

# Reminder: Never discuss your feelings

May 6, 2018 | 900 upvotes | by [CCJ22](#)

---

This morning, my brother contacts me and begins to tell me about his weekend. Specifically tells me about his gf & how amazing she is. Detailing how she asked him what was wrong and how she listened to him for over an hour rant and even gave him advice.

I took pause to this because I recall how I had done a similar thing in my twenties with not one relationship. But 3 in total. Never have a girl be your emotional tampon. Do you need advice? Call a level headed man for advice. Need to cry? Do so alone or, again, with a level headed man (be it your pastor, father, best friend, etc...) Don't contact a girl. Don't contact your mother, your sister, your best friend that is a girl, etc... Seek the advice and comfort from a man. Don't contact the guy that's gonna tell you you're being gay or the guy that will say fuck bitches and get money.

Seek sound advice and sound comfort from a male. Call your Uncle that you haven't talked to in 3 years if needed.

Did your dog die? Things at work are terrible? Maybe your mother passed away? Use that excuse as time AWAY from your plate(s) as "you're busy". If you have an S.O. Tell her you need time to be alone because xyz(fill in blank) occurred. The less details the better. Time apart allows her heart to grow fonder anyways.

Always make sure that your girl or plate(s) sees & ALSO HEARS you as confident, in frame, & able to accept everything life throws at him. This gives you the appearance to her, that you are very powerful emotionally.

TLDR: Do not ever allow your frame / emotional wall down and "vent" to a woman. They are NEVER to be your emotional tampon.

---

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

---

## Comments

---

Halitenina[M] [score hidden] 7 May, 2018 04:35 PM stickied comment

As a 33yr old male I have had my share of failures with women.

As the older brother, to my 21 yr old brother, I have much to advise.

Don't qualify your post based on *who* you are, if it isn't immediately relevant to your message. Let the content stand on its own.

Otherwise this is good advice, and I am going to award you a +1 -- next time you won't have to qualify yourself, as I have done that for you.

DreamForAnswers • 165 points • 6 May, 2018 09:18 PM

For what it's worth, I can also confirm that this is true. There's a girl I was dating few years ago, and it was going well, until one day we had a date after a completely shitty day and I sortof sought comfort in hed by opening up. She got bored in minutes, it was weird, and in the end it was the only time she didn't say she wants to see me again as soon as possible.

Paladin2903 • 219 points • 6 May, 2018 10:24 PM\*

Women were only made to have sexual pleasure, to produce your offspring (if you so choose), and serve as arm candy.

If any male expects anything else, they're delusional. If you have issues, you had better find someone else to talk to them about.

In general, women are shitty humans. They know this. That's why even they can't fucking stand each other.

CCJ22[S] • 50 points • 7 May, 2018 05:36 AM

god damn, how right you are. I never realized it but every girl I have ever dated never had a girl friend for more than 6 months-ish. After that time she would be talking shit about her "best friend"

harsha\_hs • 12 points • 7 May, 2018 12:33 PM

This is unbelievably true. Never discuss issues with women. Use them for sex, having your kid and may be to cook you a nice dinner

good\_guy\_submitter • 9 points • 7 May, 2018 01:17 PM\*

And our ancestors, gave them the right to vote. And since then government fist-up-your-ass and corruption has increased exponentially.

How many women fought and died in 1776? How many came up with original ideas of freedom? How many died for those ideas? How many women insisted they be first to get on a lifeboat on the Titanic? How many women sign up for selective service?

I love women, but they do not think ahead.\*

In the case of OP. Women want sex with winners. When you complain about your problems, you don't sound like a winner, and they no longer want sex with you.

\*Granted, a pregnant woman tends to do a 180 degree flip when it comes to planning. But even then some still don't plan anything.

zaparans • 0 points • 8 May, 2018 12:33 AM

You ladies sound like the hens on sex and the city

bluffturnXR • -2 points • 9 May, 2018 09:10 AM

I dont think its true. Totally fine to have girls around you who you see only as friends. If women dont give a shit about you, the problem is probably with you. If they respect you enough, they will listen and be helpful. To other comments: if you had a girlfriend who didnt have girl friends herself, well, the problem is again you. I dont date girls like that because something is wrong with them. So why did you do it

bluffturnXR • 2 points • 9 May, 2018 09:12 AM

+1: if you are a man, most of the girls will do what you want. You will achieve what you want to achieve. Therefore if you are not able to have girl friend around you, well, you are not man enough in their eyes and they wont listen to your bullshit. If you are man enough, they will do whatever you want, end of.

lorum\_ipsum\_dolor • 24 points • 7 May, 2018 09:47 AM

She got bored in minutes,

Remember gentlemen, weakness is boring. There's nothing a woman dislikes more than being bored.

CCJ22[S] • 17 points • 6 May, 2018 09:51 PM

I know them feels man. Happened to me too.

willowhawk • 7 points • 7 May, 2018 11:24 AM

Yeah I remember once I'd kinda of lost interest in a girl so stopped thinking about my actions and let my mouth run on a issue about girls/relationship in general.

Still she liked me enough and I'd had perfect frame or whatever prior that things carried on as normal until the next meeting when I did a similar thing and that's was it. The entire thing was over on her terms.

Ironically two weeks before I withdrew affection and she was the one messaging me to be free.

Ah well, mistakes are a gift because they give you a chance to learn, which i have.

Cavascii • 7 points • 7 May, 2018 10:47 AM

Forgive me if I say something that is considered stupid in this community, I'm new here. To me it seems as though this girl is just a real bitch though? In other comments people said that women are biologically programmed to just want sex and your babies, do you really believe that? My girlfriend specifically asks me to open up to her, because I usually don't talk about my feelings to anyone and I try to just suck it up.

Huffnagle • 39 points • 7 May, 2018 11:06 AM

You're making a fundamental error. You assume that, like a man, she's behaving rationally when she asks you to open up. If you open up and she finds you weak, she will be less attracted to you, period. It may not manifest in her leaving immediately, but it will reduce her attraction.

Cavascii • 13 points • 7 May, 2018 11:16 AM

Hmmm, sounds plausible. Thank you.

Mr-Kabuki • 6 points • 7 May, 2018 07:01 PM

She may be asking you to open since you keep things to yourself and it make you appear kinda mysterious. Once you let the cat out of the bag, the mystery is gone.

Cavascii • 1 point • 7 May, 2018 08:40 PM

I actually believe you on this one. To certain women, opening up might take the some of the fun out of the relationship which would therefore make you less attractive. Good point.

QuasarBather • 13 points • 7 May, 2018 07:53 PM

This. Women are inherently destructive due to their lack of self awareness. She probably sincerely believes that if you open up and express your emotions more that it'll strengthen your relationship. Meanwhile it'll actually just lead her to perceive you as weak and dry her pussy up like the Sahara. Masculine stoicism is what women are attracted to, yet they try to find cracks in it at every turn.

Cavascii • 7 points • 7 May, 2018 08:51 PM

This one is going to stick with me for a while. Not just because you tought me a new and extremely interesting word, namely stoicism, but also because I definitely believe that most women are attracted to this. Thank you

[deleted] • 2 points • 8 May, 2018 08:29 PM

Check out Art of Living by Epictetus. Great introduction to stoic thought and practice.

willowhawk • 41 points • 7 May, 2018 11:26 AM\*

A cat really wants a laser pointer when it's shone around a room. If the cat ever caught the dot of light it would immediately get bored.

Yes she really wants you to open up, but opening up ends the game.

FratboyOnReddit • 14 points • 7 May, 2018 02:20 PM

What a fucking analogy. Thank you.

Paladin2903 • 2 points • 9 May, 2018 09:14 AM

Yup. Just like Gatsby and the green light. The green light represented Daisy...the girl he lined for. He didn't really want Daisy, however.

Hell, he barely knew her. She was merely something his very insecure ego needed to obtain, in order to prove his "manliness."

MattyAnon • 12 points • 7 May, 2018 02:59 PM

To me it seems as though this girl is just a real bitch though

This is how women absolve responsibility for their collective actions: "not ALL women are like that!". Sadly however they ARE all like that.

My girlfriend specifically asks me to open up to her, because I usually don't talk about my feelings to anyone and I try to just suck it up

Oh you poor naive fool. She ASKS you to open up because she wants to exploit your vulnerability. She

might even enjoy the closeness, and if she's cunning she might even pretend it's attractive. "It takes a strong man to cry".

It always kills attraction. You'll learn.

Cavascii • 2 points • 7 May, 2018 09:00 PM

It is extremely hard for me to believe that any woman is like this. I truly believe my girlfriend cares about how I feel, no doubt. That doesn't mean that I don't believe it makes a man less attractive, you guys are definitely convincing me of the idea. So I don't think she would try to exploit me in any way. I do believe that it makes me less attractive. Thank you very much for the heads up.

MattyAnon • 10 points • 8 May, 2018 09:45 AM

So I don't think she would try to exploit me in any way

most men believe this about women. most men marry on this basis. they find out the truth eventually.

CCJ22[S] • 2 points • 7 May, 2018 04:08 PM

Just read the amount of examples of men getting poo poo-ed on by "nice sweet girls, that just wanted them to open up". Please learn from my mistakes and the rest of us. You still have time to salvage what damage you may have done by expressing your feelings verbally.

Cavascii • 3 points • 7 May, 2018 09:02 PM

Interesting. What about long-term relationships though? Should you never talk about feelings with the woman you are married to?

CCJ22[S] • 7 points • 8 May, 2018 05:02 PM

Correct. If you have "feelings" talk to them with a male elder or a male friend that has a good head on his shoulders. Don't bring that stuff to your wife. She's not equipped to handle it nor should it ever be her job to deal with your feelings. Her job is to feel secure by you or feel insecure by you and seek someone else that will provide security.

You want to convey something to her do so with your actions. Not with your words. Words are meaningless. They literally mean less than nothing. For example, I love you. I love Cavascii. I have loved you since you wrote your comment. Those lines mean nothing unless I show you I love you. Men need to realize that we have got to stop seeking our mothers in our partners.

AuspexAO • 2 points • 9 May, 2018 07:47 PM

I recently started dating a woman who I call (not to her face) my coal mine canary. Everytime I start talking too much about my shit her face gets immediately bored. She has absolutely no tact and I fucking love it. If I see that bored face come up I know I need to get physical (sexually, I'm not beating her) or toss some light dread for fun. Yes, she's super boring to talk to, but as a plate she's actually amazing because she keeps me honest.

strikethrough123 • 342 points • 7 May, 2018 12:26 AM

Your mother is the only woman that will see you at your weakest and still love you unconditionally, which is why I think you're able to trust your mother with your emotions.

NormalAndy • 60 points • 7 May, 2018 09:56 AM

I hate to say it but 'mothers', especially single ones, are the reason there are so many true blue betas. As the OP says, what you need is 'fathers'.

CCJ22[S] • 21 points • 7 May, 2018 04:11 PM

This. Mothers will love unconditionally. But a man should always seek the advice and comfort from a fellow man. Especially an elder (someone older, with experience) because then and only then can he achieve true advice built and molded for him.

A woman cannot give the best advice for she has never been a man before.

Chaddeus\_Rex • 0 points • 8 May, 2018 05:22 PM

The problem is that there remain no 'elders' or wise respected men (as those of a village) who a man can turn to for wisdom.

That is the problem of our civilization, it seeks to separate individuals rather than making them a monolith, a collective that would be impossible to beat.

CCJ22[S] • 5 points • 8 May, 2018 05:30 PM

Agreed, they are most difficult to find in this beta liberal era. My own grandfather gets shit on by his two daughters and his wife. So much so that he no longer speaks on anything. Ask him for advice? He tells you to go talk to Grandma because he doesn't want to say the wrong thing.

This "Happy wife happy life mentality" will be the death of man.

QuasarBather • 1 point • 7 May, 2018 07:57 PM

It's all about the balance between masculinity and femininity. To say children *only* need fathers is to disregard nature, in the same way that these "I don't need no man" single mothers are disregarding nature.

Forgive me for being anecdotal, but I've known plenty of men raised without mothers that have all sorts of issues because of it. We need two parent households.

NormalAndy • 2 points • 14 May, 2018 06:49 AM

I totally agree with you- It is all about the balance between male and female.

We are in the process of realising that the balance is skewed towards women in a big way (rather than men holding the lion's share and needing taken down). Hence the need for more 'fathering'. Men are important to a family and that's much more than just a penis in the house. Men have to reclaim their maleness and bring it to their family.

Dazzing67 • 1 point • 7 May, 2018 11:36 AM

definitely exceptions to that rule though.

RedKingRising • 30 points • 7 May, 2018 04:22 AM

My mama don't wanna cheat that shit. You will get told quickly to be a man and deal with it

scissor\_me\_timbers00 • 13 points • 7 May, 2018 10:15 AM

To some degree yes, although as you grow into a man, I've recently realized the necessity of gaming your own mother. Obviously not sexually, but so that she doesn't start subconsciously treating you as a lesser

male after you've shown vulnerability.

SKRedPill • 7 points • 7 May, 2018 06:50 AM

Nah, even they have their limits. Once you get older, you'll just be told how her dad dealt with far worse shit and how they're growing old too. Yes, they will still love you and all, but paternal love and sexual love are at opposite ends of the spectrum.

FwoGiZ • 9 points • 7 May, 2018 01:23 PM

She'd still give you shit bp advice...

NikolaGeorgiev • 2 points • 8 May, 2018 01:51 PM

Mothers love their boys as long as they perceive them as boys. When you "become a man" in her eyes, the love is gone. That's it.

Also, love  $\neq$  good advice. She will give you BP advice 99.99% of the time.

salinorum • 1 points • 7 May, 2018 01:17 PM **[recovered]**

The only woman I dump my emotions on is my mother. I did so last night in the sauna and immediately after I stated my problems, she had to get out. I generally don't like to be emotionally vulnerable so I rarely ever show my emotions. Interestingly, seems like my mother didn't even want to hear it. So yeah, very verifiable. Woman want strong men who are mentally and physically fit. I mean it makes sense but it's fucking annoying that they want you to show more emotion, yet when you do is perceived as a lack of strength

shertlerd • 1 points • 8 May, 2018 08:22 PM **[recovered]**

So what you're saying is you live at mommy's house and have her cook tendies for you like a female dependent faggot? LMAO!!!! It's time to put your big boy pants on and move out of your mom's basement, manlet.

gggggggee • 1 point • 8 May, 2018 07:20 PM

Not if your mother is a narcissist. The love she has for her children is conditional. Take this from someone whose mom is the epitome of modern day entitled American women.

MattyAnon • 1 point • 7 May, 2018 03:01 PM

My mother does fuck all to help me. She always finds an excuse to do nothing at all to help. She's quite imaginative in her ranges of excuses. But she never finds an excuse to help. I've long since given up asking.

So what is this unconditional love, if it involves no care or effort or sacrifice?

Female love is worthless - even from our mothers.

-Mavs • 144 points • 6 May, 2018 09:37 PM

I always thought that the strong silent type was the pinnacle of what it means to be a man; resolve your own problems.

cappadocianhawk • 104 points • 6 May, 2018 10:29 PM

I know a man who went through two surgeries and his wife had no idea. She found out when the hospital called their home when they couldn't reach his mobile for an appointment schedule issue.

[deleted] • 410 points • 6 May, 2018 07:40 PM

Never open up in front of a woman. They have no sympathy. That's just how nature has made them, it's not their fault. The moment they see you as weak you are a ghost. Don't look for any compassion from them, because hypergamy truly doesn't care about your problems. It'll start looking for something "better" in a heartbeat.

Auvergnat • 264 points • 7 May, 2018 02:46 AM

They have no sympathy.

Totally disagree. Women have way more empathy than men. That's actually a feature of agreeableness (which they have in spades, on average) and a reason why they're the first to vote progressive to help the less fortunate and open their arms to refugees.

The real problem is that women are utterly turned off by a weak man.

They will feel the need to help you, they will ask you to rest your weary head on their shoulder, they will be deeply moved by your despair and sincerely wish to help you... and then will not see you in a sexual way ever again, and will find themselves strangely "falling out of love" with you.

FrankCostanza111 • 1 points • 7 May, 2018 03:18 AM **[recovered]**

Coming off of TRT, my estrogen went through the roof and I broke down sobbing in front of my girl one day. She was taken aback, but took it in stride. She looked up TRT withdrawal and showed me how common and normal it was for this to happen. All seemed ok.

But a few weeks later, she started very suspiciously dropping the name of a guy at the gym. "Someone said they liked my new bangs at the gym today". "who said that?" "...josh" etc etc

Long story short, she never cheated as far as I know. We broke up recently due to other reasons and within a few months, "Josh" and here are a couple.

It could be unrelated, but I find the timing of my emotional meltdown and her taking more interest in this guy to be non-coincidental.

My advice: If you feel like you're going to have a hard emotional moment, excuse yourself or ask her to leave. Add mystery by not telling her exactly why, except that you want to be alone. She'll wonder if it's because of her and the hamster will spin.

All of which is 10x better than letting her see you crumble into a weeping mess. Learn from my mistake.

CCJ22[S] • 35 points • 7 May, 2018 05:34 AM

I am upvoting you because more people need to see this.

Also, I have made this mistake myself, so I am glad people like you and I are able to learn from them thanks to TRP.

1z1z2x2x3c3c4v4v • 7 points • 7 May, 2018 01:16 PM

except that you want to be alone

Don't say alone. Say anything else. You can just say you are going to do some things you haven't done in a while, hang out with some old friends, some college or high school buddies, get back to a few hobbies... or whatever.

The fact that you need to explain that you need to be alone, kinda highlights a possible problem that you have no "me time" for your self already in your routines. Or that you have no privacy for yourself and the things you want to do without your girl.

Men need a life of their own, without it always being about the girl, or with the girl. If you had



such a life, you would not need to ask for permission to be alone when needed...

hot\_rats\_ • 19 points • 7 May, 2018 03:56 AM

Sympathy is not empathy though. Otherwise you're both right.

SweatyAdvance • 3 points • 7 May, 2018 03:13 PM

Not only are sympathy and empathy different things, but women categorically cannot empathize with the male experience. Sure, she might be able to sympathize with your pain or struggle or whatever. But empathy she cannot give you.

hot\_rats\_ • 0 points • 7 May, 2018 03:38 PM

I get what you're saying, but I believe that's still mixing up the definitions a bit. She can't empathize with the male condition because the male condition is not an emotion. Empathy just means she can sense others' emotions and relate them to her own. That she is driven by instinct to do, to a greater degree than us on average. But it does not follow that from that empathy will come sympathy, which is what she theoretically could have for the male condition, but doesn't because that is also contrary to her instinct.

Basically, you can read people's emotions and relate to them, and still be unmoved by them. That is the difference between empathy and sympathy.

SweatyAdvance • -1 points • 7 May, 2018 03:56 PM

you can read people's emotions and relate to them

That is sympathy. You just described sympathy.

hot\_rats\_ • 0 points • 7 May, 2018 04:00 PM

Wrong. Sympathy is pity. I can relate to whatever emotion you are displaying and not have any pity for you whatsoever.

SweatyAdvance • -1 points • 7 May, 2018 04:00 PM

Ok. You clearly don't know what you're talking about.

SKRedPill • 8 points • 7 May, 2018 06:48 AM

The concept of man and a man in person are two totally different things.

[deleted] • 12 points • 7 May, 2018 03:17 AM

Vote progressive...sure... Because they want to feel like a good person. But actually opening their arms to refugees? No

Butt\_Man\_69 • 2 points • 7 May, 2018 01:51 PM

There's a lot of bullshit coming from women in politics now. Most of them grew up Reaganites I'm sure and just want women to be 1%er CEOs too.

p3n1x • 3 points • 7 May, 2018 03:44 PM

You guys are fucking this up.

Women have ZERO **Empathy**. They have Truckloads of **Sympathy**, this is why they can have emotions

for irrelevant shit.

**Empathy** is the same thing as "wearing another person's shoes". Woman have no fucking clue on how to do this. They are not wired to understand another person's perspective. You can give analogies and tell stories, be logical, whatever. But you can also see their 1000 yard stare why listening to you. The only thing they can even remotely get from the explanation is a "common ground understanding of the **Emotion**".

Acceptance men, they simply do not have the hardware for it.

*Here is a test: Explain to a woman what it is like getting hit in the balls. Tell me how many Empathy Fucks they have to give? Laugh while giving the explanation, they will find it humorous. Be "Sad" while giving the explanation and they will find a way to "feel bad".*

Auvergnat • 1 point • 7 May, 2018 05:10 PM

I purposefully mixed up the words to trigger people around and been really enjoying seeing the results, but you take the gold medal so I'll add another layer just for you: I think there is no meaningful difference between those two words. Like love/infatuation, people will write novels explaining the difference between empathy/sympathy when there's actually none in substance.

p3n1x • 1 point • 7 May, 2018 05:17 PM

Triggered because the core of the information is being overlooked with "fuck yeah bruh" upvotes.

Even the rulebook (dictionary) keeps it vague. I see Empathy as the ability to understand another's position. You can feel sympathy without any information at all.

Chicks will cry for an injured dog, even if you tell them that injured dog is Cujo.

hot\_rats\_ • 0 points • 7 May, 2018 03:57 PM

Still wrong. It's more specific than just putting yourself in another's shoes. The root word, as you point out, is emotion. Being hit in the balls is not an emotion, it's a sensation. Your example in the italics is half-correct because, yes, they're mirroring your emotion as a result of being hit in the balls, and that is driven by empathy, but that does not encompass the physical sensation of it, which they cannot know.

p3n1x • 1 point • 7 May, 2018 04:32 PM

It's more specific than just putting yourself in another's shoes.

By definition, it is the ability to understand the position of someone else. Their wiring goes to solipsism.

I'll be blunter for the slow. They will never give a fuck that your balls hurt, sensation knowledge or not. Tell them "why" your balls were hit in the first place, they still don't fucking care (unless it affects their reputation in some way).

I was stating that the only part of the explanation they can understand is the "emotion".

Lazy men want a different explanation. Lazy men do not want to seduce a woman's emotion. If you aren't willing to put in the work, then you get the "Drama" you pay for.

the physical sensation of it, which they cannot know.

TY Sherlock.

hot\_rats\_ • 1 point • 7 May, 2018 05:11 PM

Snark all you want, words have meanings.

p3n1x • 1 point • 7 May, 2018 05:19 PM

OK. Go empathize all over town with your girl. Let us know how it turns out. Then, cry along with her at dumb shit. Your pool of pussy will be bottomless.

hot\_rats\_ • 1 point • 7 May, 2018 05:23 PM

That has no relevance to anything I've said and just goes to show how confused you are. Try thinking more and raging less. It won't make you less of an alpha, I promise.

p3n1x • 1 point • 7 May, 2018 05:34 PM

Or I could just rage more, it won't make me less Alpha either, I promise.

hot\_rats\_ • 1 point • 7 May, 2018 05:42 PM

I didn't say it would. If you prefer stewing in negative emotions and don't value basic reading comprehension, then sure, suit yourself.

writewhereileftoff • 1 point • 7 May, 2018 11:09 AM

I think women being more receptive to foreign cultures is more a result of them having access to a bigger pool of suitable alphas. Since especially in western cultures there's plenty of repulsive betas. It's a sexual strategy for self gain lol not real empathy. They can only have empathy for kids. In fact foreign cultures ensure healthy offspring because of the guaranteed genetic diversity.

[deleted] • 0 points • 7 May, 2018 03:53 PM

I will not edit my original comment, but i meant to say **empathy**, not sympathy. English is not my first language so i confused the two words.

Auvergnat • 0 points • 7 May, 2018 05:12 PM

See my response to the other guy. I think there's no difference. Just two words for basically the same concept of "feeling what the other feel / caring for the other's feelings / mirror neurons whatever".

Aesthetik\_1 • 155 points • 6 May, 2018 10:42 PM

This. The compassionate girl that can lift one back up and shows her feminine empathy that you see in movies or hear about is entirely made up Hollywood material. It doesn't truly exist in the real world and that image of females is created by... some man.

CCJ22[S] • 55 points • 7 May, 2018 12:14 AM

Fucking nailed it here. Agreed.

blacklightsleaze • 6 points • 7 May, 2018 10:11 AM

More empathy only means that they can sense emotions better than man which have nothing to do with how much sympathy they have... so yeah when you fail and she sees you down you better go find new girl.

p3n1x • 1 point • 7 May, 2018 03:52 PM

Women have no empathy. Mirroring emotion is not empathy. Empathy is about understanding a perspective other than your own.

13thPlayer • 1 points • 7 May, 2018 03:58 AM [recovered]

They have no sympathy

Just realized that's why you always see a *man* as the emotional tampon; a woman would never put up for it.

TurboPiss • 3 points • 8 May, 2018 04:36 AM

I love how you italicized "man" though.

yumyumms1 • 9 points • 7 May, 2018 06:40 AM

It's a shame, female members of my own FAMILY ghosted me for this. Women are phony and worthless in this regard. My own sister and mother FTW

blacklightsleaze • 8 points • 7 May, 2018 10:17 AM

Yeah, that's why I don't agree with highest voted comment in this post. Even my own mother fucked me up when I failed and felt bad. Yea she gave me food and roof, but with a price... daily berating at how bad I am at life and pushing me down even more. And when I asked why she is doing this, she told me "ah I though I am motivating you" Wtf !?

Paladin2903 • 87 points • 6 May, 2018 10:21 PM

Solid advice. Women will only sympathize on the surface. Meaning, their sympathy is totally fake. At a deep-down level, they see any sort of weakness a male shows (no matter how valid) as pathetic. They couldn't care less, but they will sure pretend.

[deleted] • 138 points • 7 May, 2018 12:04 AM

Truer words were never spoken. There was a female trainer at my gym that we had some playful sexual tension going on. She was giving resistance because she was dating some guy who lived 90 minutes away and I had pumped and dumped a girl at the gym that she knew. It was going to happen right up until she saw me bawling after I put my dog down. My 12-year-old boxer was rapidly declining so I had her put down. I was in the room with her and held her as she went. I was distraught and as I am leaving she is in the lobby of the vet's office with her new purse dog. I tried to walk through but we made direct eye contact she chased me outside. I broke down explaining it. She hugged on me and really enjoyed there to help. Texted the day after "checking on me". I pushed to escalate things and hang out that night but the sexual tension was gone and her pussy got dry real quick after seeing weakness.

Dls95405 • 83 points • 7 May, 2018 01:08 AM

We break our own hearts so our pets don't have to suffer. It's the hardest thing in the world.

CCJ22[S] • 60 points • 7 May, 2018 12:20 AM

I am sorry to hear about your dog. I've been there and no words I can type will comfort that loss.

But this is a good example of how women are.

pridebrah • 28 points • 7 May, 2018 03:05 AM

Sorry about your dog homie. Ive been there just like that too. Awful awful feeling

pineapple\_wizard24 • 29 points • 7 May, 2018 03:20 AM

Go through some old pics of your dog when you're alone. You'll start to tear up but they will be happy tears. I went through the same thing with my boxer. Had cancer 3 times and after the last time the quality of life just wasn't there. I was petting her while the doctor put her down. Waterfall streaming down my eyes man.

[deleted] • 8 points • 7 May, 2018 03:54 AM

Yeah, she had bone cancer in both front legs and the sites near her ankles were swollen up to the size of baseballs. She was showing visible signs of pain when she walked and the Doc said the bone will eventually snap in two and then it's a really ugly and painful way to go out.

pineapple\_wizard24 • 4 points • 7 May, 2018 03:58 AM

Man sorry to hear that. Hope you find solace through difficult times. Rage on brother

The\_Noble\_Lie • 17 points • 7 May, 2018 04:11 AM

Maybe it was because you tried to fuck her right after she consoled you. Probably should have waited longer than a day after the incident in which she saw you fall.

She may have never looked past it, but the day after is a tough sell, as if you are fucking the sadness away, and perhaps using her for her body (seemed that way)

[deleted] • 11 points • 7 May, 2018 04:48 AM

I probably was unclear. She started texting to check in immediately, I didn't try to escalate for a solid week to 10 days. In hindsight, I probably would have been better off trying to get her to come over that night to console me. The time delay didn't help.

The\_Noble\_Lie • 1 point • 7 May, 2018 01:20 PM

Hm. Thanks for the clarification, I don't think my op applies anymore. If I understand correctly, you done f'ed up.

beardeddream • 12 points • 7 May, 2018 04:25 AM

I was on vacation for Mardi Gras (former Nola resident) and my dog got out when left with my plate's brother. I never cried and she always pestered me about it.

For every night for about three weeks after I used to have a bourbon on the patio and bawl looking at photos. Wipe the tears off, go to bed.

You have to do it in your own.

She only felt bad b/c she was "mean" to it. Aka guilt. Women can't feel like we do.

JosephBosa • 2 points • 7 May, 2018 04:53 PM

Damn bro, sometimes nature or the universe can cock block you. The chances of a potential plate seeing something like that happening and crossing your paths at that specific time is like .000000001%.

metallicdrama • 1 point • 15 May, 2018 05:21 PM

I'll be brutally honest. Don't have shame. I'll be far more sad when my dog dies than anyone else. Even my own mother. They're man's best friend for a reason. There's a reason there are far more dog shelters than battered women shelters.

iamadrunk\_scumbag • -6 points • 7 May, 2018 09:00 AM

"She chased you outside" ya right buddy.

anabolic92 • 69 points • 6 May, 2018 07:33 PM

Nothing new but a good-short written reminder.

This should also reinforce the concept of having a close male figure in your life as you said (let it be father, best friend, teacher...)

JJ3314 • 60 points • 6 May, 2018 10:01 PM

This underscores the importance of retaining—and expanding—male social spaces, devoid of women. Men have to be able to talk about those issues that are of concern to them—from trivial to important—in a way that women cannot interfere with. Otherwise men are prone to censoring themselves, or flirting with women when there are potentially more important issues to discuss.

It also underscores the need to have healthy father figures and friends in your life. While TRP prides itself on giving a straightforward, no nonsense approach to giving advice, I see forums like this sometimes devolving into metaphorical dick size comparing contests, or men shitting on each other for no reason. Apart from being counterproductive it is also problematic because who the hell else are you going to rely on to talk about solutions to male problems if not other men? In an era of men being raised by far too many single moms there is a need for a bit more empathy, even while not deviating from an emphasis on attempting to discern and articulate the truth.

CCJ22[S] • 12 points • 6 May, 2018 10:35 PM

Literally everything you said... Yes. Perfectly said.

Dmva100 • 1 points • 6 May, 2018 07:54 PM **[recovered]**

Yes enevr discuss your feelings even though your teachers and your mommy said it was okay.

The day a beta boy listen to his mommy's concerns and tells her what's bother him, he becomes a cuck forever-more as he will then yearn for other women to comfort him in this same manner but it wilp.emver happen but he can't help to think that wow o wish all women were like my mommy because if I had a harem of them that make me chicken noodle soup when I was sick and told me they loved me I would be a. Real man.

O\_o

zippy9002 • 34 points • 6 May, 2018 08:20 PM

I'm not sure about the forever part... I used to make that mistake, never again.

markinsinz7 • 30 points • 6 May, 2018 08:51 PM

Holy shit that mommy thing hit right home. It's weird tho cause my mum tries to subconsciously get me to complain to her about stupid shitt that I don't need to. I tell her I don't wanna talk for some months to become emotionally detached/stable but you know, mums man You only get one can't really do much about it

Tre\_Walker • 19 points • 6 May, 2018 11:40 PM

Remember: Moms send their sons off to die in defense of women, for honor, for country in war, many moms do it very casually to defend a random woman's honor. AWALT...I know I know we all love our moms and perhaps some sons can open up emotionally to Mom, at least they should be able to. She will still love you but think you are weak.

Reality is Moms are women (AWALT) and they are biologically designed to nurture you and yet sacrifice YOU if need be. You are disposable even to Mom. This doesn't mean Mom doesn't love her son but she is only capable of loving to a degree, not the same degree men are capable of. A man WILL lay down his life for a woman but a woman will not lay down her life for a man. This is the natural order.

[deleted] • 33 points • 7 May, 2018 01:10 AM

Dude, women can be savages if they feel their kid is in danger so I'm not sure what you're getting at here. Now when the kid grows up maybe that motherly instinct to protect them diminishes because they're more independent, I don't know, but there's also plenty of dudes who either don't have enough of a backbone to defend their kids/loved ones or they just don't care. I'd say it all comes down to personality and level of attachment.

strikethrough123 • 27 points • 7 May, 2018 12:24 AM

A woman will lay down her life for her children.

Men > Women > Children > Animals

andreas\_all • 1 points • 7 May, 2018 09:30 AM [recovered]

What is this fucking BULLSHIT IM READING, FUCKING UTTER BULLSHIT AND YOU SHOULD BE ASHAMED, your mother cares for you more than you can dream about in your stupid little mind and she will more than die for you, she would suffer for you for all eternity, im speaking from personal experience

andreas\_all • 1 points • 7 May, 2018 09:31 AM [recovered]

BULLSHIT you can always talk about whats bothering you with your mom, all this real man bullshit is just you not having the balls to be vulnerable, YOU ARE THE REAL BETA MALE, REAL MEN CAN EXPRESS THEIR FEELINGS 100% BECAUSE THEY HAVE THE BALLS TO DO IT, THIS ADVICE WILL RUIN MENS LIVES SHAME ON YOU STOP SPREADING IT

Dmva100 • 1 points • 7 May, 2018 12:39 PM [recovered]

It's okay to stand up when you pee you know. You don't have to listen to your single momma

CCJ22[S] • 2 points • 7 May, 2018 04:18 PM

I laughed at this. Well said.

Wrath\_of\_Trump • 49 points • 7 May, 2018 01:41 AM

"Relationships" are business arrangements, not special. The business is that you be a man, and she be a woman. You break the contract, that's your ass.

SteveRogersPill • 28 points • 7 May, 2018 12:09 AM

I remember me and an ex of mine both going through personal shit and I vented to her vice versa... after that it went downhill. I learned my lesson

andtoc • 24 points • 6 May, 2018 11:07 PM

I also find that working through my thoughts and feelings through private journaling helps a lot. I don't really like to be the emotional dude but I also think that completely ignoring that side might be dangerous. Using emotions as fuel for doing "productive things" is also amazing.



CCJ22[S] • 16 points • 7 May, 2018 12:22 AM

Agreed. As men, we must realize that having emotion is a ok. Crying is ok. Heart break is ok. Questioning what to do next is ok. But doing so in front of a plate or S.O. is out of the question.

Journals and singing has also helped me as well. Glad I'm not the only one that will journal. Heaven fucking forbid a plate or S.O. ever finds it though. So I leave mine at work and will stay a little later after work or come a little early to write in it.

M0n33baggz • 1 point • 4 June, 2018 01:02 AM

Guess that's when it's time to look inside

Scorchyy • 1 point • 7 May, 2018 03:54 AM

Same for me, every time I feel bad, need to rent or even have a specially good day I journal it in my iPhone notes app, I never read it again afterward but it just feel good to let it go by writing it and helps me get the emotions out

ybcurious93 • 24 points • 7 May, 2018 03:51 AM

Vented to a girl I was dating about why I wasn't able to move out. Which was basically because my fam is cash strapped, and my stepdad doesn't work. She said she really liked that I was a family guy. Two weeks later she said she wants to start dating other guys

CCJ22[S] • 6 points • 7 May, 2018 05:55 AM

I'm sorry. It's happened to me when I was younger so I know what you did/are going through. The greatest thing about that is it lead you here to TRP.

Supertribi • 10 points • 7 May, 2018 03:18 AM

twitter confirms ops post

Proto\_Sigma • 53 points • 6 May, 2018 09:35 PM

I'd revise that to never open up to someone you're romantically or sexually interested in. Gods Don't Bleed, and showing weakness or vulnerability will make you less attractive.

However, female relatives or girls you aren't interested in are fair game. If you find yourself in the awkward situation of having someone want you who you don't want back, the emotional tampon method can scare them off really quickly.

I have a solid relationship with both my father and my mother. I confide in both of them emotionally and in general, and both have given me really solid life advice. I know not everyone has that, but the number of people you can reliably turn to for help in your life is so small that it makes no sense to exclude any of them without cause.

ArabSigma • 12 points • 7 May, 2018 12:24 PM

It has been my experience that opening up to a woman, even family members, is like opening up to the police. Anything you say can be used against you.

PhoenixMDL • 12 points • 7 May, 2018 12:54 PM

Can and WILL be used against you

yazen\_ • 1 point • 9 May, 2018 10:18 PM



"Will be used against you", FTFY

Celicni • 5 points • 6 May, 2018 10:17 PM

"Girls you aren't interested in" is okay if that's your tactic for getting rid of them.

"Female relatives" though...why? Do you honestly think a woman can give you any advice that'll help you more than a man's (excluding the obvious girly stuff).

Proto\_Sigma • 27 points • 6 May, 2018 10:46 PM

I think good advice can come from smart people, from personal experience. Tbh my father and especially my mother were pushing TRP basics on deaf ears long before I found TRP for myself.

" Put on some muscle lose some fat. Chicks are in to fit guys."

"For god's sake Proto, put more effort into your hygiene."

" Sit up straight, hunched over posture is unattractive."

"Work hard, nothing in life is for free. Schedule and manage your time."

" Make sure you match your clothes. Style is important. Presentation is important."

" If you like a girl, just talk to her. It's not a big deal, be fun, be confident, go for what you want."

Of course, I was such a dense little shit I ignored them because I trust what I read and research for myself over other people, and finding TRP vindicated a lot of what they had to say. Granted they didn't have a lot of the theory or experimental observation, but the fundamentals were sound and I would have been much better off much earlier if I had listened.

It depends on the situation. People have different skills and expertise you can consult, so they are more useful for certain types of advice. My dad is overweight but lifts like a champ, so he was very helpful for basic form when I started out, and for work advice. My mother handles the paying of bills and the management of the house so for solid budgeting and management she's the better one to go to.

If a person seems successful and trustworthy and to be an expert in a given subject, they're a good person to get advice from. I still eschew romantic advice from women, because they work from an entirely different mindset, but for more mundane stuff their advice can be more than adequate.

TL;DR: Female advice has actually been really helpful in the past. Use whatever resources you have.

moltenw • 1 point • 7 May, 2018 06:35 PM

Curious - is saying stuff like "I had a tiresome day " with frame seen as weak? Not bitching about it, but just casually mentioning it?

Like, at what point do you draw the line?

ThatMuscleUpGuy • 2 points • 8 May, 2018 06:04 AM

Just say you had a "busy day, busy but successful" (I'm in sales). Remember: Your days are always great and never bad.

conflagratorX • 9 points • 7 May, 2018 10:55 AM

I'm starting wondering why the hell forming any relationship (other than sexual) with women when she won't comfort you in hard times. It is better to just suffer alone then suffer alone and have pressure to hide it.

CCJ22[S] • 6 points • 7 May, 2018 04:30 PM

Because it's not & will not ever be your womans job to comfort you. Rather, us men are there to comfort to our women. Put a roof over their head, food on the table, etc...

The only time you should "feel comforted" is during the times she reaches for your hand, rubs your head, or is laying on the couch with her arms extended waiting for you to lay your head on your chest. Outside of that, we all must learn to shut the fuck up and not ever discuss VERBALLY our feelings with our woman.

Took me years to figure this out.

You will never have pressure to hide it once you reach your pinnacle of manhood. And in that process you find a mentor. A man (hopefully older than you) that will give you sound solid advice or an ear for the rare times you need to vent.

Like you, I have felt what you are feeling. Alone. But don't get discouraged. You've come this far. You're getting closer to "getting it".

internets-a-mistake • 9 points • 7 May, 2018 12:03 PM

Wait, is this real? It can't be real, right? Like, human beings don't actually think this way, right? Men can't be so fundamentally broken they think they can't express emotion.

CCJ22[S] • 9 points • 7 May, 2018 04:53 PM

MEN can express emotion. It is healthy to do so. Just don't fucking do it around your plate(s) or S.O. unless you want her to lose her attraction to you.

EsteraMC • 1 points • 6 May, 2018 11:18 PM **[recovered]**

Don't contact your mother, your sister,

Stupid advice. Family is there to support you.

badaod • 21 points • 7 May, 2018 01:40 AM

Exactly. unless you have some stupid family power play going on (many many have), your mother has no interest in you being weak.

for the sister: i don't have one, so i can't tell. I could imagine i'd be a bit more cautious here.

NikolaGeorgiev • 6 points • 9 May, 2018 06:01 AM

Women, due to their solipsism, don't know the male condition and aren't able to give good advice. They will give you BP advice and think they're helping. Just like when your momma/girl friend told you to be yourself.

badaod • 2 points • 9 May, 2018 08:19 AM

good point, thanks for extending.

I would never ask them for real advice (unless specifically domain based where the woman is an expert).

I was writing about you helping yourself by talking to your mom. She might be doing nothing to help your situation but if you need to talk to someone (and you are aware of that), then better to your mom than to a girl that has other interest and does not even see you.

It's not my go to address because i normally deal with my shit alone but many guys do, so better go to the mom than the sister.

NikolaGeorgiev • 1 point • 10 May, 2018 06:26 AM

Well, yep, but if it will not help you, why do not discuss it with your inner self (if you have no male friends that you could confide in)?

badaod • 2 points • 10 May, 2018 08:05 AM

Yeah, maybe that's where i am going wrong: IF one has enough self-reflection to be able to talk to the mother and not expect help... that person would probably be strong enough to figure things out for himself.

skinnymin • 8 points • 7 May, 2018 04:03 AM

Speaking from experiance if you have a family like mine (mostly women and no father figures whatsoever the dont got to family applies tenfold.) You like need to break out and learn to be your own man.

scissor\_me\_timbers00 • 4 points • 7 May, 2018 10:26 AM

Eh sorta. My mom is a very caring person and eager to help and likes when I open up to her. However, I've noticed a change in her demeanor towards me in times after I've shown vulnerability and talked about my problems with her. She doesn't treat me bad necessarily. But she does seem to treat me and regard me as a lesser male in those times afterwards.

It's subconscious. On the conscious level she likes to think of herself as ultra supportive. But her female hindbrain can't help but perceive her own son as weak after I've opened up about some thing or other. So fuck her. Shut her out. I've resolved to maintain a fairly aloof attitude towards my own mother.

It's a bit of a black pill mentality. But she is the origin of a lot of my problems anyway. So it's especially grating to perceive her looking down on you for problems she essentially created in you. Fuck her. Shut her out.

Esteramc • 1 points • 7 May, 2018 10:28 AM **[recovered]**

I think you are seeing things. My mother always encourages me and basically tells me how great I am and that I should just go and relax and approach more girls.

scissor\_me\_timbers00 • 2 points • 7 May, 2018 11:27 AM

Possibly. At the very least she's not shitty to me. But women have many many subtle ways of belittling you. And your own mother is not entirely immune to this. You do have a wider margin of error with your mother. But she also can be classic bitch.

sixseven89 • 14 points • 7 May, 2018 12:03 AM

Obviously this makes sense when you feel sad or stressed, but does this also apply to anger? Ex: "My boss is being such a fucking idiot right now"

CCJ22[S] • 22 points • 7 May, 2018 12:19 AM

Correct, any and all emotion. This too applies with anger. Don't tell your girl about your shitty day. Tell her about the positive things about your day IF and only IF she asks. You want to speak less, and listen more. If you speak for over 2 minutes about your day. You're doing it wrong.

If you wanna be chatty Kathy, call your friends, dad, etc... And don't do it in front of your girl.

moltenw • 3 points • 7 May, 2018 07:45 PM

Let's say that I casually mention "I had a tiresome day" (not mentioning anything further) while maintaining frame, is this also crossing that line? Like, where do you draw the line?

badaod • 9 points • 7 May, 2018 01:38 AM

Yep. i can recall my father being mostly redpilled and NGAF about most things... but then he had these fits where he would go uncontrollably angry and shout and run into another room.

What a loss of frame. It took me some time to get that these fits were no sign of strength but the exact opposite.

Yes. Also keep anger away. It's addictive and makes you weaker. Just walk away for some time and figure things out for yourself.

ApexmanRP • 8 points • 7 May, 2018 10:15 AM

Girls asks "Are you OK baby?"

Your reply..every...single...fucking....time;

"Yeah I am good, baby" (smile and wink).. even if you just lost your job/house/best friend

Now practice this line, in front of the mirror.

ktor1546 • 8 points • 7 May, 2018 10:49 AM

Could not agree more! My roommate started getting too emotional around his GF. She left him quickly and is now repulsed by him.

356dc • 7 points • 7 May, 2018 07:36 PM

I don't give enough of a shit about women to try so hard to hide my weak side in front of them. If I want to rant and vent I will. Coldn't care less if she stops having sex with me and leaves. Fuck you bitch. Working so hard on being a tough alpha to impress a woman sounds beta as fuck.

ThrowsSharksAtBirds • 17 points • 7 May, 2018 04:16 AM

The more I read these type of "advice" posts the more I conclude that majority the people horribly mistake TRP. This entire post contradicts with, what I keep reading on the sidebe, quality of life.

Yes you dont have to be an emotional tampon or overly chatty person. But Communication is extremely important.

People who mention: relationship a business are in denial mode. When you settle eventually for life to carry on as TRP person you need to discuss feelings.

How you discuss them obviously is important, but plain telling everybody to avoid females is just plain baseless.

CCJ22[S] • 6 points • 7 May, 2018 05:21 AM

You misunderstood what I wrote. Communicate your frame and let her fall in your frame or stop talking to her. Sure. But never communicate your "feelings" with words. Communicate them with action or lack of contingent on the subject at hand.

ThrowsSharksAtBirds • 1 point • 8 May, 2018 01:14 AM

I didn't misunderstood. Your advise not to use words is baseless. Do you know how many people assume things in life by just looking? Assumption is the mother of all fuck ups.

Learning to balance verbal and non-verbal communication when expressing feelings is much more

powerful.

\_speak • 10 points • 7 May, 2018 03:22 AM

That's pretty misleading.. there's a difference between wallowing in your feelings and discussing them. If you're really that confident it shouldn't be an issue to discuss whatever's going on in your head.. emotions are just unarticulated thought

andreas\_all • 6 points • 7 May, 2018 09:32 AM

This!!!, advice like this will ruin mens lives forever it happened to me

samuelcollin • 1 points • 7 May, 2018 04:16 AM **[recovered]**

Its so depressing. I feel so alone in this life. I don't have any male friends nor male family to listen to venting.

CCJ22[S] • 20 points • 7 May, 2018 05:18 AM

But you have online friends that will listen.

Fedor\_Gavnyukov • 3 points • 7 May, 2018 05:15 AM

keep your chin up bro. go join a club of some sort. you can make friends there. you can make friends at the gym too. get some confidence in yourself and things will be better.

samuelcollin • 1 points • 7 May, 2018 05:19 AM **[recovered]**

I have plenty of friends, I just don't feel comfortable sharing my loneliness with them. If i ever do, Its normally one sentence replies. I have been considering seeing a psychiatrist but I see right through their mind games.

I just wish I could entrust myself to a women, hold her at night, etc... But I know thats a fairytale

Zelthia • 8 points • 7 May, 2018 12:54 PM

I just wish I could entrust myself to a women, hold her at night,

No disrespect here, but this is just the little defenseless boy in you talking. He wants to crawl back into mommy's arms and be sheltered and protected. You want a woman to be your shield against the cruel cruel world, just like mommy was.

Unless you are still a little boy, this is simply not possible, and it is very likely that the loneliness you feel is originated in people around you feeling this weakness and not wanting to associate with it.

Our animal instincts are still functioning even in "human society", and all social animals reject weakness, for it lowers the survivability of the pack.

airmcnair06 • 1 point • 8 May, 2018 12:37 AM

As someone who was raised by a widowed mother (who stayed single since my dad's death), I can definitely admit this is true for me. Any tips on how to overcome that?

Zelthia • 3 points • 8 May, 2018 12:43 AM

Quite frankly, I don't think I can offer much. My best guess would be to look for solid male role models within your circle. A grandfather, maybe an uncle, a teacher or a coach? Growing up without a father figure must be hard. No man to learn from, even if only by seeing them struggle and fail. Learn from either their success or their mistakes, so to speak.

My condolences on your early loss, brother.

Fedor\_Gavnyukov • 1 point • 7 May, 2018 05:25 AM

you can always trust a woman to be a woman. know that and you'll be better off. i hold women at night and i cuddle and do things that i like, but in the end i know what is what. and as for your venting, would you rather trust a friend or some girl you met on tinder?

elogie423 • 6 points • 7 May, 2018 05:31 AM

Very pertinent advice. Had a discussion with my soon-to-be ex today that I know she lost faith in me when I expected her to support me (not financially, just a few general lifestyle things) when I had to leave my job and was having a lot of uncertainty making my next option happen. Nevermind she has depression and I (big mistake) would change my whole day whenever she was depressed and couldn't get out of bed or stop crying. That never counted for anything. She already has a new boyfriend lined up "that I never had to worry about". This is all real. She was amazing too. But she saw me be weak.

systemshock869 • 6 points • 7 May, 2018 09:06 AM

Call a level headed man for advice.

I used to spill my guts to my bros but they ended up not respecting me just like bitches at the club. Level headed male friends are in short supply. Crab bucket friends will do you more harm than good.

EmotionalChicken • 3 points • 11 May, 2018 08:12 PM

straight facts, hard to find friends that want the best for you these days

BeeStingsAndHoney • 12 points • 7 May, 2018 12:18 AM

Honestly, this is so true. I'm 30. My ex was a psychologist. Bill Burr's sketch about women being like an issue-seeking robot is on point. "Der der der, let's talk about this, der der der, let's talk about that!" They never stop. She dug, and dug, all under the mask of being a curious person and wanting to help. I decided to be 100% honest about my issues and what I got up to. Eventually she ran out of ammuniti-i mean things she wanted to help with. She went full retard one day. I had one simple request: "I'm really busy at work, exhausted, if you want a quiet drink tonight that's fine, but just can't talk about anything heavy." Which to her meant... "where do you see this relationship going?" I insisted we talk about it later and so she stormed out of the bar, making a scene. Almost got into a fight with a guy who laughed. Anyway, point of the story: open up to a good friend who is wise, or to a psychologist (who you're not dating).

RxCubed • 6 points • 7 May, 2018 10:25 AM

UNLESS, you are trying to end a relationship quickly and without issue. You never have to deal with a crazy ex if she thinks you are just some whining pussy. Works like a charm.

BittyMitty • 5 points • 7 May, 2018 02:12 PM

Don't expose your weakness, people MIGHT help you, but will SURELY take advantage of you.

UnlimitedEgo • 5 points • 7 May, 2018 01:19 PM

If you have to have your "feelings" talk about shit like a man with your guy friends who are at least in the same emotional realm as you. Women don't understand why guys like to solve problems and vent to vent, men do shit to solve problems. With that said, you should expect your buddies to probably give helpful feedback other than

just saying, "Sandra's a bitch I'd totally unfriend her..."

[deleted] • 3 points • 7 May, 2018 02:46 PM

Why not call the guy that says "fuck bitches and get money"? That guy has the right idea. Haha

CCJ22[S] • 2 points • 7 May, 2018 04:02 PM

Assuming you're seeking sound advice, on HOW to "fuck bitches and get money" not just the typical 'frat boy response' one liner as if that's suppose to help your situation. Ideally, if a man seeks advice, he'd like to know how to solve the problem he is facing. Not be handed a beer and told fuck bitches and get money with no sound concrete way of achieving said target. (I am a fraternity member-can confirm, this advice was shit back in the day)

Ihatemoi • 5 points • 8 May, 2018 02:30 PM

I have done this in all of my past relationships. Never again.

kejflk34jlkd • 1 points • 6 May, 2018 11:56 PM **[recovered]**

If a girl isn't showing you enough affection or attention or appreciation, how can you bring it up without looking like an emotional pussy? I've found that only a certain type of girl even notices dread game. The others seem to need for me to spell it out.

CCJ22[S] • 8 points • 7 May, 2018 05:54 AM

Do not bring it up verbally. Ever. You reward her actions that you like. You stop giving attention when she does not perform to your expectation. And I'm not talking about sex like most people on here do. If you mean affection/attention like getting your head rubbed by her, or her reaching for your hand. I get it. I too want those things. But if she isn't giving you that. You should NEVER need to tell her.

Rather you need to find your soulmate cause that girl simply isn't cutting it for you.

Archterus • 3 points • 7 May, 2018 01:39 AM

I suspect you cannot. Rather spend a bit of time asking yourself why you need that affection/attention/appreciation.

NinjasOwnTheNight • 6 points • 7 May, 2018 01:35 PM

This shit got incel quick AF.

shiftyourparadigm • 3 points • 7 May, 2018 03:35 AM

If I could go a little off topic. What should you do if a woman comes to you to express their emotional concerns about their job, their family, etc. It used to be my instinct to offer advise and try and be the one to solve all their problems, but I've quickly realized that they just want someone to vent their problems and find someone to confide any emotional insecurities without judgement. But what is this supposed to actually look like?

On the other end of the spectrum, if you listen too much and don't offer their desired feedback, you're now the one who's too dumbfounded to reply to whatever bombshell she may have dropped on you.

CCJ22[S] • 4 points • 7 May, 2018 05:23 AM

Just listen to your plate(s) or S.O. Never give advice unless she asks for the advice. When or if she asks for advice give her at most two sentences. If you have to give more than two sentences simply tell her to call her mother or a woman that is older than her. Also avoid saying "uhm" to her.



Zelthia • 4 points • 7 May, 2018 01:01 PM

It's actually rather simple. Let her rant, offer your concise viewpoint on the matter. Example:

Woman: "wah wah wah my coworkers are all morons and wah wah wah wah office drama and wah wah wah wah unfair to me because reasons"

Me: "personally I separate work from social environment so I don't have to deal with drama where my paycheck comes from. I feel like having sushi for dinner."

DadOnDabs • 3 points • 7 May, 2018 05:13 PM

Stop. This is one thing on red pill that needs to be clarified and put under control.

TALK ABOUT YOUR FUCKING FEELINGS (to the right people)

I took this the wrong way when I first discovered red pill and never told anyone anything. This made me extremely depressed and I didn't even know it because I convinced myself I had never been through anything worthy of being depressed.

I couldn't talk to my friends or family, I thought professional help was for people who had problems. I ended up getting to a breaking point and calling the only person who I felt like I might be able to talk to, an ex-fwb (borderline gf). She helped talk me through my problems and I was finally able to tell my parents what was going on and am now on my way to professional help.

In me saying this, I agree with part of OPs post. You should never discuss feelings with someone you are solely trying to fuck. **In moderation**, it is completely okay to have female friends, it is completely okay to tell them how you are feeling, and it's okay for them to console you.

Women honestly do a better job at this then men because they are in touch with their emotions. Any time I tried to convey what was going on in my head to a male friend it was the standard, "damn dude/it will be alright/at least your not...."

Pastelitomaracucho • 3 points • 8 May, 2018 03:18 AM

I have been through a rough spot over the past week and the most supporting comforting people I have had around have been women. Sex didn't stop.

I truly tried to test this view from this sub. I did hold my bitching as long as possible. I was begged to open up and let it all out. I decided to open up because fuck it, what could have been worse. I was proven very fucking wrong -at least this time- that opening up would break havoc on my image towards women.

TRP def gives you a powerful set of tools to get your shit together, but context is everything.

studentsensei • 3 points • 10 May, 2018 02:05 AM

Unlike most guys in TRP I haven't experienced this (because I've only done it once to an LTR) and my results were vastly different then the standard "she lost attraction."

In fact she became even more attached.

I've opened up to an ex before without any disastrous consequences. I was very upset over work and was stressed about personal issues and her attraction for me didn't go down in the least. She even saw me cry a couple of times.

However, she did try to use my emotions against me as if she finally got "dominion" over me in a way no one else did. I'm a big proponent of allowing yourself to feel in the moment and then moving on so it literally drove her crazy how I'd pretend as if both of my breakdowns never happened.

So all in all even IF your woman actually reciprocates your feelings they'll only do so in order to use it against



you later. "No one knows you like I do" or "Deep down you're a softie I've seen you cry you'd never leave me" etc, etc.

The other side of the pendulum still isn't nice.

kucukkarabalik • 8 points • 7 May, 2018 07:08 AM\*

I think you are very wrong.

Of course, each party in the relationship should have their alone time from time to time, but not sharing how you feel with your gf just to look emotionally powerful? This is insane. This is faking it to look stronger. What is the whole point of a relationship if you do not have that emotional openness? If she is gonna grow cold after seeing your emotional self, then fuck her, it means she's not the one for you. Besides, in my experience, we women like it when men are able to talk about their feelings with us.

Edit: spelling

Glassland • 7 points • 7 May, 2018 09:45 AM

You may think you like it but you probably don't. Talking about your emotions as a man to a woman is essentially showing her weakness and there is no greater turn off for a woman to see her man not being the unemotional cool rock she imagined.

miller211 • 4 points • 7 May, 2018 11:48 AM

But you're not a cool unemotional rock... You're just pretending to be.. that's a big fucking difference there bro

kucukkarabalik • 1 point • 7 May, 2018 01:13 PM

You're just pretending to be..

That was the point I was trying to make.

miller211 • 1 point • 7 May, 2018 01:17 PM

I know, I was talking to the other side commenting in your thread

kucukkarabalik • 1 point • 7 May, 2018 01:21 PM

I know, I know. I was trying to show my contentment for getting support, but I guess it didn't come off that way.

kucukkarabalik • 2 points • 7 May, 2018 01:19 PM

I will have to disagree. The pretentious "unemotional cool rocks" are considered pathetic by many women. If we really like/love someone we expect them to be emotionally open. This will sound weird but I think that we have motherly instincts and they kinda kick in when men open up to us, and this is one of the reasons why we like it.

MikeyFrank • 2 points • 7 May, 2018 12:12 PM

Wtf are you talking about bro, you're literally generalizing half the population into one behavior.

My gf has seen me get mugged and beat in front of her, and guess what? I cried about it too!

As a matter of fact, she loves that I'm an emotional guy because her ex was a "unemotional cool rock" that abused her and beat her. Which sounds like the kinda shit all of you brainwashed fucks on this subreddit want to do to women.

According to your logic, she should've broken up with me. But that was two years ago, and i'm probably gonna propose soon.

So maybe you should realize you don't know jack shit

CCJ22[S] • 2 points • 7 May, 2018 04:46 PM

We do not, nor will ever condone beating a woman here on TRP.

uebermacht • 5 points • 7 May, 2018 12:45 AM

Good reminder!

Been written by /u/Archwinger three years ago here: Never show weakness. She is not on your side.

CCJ22[S] • 1 point • 7 May, 2018 04:26 PM

My first time reading this but I love what he wrote. Thank you for linking it.

ZacharyWayne • 13 points • 7 May, 2018 02:58 AM

Is this what it means to be 'redpilled'? Shutting off all emotion in the presence of the opposite sex because you fear she might judge you? If you're in a relationship where you can't express sadness then it's not going to last. Without that emotional trust and understanding it's going to be hard to really connect with someone in a genuine way.

Krimepay5 • 12 points • 7 May, 2018 04:20 AM

If you are sad then your doing something wrong.

Your happiness is the most important thing in life. Try going into monk mode. No women, no alcohol, no smoking/drugs and just spend time having fun. Then if you do get plates or a LTR you can have fun by yourself and you do not rely on your other half to have fun. It is extremely important to be able to go out alone and have fun. By alone i mean just by yourself with no wingman/bitches/bros/family. Approach men and women while you are out and have conversations meet new people and even make new friends. When you go out alone you do not have anyone to answer to, your friends/bros/bitches/families cant say "aww can we not go to jack's pub round the corner" when your having a great time doing what your doing.

To answer your question "is this what it means to be redpilled". Quite simply yes. But not out of fear. Out of the fact that AWALT and you do not tell women about your problems. Thats what your male friends are for as they think logically and can actually help, understand, they do not give you an answer regarding the current emotion they feel at the time even if it is a choice where you are between a rock and a hard place.

You can connect with people emotionally without hanging your dirty washing up in public.

ZacharyWayne • 10 points • 7 May, 2018 05:21 AM

If I'm sad I'm doing something wrong? So if my dad dies and I cry that means I screwed up? Dude, that makes zero sense.

And what makes you think your girlfriend can't be there for your problems? My girl is in a lot of ways my closest friend and I trust her to relate with and understand my problems more than anyone else. We are all human and acting like you shouldn't let women know about your problems or feelings is just childish and insecure sounding.

In fact, from a biological perspective, women are far better hard-wired to play the therapist role. So yeah, it's alright to be emotionally open with women and anyone who says otherwise most likely just got their hearts crushed by a real bitch at some point in their life.

CCJ22[S] • 10 points • 7 May, 2018 05:49 AM

I will not induce further discussion of why I am certain you are wrong. I will agree with you that we disagree. At the end of the day you are a man on TRP and I am as well. We are, in theory, on the same team & try and help each other. I respect you as such.

CCJ22[S] • 2 points • 7 May, 2018 05:46 AM

Exactly this. I love what you wrote.

Paladin2903 • 10 points • 7 May, 2018 08:21 AM

We are talking about human nature. Anytime a woman sees a man acting weak, it chips away at his attractiveness level. Some of you guys are still stuck in the blue pill "utopia."

CCJ22[S] • 8 points • 7 May, 2018 05:24 AM

You don't avoid showing emotion for fear of being judged. You avoid showing it because it's not her job to deal with your emotions.

monadyne • 5 points • 7 May, 2018 05:58 AM

It's not about being judged. In fact, women profess to like having men show their "sensitive side." The problem is the dynamic: you getting sympathy from her turns her into A Mommy and you into A Little Boy. She may even enjoy nurturing you on an emotional level while you're hurting. BUT it dries up her pussy. She loses any sexual attraction she may have had toward you. Think about it: it would feel perverse for Mommy to have sexual feelings for a Little Boy. She needs to see you as a Strong Man for her to get or maintain the tingles for you.

Even something like complaining about the boss at work sets up a bad dynamic message: the boss is like a Daddy figure because he has the power and you don't... which once again depicts you as a Little Boy, impotent and whining about something he can't do anything about. That doesn't inspire a woman's confidence in a man. So, shut up about it until you're with a buddy (i.e., an equal.)

ArabSigma • 2 points • 7 May, 2018 01:08 PM

The following is my personal philosophy, it isn't representative of TRP. But what it means, in my opinion, is that it's not appropriate for me to burden her with my turmoil. Sadness is not something I dump on others and especially not those I care about. Being able to process emotions and channeling them to other pursuits will yield better results. As far as I'm concerned, I turn to poetry when I'm sad because I find that ink flows smoothly when I'm in that state of mind. Anger is fuel for physical activity, and as such, I train with more vehemence when I'm angry than when I'm not. Doing this helps me become stronger not only for myself, but also for those who need me to be there for them, because if I can't take care of myself, what makes me think I can take care of others ?

MonkeyMajik25 • 4 points • 7 May, 2018 12:59 AM

Someone please explain the fine line between this and being vulnerable. A book that I read says vulnerability it's a good thing.

seenoevil-taway • 3 points • 7 May, 2018 03:33 AM

I believe Being vulnerable is useful when you want to build rapport, gaming a girl, getting her to relate to you and like you as a person. Being vulnerable is mentioning that it was hard to put down your dog, but the point of this post is to never go past that and cry or lose your frame because you had to put down your dog.

Scorchyy • 2 points • 7 May, 2018 04:00 AM

Being vulnerable would be just telling her you don't have any experience with something or just looking a normal person who has it's weakness, discussing your feeling is different, it's when you tell a girl that you're depressed and things have been very hard for you etc.

rharrington • 1 point • 7 May, 2018 01:18 AM

I'm also newly redpilled and I'm unsure.

Dumb question: What about those Owen Wilson and Vince Vaughn in Wedding Crashers being vulnerable and sleeping with a bunch of women? Just Hollywood magic?

MonkeyMajik25 • 3 points • 7 May, 2018 02:58 AM

This is what I understand. Its okay to be vulnerable like admitting that you made a mistake etc., but at the same time by not being needy for her affection. There was this scene in that movie where Owen said he doesnt want to talk about what he said after being vulnerable to the girl. The fine line Im talking about is that Just dont be needy.

MikeyFrank • 3 points • 7 May, 2018 12:09 PM

I've gotten a bunch of ass by being the vulnerable nice guy who lends a ear. When you pull it off right it can work very well in your favor.

I've always had girls ghost me because I was (in retrospect) too needy.

Don't listen to OP. Any girl that is worth being with will not be turned off by your vulnerability and will accept you for being unashamedly yourself.

Paladin2903 • 2 points • 7 May, 2018 03:24 AM

It's all Hollywood propaganda bullshit. Don't ever form your reality based upon fiction.

As soon as you show vulnerability to a woman, you become just another beta male — even if you're not.

pmmeproudestmoment • 4 points • 7 May, 2018 02:43 AM

Tldr: never discussing feelings can backfire. Use discussing feelings to make her Invest in you emotionally and to appear human. However always use minor stuff where you dont really need support. If you never Open up to her she will feel inferior to you.

I have to slightly disagree here. In long term relationships (be it friendship or romantic) it can backfire to always be the "strong guy".

Once you Establish the strong guy image you should (tho very rarely) find the right Moments to Show some kind of weakness.

My go to strategy is to open up about minor or fake things (e. g. I miss an old Friend from childhood) at boring / anti-flow Moments such as doing groceries or doing the dishes together.

This way you Highlight a boring Moment and it gets a meaning. Also when you open up she will open up in return and if you Listen as skillfully as Freud (aka caring but distant non-judging) she will invest emotionally a lot. Prefer to make her talk about her childhood in such Moments to create powerful emotions.

It is important however as OP said to not expect comfort from women. As always if you give them a responsibility they will shy away.

bluemoviebaz • 8 points • 6 May, 2018 09:52 PM

Agree don't share your feelings with women or most people for that matter, I may seem great at the time but will soon get you burnt,

Don't agree absence makes the heart grown fonder". Proximity makes the heart grow fonder

Alpha\_Atom • 2 points • 7 May, 2018 04:37 AM

I get what your saying as it pertains to wives/girlfriends but why not mothers or sisters? since I'm not trying to have sex with them?

CCJ22[S] • 3 points • 7 May, 2018 05:18 AM

Because they are not mentally equipped to give advice on issues us men face. They don't walk in our shoes.

MikeyFrank • 1 point • 7 May, 2018 12:06 PM

So men can't give women advice either then, right? We don't walk in their shoes and aren't mentally equipped to deal with their issues.

CCJ22[S] • 2 points • 7 May, 2018 04:50 PM

Correct, I actually teach men to NOT give advice unless asked for it. And even then make it, at maximum, two sentences long. If your advice has to exceed two sentences then I tell men to have your girl call her mother or a girlfriend for advice since you're not equipped to help.

Ramp\_Up\_Then\_Dump • 2 points • 7 May, 2018 05:27 AM

If you would tell some memories on top of advice, that would be great.

shm1212 • 2 points • 7 May, 2018 06:14 AM

The problem is not the venting off emotions which is putting off women, usually is the incapability of resolving the problems which were causing the emotional distress.

LucrativeRewards • 2 points • 7 May, 2018 07:11 AM

What about the other way around where your her emotional tampon?

PlanetNinja • 1 points • 7 May, 2018 01:52 PM **[recovered]**

That's apparently the way it's supposed to be. I commented further down that whenever I have shared problems with a girl they quickly turn it back to themselves.

LucrativeRewards • 1 point • 7 May, 2018 08:20 PM

Could you please clarify more to me about that. for some reason I may not be having the mindsets or intention understand ling u giving out? Thanks

PlanetNinja • 1 points • 7 May, 2018 10:08 PM **[recovered]**

An example - over the weekend I saw my LTR. We were talking and I said that some serious shit went down at work. Rather than let me tell her what happened she jumped in about her job and things that happened last week.

LucrativeRewards • 1 point • 7 May, 2018 10:45 PM\*

Sounds like a way so she can talk up herself up and ignore your problems.

JimJones4Ever • 2 points • 7 May, 2018 08:57 AM

How about talking to your mom?

Alpha\_Jedi • 2 points • 8 May, 2018 05:19 AM

Very true. The second you let a chink in the armor show it will be exploited like so:

<https://alphajedi.com/2017/07/27/female-bully-complex/>

Throwaway\_5252 • 2 points • 8 May, 2018 05:33 PM

I've gone the opposite route in regards to this. I've been through so much that I literally can not cry any more. I can't open up about my emotions as I don't have any other then occasional bouts of feeling empty and sometimes homicidal rage when provoked negatively. And there's fleeting moments of satiation when I'm sexually satisfied.

Women are drawn to me I suppose as I'm not a sensitive crybaby, but my god I wish I could feel or have anything to believe in aside from Constantly being on the search for my next nut.

Scorchyy • 5 points • 7 May, 2018 02:34 AM

Fuck, this is so true. Same thing happened with a girl I met online, we used to have a lot of fun together sexting and she was really into me because she was often messaging me first and sending pictures without me asking but one day I was feeling depressed because I failed 3 of my classes at school this year and I was dumb enough to tell her about it because I was seeking for comfort. She barely even cared and didn't show much empathy at the time but that's not the worse, since then she became way more distant and almost never texted me first again. I think we sexted 2 or 3 times in the next 6 months and had a very few chats and then nothing, she just became completely cold and distant and I lost a girl I loved... I wish girl could be different, why did God had to make them that way :(

BonelessSkinless • 9 points • 7 May, 2018 03:00 AM

It really is horrible isn't it. You want nothing more than to just relax with them, enjoy their company and vent some emotional steam/stress/work fatigue, whatever your issue is. As soon as you do this, they stop liking you and lose respect for you. It's ridiculous.

Scorchyy • 6 points • 7 May, 2018 03:07 AM

Indeed, their brain is wired to look for the strongest male all the time so if you display any kind of weaknesses that means you're not the best and won't be able to protect her and give good offspring. It's pretty depressing to think about because it make me realize that us guys are only provider in the end, we can't even afford one moment of weakness while a girl can afford to be weak all the time and it's our job to make her feel better.

CCJ22[S] • 6 points • 7 May, 2018 06:00 AM\*

I understand how you feel as I was raised by a woman with no real man to teach me how to NOT rely on my mothers tit. Luckily, we have all found the TRP.

nutnics • 1 point • 7 May, 2018 04:19 AM

Take heart. If you spend to long trying to act the victim you might become one.

Clapeiron84 • 1 point • 7 May, 2018 07:31 PM

Thanks man, this reminder is EXACTLY what I needed for tomorrow's meeting with a coworker girl.

st3roids • 1 point • 7 May, 2018 10:09 PM

It depends of the age , see tings black and white doesn't always work the same.

with a young girl you only fuck or just met ofc you wont discuss your feelings or anything that bothers you for that matter.

but with an older whos your ltr you supposed too.

its one thing discussing about things that bother you and another to whine and bitching all day long. None will put up with this not even your mother.

Its all about the context and how you say it rather than what you say.

Chaddeus\_Rex • 1 point • 8 May, 2018 05:14 PM

Did your dog die?

Your attitude should be, 'who cares'.

Things at work are terrible?

Again, "who cares"

Maybe your mother passed away?

Look above.

If those things affect you, you have to adopt a mindset that you do not care one way or another. We all will die, if someone died that means that their time has come - it has been thus preordained by Fate.

I find it hilarious and ridiculous that people make such a big deal about death. Its as much a part of life as taking a shit (if not bigger, for it lasts longer) and I've never heard of anyone making taking a shit a big deal.

af\_007 • 1 point • 8 May, 2018 08:48 PM

That doesn't make any sense, "if" you are in a committed and loving long term relationship (dating or married) where you support each other I don't see any harm in discuss your feelings.

nalamgood • 1 point • 13 May, 2018 09:21 PM

I so wish I had a guy like that to talk to.

Pienpunching • 1 point • 23 May, 2018 06:11 AM

I do this with a plate...and she still fawns over me, problem? The thing is I really don't give two shits if she buggers off, I open up to her just for my own sanity, if she didnt like that and buggered off I really wouldnt care.

theaspiringfilmmaker • 1 points • 7 May, 2018 07:30 AM [recovered]

You guys are simply meeting the wrong kind of girls. Must be an american thing i guess.

ex\_addict\_bro • 10 points • 7 May, 2018 08:10 AM

... said a guy validating chicks for free over the internet

kavakavaroo • 1 points • 7 May, 2018 07:30 AM [recovered]

This subreddit is wildly toxic and I hope you all realize that you're recycling idiotic advice and complaints endlessly and that's why you're all single. But carry on, I am putting some popcorn in the microwave.

CCJ22[S] • 1 point • 7 May, 2018 04:59 PM

Many of us are not single. Those that are either choose to be or are new around here & in need of a mentor. I hope your popcorn was good. Try getting the popcorn you can pop on the stove. Because the microwave is a leading cause of cancer for most of humanity.

newName543456 • 1 point • 7 May, 2018 10:42 PM

You are actually toxic, mocking people's work at improving themselves.

Lambdal7 • -2 points • 7 May, 2018 12:16 PM

This is true when the girl is higher value than you.

However, when it's obvious that you're higher value, because of your successful career and because of your alphaness, sobbing in front of your woman will make her fall in love with you. "He also has a soft side"☐.

She will feel like the only one having managed to get through your hard shell and will make her feel very special.