

The Holy Trinity of Masculinity: Frame, Game, and Lifting

May 10, 2018 | 1214 upvotes | by [Unrelenting](#)

As we all know, the research proves that women prefer to sexually select men who are confrontative, arrogant, and muscular for short-term relationships.

However, this is a simplistic interpretation, because from a woman's perspective those three qualities approximate the most important aspects of a masculine man, that is to say, a man who can create Order from Chaos: bravery, intellect, and strength.

Since the beginning of humanity, we have told the stories of reverence for heroes, and they all have these three qualities in abundance. This is no coincidence, for they served as archetypes for the ideal man, and this too is no coincidence, because the mastery of these three qualities allow a man to essentially become a God and overcome any threat to himself, his mate, and her offspring. And as we all know, a woman's unconscious biological urges demand that she mate only with the man that can best ensure the survival of her and her offspring in a Chaotic Environment by selecting a Leader, who can establish from this an Ordered Environment, whose genetic and provisional value is high enough relative to hers that she needn't fear for her survival during the years that she is completely vulnerable and dependent upon your protection during pregnancy and the early stages of child rearing. Our mating strategies have evolved from necessity, not social construct, and so no amount of money or fame can ever ultimately convince a woman to continue sleeping with you if you lack the trinity of masculinity, the only aspects about you that no external environment can ever conquer in a Man: your Frame, your Game, and your Lifting.

Master these three aspects and you will easily get laid because women's bodies essentially force them to get wet for you because their subconscious acknowledges that you're a good choice to protect and shelter her and her offspring, no different than why a Man becomes aroused when the possibility of sexual relationship with a feminine woman is on the table, a Woman becomes aroused when the possibility of a romantic relationship with a masculine man is on the table. Enough preamble, what ARE Frame, Game, and Muscularity and how can you use them to get laid.

Frame: How Brave Are You?

Your Frame is simply how well you can stand up to confrontation of your being, whether that constitutes your words, your actions, or your ideas. Root yourself and your identity internally and you will become unshakable in what you will and will not tolerate from how other people treat you. Have a Strong Unshakable Frame that demands respect. Speak deeply and richly from your gut, if possible, and carry yourself like a King. Be like a Mountain and she will be forced to climb on top of you if she wants to get over you. Never show any emotional weakness by backpedaling or second guessing, be firm with your decisions and your body language and Women will bend to your frame. Always challenge yourself to see how far you can push your Frame before your emotions get to you until you can feeling nothing unless you choose to. In other words: Be Brave.

Game: How (Emotionally) Intelligent Are You?

Your Game is simply how well you can use your words and actions to get people to enter your reality. Game means saying and doing the right things to get people to say and do what you want, and it ultimately comes from research garnered through experience. Women prefer men who other women prefer because your experience means you know what you're doing, Game conveys the same message, that you know how to get what you want. It is fundamentally an understanding of psychology and emotions, an acknowledgement and manipulation of the subconscious biological drives of people by using them to the benefit of you and the group through verbal and non-verbal communication. This is

because if you can force someone to think a certain way you can force them to act a certain way, and doing so in a way that is conducive to the survival and benefit of both the individual *and* the group is the most important epithet of a Leader. In other words: Be Emotionally Intelligent.

Lifting: How Strong Are You?

Your Lifting is critical because at the end of the day, a consistent and aggressive challenge to your Frame and Game is most likely going to end in Physical Confrontation. You can be the most stoic and intelligent person on the planet but if you're a skinny limp-wristed beta when an invading army attacks you'll be of no use to your Wife and Children. Women understand this on a deep and subconscious level and so choose muscular over non-muscular men if they have the choice. Your physical strength is the last line of defense you have in a Chaotic world replete with physical threats, which is why you've evolved to erupt with feel-good neurotransmitters when you lift, because your ancestors that weren't strong were always inevitably wiped out by people or animals that were. In other words: Be Strong.

No amount of social posturing can usurp basic biological urges. With the dissolution of monogamy these trends will continue to rise as women fulfill their hypergamous drives in the absence of economic and ethical repercussion. This Chaos literally happens every time there's an abundance of resources. Equitable societies free women from the need to be dependent on men and therefore they choose only to mate with the man with the most provisional and genetic value possible, often preferring to die alone rather than settle for anything less than their masculine ideal if she needn't be dependent upon a man she perceives as weak in order to survive. This is the price we pay for becoming soft and agreeable pursuant to the advent of the abundance procured from our military and industrial enterprises.

Hone your Trinity and bring Order to your environment of Chaos and women will feel secure in your ability to protect, lead, and shelter her, conveying to her subconscious mind that you are a worthy mate that shouldn't be passed up on. Refuse to Hone your Trinity and you might as well be invisible to her. Let your Trinity falter and she'll feel less secure in your protection and she will branch swing hypergamously until she finds a Man whose Trinity is unwavering. If she can't find one, she will opt to die alone if she doesn't need a man's finances, THAT is how strong the subconscious urge to pick masculine men is for women, because historically men that lacked this Trinity were killed and Women's offspring with these weak men were ripped away from them for slavery or food.

Be Brave, Be Emotionally Intelligent, and Be Strong by honing your Frame, your Game, and your Lifting.

Up Next: The Four Elements of Masculinity: Power, Information, Wealth, and Fame.

Edit: Game is about EMOTIONAL intelligence, not simply IQ. Edited the post to reflect that.

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Comments

bsutansalt[M] [score hidden] 10 May, 2018 04:11 PM stickied comment

This is a quality thread. Stickied.

Trumeau • 124 points • 10 May, 2018 04:57 PM

This is what Trp used to be filled with. This is what I come here for.

We must be strong in the face of an ailing society, to be able to defend it and keep happy in the face of what is effectively mounting obstacles. Hard work and perseverance is the only thing that will see you to your goals.

youlovethisish • 40 points • 10 May, 2018 06:42 PM

This is what Trp used to be filled with.

It was great. I will say, however, allowing the anger and shitposts that happens on this sub with the influx of new, frustrated betas is necessary for the sake of their growth.

We as men really have no more quality "safe" spaces left. Places where we can spew the anger we have from the injustices and misrepresentations of society... throw our temper tantrums to then grow out of them in order to learn from them and become better men. I think the mods and top contributors are very good at calling these shitposters on their bullshit - and eventually the shitposters come around (unless they become, yknow, MGTOWs or Dark Triads or something).

It's part of the mourning process of having their world view ripped from them. Hopefully TRP doesn't get watered down the same way that seduction and other male spaces have, but I think we're in good shape at least for now.

Trumeau • 15 points • 10 May, 2018 06:48 PM

You're right, I'm coming mostly from a position of nostalgia rather than spite.

It's not my place to tell the users here what to post, as it's as much their community as it is mine. Nothing posted on this sub matters if the readers are not incited to action; preferably self improvement, and anger is a simple manipulation tool.

redvelvet_oreo • 6 points • 12 May, 2018 05:56 PM

I disagree. I don't think newbs should be making posts. It doesn't help anyone just confuse newer people. I keep seeing newbs posts because they read one thing on the sidebar and it worked. That great but it takes a while for a the red pill to digest. Newbs are acting on the new dopamine high and still learning. They need to internalize and go through the phases. Lift and learn game and maybe in a year make a useful post.

I also see a lot of newbs not fully understand concepts and make posts that make it seem they know what they are talking about. Again just confuses other people who are looking to learn. I use to come here daily and get a lot of useful stuff out of the posts here now and few and far in between. This sub needs some clean up.

Incendior • 2 points • 11 May, 2018 03:48 AM

How else do we improve if we don't first learn that we can, and should, be angry at our lost potential?

I'm glad this place exist. It helped me better myself - not there yet, but I'm glad I'm going.

DayGameChirality • 2 points • 12 May, 2018 08:21 PM

allowing the anger and shitposts that happens on this sub

nah, its boring and waste of everyone's time.

lemonman456 • 2 points • 13 May, 2018 05:49 PM

The anger posts just let the angry stage dorks feel justified in their shitty behaviors and world view. I honestly think that it should be an insta ban for anger posts. They make the sub anti-women, and fuels male ego. Some dork saying that women are just base creatures and men are perfect shows that the poster has 0 introspection. Redpill stuff is supposed to take evo psych to its logical extreme, not sexist pornography that makes weak willed men feel good about themselves.

JFMX1996 • 1 point • 20 May, 2018 09:46 AM

I think what's going to become necessary is for the mods to occasionally make purges of the content on here.

I remember with the last one that happened. The place was getting so fucking watered down and becoming like the seduction subreddit, or the incel subreddit.

It was pathetic. Then these mods came in and purged the whole sub and put down a bunch of restrictions for a bit. Cleaned the place up and have been seeing a lot better quality posts ever since.

[deleted] • 215 points • 10 May, 2018 01:56 PM

This is it. No amount of dark triad shit I learned helped me as much as this. Attraction is simple, and it is physical and mental strength. Period

CHAD_J_THUNDERCOCK • 110 points • 10 May, 2018 09:54 PM

Holy triad: Frame, Game, Lifting

Dark Triad: Narcissism, Machiavellianism, Psychopathy

Classic Triad: Looks, Money, Status

Jersey Shore Triad: Gym, Tan, Laundry

LeavingHumanityBehin • 1 points • 13 May, 2018 08:17 AM **[recovered]**

Jersey Shore guys get laid the most htough.

CHAD_J_THUNDERCOCK • 3 points • 13 May, 2018 09:30 AM

The only framework explaining nxivm leaders success is dark triad. And Charles Manson. It does contain some truth about human nature.

itsdir0 • 43 points • 10 May, 2018 04:35 PM

There always will be the Stoic vs Dark Triad mindset war.

Best choice imo is to pick whatever fits your style and lifestyle from both.

Unrealenting[S] • 85 points • 10 May, 2018 02:04 PM*

Exactly. You don't need to be an ethically-vacant asshole to attract women, you just have to be strong mentally and physically. It just happens that there is a lot of overlap between obnoxious assholes and men who are strong in those regards. Cheers.

markthelegacy • 17 points • 10 May, 2018 02:34 PM

You do have a point. Still ... I think developing some machiavellism is important to be above others in the social sphere.

Unrealenting[S] • 45 points • 10 May, 2018 02:46 PM*

To an extent. However, being an obnoxious asshole will eventually get you forcefully ejected from almost all social circles and obliterate your ability to engage in long-term relationships. Women prefer Leaders over Tyrants but will choose a Tyrant if no Leader can protect them.

GalcomMadwell • 18 points • 10 May, 2018 03:47 PM

Nothing about Machiavellism is about being obnoxious if you do it correctly.

Unrealenting[S] • 28 points • 10 May, 2018 04:38 PM*

That's true, but keep in mind that ruthless Machiavellianism gives rise to the Dark Triad in the Anima of Men. The Dark Triad is incredibly useful for short-term interactions and relationships, however the narcissism and psychopathy aspects are my biggest gripes, because they are characterized by grandiosity, pride, egotism, a lack of empathy, antisocial behavior, impulsivity, selfishness, callousness, and remorselessness. Any man who takes the Dark Triad to its logical extreme is going to be an Obnoxious Asshole, like Ramsey on Game of Thrones, and we all know how far his Machiavellianism got him in the end. Your Machiavellianism will eventually get you found out and ejected from the group and causes severe problems for groups and organizations when the people who exhibit it are in leadership positions.

That said, the low agreeableness of the dark triad is undoubtedly the bedrock of holding Frame and the manipulation of Machiavellianism is the bedrock of Game.

DonaldBaelish • 4 points • 13 May, 2018 12:28 AM

To be honest, I would have said Petyr Baelish and Varys.

Ramsay was just a psychopath.

forgetful_storytellr • -10 points • 10 May, 2018 04:50 PM

Don't use fictional characters to prove a point.

Unrealenting[S] • 17 points • 10 May, 2018 05:08 PM*

Why? Examples are incredibly useful for consolidating information into a representative archetype. We use it all the time when we say "Alpha" and "Beta" or "Red Pill Behavior" and "Blue Pill Behavior", which are fictional characters or characterizations used to symbolize a nuanced intermingling of information and behavior. I'd go so far as to say that it's impossible to understand anything unless it can be represented holistically as a symbol or example in the minds of those observing it, and in the mind of the author, Ramsey is the archetypal example of the extremes that Dark Triad behavior is susceptible to, and as an archetype can thus be representative of an ideal in the minds of others, which is always, in one way or another, a fictional character in the minds of anyone who imagines an ideal because ideals are impossible to ever actually reach. I could have just as easily chosen Loki, Aries, or any of the seven princes of Hell to explain the dangers of pursuing a purely Dark Triad ideology and would in fact NEED to do so in order to convey a meaningful example. In other words, we can all say the same thing but if we're speaking different languages communication is impossible, so I'm using an example to speak a language that

can accurately convey an idea in the mind of the reader, the idea being that Dark Triad should be wielded very carefully and only as a tool to be a good Leader, else it will come to wield you as the tool instead.

forgetful_storytellr • -7 points • 10 May, 2018 05:23 PM

Because it's not real life, it's someone else's interpretation of reality which is inherently flawed.

For every fictional character that proves a point I can find one that also disproves it, because they all live in alternate fictional realities that have no bearing on the reality we live in.

telephototulip • 19 points • 10 May, 2018 06:33 PM

Red Pill... Neo, Morpheus. Did this not bother you before you came here?

forgetful_storytellr • 0 points • 10 May, 2018 07:04 PM*

I can agree with the conclusions without agreeing to the analogy people have used to explain those conclusions.

That aside, using a game of thrones character to warn against adopting the dark triad traits is entirely different, since this example uses a constructed false reality to predict social outcomes of Machiavellian behavior that aren't consistent with reality.

Unrelenting[S] • 4 points • 10 May, 2018 05:35 PM*

That doesn't mean that examples aren't useful for conveying ideas. Anyway, my main point is that Machiavellianism can be dangerous and self-destructive in the hands of people who don't wield it carefully and with stern discrimination, turning Leaders into Tyrants and corrupting one's ability to maintain their ascendancy and relationships for long. Its entire premise requires a fundamental lack of trust and a cynical view of morality, which no one in their right mind wants to be around for very long once they realize that the only person you care about is yourself and that you'll gladly use them to get what you want and then dispose of them when you're done.

youlovethisish • -5 points • 10 May, 2018 06:27 PM

Aaand with that, you lost this one. Sorry champ, better luck next time.

forgetful_storytellr • 5 points • 10 May, 2018 07:01 PM

More words does not mean he won.

My point was never invalidated, in fact he agreed with it.

chrisname • 4 points • 10 May, 2018 07:34 PM

What a dumb comment.

He was right. A machiavellian character in a novel being defeated by the good guy is not proof that machiavellianism doesn't work in real life. That's ridiculous. Especially when that novel contains magic and prophecy and has "small people changing history in big ways" as one of its major themes (Littlefinger, Tyrion, Arya, Daenerys, Jon

Snow are all "small" in status and stature at the beginning of their personal stories (Littlefinger's begins before the first book, when he fights Brandon Stark)).

Tywin Lannister, Littlefinger and Roose Bolton are the most machiavellian men in Westeros anyway, and all of them achieve great things before their end. Tywin turns his house from a laughing stock to the primary power in Westeros. Yes he is killed by the Imp (goes back to the theme I mentioned) but his legacy survives him. Littlefinger kicks off basically all the events of the series beside the Others and Essos. Roose destroys the Starks and becomes warden of the North. Yes, they all die, but that's another theme of the series - the transience of power.

Unrealenting[S] • 1 point • 11 May, 2018 05:32 AM*

All of their empires also died or crumbled severely with them because they were too cynical and selfish to share their knowledge and power amicably or they used it to fuck over the wrong person and didn't realize it because they were too arrogant to acknowledge their own weaknesses and to give their enemies the respect they deserved.

The whole theme of the series is, in my opinion based on watching the show, that those who seek power through destruction make short-term gains but will eventually and inevitably destroy themselves as well because they never know when to stop, their avarice eventually ate each of them alive when they could no longer feed it with other people. Everything they built will turn to dust because they were too selfish to truly benefit anyone but themselves. All three of those characters will be eventually and gladly forgotten, most buried in shallow unmarked graves if they get a grave at all, with only themselves to blame.

chrisname • 1 point • 11 May, 2018 05:47 AM

Tywin had long-term plans, and he was smart and strong enough to make them work, but he fucked his children up emotionally due to his lack of empathy, so Tyrion killed him and Cersei destroyed everything. If he had been capable of being a loving father he could have been unstoppable.

markthelegacy • 6 points • 10 May, 2018 04:35 PM

Meh, machiavellism is "just" being able to analyze and discern the subtext of social interactions and using that information to your gain. I'd say it is an important part in your SMV, depending on your day-to-day context

Jaereth • 4 points • 10 May, 2018 08:51 PM

I think developing some machiavellism is important to be above others in the social sphere.

It's important even if you don't care about rising above others. It's like the old idea where the FBI hires the old retired conman to help them detect and bust new conmen. The best people able to detect a behavior in others are other practitioners.

You need to know how to think and behave ruthlessly even if it's just for the sole reason of being able to quickly recognize it in others.

VasiliyZaitzev • 39 points • 10 May, 2018 04:09 PM

"Abundance, Amused Mastery and Frame, abideth these three...but the greatest of these is Frame."

-From, The Sayings of Chairman Zaitzev

Pepsiguy911 • 1 points • 10 May, 2018 03:01 PM [recovered]

Haha lifting is great it really is. I started lifting at 16 now 21 and man did it do wonders for my confidence i went from 163lb skinny fat to 225lb beast. Not all muscle obviously as much as I could for a natty and i didnt have a 6 pack or anything but i was fucking huge and strong. I was pretty much a beta before and was treated like beta and after lifting my confidence went up 110%. I was bullied in highschool and once i started lifting and getting huge 95% of society just stop fucking with me. I could walk into room i felt like i owned it. This feeling was so awesome and new. Guys automatically were afraid or they respected me. Girls started noticing me more, though some were intimidated. It felt so good man. Recently though i joined a mma gym and got my ass whooped from guys wayy smaller than me because i have zero fighting skills and my cardio is ass. It was a nice reality check really. Lifting is great will do wonders for your confidence but really if you want to able to protect yourself, family or community learn a fighting skill, keep your cardio good and fucking stretch and stay loose boys. If all you want is to feel good and get women to notice you then by all means just lift, 95% of society won't test you cause of your size and like Brandon Carter said its like the lion in room theory you never wanna test a lion even if its just playing with yarn ball.

Bizzledizzle75 • 1 points • 10 May, 2018 04:45 PM [recovered]

+1 on lifting and fighting. I do both. Recently earned by black belt in Brazilian jiu-jitsu. My wife is very noticeably turned on after I win matches in competition and has been this way for a long time. She usually pounces on me soon after returning home or to the hotel room, wherever we are, whether I've showered or not. :)

[deleted] • 6 points • 10 May, 2018 07:14 PM

Congrats on the Faixa Preta, that's an awesome achievement Bro

aero23 • 10 points • 10 May, 2018 04:53 PM

Thats pretty gross man she could get staph or some shit. You never really know when the last time the guy you rolling with washed his gi, especially at competitions

deadanxiety77 • 26 points • 10 May, 2018 02:06 PM

I'd recommend The Way of Men by Jack Donovan for further elaboration on these points. He includes an additional core value - 'honor' in his book, forming the four tenets of masculinity.

Unrealenting[S] • 20 points • 10 May, 2018 02:14 PM*

Oh I've read that. GREAT BOOK. Without Honor, no Order you establish can last for long.

My next post will be on the four elements of Masculinity, two active and two passive, that form the RP (short-term) and BP (long-term) mating strategies: Power (Active RP), Information (Passive RP), Wealth (Active BP), and Fame (Passive BP).

U-94 • 23 points • 10 May, 2018 09:49 PM

Lifting is like brushing your teeth. You should be doing it everyday and I have no idea why this is some revelation for adult men. I started when I was 15 and haven't stopped (i include running with this). It goes great with heavy metal. It was never about being jacked for a sport or anything else. It was just a fun release. If I don't

work out, I get a temper. I never really connected it to picking up women because I always knew a lot of big guys who would be crushed by women.

I was a little kid reading comics, watching wrestling and playing with action figures. All of those things had muscular men. That's how an adult, or a cool adult, is supposed to look.

Everything else is part of not caring. Unfortunately, 'fake it til you make it' doesn't work. You need life to beat you down a few dozen times before you really internalize not giving a fuck. Not by tragedies or disasters, it has to be gut punches directly to your pride.

Frenetic_Zetetic • 3 points • 13 May, 2018 09:09 AM

Fake it till you make it totally works; the problem is MOST guys aren't open to learning from mistakes. I agree entirely about taking punches to your pride being a catalyst; the key is recognizing and accepting it so you can change!

GalcomMadwell • 32 points • 10 May, 2018 03:49 PM

I think some guys overcompensate with the Dark Triad because they don't have their "Light Triad" on point. Get both working together, and you're basically playing with cheat codes enabled.

SlowInsidiousKiller • 1 points • 10 May, 2018 04:23 PM **[recovered]**

Lifting (therefore gaining Strength) is, I assume, the easiest part of this Trinity to obtain.

Unrealenting[S] • 8 points • 11 May, 2018 05:10 AM*

Gaining strength is pretty much your birth right as a man.

Callmetonay • 12 points • 12 May, 2018 06:51 AM

"It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable"
- Socrates

ferrousbooler • 2 points • 26 May, 2018 03:53 AM

Seriously though. I always felt like I was one of the few guys that hated getting compliments from other guys like "woah you're pretty jacked" or "nice body." I'd just say thanks, but inside my head I would think "well it wasn't that hard to attain any guy should be able to do it". It always confused me how many guys looked at it like it was something that you needed the utmost motivation to achieve. It also confuses how guys that do have a lot muscle think they always need to show it off, wearing like the tightest shirts. Like bro, I don't care, no guy should care, 'cuz we can all get pretty good looking bodies.

WhistlingWagner • 14 points • 10 May, 2018 10:21 PM

Been reading some Jordan Peterson eh? ;)

13139 • 8 points • 11 May, 2018 07:09 PM

Sounds more like he's been mainlining him.

But he's not wrong.

It's not just women, practically everybody instinctively treats athletic people with more respect.

stoicstephen • 37 points • 10 May, 2018 03:05 PM

tl;dr

Be a Man and don't be afraid to be a Man.

[deleted] • 18 points • 11 May, 2018 04:32 AM

This doesn't explain anything. Not a good tl;dr

dthrow12 • 1 points • 10 May, 2018 02:56 PM **[recovered]**

Order from Chaos (Ordo ab Chao) is also a masonic motto and, indeed, the important symbols in freemasonry are Beauty, Strength and Wisdom.

Unrealenting[S] • 5 points • 10 May, 2018 03:15 PM

Fascinating. I study a lot of archetypes and they all have this Trinity in one way or another as the central triskelion for Manhood.

0010000100111111 • 11 points • 10 May, 2018 07:14 PM

Some of the posts on this sub have become really annoying. You guys overcomplicate things and are overly verbose and intense.

For brevity: * Exercise: Doing things that increase your strength and improve muscularity are good. * Continue to learn/grow/challenge yourself: Do your best to grow in your line of work and personally. Explore new things, hobbies, meet new people, expand your horizons. This will allow you to grow as an individual, become more socially proficient, have more interesting experiences/stories you can share - and you'll be overall more interesting/desirable. * Don't be a pushover. * Be fun, exciting, a standup guy

Unrealenting[S] • 2 points • 10 May, 2018 07:37 PM*

This is a theory post. While that's true, a theory post is meant to explicate *why* those things work and why alternatives won't work. I also kept it as laconic as possible, barring the preamble and conclusion, it's just three things with a short paragraph description for each that, in my opinion, encapsulate ALL of TRP in a concise and cogent way.

I also think the obsession with bullet-pointing every thing is a bad idea, because women are complicated and can't be fully understood with just a short list. If you want to *maximize* your success, rather than just randomly shooting in the Dark in the hopes you eventually hit a target, you have to understand their dualistic mating strategies, what they do and don't respond to, how their sexual preferences change during the month, why feminine women are attracted to different things than masculine women during short-term relationships, how to read her body language, how to interpret subtext, etc.

0010000100111111 • 7 points • 10 May, 2018 08:47 PM

Women are simple. The vast majority are attracted to the same features in a man (both physical and beyond). Work at cultivating them for yourself. All this talk about maximizing this and that for women is a waste of time. Focus on maximizing opportunities and efficiencies in your daily life for you.

If you want to game girls, then game them. You will have to tailor your approach - based on your intentions/desires - but also, based on a woman's age, socio-economic class, personality, etc. Overall, most will still be attracted to the same things.

With that said, I do agree that most women's decisions do subconsciously come down to mating, choice in a mate. I appreciate your contribution; however, all these metaphors and analogies are turning this subreddit into a big circlejerk. The same content keeps being reposted in a different way, in another attempt to be more elegant than the last.

Unrealenting[S] • 6 points • 11 May, 2018 04:34 AM*

I have to disagree. It's important to understand why things do and don't work. This Trinity system covers everything in a useful way because you can't simply "Game a chick" or "Lift Weights" or "Hold Frame" if you want to have the most abundance and experience possible. Sure if you max out one or two attributes, which most posts here advocate, then you'll have some success but you'll also fall flat on your face just as often with absolutely no understanding why, leading to undue frustration and unnecessary scarcity. This post is meant to explain that they all work together and serve as the foundation of ALL sexual attraction by offering a theory that unites and explains them all.

Now do you need all this shit if you just want to get laid once or twice a month? Of course not. And to those people I recommend the "Building Power" posts rather than the "Theory" posts, which are meant to explain why things work rather than simply listing off what to do without explaining how to do it or why. The laziness of readers here is why Game is so utterly rare on this sub and it's obviously a huge missing piece for most guys here because they are clueless on how to actually communicate in order to get what they want, and Game is impossible to properly explain in just a few words. Lifting weights and meditating under a waterfall isn't going to get you laid, proper communication is *vital* and can't properly be explained with just bullet-points and single sentence descriptions. This sub needs more detailed posts on Game and Theory if it wants to survive in the long-run and not become a "Story Telling" Sub or, worse, MGTOW-lite.

And you don't have to take everything from this post, or any post for that matter, to heart. You should only take away what you need and do that often with other posts in order to refine yourself. You can't get that from the same obvious bullet-points being regurgitated with no explanation as to why those things work or how.

0010000100111111 • 2 points • 15 May, 2018 05:23 AM

Game and interacting with people is best learned by doing - trial and error. Reading is good, but the application is more important and relevant. There's too much mental masturbation in this sub.

[deleted] • 8 points • 10 May, 2018 07:43 PM

The funny part is if war broke out all the guys on roids would lose their gains because their supplies run out.

TaylorWolf • 5 points • 10 May, 2018 11:45 PM

So build body-weight strength, grapple, rock climb, handstand, swing from ring (gymnastics) etc.

InsanityTrack • 1 point • 15 May, 2018 11:27 PM

If you have more muscle than your hormonal profile after PCT yes you'll lose some but not necessarily all.

[deleted] • 1 point • 16 May, 2018 08:52 AM

There would also be less protein available.

UndeadStranger • 5 points • 10 May, 2018 10:13 PM

If you don't like spending your weekends drinking in bars or clubs to hit on women and no women work where I work what does one do?

GutShot9 • 1 points • 11 May, 2018 04:15 AM **[recovered]**

Make strong eye contact with women that you pass by in day to day life. If they hold your gaze say hi. Simple.

Redasshole • 1 point • 2 June, 2018 07:05 PM

What if they never hold my gaze? I've been doing that for like a year and they all look away. My face is fucked up and hideous though so maybe that's because of that.

Unrealenting[S] • 7 points • 11 May, 2018 05:05 AM

Get a hobby, use online dating apps, learn day-game, volunteer, use meetup, go to a festival or concert, etc. There's literally no limit to where you can meet women man you just have to be willing to put yourself out there and, most importantly, have fun.

GoRedBad • 1 points • 11 May, 2018 10:07 AM **[recovered]**

Go out and don't drink. Learn to dance.

Callmetonay • 4 points • 12 May, 2018 06:53 AM

Go out and don't drink.

I think this is a huge thing people miss. You don't need the liquid courage and you can have a really good time without being drunk. Saves a lot of money, too.

ubermensch100 • 1 points • 10 May, 2018 07:12 PM **[recovered]**

I agree with you on everything except conflating being confrontative, arrogant, and muscular with being intelligent. I've all too often seen plenty of guys who aren't the brightest bulbs on the planet get girls like crazy by being like this. Intelligence has limited effects on sexual success.

Unrealenting[S] • 9 points • 10 May, 2018 07:43 PM

EMOTIONALLY intelligent. Please read the whole post.

super__mario • 5 points • 10 May, 2018 07:23 PM

Emotional intelligence isn't a thing. There is only G, also known as general intelligence and quantified as a number referred to as IQ.

Unrealenting[S] • 6 points • 10 May, 2018 07:32 PM

I'm only using EQ as a convention. I agree with you but people were getting confused and so I edited the post to be more specific. People often think "intelligence" simply means how well they do on a written test.

[deleted] • 1 point • 14 May, 2018 09:42 PM

I've never really been able to understand what intelligence is. It just seems like mental work ethic to me. Would you be able to recommend literature or studies regarding this G or IQ and what exactly it is? I'm curious

Onewinged • 1 points • 10 May, 2018 05:34 PM **[recovered]**

But what to do when you can't lift because of physical limitations?

I've had a period that i could lift and all i can say is lifting makes life easier, but what to do when you just can't?

Unrealenting[S] • 11 points • 10 May, 2018 06:24 PM

You only need to be muscular relative to the men she's interacted with sexually. Ensure she's from a demographic and engages in groups where you're bigger than or the same size as the other men in the group

and have solid frame and game.

You don't need to be ripped, just bigger than her and the men she interacts with on a regular basis.

Onewinged • 1 points • 10 May, 2018 06:31 PM [recovered]

I got a chronic problem. I can't lift unless i'm willing to suffer enormeus pain. Women aren't worth that so, next to walking, what can i do?

Unrealenting[S] • 8 points • 10 May, 2018 06:49 PM*

Severely increase your Frame and Game so you have something else to offer her that few other men can and make sure your style is on point. Be funny, entertaining, witty, financially successful (if possible), etc.

Basically you're mostly missing the Power aspect of Masculinity, but you can still max out your stats in Information, Wealth, and Fame. Combine that with rock solid Frame and Game and your physical weakness will actually become an advantage because it will push you to be so much better than other men in every other regard.

Keep in mind also that women evaluate the size of men relatively and only with respect to who is in the room with her *at that moment*. Women fall head over heels over entertaining and engaging skinny guys every single day, and even if you were ripped, there will *always* be someone bigger than you and you can *always* out game them. Being strong is actually the *least* important aspect of the Trinity in modern and resource abundant society. This is also because just by being a man; you are more than likely bigger than her and most other women, so if you are the only guy in the room then you are automatically most likely the biggest person around and she will see you as a possible protector if shit were to go down. Use that to your advantage by isolating her from other men or interacting with women in areas that have few men, like a yoga or cooking class at your college or use Day-Game in your city.

All you have to do is be the most impressive and engaging specimen she's interacting with *at that present moment* and you have a shot. Also, still try and lift as much as you can handle and keep your body fat low through cardio like swimming if you can handle it so the muscles you do have can show, get that 6-pack visible! Hope that helps.

conflagratorX • 7 points • 10 May, 2018 06:45 PM

Maybe bodyweight training would suit you? I have seen some amazing transformation after this.

Jaereth • 3 points • 10 May, 2018 08:54 PM

Just stay as fit as you can then. I know some skinny guys who do plenty well, but they are *skinny*, not flabby. They are still solid they just don't have much mass packed on, but there is no loose skin there. Ya know what I mean?

SliDlux • 1 point • 10 May, 2018 06:55 PM

What's the pain from? I'm sure you could find a solution.

alleyteris • 1 point • 11 May, 2018 06:54 PM

you can start swiming man , its a great full body workout , body weight excercises and/or combat sports like judo , ju jitsu , and grecoroman grapling will give you a great body

youlovethisish • 2 points • 10 May, 2018 06:40 PM

/u/unrealenting covered it, but also eat clean. Do whatever physical activity you CAN do and your shape will at least work for you if not your sheer size.

Philligan123 • 2 points • 10 May, 2018 08:12 PM

Love this sub. This is my first post but I read all the posts. Just awesome

MrStatocracy • 2 points • 10 May, 2018 08:51 PM

This is a sidebar quality post

Frenetic_Zetetic • 2 points • 13 May, 2018 09:00 AM

In my personal experience, I find the best game is the one that everyone else isn't aware is "going on".

Sales is an example of this, although most people "know" they're being sold to.

What are you selling, and to whom, when you're out and about?

Redasshole • 2 points • 2 June, 2018 07:03 PM

The way of men, written by Jack Donovan. You would enjoy it I'm sure.

KanDeMan2 • 2 points • 10 May, 2018 01:42 PM

This is a great post. Thank You.

I think it may have more meaning for you youngsters out there....Especially the LIFT part.

I'm 45 and have lifted most of my life...most of my friends/peers quit long ago.... I am married and don't put a lot of effort into gaming chicks.....I feel like being muscular at my age is almost an oddity and not an advantage.

ApexmanRP • 21 points • 10 May, 2018 02:17 PM

I am a bit older than you and think differently - if you are in shape at our age, you are a valuable rarity, not an oddity..

Unrealenting[S] • 4 points • 10 May, 2018 02:50 PM*

Keep in mind he's married and not actively picking up chicks which is why he has that bias of thinking Lifting isn't necessarily an advantage.

Edit: Not disagreeing with you at all. You're 100% correct.

ApexmanRP • 4 points • 10 May, 2018 04:24 PM

yeah I do get that.. but as the saying goes, you are never out of the SMV..

[deleted] • 3 points • 10 May, 2018 04:46 PM

if you are in shape at our age, you are a valuable rarity

Absolutely. Women can take pristine care of themselves, but at our age will always be less desirable.

Biology is a bitch. Women our age are likely to be past their reproductive years. Men at our age in great shape send a pretty specific message about reproductive fitness.

ApexmanRP • 2 points • 11 May, 2018 07:08 AM

"Women can take pristine care of themselves"

Yes, then can, and as you say, time and biology is not on their side. This is when men come into their own, I believe.

The good news for us is that generally, younger (BP) men are getting worse with women, rather than better. Every now and then i will see or meet a young Alpha but its pretty rare.

Krimepay5 • 5 points • 10 May, 2018 03:57 PM

You will most likely live longer from being fit healthy and active. If you do have any health complications you will be in shape and able to receive lifesaving treatment. Being in shape when your older is just as important as when your young and in your prime. So there is one advantage to being muscular at your age! Its all for personal benefit.

max_peenor • 5 points • 10 May, 2018 03:29 PM

I feel like being muscular at my age is almost an oddity and not an advantage.

Your posture will be a lot better than most of your peers. It's an advantage.

JDRoedell • 2 points • 10 May, 2018 03:22 PM

I feel like being muscular at my age is almost an oddity and not an advantage.

Fixed that for you. Game matters even more when you're married. Come over to MRP to find out

youlovethisish • 1 point • 10 May, 2018 06:40 PM

Dude all of your posts are effing brilliant. So glad to have you on this sub.

seducter • 1 point • 10 May, 2018 09:00 PM

Best resources on game? Thanks in advance!

Unrealenting[S] • 5 points • 11 May, 2018 04:36 AM

Start with the books and forums in the side-bar. All Game is a little different and there is no "end-all-be-all" way to Game. Game also isn't something that can be understood or explained without constantly and cyclically engaging in theory and application. It's the one aspect of TRP that is impossible to do without engaging people around you.

seducter • 2 points • 12 May, 2018 12:25 AM

Thanks for this response. I feel like I'm starting from scratch after years of armchair theory reading. I've been going out lately and realizing I don't know as much as I thought I did. Been watching some Tom Torero in field stuff and tested it out to mixed results. Gonna be approaching a lot more. Kicking myself for all those wasted years but better now than never.

Unrealenting[S] • 1 point • 12 May, 2018 02:03 AM

Do it bro. Learning Game will allow you to skip most of the hundreds if not thousands of failures more experienced men have gone through, it is critically important. Like imagine trying to make a scientific discovery without knowing anything beforehand, unless you're literally the Galileo of Game you're unlikely to get very far just on your own experience and theory. Sit upon the shoulders of Game Giants so that you can appear tall. Also, practice, practice, practice. Theory without Application isn't meaningful or useful.

r3d_wolf • 1 point • 10 May, 2018 09:40 PM

Excellent post, thank you OP.

ultrasuperthrowaway • 1 point • 11 May, 2018 12:31 AM

I'm gonna lift so much it's gonna be insane.

TheTrenTrannyTrain • 1 point • 11 May, 2018 12:58 AM

Upping my tren tends to give the same result.

Big_Daddy_PDX • 1 point • 11 May, 2018 02:53 AM

These are ordered correctly. Frame rules all. Lifting and game will smooth over gaps.

Unrealenting[S] • 2 points • 11 May, 2018 04:09 AM

Still need Game. You can't get laid without understanding her emotions. Period.

Believeinyourflyness • 1 point • 11 May, 2018 05:39 AM

Considering that the purpose of lifting is being able to stand up to physical confrontation shouldn't you be advocating martial arts instead? Who do you think would win in a fight between Phil Heath and Sergey Kovalev? Stupid question I know. Don't get me wrong I love lifting and definitely advocate it for its aesthetic and mental health benefits. But if it's purpose is standing up to physical confrontation then I think boxing or mma would be much more useful.

Unrealenting[S] • 1 point • 11 May, 2018 05:49 AM*

It's moreso about conveying the *idea* that you can stand up for yourself if there's a physical confrontation from the average person by simply overpowering them, this is of course because the average woman doesn't run into many martial artists so the thought doesn't even cross her mind, she just sees your muscles and subconsciously thinks "That guy can probably protect me and my offspring in the event of an unforeseen physical threat from an animal or person nearby". You'll also find that most master martial artists are actually very lean, flexible, and somewhat lightweight and do not look like bulky weight lifters and so women don't even realize they can fight unless they see them at a match. The only reliable metric they have evolved is how muscular/strong you look.

OmegaMan2 • 1 point • 13 May, 2018 08:49 AM

A very good post.

From my perspective, lifting and getting ripped (i.e. low body fat) will give you the self confidence you need to develop your frame and learn the elements of game. You need to realize that getting into shape is not an overnight process. It takes hard work over many months to get a body that women will lust after. You will need to develop a bit of discipline so that you can stick with it for the long haul. You don't need to look like Arnold Schwarzenegger, but if you can be more fit and muscular than the 80% of men, then you will have it in the bag.

Ravan_kansh • 1 point • 16 May, 2018 02:02 PM

Is it possible to take yourself so seriously and still be funny? Can you be funny without taking a risk of hitting your frame?

Unrealenting[S] • 1 point • 16 May, 2018 04:41 PM*

Absolutely, that's known as Game. Your Frame doesn't have to mean you're a rigid and humorless robot. In fact, your whole Frame can be based on humor if you have the Game/Emotional Intelligence to know when

to pull it off. I almost always use a self-amusing opener when I Game because it lowers their initial inhibitions and opens them up to conversation where I can demonstrate higher value. Please study and practice Humor Game/Comedians to see how they do it (i.e. Agree & Amplify, Bait-Hook-Reel-Release, Amusing Openers, Building Rapport with Humor/Stories/Jokes, Ball Busting, Callback/Textback Humor, Flipping The Script, C&F Game aka Cocky and Funny, etc. ad nauseum). Not only is a rigid frame a bad idea but it prevents you from hitting social hook points and building comfort, resulting in 0 lays. Think of your Frame as your backdrop for Game, it exists purely to give structure and power to your Game and what you're communicating, but on its own it isn't the least bit exciting.

I think Cocky & Funny Game would be a good place for you to start and then go from there. Please check out David DeAngelo, as he's one of my personal favorite C&F PUAs.

WoodWizzy87 • 1 point • 19 May, 2018 01:23 AM

Jesus that's a long ass post, I could've lifted another hour and contemplated life on the toilet before you finished that shit.

1. Confidence 2 experience
2. Confidence

theaspiringfilmmaker • 1 points • 10 May, 2018 06:05 PM **[recovered]**

Laughable how much work you put into getting a girl. Fuck that. This is pathetic. Putting in so much work for a little bit of pussy. This world is fucked up. I fucking hate it. You desperate ugly fucks disgust me, you try all this shit while some random spastic fucks without thinking about it twice.

How about all men don't pursue girls for one day, then see what happens

HaydenFromIT • 1 points • 10 May, 2018 06:31 PM **[recovered]**

The Anger Phase hits some like a brick falling from the sky, others... well... it hits them like a piano dropped from a NYC skyscraper.

I'd advise (re)reading the sidebar and paying particular attention to the posts regarding biological imperative when it comes to reproduction. Like it or not, the future of the human species depends on men and women procreating.

I look forward to the day when you've realized your potential and can change your name from u/theaspiringfilmmaker to just u/thefilmmaker.

chrisname • 2 points • 10 May, 2018 08:01 PM

Fat chance, he posts on braincels.

Unrealenting[S] • 8 points • 10 May, 2018 06:25 PM

You do realize you're on a sexual strategy sub right? The entire point of this entire community is to understand intersexual relationships.

sky_fallen • 1 point • 10 May, 2018 07:40 PM

I don't know. I kind of want to 'see what happens'.

Fuckoff555 • 1 point • 10 May, 2018 09:13 PM

They will shame guys by telling them that they are 'gay' and then some men will fall for the trap and pursue them again.

inorout00 • -2 points • 10 May, 2018 09:07 PM

On point but slightly disagree with lifting. Never lift nor will I in the future. Getting the punani never an issue. I treat women how I treat other men and it works. They are absolutely mind fucked which means it is 10 times easier to pump and dump.

Unrelenting[S] • 2 points • 11 May, 2018 04:07 AM

Lifting is like icing on a cake, you wouldn't eat icing on its own but it undeniably makes the cake look more appetizing and can be the difference between choosing one cake over another.

ExtremelyToxic • 1 points • 10 May, 2018 01:21 PM **[recovered]**

This is bullshit. I have a decent frame, I'm tall and fit, and have a high IQ yet I have very limited success with women. You need to be in the top1% to have success nowadays.

Unrelenting[S] • 21 points • 10 May, 2018 01:42 PM*

Sounds like your Game is shit and your Frame is a lot weaker than you realize. Work on those aspects of your Trinity.

Also, IQ doesn't mean shit if you can't use your intelligence to get what you want. Most "high IQ" people end up working under someone with less IQ but MUCH higher EQ because of this.

domoli • 3 points • 10 May, 2018 05:54 PM

Great post OP, btw, perhaps you can share ways in which you've managed to hone your EQ? It seems EQ and Frame are two of the more complex attributes to 'max out'. Awaiting your next post.

Unrelenting[S] • 6 points • 10 May, 2018 06:36 PM*

I'm glad you asked. In short, Learn Game.

Unfortunately, I've watched TRP move away from Game over the years and it's created a gaping void in the community by putting the Trinity off-balance. This place has slowly become a "lift and meditate" community rather than a "lift and meditate *in order to align yourself with social and sexual success through verbal and non-verbal communication*" community, becoming a version of MGTOW-lite that is going to inevitably rob Men of understanding and effectively interacting with the fabric of social interactions and how to communicate with people to get what you want.

Learn Game and use it so you can better understand what people, both men *and* women, respond positively to and why. Learn and understand exactly when to Agree and Amplify, Open Sets, Close Sets, Hit the Social Hook Point, Use Kino, Push-Pull, Bounce Venues, Pass LMR, Use Dread Game, Negging, Pass a Comfort-Test, Pass a Shit-Test, Build Rapport, Demonstrate Higher Value, Think and Act in Abundance, Use Text Game, etc. Once you master Game, Frame becomes child's play because you can almost always accurately predict how people will react and why, so you can root your identity firmly and deeply within yourself because few things will surprise you when you interact with people and you'll know exactly what to say and how to act to elicit a desired reaction.

domoli • 2 points • 10 May, 2018 06:51 PM

Agreed, I notice the shift too.

Maybe a chess analogy will get us further in this discussion. In a chess game, one uses Tactics (Forks, Pins, Discovered Attack, etc.) to work their way into an advantageous position, and Strategy (Control of the Center, take more Space than opponent, etc.) as a rudder to steer the game into their domain, maximizing their strength in a zero-sum manner. Without Strategy to

conduct one's game, proper execution of Tactics will not suffice to overcome a strategically sound opponent.

Let's assume that to 'win' in Frame, one employs Tactics (A&A, Kino, Bounce Venues, etc.), which are arguably the more concrete concepts to understand and enact. The confusion lies in the formulation of Strategy, which presumably varies from man to man, depending on goals, age, and limiting factors like Facial Aesthetics, Demographic, etc. Do you think there is a parallel to the Chess analogy that encapsulates the 'Strategy' facet of Frame?

Unrealenting[S] • 2 points • 10 May, 2018 07:22 PM*

Be careful though, because Game and Frame are separate, but they do work together and benefit from one another. You can have great Game but shit Frame if, for instance, you say a line or use a gambit without any confidence/Frame behind it. Good Game makes Frame easier because of experience, but Game on its own can never take the place of Frame.

Think of Frame as your social buying power while Game is the social currency you use in the Sexual Marketplace in exchange for a relationship, whether it be sexual, romantic, or platonic. Bad Game makes your buying power worthless and Bad Frame means no one will accept your currency.

Now in terms of Tactics, that's what 'Frame, Game, and Lifting' are, barring their intimate details while the Strategy is essentially just 'Sexual Strategy' itself and the chess game is Life itself, where the goal, in a biological sense, is to continue the lineage of your genetic expression through yourself and your offspring, or at least to have the capability to do so if you so choose. You could get into the tactics of Frame, Game, and Lifting but I consider those to be details/sub-tactics since none of them on their own are a viable strategy and the list for each of them would be rather exhaustive and not very useful to a laymen who doesn't want to memorize a thousand different definitions, strategies, and muscle groups.

Now if you want to learn Game I recommend the Pick-Up and Game books in the side-bar and then simply try them out until Game becomes fluid knowledge to you and you can recognize when you or someone else is being Gamed, suddenly the social fabric will materialize and become visible to your mind's eye as something you can actively interact with and spool into yarn that you can sew into any social outcome that you desire.

max_peenor • 7 points • 10 May, 2018 03:25 PM

You understand you actually have to talk to women if you want to stick your dick in them, yes?

[deleted] • 10 points • 10 May, 2018 01:29 PM

Username checks out. Loser mentality.

Read and internalize the sidebar or fuck off. Sick of your kind.

ExtremelyToxic • 1 points • 10 May, 2018 01:48 PM **[recovered]**

Username checks out

You're the fifth person to tell me this in a week.

[deleted] • 26 points • 10 May, 2018 01:53 PM

And yet with your "high IQ" you can't seem to put two and two together.

Fuck. Off.

LiveAFTSOV • 7 points • 10 May, 2018 02:21 PM

comment deserves more upvotes, lol

ExtremelyToxic • 1 points • 10 May, 2018 01:58 PM [recovered]

The blackpill is too strong for some. I understand why cope is appealing to so many of you.

Women only want guys with male-model looks, everybody is considered genetic trash. It's over.

Unrealenting[S] • 8 points • 10 May, 2018 02:11 PM*

Actually, 70% of physical attraction is based on your muscularity/strength, assuming you don't have any horrible genetic defects.

https://www.researchgate.net/publication/321778915_Cues_of_upper_body_strength_account_for_most_of_the_variance_in_men's_bodily_attractiveness,

If women only had sex with chisel jawed Chads then that's the only phenotype that would exist in modern society as the result of hundreds of thousands of years of sexual selection.

Please read my other post on The Actual Science of Sexual Attraction.

ExtremelyToxic • 1 points • 10 May, 2018 02:13 PM [recovered]

Ok I will. I think sexual dimorphism is an often overlooked part of attraction, but it still relates to looks.

Unrealenting[S] • 3 points • 10 May, 2018 02:17 PM

Please do, and check out the link I edited in to the study regarding physical attraction and strength.

<https://gainweightjournal.com/insights-on-leadership-from-chimp-alpha-male-behavior/>

Another point worth considering is how modern dictators/leaders tend to be smaller men with less than perfect facial aesthetics. "Small man syndrome"

As the world develops/modernises less and less emphasis is placed on brute force and aggressiveness and a perfectly chiseled jawbone when it comes to power and control in society.

[deleted] • 3 points • 10 May, 2018 04:49 PM

+1 for your patience with a black pill troll.

User name checks out, I spoze.

Iwannachokekatie • 1 point • 10 May, 2018 02:41 PM

If you put your high IQ to use you'll realize the model looking guy cannot be the pinnacle of what makes vaginas wet since over the course of history guys like that would scam before men who look and are like Fedor Emelianenko.

There would be no incentive for women to crave that prehistoric Lachowski semen in their uterus. They'd much rather have that healthy, strong, dominant neanderthal genes which would include not being butt ugly, deformed, really scrawny, midget...

I see model tier looks just as an inherent status with the perk of you having it 24/7 and

everywhere. Chicks fuck model looking guys for the same reason they fuck musicians.

ExtremelyToxic • 1 points • 10 May, 2018 02:44 PM **[recovered]**

Yea, maybe you're right. Btw, I know a girl named Katie who I want to choke too, but not in a sexual way.

Iwannachokekatie • 0 points • 10 May, 2018 02:49 PM

Katie wanted me to choke her cause I was ready to beat up her brother. I fucked up later and now she's just water under the bridge.

A good reminder that despite being ugly acting like a caveman could get me laid one day.

TaylorWolf • 2 points • 10 May, 2018 11:48 PM

Dude all I see in the streets are women with fat dork boyfriends... 50% of the world is female and less than 1% is male models.

Check your math Mister High IQ

Baywatch88 • 4 points • 10 May, 2018 01:36 PM

I'm so far off the top 1% but getting success with women isn't a problem.

Reframe and continue with your own dev.

Tricklevent • 4 points • 10 May, 2018 01:37 PM

sounds like your doing something wrong, even before i dropped 45Kg and changed my garments i was abundant in women at 146Kg and 6"3, got a case of oneitis once i got fit but that was a case of going from 5's to 8's too quickly, stumbled like Bambi. However High IQ doesn't mean shit with women mostly not for the thick and fast flirtations or push and pull, they measured me as a kid hitting 146 but i had no fucking clue until i was about 23. you'll get there.

Liked your post OP, good work.

wheelchairschrad • 1 point • 10 May, 2018 06:03 PM

You are making excuses for yourself. It's a dog eat dog world out there and if you sit around pitying yourself, you will continue to have *zero* success with women.

You need to embrace failure; get out there and talk to women, even if you fall on your face. Eventually, you will learn from your mistakes and find the success you jealously see in other men.

You are either A) not learning from your failure and employing new strategies to correct it or B) not making enough attempts

[deleted] • -4 points • 10 May, 2018 02:59 PM

Is your face attractive? TRP is for Chads and Chadlites only...

Unrealenting[S] • 2 points • 10 May, 2018 05:41 PM*

I got you on my next post bro. I think you'll benefit from learning about the Long-Term Romantic Strategy/Alpha Blue Pill.

That said, you have obviously shit Frame and Game. Your ancestors have successfully found a mate for

millions of years, if you want to be ejected from the gene pool that's your choice, not your destiny.

[deleted] • 0 points • 10 May, 2018 07:11 PM

My entire family is attractive, it was just me that was born defective.

Unrealenting[S] • 1 point • 10 May, 2018 07:44 PM

So what? You might have to put more work in but failure is still a choice, it always is.

Metalgear222 • 6 points • 10 May, 2018 09:24 PM

Just people from the incel sub that don't have anywhere to lurk anymore so they come here with their garbage attitudes lol.

Unrealenting[S] • 1 point • 11 May, 2018 04:51 AM

I know, but I still feel kinda bad for them. If I can save even just one incel from self-annihilation that's one more Leader in the world that can take control of his life and become a healthy and happy man who benefits the world around him by realizing his birthright to Masculinity and female attraction.

To me, most of these guys are just depressed and misguided, like most of us were before TRP, and this might be just the revelatory kick in the ass they need to live their lives to the fullest. Men get the shaft in society for showing weakness and I'd like to help them if I can because for a lot of these guys, no one ever tried, or worse, they gave them some bullshit beta blue pill advice or a limp half-truth that obviously never panned out and further drove them in the wrong direction.

Metalgear222 • 2 points • 11 May, 2018 11:22 AM

Don't pity them. That's what they feed off that keeps them in their hole. They need tough love, and a lot of it.

The true defining characteristic of incel is laziness. They know deep down they can change their situation and improve, they just don't want to work for it. For that, I have no sympathy.

Unrealenting[S] • 1 point • 11 May, 2018 01:23 PM

I agree. These guys are incredibly lucky to be alive today and they don't even realize it, because in the past these kids would be ejected from the gene pool for their weakness because men who lack agency are exploitable and compromise the safety of the group. I give them a one-strike rule, look at the data and read the sidebar and make the choice to either wake up and become a Man or stay asleep and die alone as a boy. It's critical that they understand, above all else, that it is a choice to be celibate and not "involuntary".