

You don't care enough: why your life sucks and how to change it.

January 25, 2020 | 761 upvotes | by [VisiblePlan](#)

As I walk through the wilderness of New York City, a chill echoes through my body. As far as the eye can see, New York hipsters with greasy beards, gay arm tattoos, odd fashion choices mill about, with a piece that seems far too good for them. This puzzled me. How do these men, who seem so beta and shit, get women while Billy Beta in Midwest, USA has to wait around his XBONE for twenty years for Sharon the Whale to finally let him pound her. Then it occurred to me. The difference between these Beta NY men and the Beta Bills is simple. When it comes to vagina, the Hipsters actually try.

You do not succede because you put no REAL effort in.

What is your issue with the RedPill? One only has to glance at askTRP for a breif moment to realize that, God damn, men are struggling with it. But why? Is it too much BP programming infecting their brains? Is it a lack of muscles ok their Pelvis, Glutes and Neck? Is it because their wallet smells like moths instead of US Dollars? No.

It's because they aren't really trying.

It is very easy to read the red pill. Just like it is easy to read a book, watch a movie, watch an Olympic sport, read about heroic exploits and conquest. Those require no effort on our part. Its much harder to do.

You have a diet plan, you agree that this plan will help you lose weight, but like a fat Women's Studies major, you continue to eat chocolate cake.

And don't give me that "i won't change for anybody" horse shit. You should change for yourself, retard. You owe it to yourself to see how many pussys you can fuck, how muscular you can get, how much money you can earn. Not to impress us, because none of us care. But to make yourself proud of a life you've lived. Here's a parable:

Jonny lived in a podunk town in Idaho. Where the hoes? I dunno. Jonny had a goose egg of an N-count, dressed like a homeless man, had a skinny, twink frame, and never talked to girls for fear of upsetting them.

Don't worry, this isn't a horror story.

One day, Jonny decided to change his life, one step at a time, because that is the only way to do it. First, he left Podunk Idaho. He moved to a big city. The big city has more jobs, more women, and more opportunities. He got a job and started making money.

Next, Jonny joined a gym. He didn't make much progress at first, but after awhile of lifting he became somewhat muscular, enough that people noticed.

Jonny would approach in clubs at first, and get shot down. He got shot down alot. He daygamed also. Although he got shot down, some women said yes. He even fucked some of them. Jonny realized as well that women ain't shit, and chasing after them doesn't make you happy. It just fills a base need.

Jonny wore suits and jackets, he looked masculine. He had actual muscles now. He didn't look like a retard. He could talk to women and men and they liked him because he was honest. As he grew, his job opportunities grew as well. Jonny made more money. Jonny had become the alpha.

What does this teach us? Well, Jonny realized that in order to change his shitty life, he needed to take action. Action always sucks when you first take it. But you can't dip your toe in the water, because then you will decided not to do it. I'm happier on land, you'll say. You need to dive in head first. Here is another parable, the story of Ralph.

Ralph was Jonny's roommate in Podunk. He didn't go with him to New York, he wasn't ready yet. Ralph would go to the gym sometimes but not as much lately. He just couldn't find time. Ralph worked at a shitty job, but he couldn't find the courage to quit. He could do better but he feared uncertainty. Ralph couldn't talk to women. Eventually he married one, a woman who after several years suggested they try swinging.

What happened to Ralph? He had the same situation as Jonny, and yet he froze and didn't move. Ralph was afraid of UNCERTAINTY. Fear sucks, but to eliminate it you must be exposed to your fear. If your afraid of bugs, start researching dung beetles. Maybe hang out with a Praying Mantis or two. Eventually you realize, bugs are cool as shit. You can't imagine WHY you haven't taken the plunge with bugs before. You laugh at your old self, who shook at the sight of a lady bug. Now you keep a cockroach perched on your shoulder.

Why don't you take action? Why does your life suck? This is gonna hurt, bit it's because of you. If you really cared about becoming alpha or changing your life, you would take actions to make it so.

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Comments

AutoModerator[M] [score hidden] 25 January, 2020 05:37 PM stickied comment

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I am a bot, and this action was performed automatically. Please contact the moderators of this subreddit if you have any questions or concerns.

quickdrawmccaw • 228 points • 25 January, 2020 06:00 PM

A lottttttt of guys need to read this. There's a lot of fucking posers in this sub who like to throw around the slang and banter about it but don't actually live it, don't even understand it. It reminds me of when I was six and I'd hear my dad say some cool shit and repeat it like I had even the slightest clue what it meant for weeks. Your life is pathetic and pretending that you're somehow on top of shit while making cuck posts in asktrp isn't doing shit for you. Stop fucking talking about it and be about it. So many of the questions in asktrp are so retarded coming from guys who want to claim they get it but are clearly just betas in denial.

uwey • 25 points • 25 January, 2020 10:03 PM*

I used to think there are choices out there.

But really, no.

You have to live with a choice everyday you wake up.

Most people don't want to live the way they live, but they don't want to die either. You either on top of you shit or working on it.

A lot of people think working on it is a excuse to stop being realistic. I call it "dreamer" syndrome. You hear them a lot, who give up their dreams and "enjoy the process" of it. I call it bull shit, if you give up what you plan on and unable to execute what needs to be done in order to succeed, you fucking failed. Buuuuuut to avoid acknowledging that it is YOUR failure, might as well stick around like a fucking orbiter. Human excuse process is amazing to watch, and sad.

Human don't seems like to give up, but they don't want to leave something they invested and love deeply.

I respect a person so much more if they just admit nothing matters and that is their choice to live the way they want to live. "Oh you know, I want a whole world or nothing, and I choose to be nothing, because I want my time and refuse to live up anything but my own laziness"

I know someone, a die hard nihilist, it is hard to watch how he live, but is a honest way to live.

Nothing wrong being a loser but don't yapping shit like you are something to be great one day because even yourself don't believe it. 80% people are like that. Fuck them, and fuck whoever accept your way of live.

stop sucking mom's tits and go build your own shit

casemodz • 5 points • 25 January, 2020 07:08 PM

I say shit if I've lived it. I used to get decent amount of pussy when I had confidence and enjoyed life

[deleted] • 5 points • 26 January, 2020 10:18 AM

Great analogy. I've recognized it in myself and consciously taken steps to get off the internet because of it. I noticed I was looking for a father figure type vibe from a lot of posts, maybe that rings true for other guys as well. The issue is that I'm not a child anymore, I won't ever get the parenting I wanted, and soaking up information only chisels away at a very small portion of the goal I'm trying to achieve in being a good man.

[deleted] 26 January, 2020 11:24 AM

[deleted]

j-mac-rock • 2 points • 26 January, 2020 02:24 PM

It will get better man. One day at a time

[deleted] • -6 points • 25 January, 2020 06:15 PM

Calm down a lil there chad.

quickdrawmccaw • 3 points • 26 January, 2020 04:49 AM

How about you get fired up pwussy boi

centaursg • 47 points • 25 January, 2020 07:26 PM

I read sometime back on this sub that stuck onto me and I always remember. It was - Produce more than you consume.

You consume things from books, TRP sub etc but you gotta produce with your own hands. This happens only when you take action.

[deleted] • 14 points • 26 January, 2020 06:57 AM

Betas consume.

Alphas produce.

[deleted] • 6 points • 25 January, 2020 10:43 PM

Could you give some examples of producing?

Ill_mumble_that • 40 points • 26 January, 2020 04:18 AM

I'll never forget this one time back in high school. I was at my friend's house with 6 of my buddies and his mom comes downstairs and asks who is going to take the trash out, "it's going to be at least 2 trips because there are 4 bags."

All of my buddies did the typical highschool guy thing and said "nose goes" which means the last person to touch their own nose has to do it.

Not my friend Roy. Roy said "I got it, and I think you mean 1 trip." It made everyone else feel like an ass. A couple even said "aw fuck you Roy." But Roy gave no shits and he added value. He was always welcome in that house because this is the kinda guy Roy was. Everyone fucking loved Roy.

Build a house. Build a car. Save a life. Volunteer. Pick up trash in someone else's house.

The idea is that everywhere you go, you create value. Everywhere you go is better now because you went there. But you simply just going there isn't enough. You aren't King Midas with magic gold conversion fingers.

You have to actually do something that creates value. It doesn't have to be big. But it makes you stand out among the hordes of useless consumers.

kantianluvboat • 21 points • 26 January, 2020 07:00 AM

Did he fuck that dude's mom

Ill_mumble_that • 19 points • 26 January, 2020 12:11 PM

Roy wasn't the kinda guy that would fuck his friend's mom.

At least not the type that would tell anyone about it. He didn't need that external validation.

Maybe he did? None of us would ever know, so what's the difference to us?

Schrodinger's milf?

notashittyperson69 • 12 points • 26 January, 2020 01:53 PM

But there was a video on Pornhub titled 'garbage man fucks friend's mom'

Are you sure that wasn't him?

PiperFM • 5 points • 26 January, 2020 06:35 AM

Thanks man, I needed to read that today.

skippwiggins • 17 points • 26 January, 2020 02:43 AM

Making money, making muscular gains, making strength gains, fat loss, speaking eloquently and intelligently, producing fruitful relationships with women and male friends, art/self expression, creating ideas and goals, etc

centaursg • 3 points • 28 January, 2020 08:22 PM

Just look at the TRP finance guy. He is consuming by reading books, watching Warren Buffet etc and is also creating value for himself and others through YouTube videos, financial posts. So if you just consume and not take any action then it's just waste of time.

circlingdispair • 81 points • 25 January, 2020 07:32 PM

TLDR; Stop playing it safe and start taking risks/ actually living.

I know I've dealt with this bullshit before thanks to my parents always telling me to "play it safe." All that did was make me a fucking late bloomer who cares too much about outcomes and wouldn't take risks; thanks mom for making me a complete risk adverse little bitch and thanks dad for talking to your beer bottles more than your two sons. "What if she doesn't like me or think I'm dumb", "what if I can't do XYZ at this job I want." Learn from other and save the time it took me hitting rock bottom on all aspects of my life in my late 20's to stop caring about everything; to start doing whatever I needed to do out of complete desperation.

Part of being a man is dealing with consequences. I find it easier now to deal with consequences than the incessant nagging and never ending presence of regret.

FrenCan316 • 22 points • 25 January, 2020 08:05 PM

This hit me, I had the most risk averse, passive resentful doormat of a father who talked to the TV more than me or my siblings. It took me a fucking long time to unplug from that garbage and it's been a hard ongoing journey transforming myself into an alpha internally and externally. For me it all started with a beta-induced relationship failure, after which I started exploring philosophies of radical responsibility, self-improvement

and masculinity. Everyday life get better. Cheers mate

PandaLitter • 4 points • 25 January, 2020 08:19 PM

What kind of job do you have now after that realization

volvostupidshit • 1 point • 9 February, 2020 12:53 AM

I have my own business. Pretty small, for now, but I'm building it from the ground and up while learning how to manage a business brick by brick. OR die trying.

diastere • 2 points • 29 January, 2020 03:53 AM

I've been on the fence about jumping off the natty train in the future. This post was an important reminder that sometimes you've gotta take a chance in life

Trenned_out • 1 point • 29 January, 2020 04:57 AM

While I can't say the cost/benefit will be the same for everyone. I can honestly say that using gear was one of the best choices I've made, as ridiculous as that may sound to some. Now I just cruise on test only, maybe 1 blast a year or so, but for a few years I pushed it more. I really loved lifting weights (still do, just isn't as all consuming of a thing to me as it once was) and I wanted to see the gains I could get. I'll be on TRT for life and I have absolutely no problems with it. Even if I hadn't cared about being well above average in terms of muscle or strength I personally would have used TRT as well.

Also while I can't sit here and say using supraphysiological doses of test along with other AAS won't have the potential to create some health risks down the line (left ventricular hypertrophy for example) shit like that is a genetic role of the dice anyway, and the risk can be mitigated.

mette13 • 14 points • 25 January, 2020 07:58 PM

Let the posers pose. This is solid advice, but the men who aren't taking action have to do it themselves. Noobs need to read Heathcliff's post "Now I become Chad."

bigdudecfc • 1 point • 25 January, 2020 08:28 PM

If they haven't then this is beyond them, it's in the first 15 of top post.

huey764 • 9 points • 25 January, 2020 07:59 PM

Indeed. I have adopted a very "i am responsible for everything (most things) that happens to me" mentality. I sometimes find myself still habitually blaming others for my fuck ups, then I stop to think for a moment, and realize it's my fault. This has helped me take control in my life greatly.

GulpAndCry • 8 points • 26 January, 2020 05:42 AM

I have noticed, on an extremely fundamental level, that the amount of overt effort put into being a viable mate has an almost direct correlation to your actual value as one and that this applies to women too.

Take a woman in makeup, unsophisticated in its application, which for this example makes very little difference to how anyone would rate the woman in terms of attractiveness. A girl in this type of makeup (consciously or not) has just invested in her own short term sexual marketing campaign. Has the product improved? No. But you know it's out there to be sold and if you're thirsty, you're more likely to try to buy it.

Take a poorly fitted shirt on a guy. It's poorly fitted, so the guy doesn't know what he's doing. But, it's a shirt, a globally accepted indication of better-than-baseline fashion intent. It shows he made SOME effort and people

recognise this.

Take a loud pea-cocking haircut on a soyboy. He might say he's doing it ironically, but everyone knows that a pea-cocking haircut is COOL. It took (possibly negligible) time, for the strict purpose of improving your looks (SMV).

This is another reason in support of going to the gym. It's actually a practical function to have developed and has permanent results you can't wash off. It shows that you've invested in yourself, consistently.

dopexile • 20 points • 25 January, 2020 07:59 PM*

Let me flip the script a bit, what makes it worth it for men to change?

Most of the guys living with a woman are suffering quietly. Women in this culture do not offer a whole lot except for a few minutes of sexual satisfaction. A few female coworkers I know don't even have a screwdriver at their homes because they know a white knight will come in with his tools and solve all their problems.

Perhaps one could make the case to put in the effort in the 1950s when you were assured to have a supportive wife that would help be a great partner.

Today? Women try to offer as little as possible and demand as much as possible. 50% of marriages end up in divorce. Divorce and family court has ruined many men including concepts such as lifetime alimony and child support that is not related to the costs of raising children. Of the 50% that don't get divorced a large percentage of them are miserable. Overall it makes living with a woman or being married an awful deal to put in the effort for.

Or you could just put in the effort for sex which involves spending huge sums of time, money, and energy for a few minutes of pleasure. That doesn't sound like a great effort vs reward trade-off to me.

Perhaps some of these guys are acting more rational than you give them credit for.

Howdoiusesync • 7 points • 26 January, 2020 01:46 PM

Honestly i've had plates that have done more for me than most dudes that are in relationships.

SKRedPill • 5 points • 27 January, 2020 10:54 AM*

The day you connect your growth for some other outcome, your motivation is finished. It was so easy to grow with external pressure. Right now your growth revolves around a woman, not you.

You are doing this for yourself, not for some other ultimate thing. All those others are the icing on your cake. Get this in to your skulls.

Once you do grow and see what you can be, that itself becomes inspiring and then you'll wonder why you want to go back to your old mediocre self.

If you have issues with this, it's a mental block. You're making the best part of yourself conditional. Why would you do that?

incelinthirty • 4 points • 31 January, 2020 04:33 PM*

Man, you deserve Reddit gold for putting it so clearly. The way you countered OP's jab at normal guys who know the risk-reward ratio is impressive. So there are still people in TRP who get it.

Yes, married men are miserable. So are men in relationships. They might seem happy on the surface but a quick peek into their lives and you realize how sensible it is to stay single. True, I don't fuck hot 18 year olds but I am not as miserable as my married friends. OP advised men to carry out insane workout sessions, avoid certain food that in all likelihood they fancy and approach every attractive girl they find in their vicinity. All these for what? 15 minutes of pleasure from a mediocre pussy that have been used and abused by 10 other

guys in the past? Sorry OP, the risk and the reward don't match up.

I wonder if OP even realizes that all these self-improvement tips targeted at men who have little incentive to take off for big changes in their lives are crap. We never change for ourselves, we change for others. And changing for others is fishing for validation, something that TRP is opposed to. There's a void at the core of today's consumption-driven society and OP is suggesting men to jump right into it. Wanna know what the void is made of? It's made of pointlessness. Spending money and time, putting so much effort into accomplishing something that other men who won the genetic lottery get for free is pointless. Not the right advice OP in case you are reading it.

And notice how there's cricket silence on his part after you mentioned the risk of getting divorce-raped in the post below. Tells a lot about how clueless he is.

VisiblePlan[S] • 18 points • 25 January, 2020 08:05 PM

You don't do it for sex, you do it because becoming an alpha male allows your life to become exponentially better. The alpha male doesn't get divorce raped, he figures out how to avoid that obstacle. Women are more useless, but it is our job to train them. Or just fuck them silly and then leave them.

dopexile • 19 points • 25 January, 2020 09:23 PM*

I know Alpha's that have ruined their lives with women. My one friend can bench around 390 and has a notch count of probably 200+ women... he got a blonde girl pregnant that was pretty good looking (maybe a 6-7). They got married and now his life is pretty miserable. She now weighs over 200 pounds and is on antidepressants. All kinds of crazy behavior. He talks about how he loves his kids but "can't stand that bitch" and "she would be living in a trailer park if it wasn't for him".

My point is there are incels that are happy with their lives and there are alpha's that are completely unhappy and miserable. Perhaps there just isn't enough incentive for some of these guys to change.

SKRedPill • 4 points • 27 January, 2020 10:56 AM

I know people who have walked out of bad relationships. I have walked out of one. There are so many on mrp for e.g. You have a poor definition of an alpha.

Just because your dick is alpha doesn't mean all of you is. God, you guys need to be pushed to higher standards.

dopexile • 3 points • 27 January, 2020 02:25 PM*

You don't "walk out" of that relationship. There are 3 people in that relationship, the man, the woman, and the government.

If he was to get divorced it would easily cost him a million dollars. She would be awarded half of the assets, custody of the kids, child support to the tune of \$3,000 a month that is detached from the costs of raising children, and probably 5-10 years of alimony payments. There would also be a boatload of legal fees.

So he can "walk out" to the extent that he is willing to commit financial suicide and ruin the next 10-20 years of his life.

If anything, you could make the case that a true Alpha would never get married and subject themselves to those conditions. Getting married or having kids gives a woman tremendous power over you. I would guess the percentage of guys that don't want to have kids or get married is less than 3%.

SKRedPill • 1 point • 28 January, 2020 01:24 AM

But for your friend a favor and send him to mrp.

[deleted] 27 January, 2020 09:21 AM

[deleted]

Korrangar • 3 points • 27 January, 2020 09:35 AM

I think there's a slight nuance here. In your life there will be times when you are more or less alpha. The best example is the hormonal shift when a guy has a child.

I used TRP for knowledge, now I mainly use it as a kick in the butt.

dopexile • 3 points • 27 January, 2020 02:35 PM

If a woman wants to eat, she is going to eat. If the guy tries to intervene then all of her friends will label her a "fat shamer".

Once you get married you basically have no leverage and the woman has all the power.

Perhaps one could make the case that a true Alpha would never get married or have kids (since the government will ruin anyone with child support payments). Getting married or having kids gives a woman tremendous power over you.

[deleted] • 1 point • 29 January, 2020 04:29 PM

Exactly reason #109 that I will never get married.

VisiblePlan[S] • 5 points • 25 January, 2020 09:34 PM

the point of incel is that its involuntary. They want sex. If they were happy with lack of sex it would be celibate. And never forget that you HAVE A CHOICE. Don't ever feel like you HAVE to do anything for a woman. Pay your kids school, get them fruit loops. Let that bitch go nuts. But don't let her CONTROL YOU.

DemFineKnees • 9 points • 26 January, 2020 01:11 AM

Let that bitch go nuts. But don't let her CONTROL YOU.

I mean, modern marriage contract essentially exists as a tool to give her control over you. How do you not let someone who has legal entitlement over your finances and offspring control you ?

mugatucrazypills • 4 points • 26 January, 2020 01:48 PM

and the right to imprison you at any time.

Howdoiusesync • 1 point • 26 January, 2020 01:41 PM

you have the placeholder for "alpha" wrong.

ArtBetween • 1 point • 28 January, 2020 11:14 PM

Does that make the incel Alpha if they're more happier than the Alpha?

I want to write a book about society's fascination with the term Alpha and an individual's willingness to apply it to themselves. Behavior is so much more nuanced than binary ideals.

I_sort_by_new_fam • 0 points • 28 January, 2020 08:54 AM

Nice stigma there. As if us guys always have so much to offer.

dominicthetiger • 6 points • 25 January, 2020 08:17 PM

Although I've first read the sidebar two years ago, I still haven't internalized RP. I realised this just a few days ago when I got a massive oneitis for one of my superiors, and I couldn't realise why. It was torture because I knew that what I once called being in love is just oneitis, and just when I thought I would never get it again there it was. And it was scary. I hated every moment of it. I'm in an LTR and I got where I am thanks to sidebar principles, I used the tools and it worked. So how could this have happened? I got lazy. I grew a big wall made of ego, and never left the cage. I think I'm better than others because I read the main sub, but it's just the opposite. I am a little bitch that is scared of everything. Scared of leaving LTR because I got so comfortable with using it to medicate my loneliness. Now my LTR is hot, pretty smart and is LTR material. But I don't really care about that. Because she became my best friend and I hate that. I have little friends, and even those guys rarely have time. Because they have a life. I hereby declare a war on my fears. In a year I'll be back, and see what changes I made and how I improved.

This comment isn't made to seek compassion and attention, though it started that way, I decided to be transparent and humble myself in front of people whom I admire. If you took your time and read this, thank you, and if you don't care, that's okay. Writing this helped me more than a thousand motivation posts. Cheers.

totallymanlytears • 3 points • 25 January, 2020 10:24 PM

If it's really clicked, then prove it to yourself, don't expect us or anyone to care

PhaedrusHunt • 3 points • 26 January, 2020 03:53 AM

You want me to set a calendar reminder and hit you up in a year brother?

rokr10 • 1 point • 28 January, 2020 08:51 PM

Because she became my best friend and I hate that.

Do not socialize with women with the hopes of making friends. They are at their worst in this day and time and are selfish beyond belief. If you were lucky to use her to get laid, etc., well done, but majority of times it doesn't work out that way. I haven't had a female friend (that I wasn't banging) for 3 years. Couldn't be happier.

Trenned_out • 2 points • 29 January, 2020 05:05 AM

This might seem like I'm saying 2 opposing things but here me out, I both agree with you but also think it's too black or white of a statement.

The way "friends" is often used, yes I do think you should avoid having female friends. Even in the rare case where it's not a guy who got friendzoned and is trying to bang her yet, women will suck up your time and use you for validation and it's easy to fall into this trap.

However, if you're completely aware of this, female "friends" can be beneficial. For example I've made some social circle gains, through female friends, gotten laid, etc... And believe it or not had a pretty decent female drinking buddy when I was new to my current city and lacked social circle. Also, and here's a big caveat, I was smashing other girls when this broad and I were good friends. I had all my sexual and dating needs met.

So I'm not disagreeing with you, maybe just trying to have a more nuance definition of what friends can mean. And I do think if any part of you is trying to fuck the girl, GET THE FUCK OUT DO NOT WASTE YOUR TIME AND SHOW SOME SELF RESPECT

theytargetedincels • 6 points • 26 January, 2020 07:27 AM

You're right. I asked a girl out earlier, way above my league, she rejected me but it felt good to go through with it. Flirting, playing the game also comes with practice. The more you do the better.

EdvardMunch • 8 points • 25 January, 2020 11:04 PM

As a likely pitted hipster it really depends. A truly hip cat might have alternative style but a guy with all these extras will be seen as a poser by top tier artists. Top tier hipsters bang more than bros and have access to models. Im talking about guys that tattoo, bartend, play in bands. Yall really gotta stop hating sometimes girls are just too privy to date a muscular dude that looks like a tool with some gross ass jeans from the buckle or red sneakers.

Style is a projection of behavior, be ballsy but over the top in any category just makes you look like the ape you are.

Also as a side note many of those guys arent getting laid, they may just be being orbited for social connections or god knows what else.

Yeah, but dont look like youre trying too hard. Sprezzatura motherfuckers look it up.

guyau • 4 points • 26 January, 2020 11:17 AM

Why does everyone try to write like Mark Manson in this sub

xtreemballr • 5 points • 27 January, 2020 07:53 PM

As someone that has never had to try with female attention: Y'all gotta stop letting the thought of being with a woman rule your minds. It's sad. Stop trying so hard and you'll see they just want a person. Not a man. Be a fucking person and treat them as such, too.

Y'all talk about betas this and betas that all based on outward appearance. Y'all's MINDS are beta. Lmfao.

[deleted] • 7 points • 26 January, 2020 04:09 PM*

If you're really 'alpha' (like King Solomon alpha) you transmute your 'base needs' (weak, Johnny!) into spiritual energy. You see past makeup, programmed identity culture, high heels, booty boosters (u know this?)....the only reason you're horny at all is because you've been trained to be. By the outfits the girls wore in your high school and porn, mostly.

eventually...realize you are chasing ur lifelong desire to return up into mommy's vajayjay back into sublime unconscious nothingness but the closest u can get is through orgasm and passing out in someone else's wet hole.

Conquering 3D women means little to me for the energy trade off is too great. I am more so about trying to naturally make women feel like they are on Ecstasy through my presence and spiritual vibe. The new agers eat it up. That's MY m.o. now fellas. I don't care to fuck them in 3D, I care to uplift their 5D souls so that they naturally need me to fill them up equally in 3D. Lol. Serious.

It's All about the tone of your voice, and how many chakras it comes from when you speak. This is only possible if you are already actively aware of your chakras.....weed.

Do the chakra and spiritual work, not just the gym work. Find a yoga instructor, not a real estate agent, or hairdresser. They both are trapped in 3D forever.

Judom7491 • 2 points • 6 February, 2020 05:45 AM

What the fuck are you talking about....

yyrrrr12 • 1 point • 28 January, 2020 10:37 PM

Where can I read about this?

thedoctorwhokilledMJ • 2 points • 30 January, 2020 07:41 AM

Fuck reading just find some shrooms or acid and you'll understand what you need to understand

[deleted] 26 January, 2020 08:16 AM

[deleted]

VisiblePlan[S] • 10 points • 26 January, 2020 08:26 AM

dont give a fuck about women. Give a fuck about yourself.

party_dragon • 2 points • 26 January, 2020 12:49 PM

Two quotes I wrote down recently that are semi-relevant:

Everything in your life is going to be really hard **at first**. And that's where most people give up. It's the hardest in the beginning.

and

If you don't know which dream to pick, fake one. That's right, a fake goal is better than no goal.

Gullible_Comfortable • 2 points • 26 January, 2020 11:48 PM

Terminal apathy is pretty insidious, something I still suffer from. Only way to fix it is hard work.

Snowpeartea • 2 points • 27 January, 2020 05:06 AM

I really needed this. Been really really slacking lately ... REALLY NEEDED THIS. Fucking action and writing down goals

Lost_soul95 • 2 points • 28 January, 2020 06:23 AM

Awesome post bro. Been trying to get myself out of a one-itis rut, been going to the gym lately. Need to find employment next, not sure whether to settle for rudimentary crap ie uber or whatnot, or go back to school and finish my degree (exams too hard, rigged bs, requires too much work).. Im just going to start doing whatever, fuck it. Almost Relapsed on my oneitis today but thats life. Wonderful post.

diastere • 2 points • 29 January, 2020 03:36 AM

I'm gonna offer a slight shift in focus. I think guys do care but a lot of them (at least where I work) aren't seeing results because they don't know how to get them in the current climate. I don't even think TRP wants to truly embrace the current climate (i.e. enjoying the decline). What most guys need to accept is that ever since 2018, dating apps = everything

Instead of cold approaching, I think the proper way to adapt to this new era is by maxing out dating app profiles. Maybe you need to be leaner? Maybe you need more mass before cutting again? Maybe you need to actually do some squats/deadlifts? Maybe you should go on one picture worthy low-key adventure with friends?

You may think, "why do that bullshit you can just cold approach bro". To that I say think of Occam's Razor (the explanation with fewest assumptions tends to be the best one) for why dudes are relatively sexless or dating down now. Is it because they didn't have a father figure? The media is trying to disenfranchise them? There's estrogen in the water? Or is it that girls have a lot more options now with dating apps? I let you decide which explanation abides by Occam's Razor the best.

Fear not, this is no slippery slope. Traditional weight lifting is falling out of favor with millennials. Most gym goers don't even squat or deadlift at all. Idk whether the OP is larping or not, but his point about your life sucking because of you is spot on. You just have to know what change to make

Trenned_out • 2 points • 29 January, 2020 05:10 AM

Can confirm about dating apps. I've got a 90 n-count and the majority of that is all from apps.

I will say to be careful though, because over reliance on the apps can make you hesitate IRL because you're not as used to gaming girls it's almost like your brain is totally out of that mode. At least something I've noticed in myself.

Apps are an amazing tool and should be utilized for efficiency IMO, just make sure you can still take opportunities as they arise.

teka7 • 3 points • 25 January, 2020 06:29 PM

Nice post, i start to like you

opper-hombre1 • 2 points • 25 January, 2020 08:11 PM

Read this. Then go read Book of Pook

pilot333 • 1 point • 25 January, 2020 09:53 PM

"i won't change for anyone" example is right out of Pook. Fear the same.

[deleted] 25 January, 2020 07:43 PM

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kjoseph777 • 1 point • 25 January, 2020 07:57 PM

That last paragraph. I hate bugs

Robert_de_Saint_Loup • 1 point • 26 January, 2020 03:40 AM

Also, if I may add, the ladies here in NY are also at our mercy because there are so many of them that it makes it easier for men to pick and choose.

Fleeb4MrZurkon • 1 point • 26 January, 2020 07:10 AM

All I read was the caption and I was in complete agreeance. I recently started putting back effort into my life after a pretty hard blow. Ive already gotten so much done. I look forward to being my old self again

PFD_2 • 1 point • 27 January, 2020 04:31 PM

I don't approach girls often; not because it makes me nervous or because I'm scared, but because its not a priority to me. I go to college rn and I live on campus and while I can easily speak to females, I don't go outta my way to do it. I'm also really tryna get my self together so I feel focusing on pursuing girls would be counterproductive to that

I_sort_by_new_fam • 1 point • 28 January, 2020 08:51 AM

Haha those goals are so shallow and materialistic. Beta bill should stop playing xbox and feel sorry for himself.

Stoicjaguar • 1 point • 1 February, 2020 03:00 PM

F you mate... This one hit home.. and i hate you for it, but gratefull nonetheless

Nicolas0631 • 1 point • 1 February, 2020 03:42 PM

I think some hipster are actually more male than you think and that their status alpha/beta is more diverse than you think. First there no reason to think it would be that different than the standard 10% you have in overall population. Even the males that look like very masculine and jacked are mostly beta.

whataccent • 1 point • 25 January, 2020 09:48 PM

These basic analogy posts don't really cut it. It's just, "read it, yeah", even if it's an agreeable post. There's all kinds of obstacles to consider which hinder the improvement process. How does one stay constantly on point? How does one juggle obligations with quality of life needs, with little to no help or resources to boot? There's a difference between someone just being a pussy and someone who struggles to stay on the path to self-improvement, although society treats both groups the same.

Judom7491 • 1 point • 6 February, 2020 05:43 AM

That's really still just your problem, nobody can help you navigate your own life and nobody has the time to do that shit for you.

yOussefhesham • 1 point • 25 January, 2020 08:35 PM

The truth has been spoken. And yet so many people wonder why pussy is so hard to get. You NEED to put in the effort. You can't just wait for pussy to come around.

brasilgringo • 1 point • 29 January, 2020 04:14 AM

MJ:

I'm starting with the man in the mirror
I'm asking him to change his ways
And no message could have been any clearer
If you want to make the world a better place
Take a look at yourself, and then make a change

Arthas93 • 0 points • 25 January, 2020 07:39 PM

Shameless punching down. Easy to step on people when they are lying on the ground. Seems like the "If you are poor, just stop being poor, problem solved." or the "If you are homeless, just buy a house. Duh!"

VisiblePlan[S] • 8 points • 25 January, 2020 07:44 PM

That's not what this is. This is people who have very easy to solve problems who don't because the uncertainty paralyzes them.

RightHandWolf • 3 points • 26 January, 2020 02:23 PM

"Analysis Paralysis" is the term. I know lots of people that have that problem. They have an idea of what they want, but because they try to over think every aspect and every angle, they wind up doing nothing. For some people having so many options can be worse than having no options.

[deleted] 25 January, 2020 09:58 PM*

[deleted]

totallymanlytears • 2 points • 25 January, 2020 10:27 PM

Who gives a fuck what you take seriously. Take no post seriously, but take what you can from it.

[deleted] 25 January, 2020 11:14 PM*

[deleted]

Judom7491 • 1 point • 6 February, 2020 05:41 AM

Your comment was pointless to begin with

[deleted] 11 February, 2020 05:05 AM*

[removed]

timleg002 • -6 points • 25 January, 2020 07:05 PM

my life is ok. i'm a beta and i don't care. a bit fat, i can lose weight easily.

universalChamp1on • 11 points • 25 January, 2020 07:10 PM

Then lose it. your life is not "ok" if you're a fatass. And I'm willing to bet you're not "a bit fat." To women, you probably look like a fat fuck.

This is the dumbass stagnation mentality that keeps people stuck in their ways. Change yourself. You're "ok" with being a fat beta. I'm sure you're swimming in pussy. And if you have a girlfriend/spouse, I'm sure she's wet at the thought of your fat beta body.

timleg002 • 0 points • 25 January, 2020 07:13 PM

I don't care about women. I'm really a bit fat. Slight off the normal BMI. Not old enough to get a girl though.

TheRedPike • 3 points • 27 January, 2020 06:30 PM

Why are you here?

universalChamp1on • 5 points • 25 January, 2020 07:14 PM

Your future is bright, dude. Why are you on this subreddit?

VisiblePlan[S] • 6 points • 25 January, 2020 07:22 PM

Yeah sorry, I meant you specifically.

mrmaika10 • 2 points • 25 January, 2020 07:14 PM

Then leave. This community is not for you.