lucky, a cheap "factory outlet" type brand such as Tommy Hilfiger will look good on you and you can restock your wardrobe for a couple of hundred. If buying short sleeved T-shirts and shirts, best to wait till your arms are big enough that the sleeves are snug. Until your chest is the widest part of your body when viewed from the side, no clothes will make you look good. Make your interests and lifestyle

part of your style. Do you go motor-cycling every weekend with your buddies? You should go for a biker jacket. Do you hang out with your investment broker friends at high class nyc bars? Wear expensive suits. Are you a mechanic? Jeans and T shirt. This is something for you to figure out on your own, do not copy your buddy. Be an individual. In the beginning, a newer style may make you feel conscious. Gradually add new clothes and stop wearing the old clothes. You will need to wear your new style a few times before you feel natural and comfortable in it. After a few days you wont even feel like wearing the old clothes anymore.

Step 3: Mission You need a mission in your life. Think about it this way: If you die in the next year, how would you want people to remember you? As a great writer? A political activist? A musician? You need something to work on, something you would contribute to the world. Not everyone will be a world-changing agent but you need to find something that you are very passionate about. Ever heard of Khan academy? His passion is just to teach. He has risen above the millions of teachers who teach for a paycheck. Any mission is awesome if you have the passion for it. Your mission is how you see yourself and how others see you. It is how you meet people who have interests aligned with you. Your mission enables you to enlarge your social circle and improve your social circle game. Choose it with care.

Step 4: Frame Frame is simply your idea of yourself. Are you a cool, confident, fun, awesome person? Are you witty and intellectual? You need to develop alpha characteristics in your frame such as stoicness, abundance mentality and high value. Step 1-3 above and your characteristics as you see yourself feed into your frame. Make sure its clean. In particular, you need to weed out anything bitchy out of your frame. Many shit-tests are simply integrity tests of your frame. Did you get upset when she said she does not like men under 6 feet tall? There goes your frame of being cool in the face of stress. Feel the need to demand explanation for her flaking on a date? Your abundance frame just dissolved.

Step 5: Game There are entire manosphere you can read about game but almost all of it can be concisely boiled down to [16 commandments of poon](#)

My experience regarding dealing with women in your social circle is simple:

- Until you have high value, don't even bother talking to women. Go into monk mode and work on yourself. You will know you are high SMV when multiple women open you (talk to you of their own volition, smile at you, etc). Low value men are invisible to women. Low value men who try to game/hit on them are creepy according to their definition
- Once you have high value, the simplest thing to do is to wait for a woman to notice you and open you. These will be least effort/least shit-tests.
- If you have noticed a woman and she seems to have not noticed you, you can boldly go over and introduce yourself. I have never needed any pickup lines/opinion openers/negs or any of the usual PUA BS. Just go over and introduce yourself and make some small talk. The only thing I'd add is DON'T COMPLIMENT HER. She hasn't earned it. After this, you should just ignore her. She may open you or you can talk more if you run into each other. If you see increased friendliness, you should simply ask her out.
- Escalate

Step 6: Dominance You need to dominate your woman physically (lift, mofo, lift!) mentally (you are smarter than a woman, right?), emotionally (be stoic, bro), and sexually (escalate). You also need to dominate the relationship (no supplication, no compliments unless its for something she did to please you) and sex acts (read Daniel Rose's Sex God method). Eventually as you get closer, you can occasionally break these rules. Remember LTRs require some amount of tenderness and support.

Step 7: Maintenance As a TRP male, you need to constantly get better. When you stagnate, the lack of

change will bore your woman and she will be susceptible to her innate hypergamy. Learn new things and surprise yourself and her all the time.

Archived from theredarchive.com

Comments

qwertythrowaway • 58 points • 3 November, 2014 11:36 AM [\[recovered\]](#)

Is there more information on this posture fix thing? I have a right hanging shoulder, but I don't understand this stretch you're suggesting, probably because I'm not a native English speaker.

Is it meant like this? (Other side though... mixed up left/right in the picture)

Dillett7799 • 143 points • 3 November, 2014 12:50 PM [\[recovered\]](#)

Dude, you should be an artist.

qwertythrowaway • 33 points • 3 November, 2014 04:45 PM [\[recovered\]](#)

Featuring masterpieces like this one.

(It was a commission for a friend, the pay was miserable though, one wet fart)

Edit: Another master piece is my workout cheat sheet.

ProjectShamrock • 47 points • 3 November, 2014 06:35 PM [\[recovered\]](#)

I think you deserve your own subreddit where you post stick figure pictures with no explanation and people write comments about the meaning they find in them.

life_manager • 8 points • 3 November, 2014 05:16 PM

On that couch stretch, do I have to break my leg upwards or is there another way to do it?

organicsensi • 3 points • 4 November, 2014 01:25 AM

I broke my body in half for the full body circles... Don't be a pussy.

scallopkid • 3 points • 3 November, 2014 11:50 PM

I like your use of the default headings in msword in combination with the lovely illustrations.

[deleted] • 1 point • 4 November, 2014 09:24 PM

Is that.. the workout you are using? Wat

teeelo • 13 points • 3 November, 2014 05:09 PM

He won't need the Red Pill to get pussy with those skills, shit.

walkingthelinux • 17 points • 3 November, 2014 01:22 PM

I agree - I wish he would become an artist.

Labore_Et_Constantia • 9 points • 3 November, 2014 02:48 PM [\[recovered\]](#)

<http://forum.bodybuilding.com/showthread.php?t=123812871>

Also read Supple Leopard by Kelly S, great book with tons of posture fixes.

EmperorAurelius • 1 point • 4 November, 2014 12:15 AM [\[recovered\]](#)

I just heard about this book recently, actually. I'll have to give it a serious look now. Thanks.

yeahweewee • 1 point • 4 November, 2014 05:58 AM

its a reference of exercises no real information you couldn't get from 5 minutes of Google 101.

YourSonsAMoron • 1 point • 3 November, 2014 02:39 PM

Honestly, if you're serious about fixing your posture, look up Eric Cressey's program "neanderthal no more" on t - nation. It's a comprehensive posture correction workout program to strengthen the necessary muscles. You should also watch some YouTube videos about what to do with your hips, chest, sternum, chin, and the crown of your head. It's a process that will take a few months, but posture is far and away the most underrated component of being physically attractive.

d6x1 • 1 point • 3 November, 2014 05:45 PM

Follow the instructions in this video: http://www.youtube.com/watch?v=LT_dFRnmdGs

CosbyTeamTriosby • 1 point • 3 November, 2014 05:48 PM

is this a self portrait of Hashmeer, maybe even Robby the Sheeth?

ROCKISASELLOUT • 1 point • 3 November, 2014 06:39 PM

http://www.youtube.com/watch?v=LT_dFRnmdGs

celanyc • 1 point • 4 November, 2014 12:50 PM

Bumped into this in /r/videos:

https://www.youtube.com/watch?v=LT_dFRnmdGs

[deleted] • 1 point • 5 November, 2014 12:49 AM

I realized this too and mine is significantly off balance if you look closely. I am pissed to learn this. Are you sure it'll return to normal?

ImmOwen • 1 point • 3 November, 2014 01:32 PM

I think its something along the lines of this. To be honest I think the exercises are good but his explanations are bullshit.

vandaalen • 38 points • 3 November, 2014 12:21 PM

Ever heard of Khan academy?

Just want to point out that this is a great source to learn things. You can for instance literally start by learning how to read the clock and end at analysis. And programming. And physics. And...

The videos are fun and really ELI5, you can build your own study plans, take tests and it's completely free.

So no excuse for you to keep sitting with your unemployed ass in your parent's basement and waste your time, leveling your WoW char up, while you could be acquiring useful knowledge.

<https://www.khanacademy.org>

blueboarder • 22 points • 3 November, 2014 02:51 PM [recovered]

I would also recommend <http://www.codecademy.com> for learning programming skills easily. That or <https://www.duolingo.com> for basic understanding in other languages.

Both of them and KhanAcademy are great resources for self improvement.

Joelasaur • 1 point • 3 November, 2014 05:34 PM **[recovered]**

And after you've learned the basics go check out the dailyprogrammer subreddit to test your knowledge.

Sketti-Os • 5 points • 3 November, 2014 08:07 PM

Wait, since when is programming a desirable skill to have for people? Am I cool now because I'm a software engineer/database administrator?

Rhetorical question. I'm still a dweeb.

[deleted] • 8 points • 3 November, 2014 08:16 PM

it's a stable career with high potential and it's something you can learn on your own without going to university. therefore it's good and desirable option for a lot of people

BluepillProfessor • 3 points • 3 November, 2014 10:31 PM

A dweeb who makes good money and has a stable future does not need to remain a dweeb for long.

switchme808 • 1 point • 4 November, 2014 12:01 AM

It's not a "sexy" skill like surfing or whatever, but it is one of the highest paid skills that can be learned through virtually just using google. This makes programmers prime Beta Bucks targets, unless you do something to break those stereotypes. I really liked this GLL article about "Mr. Juxtaposition". I think it explains the concept pretty well. Make yourself un-labelable.

Elonine • 6 points • 3 November, 2014 04:28 PM

I tested out of both college math and college algebra using nothing for studying but that website.

10/10 would recommend

t21spectre • 5 points • 3 November, 2014 07:11 PM

That is my goal too, not taking pre-college algebra again, trying for at least pre-calculus winter quarter

socio_j • 76 points • 3 November, 2014 10:44 AM

Brilliant post, sidebar material right here!

icanhazTRP • 16 points • 3 November, 2014 12:41 PM

Came here to say this. It goes straight to the point. The way OP divided the steps allows a newb like me to search for specific info on whatever I need.

aazav • 5 points • 3 November, 2014 05:17 PM

Just needs to edit "breast muscles" to "chest muscles" and fix a few grammatical errors (its to it's) before it's sidebar material.

reddiforlove[] • 2 points • 3 November, 2014 10:34 PM

Agreed, this condenses a lot of important stuff down to a readable length and is worth coming back to just for reminder purposes.

[deleted] • 12 points • 3 November, 2014 11:31 AM

[permanently deleted]

SenorPuff • 41 points • 3 November, 2014 11:41 AM [recovered]

Stoicism with regard to negative things, or things intended to incite a response in you, is what they're talking about here. It's not that you don't feel, it's that you don't get brought down by anyone or anything around you, that's the key.

deepthrill • 11 points • 3 November, 2014 02:26 PM [recovered]

This is a great point.

In addition, if a man is 100% passionate about his mission, then others' negativity won't distract him. That yields the same positive result as emotional stoicism.

For example, a girl is over your place on Saturday night starts shit testing you and whining about how she needs to see you more on weekday nights to feel closer to you.

You are 100% mission focused and it's easy for you say "No, I have too many important things to do with __(insert mission here)___." Then go back to your fiery, emotional, passionate discussion of whatever it was you were talking about, and completely enthrall and dominate her with your passionate lovemaking.

gqtrees • 5 points • 3 November, 2014 03:29 PM

question about the abundance factor. lets say you are starting out, you got the gym stuff down, career stuff going. But the abundance mentality is not yet. If i don't actually have other girls and i am trying to build that up. is it fake it till you make it attitude? Do i just fake having abundance until i actually achieve it?

deepthrill • 22 points • 3 November, 2014 04:21 PM

Eh, fake it till you make it is nice in theory but sometimes doesn't work.

What I'd use to increase the abundance mentality is thinking logically about the number of women in the world, the number of interactions in the world, and the odds of an approach working.

Here are examples of logical thoughts which can help your mentality:

1. There are 11 million women in America ages 20-24. Source. Let's say you want the top 25% of women in terms of looks. That is 3 million good looking women, ages 20-24. Imagine you have \$3 million. Each single dollar is a good looking woman in your age group. Each single dollar is a potential mate for you. Do your own numbers but thinking logically and reframing it as something else (dollars, marbles, whatever) to put it in perspective helps with abundance mentality.
2. Let's say your game is weak, and you think 1% of the time you'd get laid just through some random luck. You approach 10 girls a night at a bar, each Friday and Saturday. That's 20 girls per week. That's 1,040 girls per year. You'd sleep with 1% of them, which is 10 girls per year. That's about a new girl per month. In 3 years you'd sleep with 30 girls, if your game is only at "1%"!

I prefer logical thoughts to change my emotional state, rather than try to put on a fake emotional state.

gqtrees • 6 points • 3 November, 2014 04:24 PM

absolutely loved how you broke that down mathematically. makes total sense. Thanks!!

deepthrill • 5 points • 3 November, 2014 04:27 PM

You can break through and modify many emotional states using logic.

I'd recommend you begin meditation as well. Concentration and mindfulness is useful to maintain positive emotional states and to be aware of your own illogical automatic thoughts. You'd be surprised how many negative emotional states are caused by some illogical thought of which you are unaware.

gqtrees • 3 points • 3 November, 2014 05:53 PM

the goal is to block out negativity correct? so if anyone says anything that can stirr negative emotions, keeping proper frame and passing a shit test is to be not phased by the comment or action. that is the basic meaning if i have it correct?

deepthrill • 2 points • 3 November, 2014 06:26 PM

Well be careful about what you mean and the phrasing you're using.

to block out

By trying blocking it out, you're giving it power by letting it affect you.

to be not phased

There you go.

Think selfishly but morally. So you can choose to let their comment dictate your own internal emotional state, but that's weak. So you can act morally and only acknowledge or let shit tests change your emotional state or action if you choose to. They are just sound waves that your brain is interpreting. You can still be moral and not be an ass to people if you don't want, but act selfishly. Remember what's important to you.

Another corollary is outcome independence. When you say something to a girl or act a certain way, and they don't respond as you expected, it's natural to get upset. But remember that it doesn't matter. Given they acted as they did, you simply choose whether or not you want to continue the interaction or relationship or whatever based on the value it either brings or removes from your life as a man.

With regards to your mission, girls should be added benefit to supply you with your needs (sexual, emotional, whatever the fuck you need) but shouldn't be your primary focus.

Nespos • 1 point • 3 November, 2014 09:17 PM*

The best way to gain abundance mentality is by attaining abundance. Your thought patterns change through experience more than rationalization. It's possible to "think yourself" out of scarcity temporarily, but that mindset will return as soon as it's challenged by your reality. Once you're consistently spinning multiple plates, you won't have to actively think about *why* abundance mentality is better (which definitely isn't a useless exercise), it will simply become *how* you think.

suloco • -1 points • 4 November, 2014 01:23 PM

I like your attitude but the pure math won't cut it. Considering your example: You absolutely

need to account for the landmass/cities these 3 000 000 top 25% girls are spread across. Let's say the cities attract the more fit women since they can cash in on the bar scene and the most successful males are usually live there plus unis are there. USA has 294 cities with population over 100 000. That alone thins the number of 3 000 000 girls extremely. Also consider that the top 25% girls are usually 'taken' so you have to overcome that. All in all I think the math of it is pretty depressive.

If there would be some math-savvy guy (I'm not) who'd calculate this exactly, it would be awesome!

[deleted] • 2 points • 3 November, 2014 03:21 PM

I like this, stoic to negativity, but passionate for positivity. :)

arrayay • 5 points • 3 November, 2014 02:38 PM

They are referring to Stoicism, as a philosophical approach to life, not stoicism as the modern descriptor. The new term largely misses the core tenets of the philosophy.

no_face[S] • 6 points • 3 November, 2014 04:05 PM

Being passionate about a few things, especially your mission is great and attractive. Being emotionally reactive to many topics is not.

Fetish_Goth • 2 points • 3 November, 2014 02:52 PM

Passion is great, but don't harp to women about your problems. They can't fix them anyway.

[deleted] • 2 points • 3 November, 2014 03:19 PM

More like IDGAF than passionless.

aazav • 1 point • 3 November, 2014 05:23 PM

Don't show that you easily lose your cool.

If you lose your cool, you aren't calm, cool and collected.

[deleted] • 1 point • 4 November, 2014 12:48 AM

Maybe Stoic is not exactly what you think, take a look at *Meditations* by Marcus Aurelius

lloyd98 • 5 points • 3 November, 2014 11:58 AM

how do you work on being "awesome, fun, and witty" as per Step 4? Are these only innate characteristics or is there actually a way to work on them?

VaFail • 10 points • 3 November, 2014 02:26 PM

You can work on that by being around people a lot, enlarging your group of friends and meeting new people. This comes with experiment and practice, but can be described in five key principles according to PUA RSDTyler:

Whatever you have to say has value purly because it comes from you

Whatever you have to say is interesting purly because you find it interesting

Be in the moment, don't think ahead

Lower your standards about how good what you have to say has to be for to be good enough

It is not what you say, it is the energy behind how you say it

Those principles are from his video "5 secrets for talking forever" and I think they're key to become awesome, fun and witty as well as improving your general game.

Cyralea • 3 points • 3 November, 2014 02:13 PM

There's definitely a way to work on it. Learning by example is a good way to go. Watch Youtube videos of guys gaming women to get an idea of the things that entice them.

Your goal is to keep conversation fun. This means sticking to topics that pull at key emotions, excitement, curiosity, empathy, the whole works. Teasing someone is a good way to open, from which point you can segue into more fun topics like past stories that are entertaining to listen to.

It's not something you can learn overnight, but it's definitely a worthwhile skill to pick up.

[deleted] • 1 points • 24 November, 2014 07:43 AM

[permanently deleted]

Cyralea • 3 points • 24 November, 2014 02:30 PM

I particularly liked this Nick Sparks video, but there are others. Even if you can't maintain his level of energy the idea is to be entertaining and to say things with the intent of eliciting specific responses (laughter, empathy, adoration, etc)

[deleted] • 1 point • 3 November, 2014 03:23 PM

Start small by learning how to tell a story with funny beats ("a funny thing happened the other day... I _____ and _____ happened!").

Practice ripping your friends. If you're good friends with people, shitting on each other is often how you talk. Take some practice cuts here.

a way to work on them?

Take an improv class, then take the next one and next one.

SOwED • 1 point • 3 November, 2014 11:07 PM

Witty is pretty innate, but the other two are qualities easily gained by observation and emulation. I'm sure you know some awesome and fun people. What is it about them that makes you describe them that way? Once you figure that out, just do it in your own way.

[deleted] • 1 point • 4 November, 2014 01:28 AM

To some extent, wouldn't you need innate ability to effectively execute being awesome and fun your own way?

SOwED • 1 point • 4 November, 2014 01:59 AM

People came up in different environments. I think you can learn how to be fun a lot easier than you can learn wit.

[deleted] • 1 points • 4 November, 2014 05:59 PM

[permanently deleted]

identifiedlogo • 1 point • 3 November, 2014 02:58 PM

In addition to points have, nothing beats actual practice and just applying the methods you learn in real life on everyone, at the coffee shop, cashiers, friends etc. Also follow a good improv comedian like Adam Carolla, also his podcast, or you yourself attend an improv class. It teaches you to be in the moment and not think too much about what you are saying. Break rapport continuously, i.e don't give direct answers to direct questions, keeps the emotional roller coaster going.

[deleted] • 5 points • 3 November, 2014 01:27 PM

Thanks for this. I've been lurking this sub for awhile now and 2 weeks ago was when I finally started to make some big changes in my life. I've really been needing a good starting point. Luckily I'm not entirely a fat bastard as I lost most of my excess weight this summer (then gained some back in the last few months). So I've already got a head start in that regard.

My game is going to be the hardest. 8 years ago I got into the game and my confidence was at all time high and I was approaching women regularly. Gave it up for years and now I'm back to square one and I dread it. I remember the brutality of it when I started it and really don't wanna go through with it again but my desire to be a different person outweighs my anxiety about it. I also gave up lifting all those years ago. I wish I could go back in time and slap myself for giving up on these things.

no_face[S] • 11 points • 3 November, 2014 04:08 PM

You care too much. You have made women such a high priority that you have effectively given them very high value relative to yourself.

If you stop thinking about women, game just flows naturally.... maybe I'll create another post on that

[deleted] • 1 point • 3 November, 2014 06:14 PM*

I know, but it takes time/practice to change frame of mind. I was still working on that during my foray into the game years ago but things happened and I quit before accomplishing what I wanted to.

If you've got good pointers on how to accomplish it I'd love to see another post about it.

EDIT About your #4 Frame - What are ways to practice this? Is this just something that you get better at with time through interactions?

Dr_Wally • 1 point • 3 November, 2014 02:26 PM

read the suggested readings on the side bar. I highly recommend A Rational Male site.

[deleted] • 6 points • 3 November, 2014 02:49 PM

As far as style goes R/MFA is amazing. It really helped me upgrade my wardrobe, follow style blogs as well.

[deleted] • 1 points • 3 November, 2014 07:44 PM

[permanently deleted]

[deleted] • 1 point • 3 November, 2014 08:47 PM

Great reply, I very recently was wearing clothes I've wore like 4 years ago so it was a fairly great place for advice on starting fresh. Especially learning some good style blogs such as dappered, and this fits.

[deleted] • 7 points • 3 November, 2014 05:30 PM

I really don't like the idea of not talking to women until you have 'high value'. Just start today.

And hate the idea of not lifting until some kind of dubious posture problems are fixed.

no_face[S] • 9 points • 3 November, 2014 06:32 PM

Start with dropping hate from your life.

Elodrian • 3 points • 3 November, 2014 08:29 PM

It gives you focus; makes you stronger!

reddiforlove[] • 1 point • 3 November, 2014 10:31 PM

It's because he suggests doing compound exercises to avoid those rookie curlbro mistakes. You need some initial strength to be able to do those properly without hurting yourself.

It's like those martial arts movies/shows where they have to slap a bowl of water for 2 weeks to build strength before they are taught how to use it. It's building a foundation.

DevuSM • 4 points • 3 November, 2014 06:28 PM

Pretty good, but I have a major issue with Step 5: Game

First, you should start talking to women even when you have low value, and learn all the PUA BS.

If you want really attractive women in their prime, high value is nowhere near enough. You either need to be part of an extremely high value social circle, or a position of extremely high value (president of an organization, owner of a club/bar), or extremely good facial and physical aesthetics, **and** extremely good game.

Good game and putting women through a range of emotions is not a 10 minute process, and has to be developed along with everything else.

Even if you have some of those extremely high value indicators, you have to be able to present yourself in a way that is congruent with your perceived status or else she'll walk away.

The PUA BS conditions you on how to act like the finished product that you will become.

LarryLove • 6 points • 3 November, 2014 08:13 PM

I want to tattoo this onto the inside of my eyelids

[deleted] • 34 points • 3 November, 2014 02:07 PM

[permanently deleted]

[deleted] • 5 points • 4 November, 2014 03:37 AM

I'm getting a Patrick Bateman vibe

[deleted] • 6 points • 3 November, 2014 06:26 PM

Got any suggestions for good colognes that aren't super pricey?

bluedrygrass • 23 points • 3 November, 2014 04:28 PM

"Shaving your damn pubes. Get on this. You don't have to go posline, but keep your bush under control. Your balls however should be smooth and hairless at all times. If you grow hair on your ass, back or groin exterminate that shit too. Chest and armpit hair is okay within reason.

Shower 2x a day. Keep your dick clean as fuck at all times, especially under the foreskin (unless you're a sliced up motherfucker). It shouldn't smell any different from when you sniff your arm. Use fresh balls to keep your junk dry and keep them from sweating during the day. Dick cheese is blasphemy. Don't use shampoo every day unless your hair is greasy or you will end up overdoing it and possibly damaging your hair. Scrub all parts of your body, including your ears and asshole. Use good soap and shower gel so you're

clean as fuck when you come out. "

---Those parts are unnecessary and really pushing you in feminine territory. You don't need to shave your pube or your chest, you are a fucking man, and men have body hair, contrarily to prepubescent kids.

Women dig chest hair, arm hair. Shaving there will make you look like a metrosexual, like someone insecure about his masculinity.

Male body hairs have never been a problem since dawn of times, and for centuries and centuries.

It only started being a problem in the last decades, and not casually.

Also, showering two times a day is excessive and unnecessary in most climates unless you did heavy physical activity.

reddiforlove[] • 4 points • 3 November, 2014 10:26 PM

I agree that shaving your pubes and keeping your balls hairless is excessive, but keeping the hair down there at least trimmed is extremely beneficial if you want to decrease odor formation, make your johnson look bigger, and basically make chicks want to treat your package like a treasure.

Female body hairs haven't been a problem since the dawn of time either (have you seen 80's porn) but I'm guessing you don't want a woman with armpit hair and a full bush.

bluedrygrass • 2 points • 6 November, 2014 03:34 PM

Actually i *do* like the bush in a woman, for a lot of different reasons. They are also healtier that way.

Armpit airs on a woman sounds strange, but i guess i could adapt to it for the right woman. It's not really the absence of them that makes a woman feminine.

I also like arm airs of women. They are so thin and delicate.

aazav • 2 points • 3 November, 2014 05:22 PM

YES. If your teeth suck, get them fixed.

FLOSS. Not only does that save your teeth, it prevents your breath from smelling like death.

[deleted] • 2 points • 3 November, 2014 05:35 PM

[permanently deleted]

kovu159 • 7 points • 3 November, 2014 06:22 PM

Apparently the girls you know have different ideas of what 'current ideal' is. Around here that is considered a little gay by most women.

garlicextract • -16 points • 3 November, 2014 06:39 PM

Not everyone lives in bumfuck nowhere

kovu159 • 10 points • 3 November, 2014 06:40 PM*

Fuck off. Standards change around the country, around the world, and by social groups. What works for you is considered sissy in some places, what is scruffy in some places is manly elsewhere.

You're making personal attacks instead of actually dealing with criticism. Lot's of major cities aren't full of metrosexuals. You have a long way to go.

Dat_Black_Guy • 5 points • 3 November, 2014 04:35 PM

/u/Good_Shit_Bro Good shit bro

CatastrophicMango • 4 points • 3 November, 2014 06:22 PM

I don't think a cologne is necessary. Sweat on an otherwise clean body is the sexiest scent in the world, although this is coming from someone who finds all perfume obnoxious. If you really like your cologne just roll with it I suppose.

I would also add a trip to /r/skincareaddiction, even if you think you don't need it. Even the most barebones skincare routine can make a big difference, especially in the long term.

killthestone • 5 points • 3 November, 2014 11:16 PM

Haha.. Are you a pornstar?

Yes, brush your teeth, smell good, sleep well. This is a good list, but you are hitting extremes and that can be misleading to most people.

There is no reason to be insecure about anything on here. Taking 2 showers a day/cut nails 2 times a WEEK is borderline OCD behavior.

If you have hairy balls and you think that is sexy, then rock that shit. Honestly, is a girl going to turn you down because of hairy balls? **No fucking way.** Will she turn you down if you are insecure about it and make it a big deal? Most likely.

Bottom line is do what you feel most comfortable with because there is no specific solution. Just be aware of your habits and goals.

[deleted] • 2 points • 3 November, 2014 04:45 PM

[permanently deleted]

aazav • 2 points • 3 November, 2014 05:21 PM

In that case, change your pillowcase daily. Your facial bacteria ends up on your pillowcase and it will reinfect your skin if you don't do this.

Junkis • 2 points • 4 November, 2014 03:52 PM

Washing all my sheets and pillowcases today gross

kovu159 • 0 points • 3 November, 2014 06:44 PM

Accutane. Cure it once forever.

solicit • 2 points • 5 November, 2014 04:48 AM

And only at the cost of turning your skin into tissue paper!

CSMastermind • 2 points • 3 November, 2014 07:23 PM

I know it sounds stupid but I wish someone had told me this in high school. One of the benefits I got from my long term relationships is girls fixing these things about me

[deleted] • 2 points • 4 November, 2014 09:30 PM

Invisalign is actually a terrible and limited form of orthodontic therapy

troubadour1492 • 2 points • 4 November, 2014 09:22 AM

I keep the nails on my left hand almost down to the quick at all times, but the nails on my right hand are long and sculpted, and polished out to 2000 grit. I used to feel a little sensitive about my gay ass fag nails, but I keep them maintained like this to play guitar, and they work great. I may or may not get laid this week, but I'm definitely playing guitar this week. Priorities.

I agree with you in principle about the shaved balls, but in practice I've tried it twice, and there will never be a third time. No thank you. If my buzz cut pubes are too long for a girl, I'm not going to get to fuck that girl, and it is what it is.

MojoMoley • 3 points • 3 November, 2014 10:14 PM

Showering 2x day? Yeah good luck with that. Watch your skin turn to shit in a few weeks.

Indianbro • 1 point • 4 November, 2014 06:00 AM

So basically become a girl

theprotestingmoose • -1 points • 4 November, 2014 05:04 AM

Do you want me to read that in a gay voice?

YOLOtheRapist • 3 points • 3 November, 2014 04:14 PM

Step 7 is so real for LTRs.

martypete • 5 points • 3 November, 2014 11:25 AM

breast muscle? are you talking about your pectoralis?

no_face[S] • 2 points • 3 November, 2014 04:06 PM

Pectoralis muscles and also deltoids and biceps are generally more developed on one side for most people.

[deleted] • 6 points • 3 November, 2014 06:33 PM

"Until you have high value, don't even bother talking to women. Go into monk mode and work on yourself."

This is some of the worst advice you can give. And you've put it under "game", exactly where it doesn't belong. There's no such thing as high/low value. Being a man is high value by default and internalizing this is what is important, because no amount of self improvement will be good enough unless you accept yourself and you won't be able to radiate high value anyway. Also all kinds of morons get with girls, are we supposed to ignore that? Game is everything.

no_face[S] • 7 points • 3 November, 2014 07:09 PM

For the amount of time/effort, you will reach results faster if you spend time on self improvement first instead of going out 5 nights a week

If all sorts of losers have girls already, this sub shouldn't exist

[deleted] • 2 points • 3 November, 2014 08:12 PM

All sorts of losers get girls because they have the right attitude / game. If you teach men to just raise their relationship value they will get girls looking for beta bux.

[deleted] • 2 points • 3 November, 2014 03:10 PM

Your point about style really hit home. I'm 3 months into lifting properly. In the past 11 to 13 weeks I have put on about 4 to 5kg.

My chest and waist are both bigger so my current clothes don't fit and are getting absurdly tight, but at the same time I know I'm nowhere finished lifting.

Consequently I'm in this horrible limbo where I'm having to buy cheap clothes that fit before I'm comfortable shelling out for clothes that fit when I'm closer to being "done".

switchme808 • 1 point • 4 November, 2014 12:10 AM

I believe thrift shops and discount stores like Ross are probably the best choices for people "in-between" bodies.

CrewCutKid • 2 points • 3 November, 2014 03:44 PM

Thank you so much for posting this

systemshock869 • 2 points • 3 November, 2014 04:54 PM

Lardosis

xD

It's Lordosis.. Lardosis sounds like a bad thing too lol

pottyfromuranus • 2 points • 3 November, 2014 06:57 PM

Until you have high value, don't even bother talking to women.

How do I become a high-valued male? Is it true that once I build muscles, develop a good sense of style, and become successful in my career, women will start approaching me? Or do I need more than that?

no_face[S] • 4 points • 3 November, 2014 07:10 PM

Women will approach you and will be more receptive to your approaches

mustang_mike • 2 points • 3 November, 2014 11:35 PM

As far as working out goes...

1) Pick a program

Don't walk into the gym and start doing whatever the hell you feel like. Pick a program aimed at beginners like SL5x5 or SS, and *stick to it*. Don't program for yourself! Much smarter people have spent *lots* of time coming up with programs that have proven results, so if it ain't broke don't fix it. And if you're a noob, then your program is definitely broke.

2) Proper form is key

Learn how to do all the exercises *properly*. Don't be a half repper or this guy. Start with very low weight and get your form down *before* you start hitting it hard. Can't squat to parallel? Fix that before you start throwing plates on the bar, or you're going to hurt yourself.

3) Start today, stick to it

"The best day to grow a tree is 30 years ago. The second best day is today". Well, second best is 30 years minus a day, but you get the idea. Get in the gym and get moving *now*. If you wait until the time is perfect, it never will be.

Go read /r/fitness for a while, participate in their Moronic Monday threads if you have questions (that's what it's

there for). And lift, lift lift.

[deleted] • 2 points • 3 November, 2014 10:30 PM

Trp has fucking nothing to do with "lifting" (cringe.) I workout, but not for women.

d4rkj4y • 4 points • 3 November, 2014 09:43 AM

Also recommend to go see your local chiropractor to "set you straight" so to speak with regards to posture.

tojal • 5 points • 3 November, 2014 08:43 PM

Hrmf. Chiropractic "works" by essentially doing the same thing as you do when you crack your knuckles, except in your spine. The decompression causes gas bubbles to form in the fluid in your joints (from the difference of pressure), making them expand - until they dissolve back into the fluid. It can give momentary increased freedom of movement and a temporary pain relief; however what it does *not* is affect your posture. Your posture comes from how you use the muscles in your back. If you get a better posture from chiropractics it's because you get conscious about how you are keeping yourself up, and that in itself can have an effect for you - but it's in your mind. A much cheaper, simpler and better solution is to just be conscious about your own posture, and work from that. Don't need to believe in magic to fix that.

And remember, subluxation is pure weapons grade bolognium.

Stormhammer • 2 points • 3 November, 2014 11:05 AM

Man, a chiropractor is worth their money

[deleted] • 1 point • 3 November, 2014 02:35 PM

A good chiropractor is. Avoid the ones who want to cure cancer by popping your back.

Stormhammer • 1 point • 3 November, 2014 09:53 PM

Yeah, of the \$10/visit one. Their pay scale will rape you. Same with the \$100 ones. Or, I just found a really awesome one.

Kozen117 • 1 point • 3 November, 2014 01:55 PM

Step 4: Frame Frame is simply your idea of yourself. Are you a cool, confident, fun, awesome person? Are you witty and intellectual? You need to develop alpha characteristics in your frame such as stoicness, abundance mentality and high value. Step 1-3 above and your characteristics as you see yourself feed into your frame. Make sure its clean. In particular, you need to weed out anything bitchy out of your frame. Many shit-tests are simply integrity tests of your frame. Did you get upset when she said she does not like men under 6 feet tall? There goes your frame of being cool in the face of stress. Feel the need to demand explanation for her flaking on a date? Your abundance frame just dissolved.

I wouldn't define 'frame' as an idea of yourself. I would say it's more of a type of mentality or a 'mindset'. This particular mindset would be to have high standards and to not accept the mediocre. This way, it covers a lot MORE than just your idea of yourself being witty, intellectual or confident, etc. It's actually how people perceive YOU. They will see you as this person of high value simply because you do not accept the mediocre. They will KNOW that you don't succumb to shit tests and the like.

Did you get upset when she said she does not like men under 6 feet tall?

If you keep your frame (or simply have high standards), you will not lower yourself to the point of being upset about what a woman says. In this case, you would disregard her attempt at lowering your value or even disregard

her completely due to her actions. This shows that her nonsense is beneath you.

Feel the need to demand explanation for her flaking on a date?

If you keep your frame, you'll simply think that "Eh, she flaked. Oh well, I got better things to do." simply because you hold yourself in a higher standard. You put YOURSELF before women at ALL times. If she flakes, it doesn't matter to you because it's HER loss. Now you get to do more important things like working out, reading to better your understanding of the world, etc.

All in all, great post. I especially liked your link in Step 5.

EmperorAurelius • 1 point • 3 November, 2014 02:18 PM

Holy shit. My right shoulder is lower than my left. I noticed it earlier this year and mentioned it to my doctor. He said that maybe it was due to an injury. But I never injured anything. I've been looking for away to correct. I'll try out your method.

[deleted] • 1 point • 3 November, 2014 02:51 PM

Great points as I wouldn't be able to add anything more. You hit the nail on the head. It's what any man can do to live a happy life and raise your SMV at the same time.

[deleted] • 1 point • 3 November, 2014 06:20 PM

I box amateurly so how do I get any gains without it effecting my boxing? Even if I start lifting all the cardio I do is gonna run it right off. Plus all the dieting and stuff I have to do so I don't gain too much weight. Do I just go for the super cut Bruce Lee look instead?

<http://k02.kn3.net/4B59EE621.png>

no_face[S] • 2 points • 3 November, 2014 07:06 PM

How did mike Tyson get so big?

[deleted] • 1 point • 3 November, 2014 07:24 PM

He was a genetic freak. This is him at 15

<http://m.wimp.com/miketyson/>

He was whooping people twice his age at 16.

[deleted] • 1 point • 3 November, 2014 07:33 PM

TRP isn't about "picking up women" you need x and y. No. TRP is a way of life, how you are successful, how you look at everything around you and what you are surround yourself with. It's a self improvement for the body, mind and spirit

tuffbot324 • 1 point • 3 November, 2014 09:58 PM

Just for some clarification, you should be doing these things only if you want to. You shouldn't be lifting or wearing stylish clothes to impress women, or anyone. You should wear them because you want to. Yes, it's good to take care of yourself, but it can be done without the mindset of trying to impress others or trying to gain attention from women.

magicalbird • 1 point • 3 November, 2014 11:27 PM

Disagree with point 5.

Talk to women in your league. If they aren't up to the quality you want you go into monk mode. If they are up to your quality you want you go into monk mode and talk to them on the side as well.

armenia4ever • 1 point • 4 November, 2014 03:10 AM

Regarding lifting and exercise, what's the opinion on reverse situps? (apparently they are better if you tend to put pressure on your lower back)

AUAUA • 1 point • 4 November, 2014 03:21 AM

Back extensions are great if that's what ty mean by reverse situp

Hydoxis • 1 point • 4 November, 2014 04:09 AM*

I'm quite the fitness enthusiast myself, but it seems to me physical fitness here is more-so regarded as a means of achieving a particular social status (as measured my "SMV") rather than a means of improving yourself out of a legitimate desire to do so.

This type of mentality, IMO, gives into the concept of beta-shaming by implying a man may feel inadequate as a man by not lifting, based upon what is thought to be popular opinion of women of reasonable SMV in regards to the traits of a male that are considered to be "alpha." You give into beta-shaming by the influence of the idea you'll be shamed alone, and lifting is a means of avoiding being shamed and making yourself good enough for a woman as she stares down at you from the pedestal you've placed her upon by giving a shit in this sense.

What I believe a man should do is seek to improve himself as a person, in various aspects including physical fitness, solely out of personal desire to improve himself and his life alone, without the influence of how society may perceive him, with the following increase of SMV being due to his own personal merits and not a sought out goal to appeal to women or achieving some silly societal notion of what determines a "true alpha male." Boarder-line ego death, essentially.

foldpak111 • 1 point • 4 November, 2014 05:51 AM

When a girl says she only likes tall guys and you're short wtf are you even doing there

AntixD • 1 point • 4 November, 2014 07:25 AM

"Step 5: Game There are entire manosphere you can read about game but almost all of it can be concisely boiled down to 16 commandments of poon

My experience regarding dealing with women in your social circle is simple:

Until you have high value, don't even bother talking to women. Go into monk mode and work on yourself. You will know you are high SMV when multiple women open you (talk to you of their own volition, smile at you, etc). Low value men are invisible to women. Low value men who try to game/hit on them are creepy according to their definition Once you have high value, the simplest thing to do is to wait for a woman to notice you and open you. These will be least effort/least shit-tests. If you have noticed a woman and she seems to have not noticed you, you can boldly go over and introduce yourself. I have never needed any pickup lines/opinion openers/negs or any of the usual PUA BS. Just go over and introduce yourself and make some small talk. The only thing I'd add is DON'T COMPLIMENT HER. She hasn't earned it. After this, you should just ignore her. She may open you or you can talk more if you run into each other. If you see increased friendliness, you should simply ask her out. Escalate"

this is so fucking true,a lot of people say approach approach but you can't if you know you can be a better person by entering complete monk mode

Somnivore • 1 point • 4 December, 2014 06:58 AM

Commenting to remember Daniel rose sgod

Rise80 • 1 points • 3 November, 2014 11:32 PM **[recovered]**

For style and a descent price I recommend Marc Anthony at Kohls. I am a big guy, 6' 4" and 225. Those shirts come in XML, but are slim fit. I bought a few this weekend to wear out and got many compliments. I think I paid \$35 per shirt.

[deleted] • 1 point • 5 November, 2014 01:19 AM **[recovered]**

I like how they have the XLT shorts and stuff. I'm your size and weight as well.

Popeman79 • 1 point • 3 November, 2014 01:11 PM

Awesome post. I like the fact that you downplay Game to the 5th step. On this thread a lot of people are obsessed with just chasing women, whereas we should chase our own improvement, and women will chase us. Also, you're spot on when you say you don't really need game once you have frame and high value. Game is pretending you are an alpha, whereas following these steps is becoming alpha.

Cyralea • 2 points • 3 November, 2014 02:16 PM

You're hamstering away the need for game. It's important if you want to attract a large percentage of women. If the disparity between your SMV is very large, then yeah, you can usually sit back and let them come to you. With much more attractive women you still need game because that's what your competition is bringing to the table.

Your SMV is comprised of many things, of which an integral part is game.

[deleted] • 1 point • 3 November, 2014 06:35 PM

1 out of 1000 men get laid because of his achievements. 1 out of 5 men get laid because of game. What should be most important in a sub discussing sexual strategy?

thinktankman • 1 point • 5 November, 2014 01:46 PM

It depends on said persons goal.

Pussy can feed you but I'd much rather fendformyself

TheRealMouseRat • -2 points • 3 November, 2014 11:09 AM

TL;Dr: make yourself a great person.

[deleted] • -2 points • 3 November, 2014 04:52 PM

[permanently deleted]

MetacognitiveMan • 0 points • 3 November, 2014 03:36 PM

For some people lifting becomes their mission and that's cool. But, I want to encourage everyone to make being a person who lifts who they are and explore other avenues for their mission. Lifting takes a toll on the body (especially as you get older), and it is really nice to have other interests which don't.

A good example which works for me is making music. I can play for hours and feel great afterwards. Also, it offers nearly unlimited room to grow. I've been taking guitar lessons for over a year now and have expanded out into jamming with other musicians and writing my own music for fun.

no_face[S] • 3 points • 3 November, 2014 04:11 PM

Lifting is lifting. It should not be your mission unless you see yourself as Arnold did. Lifting defined him and made him who he is.

You already should have something that you are passionate about. Use that as your mission (unless its video games and jacking off, in which case find something else)

dragonfly224 • 0 points • 3 November, 2014 04:03 PM

Thought I was looking at another sub and it was literally a guide to swallowing pills. 9/10 tho, good guide

killthestone • 0 points • 3 November, 2014 10:43 PM

I like this post, great content. Posture is mandatory for heavy lifts. But..

I strongly disagree with being stoic as part of your emotional strategy. You are hiding from other people and yourself when you do this, it is manipulating. There is nothing wrong with expressing emotion, just don't overreact or be pathetic. If you can't do this, stop drinking/drugs, meditate and eat clean food because your brain chemistry is out of balance. Let out your demon, learn from what happened, and move on. We are emotional beings as humans by default, women just lead with them and express them more.

If you work on yourself and gain a desired SMV, showing your emotion around women will make you attractive. True men with value have nothing to hide.

Indianbro • 0 points • 4 November, 2014 05:59 AM

Wait for women to open you? Bro, unless you're a massively handsome dude like Brad Pitt or Sean Connery, that just isn't going to happen. Attractive girls aren't used to approaching other guys and don't have it in them to do so. They are entitled towards things having done for them. While you wait for her to open you, amog is going to sweep her of her feet and you're the sucker.

no_face[S] • 3 points • 4 November, 2014 06:01 AM

Read it again, its social circle game, not day game or night game. In your social circle as your SMV increases, girls WILL open you.

[deleted] • -4 points • 3 November, 2014 05:27 PM

Sorry, but fuck lifting. I admit that women really are as stupid and shallow as you say, and to be honest, I'd rather get by without them. I've never had a really enjoyable dating experience even when I was 'on top'. I'm not fat or out of shape, but I don't see chaining myself to a creature such as a typical western female to be a venture worthy of constant, stressful exercise.

If I get my life straightened out, I go to Europe and maybe meet one that isn't a spoiled cunt. And I do it without trying to be Johnny Bravo.

[deleted] • 9 points • 3 November, 2014 06:02 PM

that's your choice but the fact is that if you are more physically capable you will FEEL better about yourself. you will have more confidence and feel more manly. it's not just about aesthetics.

[deleted] • 2 points • 3 November, 2014 06:09 PM

I'm a former Marine. I was forced and paid to exercise for years, and don't need any help feeling more manly. People always got confused when I told them to fuck off for asking me to do a tough mudder run, heh.

fortunately, the military also helped turn me into a hate-filled recluse, so seeing through women's bullshit already comes naturally. Dependapotami ruined a LOT of friend's lives, with the cheating and the breeding (and then the divorce, every fucking time)

But, I suppose I see what you're saying. While I rarely left more than kettlebells or GIS equipment, I do a lot of field work and biking. I imagine if i sat on my ass all day i'd feel like shit and turn into a sack of fat and estrogen, and hate life even more.

[deleted] • 2 points • 3 November, 2014 08:10 PM

are you struggling with depression then?

[deleted] • 2 points • 3 November, 2014 08:25 PM

i stopped struggling a while ago. life sucks unless you're rich or stupid.

LAUGHINGNONCHALANTLY • 4 points • 3 November, 2014 06:08 PM

Are you expecting european women to not be the same species?

[deleted] • 0 points • 3 November, 2014 08:27 PM

no, i actually KNOW that they're not quite as shitty over there. my chances of happiness with women in Germany are FAR higher.

Brandwein • -2 points • 3 November, 2014 08:14 PM

My guide: Do whatever shit makes you free and happy with a clear conscience.

[deleted] • 5 points • 4 November, 2014 12:20 AM

Doing "whatever shit makes you free and happy" has resulted in the following for me;

Fat

Lazy

Gaming and TV all the time

No friends

Poor grades at university in year 2.

Fuck doing things the easy way. Anything worth achieving isn't easy

Brandwein • 2 points • 4 November, 2014 05:47 PM

Well, then you ain't happy aren't you.

Brandwein • 1 point • 4 November, 2014 05:47 PM

Well, then you ain't happy aren't you.

[deleted] • 1 point • 4 November, 2014 06:12 PM

I'm not happy, which is why im focusing on change.

[deleted] • -8 points • 3 November, 2014 01:22 PM

[permanently deleted]

Air4ce1 • 6 points • 3 November, 2014 01:46 PM

The point of this entire manosphere is not for just women and picking up women. Even if be stagnate is fine for your woman, as a TRP male you should always be striving to improve yourself, for yourself. Speaking on what you "personally" want doesn't really apply here either because this is based off of generalizations so picking and choosing what you'd specifically want is of no help here.

arrayay • 3 points • 3 November, 2014 03:02 PM

Why are you trying to poison the well? Why do you enter a male space and proclaim your gender as if it gives authority to your opinions?

[deleted] • -2 points • 3 November, 2014 03:12 PM

[permanently deleted]

[deleted] • 2 points • 3 November, 2014 03:16 PM

[permanently deleted]

[deleted] • 1 point • 3 November, 2014 03:58 PM

I think it's common sense that most women don't want to be treated the way TRPers *think* we should. According to you guys, I would cheat on my husband because he's fat if Brad Pitt walked in to the room. But I love my sweet, understanding, larger husband so why would I cheat on him. TPers need to understand that there are asshole people in each gender and it doesn't mean ALL women are slutty cheaters who lie. Just like how men aren't all TRPers (thank god) Keep fucking a hole and tell yourself it's fulfilling. One day you'll wake up and realize you could have been happy instead of a self righteous prick.

KizahdStenter • 1 point • 3 November, 2014 06:48 PM

Does your name reflect your philosophy?

[deleted] • 1 point • 3 November, 2014 06:53 PM

Definition of an idealist: In philosophy, idealism is the group of philosophies which assert that reality, or reality as we can know it, is fundamentally mental, mentally constructed, or otherwise immaterial. Epistemologically, idealism manifests as a skepticism about the possibility of knowing any mind-independent thing. In a sociological sense, idealism emphasizes how human ideas—especially beliefs and values—shape society.[1] As an ontological doctrine, idealism goes further, asserting that all entities are composed of mind or spirit.[2] Idealism thus rejects physicalist and dualist theories that fail to ascribe priority to the mind.

I'd say it's up to interpretation.

KizahdStenter • 1 point • 3 November, 2014 07:05 PM

Thank you for the reply, but I would have to say "A" really is "A" :)

[deleted] • 1 point • 3 November, 2014 07:25 PM

Well you're welcome to your opinion. I wouldn't say it's completely accurate, but it doesn't make you view invalid. Just keep in mind that life is not black and white but rather a spectrum :)

seeing-red- • 2 points • 3 November, 2014 04:28 PM

Which would you rather have: someone who can handle his life, keep a roof over your heads, and get what he wants and deserves out of work and personal relationships, oh and he fucks you like he means it? Or someone who is wishy-washy about every decision and can't solve problems without help and extensive discussion?

Being able to handle your life without putting up with other people's BS is dominance. It sounds like you have some strong negative associations with that term, but abuse is different and not something we condone here.

In fact, many of us are here because the standard advice to just be yourself fails miserably in the real world. As men we must always be learning and improving, or we'll be left behind.

[deleted] • 1 points • 3 November, 2014 02:51 PM

[permanently deleted]

no_face[S] • 0 points • 3 November, 2014 04:33 PM

6 is what holds attraction in women. I suggest you simply replace "leadership" for "dominance" to get a sense of how it would feel if you were the woman receiving the attention of a TRP male.

7 is natural. A woman is a nurturer and would enjoy seeing her man grow into a better version of himself every year.

aazav • -1 points • 3 November, 2014 05:14 PM

Breast muscle? It's a chest muscle. Since when did people start calling men's chest muscles "breast muscles"? Women have breasts. Men have chests.

no_face[S] • 5 points • 3 November, 2014 06:29 PM

Pectus is Latin for breast. Pectoralis refers to breast muscle. The word breast itself refers to the upper ventral region of a primate.

Respectfully suggest you look up things before you type

[deleted] • -1 points • 3 November, 2014 11:24 PM

I think every single one of the thousands of 'gamers' of reddit (aka basement dwellers White knights) should read this guide.

[deleted] • -1 points • 16 November, 2014 06:41 PM

I don't know about you but £85 for a cashmere Tommy Hilfiger V neck doesn't exactly scream 'cheap factory outlet'.

smitt75 • -6 points • 3 November, 2014 06:01 PM

OK. Become "Alpha" by looking good to get the creepy bitches. After that be an asshole towards them to keep them. Sounds like a happy life.

no_face[S] • 2 points • 3 November, 2014 06:31 PM

Asshole is not accurate. Captain/first mate dynamic is a better way to characterize it