

# Become the Best Version of You

May 8, 2017 | 730 upvotes | by [RedPillStoryTime](#)

---

## Summary:

Turned into a beta while dating a HB10, inevitable breakup ensued, used Red Pill ideologies to get my shit together. Story covers the span of 2.5 years. Part 1- HB10 & Red Flags. Part 2- how I got my shit together post-breakup. Part 3 -epilogue.

**TL/DR:** Bitches ain't shit but hoes and tricks, Lick on these nuts and suck the dick, Gets the fuck out after you're done, And I hops in my ride to make a quick run. [Dr. Dre](#)

## Part 1:

During my third year of university I was on top of my game, Me (6'2", 225 pounds), academically on pace to get into law school, bartending at the college bar, in peak physical condition (lifted 5x/week + martial arts), big friend group and juggling 3 regular plates. Life was fantastic.

On my off night, roommates and I went out for some drinks and hilarity. We ended up at the college bar and immediately let the liquor do the thinkin'. While waiting for our round of drinks, my eyes were locked across the bar on **R**, a 19-year-old, HB10, brunette bombshell, who just radiated sex appeal. I approached her, told her earrings didn't match her outfit, she wasn't wearing earrings. She was hooked. We exchanged numbers and agreed to meet up in a few days.

A few days later, we grabbed drinks, engaged in great conversation and the attraction levels were off the charts. When our night ended, R slept over, but we did not have sex. She told me that she didn't do hookups, I ate it up. Within a few weeks, I cleared out the roster and started exclusively dating R.

I introduced her to my friend group, she drank for free whenever I was bartending, she partook in some pretty awesome weekend benders and the sex was crazy. However, my buddies told me R was a pump and dump, by pointing out some huge red flags. I wanted to be Captain Save-A-Ho and didn't listen.

- **Red Flag (1)** R was a self-confessed social (attention) whore. She loved to be the center of attention and knew how to use her looks to have everyone's eyes on her. Initially, it was a huge ego stroke for me when everyone's eyes were on her, but R's behaviour usually rubbed my friends the wrong way and/or attracted unwanted attention from thirsty dudes.
- **Red Flag (2):** I did my scouting report on her and found out she had a promiscuous past. I rationalized her past behaviour as not being an indication of who she was now. With my previous escapades, I felt I couldn't judge.
- **Red Flag (3):** R had lots of male orbiters, with only one female friend, **W** (whore). W was HB7, R's bff since day one of university, had a kill count which rivaled Wilt Chamberlain's and was damn proud of it too. R told me that all the slutty things she had done in her past was in conjunction with W, or done with W's influence.
- **Red Flag (4)** R loved playing the victim card. In every situation or story told, she was always ended up as the victim.
- **Red Flag (5):** R told me that a few months prior to meeting me, she was sexually assaulted after a night at the bar. Initially, I didn't know how to handle the situation other than being supportive and understanding. R was very nonchalant about the whole ordeal, told me not to stress it because she was 10/10 white girl wasted at the time and the police were dealing with it.

Despite the Red Flags and warnings from my friends, R and I were in a LTR throughout the rest of the year and dated into the summer. We made lots of great memories, had a great sex life and enjoyed talking

about building a life together post-university. As the fall semester quickly approached, R told me her roommate situation fell through and she was left without a place to stay. She asked me if I would consider moving in together. I told her that my plan was to room with my training partner A (6'7", 250-pound, pre-med Chad) in a bomb-ass, 2-bedroom apartment for my last year. She suggested that this living arrangement could allow us save on rent and to use the time together to judge our compatibility towards life post-university. I talked to A, he wasn't thrilled, but was cool with it.

Upon moving in, got the feeling A wanted to get with R. He would low-key shit talk me, would push to hangout with R without me around, in addition to habitually attempting to one-up me in front of R (If I got 80 on a paper, he had an 81). After a few tense months, A and I eventually got into a fist fight. Post-scrum, A and I aired out grievances, A admitted he had a crush on R, apologized for his behaviour and agreed to move out at the end of the semester.

Enter our neighbour K. K was a HB8, super cool chick, did not like R at all. K and R became "friends", so they would hangout, shoot the shit and act like BFF's, all while secretly hating each other. Female friendships are about as fucked as they come. A few weeks after the brawl, K and I were hanging out on my balcony, shooting the shit and having a few beers. K told me that while drunk one night, R brought up the story of her being the victim of a sexual assault, K felt that R's story didn't add up. K told me that she thought R was an attention whore and pulled the victim card to gather sympathy, in lieu of admitting to her drunken shenanigans. I never asked R about the details surrounding the assault and thought K was trying to stir the shit pot.

K told me:

"R had gone out on the Friday night with her friends, got white girl wasted, messaged her FWB. She asked to come over and "watch a movie", FWB agreed, so R went over to his house, initiated sexual contact, slept with him and spent the night. R walked home in the morning and went about her day. Saturday night, R went out again with her friends, got [Jim Lahey drunk](#), called her FWB at 2 am wanting to come over to 'watch a movie' again. R walked over to her FWB's house, initiated sexual contact, slept with him multiple times and again spent the night. When FWB asked her to leave, R then went to the police station the following afternoon and reported the lad for two counts of sexual assault."

I was shocked at what K told me, but I thought that maybe she was being a shit disturber. I left shortly after and went home. When R came home that night, I told her what K told me. She confirmed K's version of what happened, with this follow-up conversation.

- Me: "Well I don't get it. Why did you go over at 2 am again on the Saturday? If he assaulted you the night prior, why the fuck would you go back?"
- R: "I wanted a place to sleep, and I didn't feel like walking home after the bar. He told me we would watch a movie, so I didn't see the harm."
- Me: "R...if he assaulted you, then why the fuck would you go back again the second night?"
- R: "I was drunk and he took advantage of me, plus his family has the money so who cares."
- Me: "what the fuck are you talking about?"
- R: "Well instead of him getting a record, or going to jail, the crown told me that he can just pay me restitution instead."

I was fucking mind blown. Despite my best attempts to explain the stupidity in her logic, R remained firm that her FWB assaulted her. A few weeks later the case was settled outside of court. R received a cheque for \$5,000 as restitution payment, the accused had a peace bond issued against him, in lieu of not having to register as a sex offender.

A few weeks after the shenanigans subsided, I was struggling to deal with some of my own issues on the

home-front and was having a hard time looking at R the same way. I was at a weak point, became less social and leaned on R for emotional support. R immediately grew distant and began to hangout more with W. As W and R spent more time together, they began drinking 5 nights a week and our sex life dried up. Eventually, R told me she was moving out because she wanted to be single and have fun with W.

The next few weeks were rough, R moved out and I was a disaster. We talked for weeks post-breakup, in the redundant cycle of talking for 3 or 4 days through texts and phone calls, hook up, she'd cut contact for a few days, then repeat. It was killing me on the inside. I attempted to draw the line after we hooked up one night and told R that I couldn't deal with the situation anymore. I told her that I needed to know what the hell was going on between us. She laughed, said we were never getting back together and that her and A were hooking up. I was crushed, but I calmly told her to get out of my apartment and immediately cut contact.

## Part 2

The ensuing break up broke me, mentally, physically, financially and socially. Mentally it served as a catalyst for me missing class and failing my finals. Physically, I was skipping workouts and was not motivated to hit the weights. Financially, I lost my bar job and was stuck with the full lease for the 2-bedroom apartment. I was so miserable I started to drink more frequently behind the bar and was subsequently fired. Socially, my friends began distancing themselves from me because all I wanted to do was drink and talk about R. I was at a pretty low place.

The following few months consisted of self-loathing, the carousel of Tinderellas and nightly binge drinking. I woke up the one morning and looked in the mirror, I was disgusted with that I saw. I was hungover, rocking a near dad-bod, broke and some HB5 in my bed. I hit the wall. I knew I had to get my shit back on track, I wasn't going to live like this anymore. I googled *psychotherapist* in my city and came across one that was highly recommended, M. I called her immediately and set up an appointment for the following day.

M was a 60-year-old, die hard bible thumper, divorcee and didn't put up with any bullshit. I told M about everything that transpired with R and told her I didn't know how to deal with it. She told me straight up, **focus on self-improvement**. M told me that I missed major red flags with R and that I shouldn't have been surprised with how everything went down. M challenged me to grow as a person by; **constructively dealing with my problems, accept that break ups are apart of life and R's pussy wasn't made of gold**. After a few months of therapy, positive thinking, I managed to get a new job, re-introduced myself to the gym and started hanging out with my buddies again. I felt like I had my head back on straight.

I hit a bit of a setback when I found out that due to my poor academic performance, I was forced to do a 5th year of University. I was pissed at myself for getting into that mess, but I took the advice of M and used my extended time in school as an opportunity to grow as a person. Fast forward to September, R was now the head of the student government and in a LTR with A. Everyone on campus knew her and she blacklisted my ass with anyone who would listen to her bullshit. My close friends had all graduated by this point, so I went through my last year just trying to grind it out. I went into monk mode for the first semester, slowly becoming more social, more involved within the university community as the year went on and my confidence grew.

What M did, was unknowingly expose me to Red Pill ideologies. I became obsessed with self improvement and focused all my energy on becoming the best version of myself.

- I started practicing mindfulness (positive thinking), as I listened to positive affirmations every night while sleeping.
- I started to take school a hell of a lot more seriously, resulting in higher grades, connecting with

professors and crushing the LSAT.

- I wanted to explore my entrepreneurial side, so I started a lucrative start-up venture.
- I wanted to get into my peak physical shape, so I began to lift 5 days a week and became a vegetarian.
- I wanted to make sure my past bullshit wouldn't affect my future, so I managed to get my shit grades off my academic record.
- I exposed myself to school clubs and social groups I never would have joined prior, in addition to getting involved with the school. I ended up having a blast, made some awesome friends and met a shit load of plates.
- I wanted to give back to the community, so I volunteered at an at-risk school, made some amazing connections and got some killer letters of reference.

Although the year was a grind and a half, I grew as a person utilizing Red Pill ideologies. I became a best version of myself. By the time I graduated, I had enough volunteer, business and life experience to where I had multiple job offers. The connections I made with my professors and through my volunteer experience helped me earn multiple offers of admission for law school. The problems I have now, are great problems, with the people I associate with being genuine, positive people.

### **Part 3**

By getting my shit together academically, I earned a spot on my program's academic team. Each year, universities from around the providence send their top students to compete against each other in this weekend long conference, which turns into a drunken orgy by the Saturday night. Although there were many hilarious stories which came from that weekend, the epilogue concerns my teammate, **B**.

B's a well-liked Chad on the team and the current roommate of A. Although I never had an issue with B professionally or personally, he and I did not associate outside of our mandatory team meetings. At the Saturday night binge drinking event, B told me that he wanted to smoke a joint with me outside and have a chat. Once outside, B said that when he first met me, he was indifferent with me because A ran his mouth off about what happened with R. I was annoyed, but didn't expect anything less from A. I told B that I didn't want to talk about A or R, I was here to enjoy my weekend and attempted to go back inside to the conference. B physically stopped me before I could open the door, started laughing and said, "Bro you ever hear the saying, karma is a bitch?". I was confused and asked B wtf he was talking about. B told me that A dropped out of school due to his failing grades and R has been cheating on him with multiple dudes since he dropped out, including himself. I initially called bullshit, but he pulled his phone out and showed me the texts...and the pictures. We shared some laughs, got high as all hell and all I could think was ["that's just the fuckin' way she goes."](#)

**Edit:** formatting

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---

drypumpkin20 • 177 points • 8 May, 2017 05:02 PM

What a fucking mess.

Upvote for TPB references though...

RedPillStoryTime[S] • 27 points • 8 May, 2017 08:45 PM

That's what happens when you ignore the winds of shit

RU\_Student • 25 points • 9 May, 2017 12:53 AM

Never drink against the grain of the liquor

TRPDigesting • 41 points • 8 May, 2017 11:13 PM

Once a whore, always a whore.

A shit leopard never changes its spots.

PaddingtonBear888 • 10 points • 8 May, 2017 11:10 PM

Had a couple drinks, saw a couple things...

eccentricrealist • 5 points • 11 May, 2017 12:25 PM

It's water under the fridge now

killermike-el-P • 61 points • 8 May, 2017 05:08 PM

What a shit show, glad you pulled yourself out of it. When I see shit like this my story seems like a walk in the park.

I know all about how stupid some girls excuses can get when they've accuse someone of sexual assault.

There was this girl I was hooking up with, there was a video of her making out with some dude, I saw it and she found out I saw it. I guess she wanted to save face so I could still hook up with her(even though I didn't care) so she decided to accuse him of sexual assault. The accused guy posted his post-hookup texts with her to prove his innocence and it turns out she was into it (wasn't rape) I ask her about this and she legit says she texted him after cause she thought of the rape as the past and wanted to move forward. I blocked her immediately don't need all that crazy in my life.

RedPillStoryTime[S] • 13 points • 8 May, 2017 06:59 PM

Honestly bro, I'm just grateful she didn't cry shit wolf on me and pull something similar.

Oh man you avoided such a headache! I respect the hell out of you for getting the fuck out of that situation when you did. I've just learnt that chicks that pull the victim card like that are straight up attention whores. I mean really, had you not left that girl when you did, what would the next shit test been?

Cesare\_MA • points • 10 May, 2017 01:45 PM **[recovered]**

It is truly remarkable how well these people can make themselves the victim in just about any situation. I'm kinda impressed she doubled down on her bullshit instead of owning up like I would have.

RedPillStoryTime[S] • 2 points • 10 May, 2017 01:53 PM

Well that's you as a normal, functioning adult.

R's a special little snowflake where to her, this is normal behaviour.

richarddbuckley4 • 72 points • 8 May, 2017 05:04 PM

Well that was 30 minutes well spent :) Enjoy your excellent life

RedPillStoryTime[S] • 27 points • 8 May, 2017 07:01 PM

Thank you sir!

To be honest though, anyone can utilize the same principles to become a better person :)

legitshitonly • 35 points • 8 May, 2017 05:19 PM

Welp. This story has it all. The specifics about R are exactly the type of shit that allowed me to get the pill down. "I needed a place to stay so I go to the place where I got sexually assaulted the night before" kinda sick how I wasn't even surprised there.

This will be highly useful. Definitely doing things right. Only through understanding the nature of all this bullshit will you ever have the chance at something real one day with another. Your Lahey reference sealed the deal for me. Nice post and keep on keepin it.

RedPillStoryTime[S] • 20 points • 8 May, 2017 06:54 PM

Oh man you have no idea. I felt sick to my stomach the first time she told me about it. The worst aspect to that situation is that she literally fucked the accused life up. The lad had to drop out of school, pay her \$5k and was stuck paying off his student loans before he could return.

To be honest with you bro, by swallowing the Red Pill and improving myself, it made me less pissed with her, rather more critical of myself and how I handled everything. To be fair the warning signs were blatantly there, my boys called it out and I just ignored them.

Thats what happens when you deal with shit hawks. I appreciate the support bro, I'm starting to become more active in this sub since I opened my reddit account, I feel I have a lot of knowledge that I would love to share with the community

legitshitonly • 26 points • 8 May, 2017 07:22 PM

"By swallowing the red pill it made me less pissed at her and more critical of myself"

That's the perfect mindset. Love seeing that around here, sometimes it's hard to find

RedPillStoryTime[S] • 11 points • 8 May, 2017 07:35 PM

Thank you very much, I appreciate the kind words!

I've internalized as the main message of TRP being to focus on self-improvement. I hope that through my post more people will share the same mindset. This isn't a community of bigoted, misogynists, rather a community of helping its members become the best versions of themselves that they can be.

There was a lad on here (look through my comments) that posted about him getting kicked off POF and OKCupid within 2 weeks. He blamed girls for being entitled, fat, etc. Not once did he accept that he was being a douchebag to said girls, was being over-sexual with his text game and couldn't get any girls out on a date.

I saw through this gentleman's b/s straight away and so did the community, he was downvoted to hell,



with his post deleted and I'm fairly certain he deleted his account.

dingman58 • 6 points • 9 May, 2017 05:18 AM

it made me less pissed with her, rather more critical of myself and how I handled everything

Lots of guys missing this. Women will be the way they are, you can't get mad at them for that. It's on us to act accordingly.

RedPillStoryTime[S] • 1 point • 9 May, 2017 04:04 PM

One of the biggest takeaways I've had from this sub is the importance of maintaining frame and passing her shit tests.

newls • 20 points • 8 May, 2017 09:06 PM

Become the strongest version of yourself FIRST. Don't get sidetracked by women. Start by creating the life that women naturally gravitate towards. Become an attractor of women, not a lecher.

Cunt\_Robber • 12 points • 8 May, 2017 09:21 PM

I'll tell you one thing OP - which I realized after going through a similar experience in my early 20s: it's better to have had this experience now than after you've married and had kids. You've learned your lesson, escaped relatively easily (compared to a married man with kids), and now you can take these lessons with you in the future!

RedPillStoryTime[S] • 13 points • 8 May, 2017 09:27 PM

Oh bro trust me, I thank God every day that I had no assets tied up with her ass!

This experience absolutely sucked balls at the time, but I agree with you completely! It was hands down one of the best experiences I had in university as it served as the catalyst for so many positive results happening after the fact.

Plus I've also lived by this saying, "You can delete me off Facebook, Instagram and Snapchat, but you can never un-lick my asshole." :)

CQC3 • 2 points • 10 May, 2017 10:33 PM

One thing really stuck out about this post, you said you became a vegetarian. Usually you don't hear much about that on this sub, what was your reasoning, how do you like it? Is lifting 5 days a week on a vegetarian diet difficult?

RedPillStoryTime[S] • 1 point • 10 May, 2017 11:18 PM

Thanks for reading my post bro! To be honest I'm shocked more people haven't attempted to lay into me for that.

I initially became a vegetarian to make smarter decisions with my diet for when out with my buddies. I made the decision because I wanted to focus on leaning out, having >10% BF.

It's been a few years since the switch and I will never go back to eating meat. When I initially made the switch, I felt a surge in energy like you wouldn't believe, mind you I still would hammer out 6 eggs every morning. I see food for its nutritional content rather than a source of comfort, so for me the switch wasn't too difficult.

To be honest with you, if you can prepare your meals, cook at a beginner level and have an adequate knowledge of nutrition, it's not too difficult. However, for the first month after I made the switch my

weights suffered BIG time because I had no idea wtf I was doing.

Luckily one of my buddies is a dietician and she really helped me get my shit together with my diet. If you're considering the switch, do your research, get your macros in check and get used to people ripping on you for it.

CQC3 • 1 point • 11 May, 2017 12:24 AM

It's actually the opposite for me. I'm Indian and my family is vegetarian, but I started eating meat once in awhile and found it to be beneficial, but I'm pretty convinced that a part of that is placebo in originally thinking meat was giving me more strength. If I looked at my diet I would say I'm really more like a vegetarian that eats meat once in awhile. Old habits die hard after all. I'm at a point where I can eat meat once in awhile for enjoyment or convenience or just because I can, or I can go vegetarian and do without. I think it's a good place to be.

Thankfully I love dairy and do not react negatively to it.

I'm surprised you got a surge of energy, most people report being weaker and feeling weaker, what sorts of tweaks to your diet did you make if you don't mind me asking? Or rather what kind of foods do you eat?

RedPillStoryTime[S] • 1 point • 16 May, 2017 05:35 PM

As long as you keep your macros in check, you should be fine.

My diet is pretty regulated at this point man, normally during the week my meals are prepared on sunday based on my fitness goals. So for now I'm running a cut, so low carb, high protein, high fat, run around 2500-2700 calories. I feel sluggish as fuck right now because of the low carbs, but its only for another few weeks.

Do your research man I used this app from time to time when I need some ideas  
<https://www.eatthismuch.com/>

Cunt\_Robber • 1 point • 8 May, 2017 09:29 PM

Mmh well I wish that asshole many more lickings in the future

dontbedenied • 11 points • 8 May, 2017 09:45 PM

Thanks so much for this post. A couple weeks ago I broke up with the hottest girl I've ever dated because I knew it was only a matter of time before she cheated on me. Mine is a similar story to yours...I became emotionally dependent on my girl, stopped hanging out with my friends, and became a pussy in general, she started to get a bad attitude and become more distant, etc.. She had a million red flags but I ignored them all because she was hot. Thankfully I got out before I fucked up my life any more.

My ex (and yours) reminds me of one of Robert Greene's 48 Laws of Power, "Infection: Avoid the Unhappy and Unlucky". Some women are consistent in destroying (or infecting) the fool who takes her seriously. Every single time. She gets fucked and chucked by the wiser men, the idiots scoop her up because she's hot, and she proceeds to make them miserable in all facets in life until they wise up and abandon ship or she gets tired of the charade.

I'm at the point now where I don't think any woman deserves a second chance if she's got a questionable history. I'll let the suckers deal with these leeches. Never again.

RedPillStoryTime[S] • 6 points • 8 May, 2017 10:13 PM

You're welcome my man! Thank you for reading it.



I read your post from another subreddit regarding your break up situation and fuck man I'm sorry your girl was such a shit apple.

However to be real with you, take a step back and ask yourself, what the hell attracted you to the mistress of a married man and how are you going to identify the Red Flags in the next chick? It could be you were attracted to her being the victim, you wanted to be captain save-a-ho, etc.

Getting angry at your ex will do fuck all in helping you grow as a person. Bro, **R was fucking my best friend and gym partner weeks after we split.** Was I pissed at the time? Fuck yes. But my therapist told me bluntly, "If I wanted to grow as a person, I had to stop blaming her and look at myself as the source of failure in the relationship."

I had to do some deep soul searching and examine how my failures as a leader in the relationship led to most of the bullshit which ensued.

Does that mean everything was my fault? Fuck no. Rather, I accepted that I could have handled myself appropriately and should have dropped her ass a lot sooner.

I respect that you dropped your ex's ass btw my man, I know that shit isn't easy to do.

dontbedenied • 7 points • 8 May, 2017 10:41 PM

Yeah, you've got me dead on. This isn't the first time I've played Capt. Save-A-Ho/Victim either. The fucked up thing is, I knew that's what was going on, and I still went forward with the relationship anyway. I actually came to my senses once and broke up with her (for the first time), but got back together with her after she came crawling back to my apartment with tears in her eyes. I thought she "really loved me" and all that bullshit. Regardless, I should have known better than to get into the relationship. I knew she was bad news and I knew I'd played this game before and got burned.

The silver lining is I've learned more in the last two weeks about women from TRP than I had in pretty much all my life. I can't keep getting into relationships with the same kinds of women and acting the way my parents and society taught me and expecting women to react positively. This is 100% on me and the choices I make and how I improve and respect myself.

Thanks again for your inspiration and taking the time to read my story. Have yourself a couple drinks and pat yourself on the back.

RedPillStoryTime[S] • 5 points • 9 May, 2017 02:43 AM

I'll have my self a couple of drinky poos and raise a glass to you getting out of that nightmare bro!

PranksterLad • 2 points • 15 May, 2017 10:29 PM

Hey man,

I read your story and I cannot resonate with you enough. I will be sending you a PM tomorrow, however, I wanted to ask you this: "If I wanted to grow as a person, I had to stop blaming her and look at myself as the source of failure in the relationship."

How could it have been your fault? You literally got fucked over by your best friend *AND* your girl? How were you the source of failure in this relationship? That, I do NOT agree with. I too am seeing a therapist after all this.

RedPillStoryTime[S] • 2 points • 16 May, 2017 05:24 PM

I'm glad this story resonated with you bro!

I'd welcome any PM's and look forward to your message.

I had to accept responsibility for my actions in the relationship and not focus on how she fucked up. Don't get me wrong, she was a slut and pulled some greasy shit on me, but I initially allowed my internalized anger for her to fuel some of my really stupid decision making.

I failed to recognize her Red Flags, I failed to keep my frame in check, I put her on a pedestal and I allowed myself to be put in that situation.

By accepting responsibility for my mistakes, I was able to grow as a person and move past that chapter in my life

FlatEarthShill69 • 20 points • 8 May, 2017 07:22 PM

Had a similar situation happen to me. Dating a fucking gorgeous girl who I thought was totally in my league. Being 6'3, good looking, in shape, and successful with outlandish life goals that it looks like I'll be achieving. Hell I figured who wasn't in my league? The bitch goes to college and within a week I catch her cheating on me. Went through all the red pill rage and onto the self-actualization part rather quickly. I figured I could go out for some hump and dumps like the good ol' days and met this wonderful girl. She is a 7 to my usual standard of 9 (but she is insanely tight) but the comfort and safety I feel with her is great. She is obsessed with me, granted I have employed a lot of psychological tactics on her to make sure she knows I'm the fucking alpha and I won't take shit from her or anyone. She actually told me she loved me last night. I felt like crying but you can't ever do that in front of a girl lol. Moral of my story is try dating down a bit when you are ready. I thought I would hate it but it's actually the best relationship I have ever had.

Side note: any girl who drinks is a huge red flag for me. I am disgusted by alcohol and the idiotic things it makes people do. Especially when someone describes themselves as white girl wasted or Jim Lahey wasted. It means they have a drug problem and cannot control themselves.

RedPillStoryTime[S] • 16 points • 8 May, 2017 07:51 PM

I appreciate that you took the time to write your story bro. I have a slightly different take to why your new HB7 is all over you, while your HB9 rode the carousel.

Much like in my situation, I'll go on a limb and say that you put the 9 on a pedestal (it happens), also going to guess she's young and dumb if she took a LTR into her first year of college (her being 18). You lost her my man because she saw that your perceived social value was much lower by not being in the same college and the dorm-room hero Chad she was probably banging was probably king of the floor. Again, shit happens.

The 7 you're with will be more likely be submissive because she's thinking to herself, "holy fuck how did I get with this dude?" and you passed her initial shit tests.

But there is a catch to it...just because you have her now bro, doesn't mean shit if you revert back into the HB9 mindset. If you get too comfortable with this chick and start slippin', she'll be gone too my man.

While again I respect your opinion about "dating down", I would disagree completely. I have all the tools to be in a LTR with a HB9, however, I'm content with just spinning a few plates, hanging out with my friends, rocking my daily gym time and prioritizing spending time with my family.

FlatEarthShill69 • 11 points • 8 May, 2017 08:08 PM

I did indeed put her on a pedestal. I realized the mistake and will never do so again. You do you, esse, that is the very essence of MGTOW and the beauty of it. I referenced the psychology because I was honestly a fool when it came to women before the 9. MGTOW showed me the error of my ways. I now know exactly how to treat them and I test my interpretation of a woman's evolutionary psychology out all the time. It's honestly kind of scary how easily people are manipulated when you know their biological triggers. I've been conducting a rather anecdotal (since there is only one subject) study on my girlfriend. Namely, how

i can get her to blow me without asking for it. Seems crude but its something she doesnt really enjoy doing and its a good marker for when ive tapped into her Ive gotta keep my man happy instinct. I will be publishing the results here eventually.

Im glad you shared your story, it is important to put things in perspective for others and for us as a sort of community to learn from and build on each others experiences. This sub and many others are a life saver.

RedPillStoryTime[S] • 4 points • 8 May, 2017 08:14 PM

I absolutely love it and appreciate you being real.

Bro I'm intrigued with this experiment you've pulled. If you'd like to share how you've pulled off that wizardry I'd love to hear it haha

FlatEarthShill69 • 8 points • 8 May, 2017 08:27 PM

Its nothing too complicated. You find something your girl doesnt like doing and think of ways you can use biological triggers to get her to do it without asking. The most successful one i can pull off regularly is mentioning my boss. I have a side job (although its full time) to fund my city council run next year and my experiments to learn how to raise horseshoe crabs in captivity, sounds weird but their blood is worth 60,000\$ a gallon and they tend to die in a few months in captivity. My boss is a very attractive 21 year old girl. I dont really know how she got the position without sucking her way there but so be it. My boss also has a crush on me. I just...let my girlfriend know about it lol. Blowjob after 10 minutes of pouting about it every time. Anytime i mention a pleasant interaction with a girl or we see one of my ex's in public. I try negging and it works maybe 20% of the time. The most successful one time occurrence was when a man tried to hit on her in public with me right beside her. I had read about womens natural inclination to love violent men and I had honestly been waiting on this to happen to test it out. I normally dont like to fight because Id rather not go to jail but I hurt this man bad. He cat called her in a parking lot while we were walking back to our car and so i beat the shit out of him. Honestly it was a little too far and i felt wrong about it. However; that night was the best and most wild sex I have ever had and I have had a ridiculous amount of sex.

dontbedenied • 10 points • 8 May, 2017 09:50 PM

LOL, this was a great story. God I love this sub.

JackGetsIt • 2 points • 9 May, 2017 12:02 PM

Just keep in mind the blow job trick will fade, especially if you marry her. You're basically using light dread on her and she's so invested in the relationship that she panics and feels she needs to do a sexual act to get you back on the tracks. Once she feels she has you dead to rights (marriage or living together or she has you more comfortable in the relationship, or she gets dirt on you) those blow jobs will tail off again. I'd try other angles that don't involve dread. Dread is really useful; you should only use dread when she's done something wrong as a mechanism to punish her subconsciously. If you use dread randomly she will become an erratic over anxious over stressed out squirrel type creature.

Lateralanouncer • 16 points • 8 May, 2017 07:52 PM

Crazy to think how many men's lives that R slut will fuck up.

RedPillStoryTime[S] • 12 points • 8 May, 2017 08:02 PM

If it makes you feel any better, she's currently folding sweaters for a living according to her LinkedIn profile.  
Like I said bro, that's just the fuckin' way she goes haha

contcontinuous • points • 9 May, 2017 12:24 AM [recovered]

Man, reading your post and comments, I gotta ask this burning question that's been on my mind for so long.

I've lurked on this sub for more than 2 years, and every time I read a story similar to yours, I absolutely cannot understand the blatant promiscuity that girls in American culture portray. I'd really like to know more about this culture (not that I want to get involved - I'd just like a different perspective) because it's so jarringly different from the one I grew up in.

Although I reside in N.A. now, I was born and raised in a rich Asian country, and all my life, it's been about education and family. That's how it is like even amongst my peers. Focus was always school, grades, and how one can pursue a cushy career upon graduation. Our 'fun' is hanging out at the mall and catching a movie; the most alcoholic thing we probably ever had before 18 was probably rum and raisin from B&Js.

Even the raunchiest girls I know don't sleep around like that. Sure, ONS do happen (not saying they don't), but I personally don't know anyone that has done that, and it's more of "my friend's friend's cousin" type of thing.

So whenever I read about girls that are so sexually flagrant, it blows my mind. The fact that someone can go through college, not think about their future, and end up folding sweaters *as a full time job* is simply an enigma to me.

I am pretty sure this is a cultural thing, heavily influenced by one's upbringing. I am aware of that, but simply cannot wrap my head around a lifestyle like that. It'll be amazing to actually talk to someone who's lived a life like that, something like Humans of New York or some shit. Or maybe someone can share with me how it's like growing up in such an environment?

dontbedenied • 10 points • 9 May, 2017 02:16 AM

If you think North American girls are slutty, your mind will explode if you go to Latin America. I've lost practically all respect for women on account of what I've seen here.

Lateralanouncer • 4 points • 9 May, 2017 01:58 AM

They're very different. I'm from NZ and have an American partner, so have now met a few American girls. What an obvious difference. They are strong but weak at the same time (no discipline), emotionally butch but pretty (hollywood pretty not girly). Once they drink they go crazy. Also smart and stupid (highly educated but do dumb shit.)

jumpinglane • 4 points • 9 May, 2017 04:04 PM

Seriously, I think pop music plays a big part. Here in Germany girls dance the same songs at night and drink the same stuff but they can't really understand what these artists are preaching. This huge pressure from the pop culture just isn't there...

kez88 • 3 points • 8 May, 2017 11:54 PM

You're still responsible for your own life and to keep your shit together. If a girl fucks your shit up, you were never the shit in the first place.

Lateralanouncer • 4 points • 9 May, 2017 02:03 AM

True. But if your planing to be in an LTR your selection of a partner can make or break you. At the end of the day a 20 something year old man does not have the experience to select a good partner in today environment. He is not made yet.

aDrunkenWhaler • 3 points • 10 May, 2017 02:42 AM

On the same note, it also saves many. Like OP. If it wasn't for her, all those valuable lessens would not be learned, and his potential maybe never reached.

Great deceptions either make you or break you. Depends on how you deal with them.

Lateralanouncer • 3 points • 10 May, 2017 06:24 AM

100% true. For me it came after committing to 14 years of marriage.

RedPillStoryTime[S] • 2 points • 10 May, 2017 01:55 PM

You are absolutely correct my friend!

Had it not been for her bullshit, I would not be in the position I'm in today. A lot of HUGE positives came from this about a year later through all the self improvement I was forced to make.

soyDonEladio • 5 points • 8 May, 2017 10:38 PM

R kinda reminds me of Lola from The 48 Laws of Power. - Law 10 - INFECTION: AVOID THE UNHAPPY AND UNLUCKY

Conceited-Monkey • 5 points • 8 May, 2017 06:23 PM

I am glad you became the best version of yourself. It was a real shame you went through such a down slope to get there though.

RedPillStoryTime[S] • 6 points • 8 May, 2017 06:40 PM

Honestly my friend, I would change nothing about what happened if I could.

When you hit a low, it humbles you. It allows you to re-examine your situation, choices and re-assess what's most important in your life.

One of the biggest benefits to going through the bullshit with R was that I became more involved with the school and made friends outside the bar scene. The people I've met indirectly because of this situation made all the craziness well worth it

Bsios • 4 points • 8 May, 2017 06:53 PM\*

Haha it's quite frightening , when I think about the old days, believing what society told me.

"Women aren't like that", and all that shit.

You are just listing one TRP truth after another.

+1

Edit: It's always good to get a psychotherapist once a year, it helped me myself to find weaknesses that opened up through the years.

RedPillStoryTime[S] • 2 points • 8 May, 2017 07:24 PM

To be fair not all women are like that, they're all just capable of being like that. Women think with emotions.

I agree 100% about seeing a psychotherapist at least annually. It'll help you find the deep seeded root of your beta behaviours and give you effective strategies to improve yourself.

Bsios • 2 points • 8 May, 2017 07:28 PM

Well you know, I have a problem explaining thinks like I mean them, so you can see I got things to work on too

I didn't said all women are like that, but I think that a lot more of them became that way through things like feminism

RedPillStoryTime[S] • 2 points • 8 May, 2017 07:59 PM

I understand where you're coming from bro, but I believe feminism directly affects a woman's perceived sense of entitlement, rather than giving her a weapon to us with.

R pulled her bullshit by knowing how to play the game and how to pull the victim card. She's not a dumb girl, she played the system and knew that she had his ass dead to rights. She was pissed off that she was a pump and dump and used her tools to hurt him where it stung the most.

That's not feminism my friend, that's a psycho bitch.

Bsios • 2 points • 8 May, 2017 08:01 PM

She is because she got the tools to drain your life out.

thedaynos • 4 points • 9 May, 2017 01:58 PM

good story.

one thing I suggest, because I know a bunch of people who have seen QUACK therapists who do nothing but get them hooked forever and don't actually make them a better person, it sounds like you found a good one in M and I hope you were able to show appreciation to her somehow whether it's a yelp/google review or a gift of some sort.

people who see therapists are usually very broken and vulnerable, and therapists often use that to their advantage to hook someone for life without actually helping them get better without codependency.

RedPillStoryTime[S] • 2 points • 9 May, 2017 02:09 PM

u/thedaynos that's actually a really good point! I hope that this comment isn't too late to be upvoted near the top.

I made sure to recommend anyone who needs a a good psychotherapist to see M. It's the least I could do for her. Prior to setting foot in M's office, I made sure to thoroughly do my own research but I know many others who wouldn't do the same.

It's a real fucked up industry whereby the therapist needs to make money through repeat clientele, but in my province at least, mental health isn't covered by our provincial health care.

TheOpenBook • 3 points • 8 May, 2017 07:00 PM

How did you listen to positive affirmations whilst you were sleeping?

RedPillStoryTime[S] • 9 points • 8 May, 2017 07:20 PM

Plug your phone in so it doesn't die, put your headphones in, Click this.

Hope this helps!



[deleted] • 3 points • 8 May, 2017 09:26 PM

Great story man! I think your story would be a great example of what men should aspire to. We need to add this to the must read section. I can say almost everyone in this subreddit has experienced what you've been through and they would learn tremendously by your example

RedPillStoryTime[S] • 1 point • 8 May, 2017 09:29 PM

I would be absolutely honoured if it was!

SlyAM • 3 points • 8 May, 2017 10:50 PM\*

Love the TPB references... and your story of course! Good on you for using a failure to better yourself and improve, karma truly is a bitch. Here's a lil drinky poo to you my friend!

RedPillStoryTime[S] • 3 points • 9 May, 2017 02:45 AM

I gambled with using TPB, I am stoked that the boys on here knew the references or I would have been fucked!

I might just have a little sippy poo too

TheCr00k • 3 points • 9 May, 2017 01:01 AM

This was great to read man, truly some modern day inspiration of a real situation. I've had a girl drag me into the depths of hell before too, women can truly be batshit insane. Wish only the best for you ☐☐

RedPillStoryTime[S] • 1 point • 9 May, 2017 02:58 AM

Thanks bro I appreciate the kind words!

I'm glad you got the hell out of your situation and it didn't do too much damage to you!

BlakeShelby • 3 points • 9 May, 2017 02:09 AM\*

told her earrings didn't match her outfit, she wasn't wearing earrings.

Great situational approach. How did you escalate the conversation from there?

RedPillStoryTime[S] • 4 points • 9 May, 2017 03:20 AM

u/BlakeShelby Jimmy, that was one too many drinks ago. But I remember that night like it was yesterday.

She started laughing immediately, bit her lip and started fidgeting with her hair. I knew she was into me so I escalated kino, by placing my hand in the middle of her back and told her that shes a disaster and we'd find her a decent guy tonight to take her home.

We scanned the room for the most eligible bachelors, where I immediately pointed out two fellas that looks pretty much like this literally told her that she would make a great looking couple with the alien twig boy.

She was laughing telling me that he's not her type, I asked her what type of guy was? She basically described me, so I took her by the hand on the dance floor, pulled off some epic dance moves. After a while I told her I had to grab a drink with my friends and asked what her schedule was like for the next few days.

She told me she was free a few days later, told her I wanted to check out this little dive bar that doesn't get enough love in the city and we had to check it out. She agreed. Then I told her we should exchange numbers incase something comes up, she put her number in my phone, I called hers and added my contact info to her phone.

ChildhoodChores • 3 points • 9 May, 2017 03:49 AM

Holy shit. I'm sorry all that happened to you. I'm glad you're in the know now. Stay on the good track. I feel parts of what you went through big time.

RedPillStoryTime[S] • 2 points • 9 May, 2017 03:54 AM

Don't feel sorry for me bro, I'm a great spot because of everything that went down. It sucked at the time, but I wouldn't have it any other way.

Its a great story the community and I've been laughing my ass off at all the comments which have followed.

[deleted] • 3 points • 9 May, 2017 05:49 AM

Well wrote out. Thanks for sharing brother.

RedPillStoryTime[S] • 1 point • 9 May, 2017 01:25 PM

Thank you for taking the time to read it!

gideon\_zotero • points • 9 May, 2017 07:16 AM **[recovered]**

Lesson to be learned.

Naturals are mince meat in today's western sexual market. Do not envy the high school quarterback. He either gets cucked for fucking outside of his SMV or gets to live long enough to get burned and red pill.

RedPillStoryTime[S] • 2 points • 9 May, 2017 01:58 PM

Thats why you need to swallow that Red Pill bro

Gwoas • 3 points • 9 May, 2017 07:37 AM

Thanks a lot for your story.

I can relate to a similar experience with a HB8 girl who was behaving more or less the same, and I decided to ignore even the most obvious red flags at the beginning. Thank god I did not commit to this girl.

Good thing is she is the one who made me unplugged for life from my old beta state of mind.

Take care, and enjoy your life lesson which will make you stay awesome this time!

RedPillStoryTime[S] • 1 point • 9 May, 2017 02:45 PM

No problem my man! Thank you for taking the time to read it.

Metalbear55 • 3 points • 9 May, 2017 08:50 AM\*

I know AWALT as I've myself seen many cases and read many stories out here but is it only me that I found out that all hb10s are just like that ,highly promiscuous and attention whoring a lot I've seen a lot of variation in natures of hb7-8 despite of AWALT but hb10s are really trouble man

And despite whatever you're saying A was never been a friend to you. A guy who doesn't follow 'bros before hoes' is not at all reliable

And thanks for sharing your story mate I hope you get even more successful

RedPillStoryTime[S] • 2 points • 9 May, 2017 03:43 PM

To be honest with you, as much as I would love to say that the whole situation was R's fault for being a HB10, I wasn't the effective leader in the relationship. The biggest Red Flag that I took out of this was the attention whore trait. I noticed that almost every HB10 has this trait and that's why they turn into actual whores. With R, I didn't have the proper frame to deal with her and she ran my show as a result. Lesson

learned.

Oh man, A's a fucking muppet with gyno from not cycling off a gear properly.

Thank you for taking the time to read through it!

heshpacebull • 3 points • 9 May, 2017 03:21 PM

Really great man, you killed it

RedPillStoryTime[S] • 1 point • 9 May, 2017 03:22 PM

Thank you for taking the time to read my post

iwakebord2 • 5 points • 8 May, 2017 06:05 PM

This is a great piece to read and I am happy that you found the secret that all men should be taught at a young age MTGOW

RedPillStoryTime[S] • 4 points • 8 May, 2017 06:47 PM

To be real with you, I utilized a MGTOW mindset during my final year primarily because I needed to build myself up, without further fucking up my mental state.

I would make the argument that all men need to have a Red Pill mindset, rather than MGTOW for long term success. I agree with going into monk mode if you need a mental reset, but from my experience, it's not a long term solution for most.

As of right now bro I am a Red Piller. I workout, have a great job, good group of friends and go out at least once a week. I'm currently spinning a few plates, but at this point, I have a more efficient tool set to deal with them.

Rakosnik • 2 points • 8 May, 2017 06:47 PM

upvoted. enjoyed reading your story with that strong finish.

RedPillStoryTime[S] • 2 points • 8 May, 2017 07:27 PM

Thank you very much!

I wanted to write my story to help other members of the community see that this shit can happen to anyone and the only way out of this type of mess is to better one's self. Not blame others for their situation.

Rakosnik • 2 points • 9 May, 2017 11:57 AM

yep. i wish there were more well written stories like yours in this sub. keep it strong and rolling.

RedPillStoryTime[S] • 1 point • 9 May, 2017 03:27 PM

I appreciate you saying that.

I'm going to try and make a weekly post on here about some aspect of self-improvement, without trying to charge the community to read it on some blog.

[deleted] • 2 points • 9 May, 2017 02:05 AM

This was a great read. Started off strong, climactic struggle, and a resolution we all wish to incorporate into our own lives. Props, because it's no fucking walk in the park to deal with an HB10. That poor phone and those poor thumbs of hers are working overtime to the critical max on the Hypergamy Scale of Whoredom.

RedPillStoryTime[S] • 2 points • 9 May, 2017 03:03 AM

Dating a HB10 is a nightmare if your frame game isn't on point.

Lmao!! Bro I just feel sorry for the next sucker that gets stuck with that nightmare.

[deleted] • 1 point • 9 May, 2017 03:54 AM

I don't feel sorry for anyone. She's a whore, and we'd all smash and get taken for the same ride. If I can at least still show my face at my job, keep a house, car, pay taxes, put food on the table for my kids (if I had some), and continue to save for retirement - then whatever. FTW.

SouloftheVoid • 2 points • 9 May, 2017 05:54 PM

That could have been much worse, you could have ended up like Mike Cernovich.

RedPillStoryTime[S] • 1 point • 9 May, 2017 05:58 PM

Oh, I definitely know how much worse it could have been.

unspecifiedthreat • 2 points • 10 May, 2017 02:38 PM

Thanks for sharing your story.

Aside from getting back on your feet - what steps are you taking in future relationships to ensure this doesn't happen again?

I would highly recommend you read "The Rational Male" by Rollo Tomassi to gain perspective on how to best set yourself up in the future with regard to dealing with women / relationships / etc.

RedPillStoryTime[S] • 1 point • 10 May, 2017 03:08 PM

Thank you for taking the time to read it.

To be fair man this happened a few years ago, so as of right now I'm in a great spot.

However once all the dust settled from the R situation, I put a lot of an emphasis on improving myself (physically, emotionally, spiritually). Physically; I took my fitness a hell of a lot more seriously, started focusing on physic, rather than powerlifting/bodybuilding because I liked the look more. Stopped drinking as much, stopped smoking pot as frequently. Emotionally; I started to hang out with my friends more, been more secure with myself and stopped trying to appease everyone. Spiritually; I take time for myself to reset every week. If its going for a nature hike, spending time with my siblings or volunteering with a NGO.

That book is actually on deck once I'm finished reading my current book, "Shake Hands with the Devil" by Romeo Dallaire

unspecifiedthreat • 1 point • 11 May, 2017 02:53 PM

Glad to hear it. Onwards and upwards!

After reading "The Rational Male" your entire perspective will be changed and it will allow you to see the story you shared with us with an entirely different perspective.

Good luck.

MrBellsprout123 • 2 points • 10 May, 2017 06:10 PM

I cannot believe this girl nonchalantly accused this guy of sexual assault. What a fucking shit show.

RedPillStoryTime[S] • 2 points • 10 May, 2017 07:27 PM

I couldn't believe she got \$5k for her efforts

MrBellsprout123 • 2 points • 10 May, 2017 08:36 PM

It was actually pretty smart of her. A woman like this however is completely unmanageable. I don't even know, we as a society, could do to control a woman of this caliber. A woman who falsely accuses another man of sexual assault and think nothing of it is **just** as psychotic and insane, as a man that would actually sexually assault a woman. Yet we as a society do absolutely nothing to stop these women, and let the get away with it constantly. We literally have psychopaths walking among us, and we think nothing of it.

politbur0 • 1 point • 9 May, 2017 12:57 AM

If r/TRPFanFiction doesn't exist — it definitely should, for this sort of bullshit.

salty\_syrup • 1 point • 10 May, 2017 01:57 AM

Too much drama for me, need to add TLDR

RedPillStoryTime[S] • 1 point • 10 May, 2017 03:30 AM

The first thing I wrote on this post was the summary bud.

Pitmpm • 1 point • 12 May, 2017 05:41 PM

What a great story it motivates me and i'm sure it'll will motivate everyone want to change his life

clammastak • 1 point • 21 June, 2017 09:32 PM

reminds me of my manipulative, lying ex. I had a similar experience. monkey branching women always have it coming...especially the next dude who thinks she is HB9 when any ex would easily say she's an HB3 because of her emotional insecurity and issues. This type of women is perennially depressed and tries to fill the void with sexing up the first thing that gives it an ounce of attention...once a guy is used up, it's on to the next. they will never find happiness.

marines5k • 0 points • 9 May, 2017 05:36 AM\*

Lol @ Red Flag 2. Come the fuck on. She's 19. You expect a 19 year old to just change and have gotten the whore behavior out of her system already? GTFO

I've dealt with 30 year olds who are still in whore mode and will probably end up fucking lonely since they can't commit to one dick. You're talking about a 19 year FFS.

RedPillStoryTime[S] • 1 point • 9 May, 2017 01:24 PM

Thank you for taking the time to read through my story.

As per your comment, it wasn't that I expected R to have the whore out of her system by the time she was 19, more so that I should have seen the Red Flags and chalked her up as a plate, rather than a LTR. I have no doubt in my mind that she'll be riding the carousel into her 30s or until some muppet makes the same mistake I did.

iamlivingalife • -2 points • 9 May, 2017 01:56 AM\*

You weren't handling it very well. She pushed you to an unnecessary point, you could have gone out sooner.

Edit: What I am trying to say here is that I am so happy that you got out of it and learned a bunch of things as well. But I think you are rationalising it as well. She was the one who broke up with you, and you did not take necessary action by yourself. We all do it. Right? We only accept the fact only when the reality pushes us to

admit it. So all of these rationalisation, I doubt you are going to fully implement them next time. So be aware of that.

RedPillStoryTime[S] • 7 points • 9 May, 2017 03:00 AM

Well no shit Sherlock lol

The whole premise with my story was partly to show the community examples of some pretty obvious red flags that I missed and know when to get the fuck out of a situation like that.

I appreciate you taking the time to read it though.