

What I wish I knew: An Open Letter to Our Teenage Audience

June 8, 2020 | 925 upvotes | by [TRP_Scepter](#)

To whom it may concern,

You may not know me, but chances are I was in your situation many moons ago, hell, my situation was probably worse than yours. I was the skinny kid in high school that got no pussy and had about three friends, was rarely invited to parties, relied heavily on my mother, was skinny and weak, had no sense of style, and had suicidal thoughts fairly often. I didn't even go to prom because I didn't have the balls to ask out the girls who were throwing signs at me.

I'm not going to bore you with all the details. This letter is about what I wish I knew and did when I was a teenager. I'm still feeling the effects of not doing the things contained in this letter; be better than me and heed my advice. The younger you are and the earlier you can implement this advice, the better.

1. Play a sport.

I wish I played football or something in high school. These people got a headstart on making themselves strong and experiencing male comradery. Plus, most of the dudes on the school team fucked cheerleaders. You don't have to join the school team if you don't want to, but I'm willing to bet that during lunch there are some dudes playing basketball. Join them. Find a group of people after school. Join them. Just get a sport in your life and take PE seriously. This leads me to my next point...

2. Get swole. Hit the gym at an early age.

I've seen people as young as 13 lifting weights. These people end up being stupid strong when they're in their 20's. You needn't start that young, but I'd say 16 is a very reasonable age to start. I started at 18 and decided to compete in powerlifting. Although I'm making strides, I'm getting my ass kicked by kids my age who started when they were still in their mother's womb compared to me. Don't make the same mistake I did; hit the gym early and focus on getting massive. People always respect a big, strong man whether the clothes are on or off, abs only work when your shirt is off. If you're skinny, the following shake is for you. It's not measured to a T because everybody has different needs. Commonsense applies here; the more of each ingredient you add, the more calories are in the shake. Below is what I drank to gain weight and what I'll be drinking again when I bulk back up.

-12 oz of whole milk

-2 bananas

-1 generous scoop of chocolate protein powder.

-2 HUGE scoops of peanut butter

-1 HUGE scoop of Nutella

-a generous handful of almonds

-About half a cup of oats

Drinking this and stuffing my face three times a day as well as following Jim Wendler's 5/3/1 transformed me from a 132 skeleton to a 183 bulked (fluffy) monster within a year and a half. If you get too big (fat) you can always cut. I did a calisthenics cut recently because the gyms closed and now I'm 156 pounds with veins up and down my arms, a visible/defined 8-pack, and extremely visible leg muscles

if I flex. Now that gyms are opening back up I'm looking forward to joining the big boys in the 200-pound club.

3. Keep your head down and stay the course.

Radical self-improvement isn't easy. It will be painful. Your muscles and joints will ache from lifting. You will feel lonely. You will feel depressed at times. You will feel lost. You will be angry that you're not getting results fast enough. Calm down. Keep your head down and stay the course. You will get there as long as you put in the effort and trust what works. Head down, keep going; You WILL get there. This is important to keep in mind because you will be bombarded by blue pill/purple pill influences all the time. You're more likely to fall prey to their rhetoric if you're in a bit of a slump. Don't fall for it. Head down, one foot in front of the other, you'll make it.

4. Be selfish and prideful.

The more you value yourself and improve yourself, the more people will see you as valuable. Since you're perceived as valuable, people will want to do things to win you over. This is the core of The Red Pill. You want women to treat you right? Treat yourself right. You want respect? Respect yourself. I wish I knew this when I was 16 years-old being used by women because I thought being selfless would get me laid. I didn't have an ounce of self-respect or pride and ended up doing every bitch's homework. Nowadays if I even sense that I'm being used and I'm getting nothing in return, I kick the girl to the curb. I'm either going to get a place to blow my load or I'll make her hit the road. Women will always try to use you for something, it's just their nature, but they really explore their manipulative nature in their teens. Don't fall for it and have some self-respect. That goes for more than just women; being selfish and prideful is the secret to a powerful and vital existence.

5. Don't chase women.

I know you came here because you want to fuck bitches, but before you can do that you have to become a man of value, or else you're just going to be wasting time and you'll become even more frustrated. Even if you are successful at chasing women at this age, all the time you'll have wasted on pittance and pussy could have been better spent preparing yourself for the future. A man's SMV doesn't peak until he's in his 40s. You'll have plenty of time for women. Be patient and focus on building your empire. **However, if you can get some ass and you see some chick throwing you IOIs, then, by all means, have a good time with her.** Don't make the same mistake I did and never make a move, but never, ever, focus on women during the most crucial years of your life. What you do now will affect you for the rest of your life. If you waste these years chasing pussy instead of building yourself up, it'll show later.

6. Know you'll have the last laugh.

Have you ever wondered why so many content contributors come back and brag about how a chick that once curbed them is all of a sudden hitting them up? Or why so many of us talk about how much we've improved while our friends are still lazy pieces of shit? The answer is simple; it's true.

Don't worry about that chick that curbed you and treated you like shit. Chances are she won't amount to much. The same goes for the people who're kicking you around for wanting to improve. The Red Pill isn't something you can just study and become the man you want to be in a day. It's a pursuit that takes

years and in the end, if you stay the course, you will have the last laugh. A majority of the people I went to high school with are still doing the same shit they did while in high school; nothing but reckless hedonism and surrogate activities. Most are still in my tiny hometown. All the women that rejected me are either depressed, getting their mind ruined by dick and drugs, pregnant without proper resources to sustain a child, failing at life, or getting fat as fuck. I'm one of the most successful people to come out of my hometown and I'm proud of it.

I'll conclude this letter with something I wish somebody told me when I was going through the struggles of becoming a man.

“You’re stronger than you think. You’ll be okay.”

See you in the winner's circle,

TRP_Scepter

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Comments

AutoModerator[M] [score hidden] 8 June, 2020 03:17 PM stickied comment

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Register on our backup site: <https://www.trp.red> and reserve your reddit name today.

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

acoltismypassport • 94 points • 8 June, 2020 04:47 PM

30 years old here, seconded on all your points.

Though I got my shit together in my mid-to-late twenties, it's sickening at times to know that with the right direction, environment, and upbringing, I could have had what I have now 5 or more years ago. Better late than never, but it's still a thought that bothers me on occasion.

The journey is hard, but it's harder knowing 'what could have been?' while not taking action.

Casanova-Quinn • 31 points • 8 June, 2020 06:36 PM

I'm 30 as well, with a fair share of regrets. But the upside to regret is that it motivates me to do better in the present and future.

acoltismypassport • 11 points • 8 June, 2020 07:47 PM

That's it brother. All fuels the fire.

NoodlesTheClown • 385 points • 8 June, 2020 03:30 PM

7) Go to school, get a marketable degree (STEM, finance, etc), graduate Summa Cum Laude.

8) Get out of debt as fast as you can. Stay out of debt.

9) Keep 6-12 months' of non-discretionary expenses as an emergency fund in a high-yield savings or money market account.

10) Invest 20% of your gross paycheck into a broadly diversified brokerage account via ETF's and mutual funds.

11) Don't worry about pussy. Mongrels and poor people spend their time obsessing about pussy. Build a great career, build wealth, take care of yourself, make smart decisions, and the pussy will come to you...as it should.

Former_Loser • 279 points • 8 June, 2020 03:43 PM*

12) Be incredibly resourceful. Network harder than the guy next to you.

13) Find your edge. As someone who works at a top Wall Street firm (think Goldman Sachs/Morgan Stanley), you need an edge when directly competing with people who graduated top of their class at Ivy league schools, former olympians, and complete sociopaths. I happen to have strong soft-skills, and am fluent in three languages. The world does not give a fuck about you, and you need to develop a skillset so that at the very least you can be rewarded monetarily.

NoodlesTheClown • 45 points • 8 June, 2020 03:49 PM

Have an upvote, on the house.

natensk • 2 points • 11 June, 2020 03:34 AM

I'm 16, is finance a good degree if I want to end up in high finance later in life.

Former_Loser • 10 points • 11 June, 2020 02:02 PM*

You are in such a great spot if you have discovered TRP at this age. I discovered it when I was 20. Follow TRP lifting advice. In regards to finance, don't worry about a finance degree until you have finished high school. Right now I would do everything you can to have high SAT/ACT scores, and grades etc.

Your ability to get interviews is partially connected to the school you are in. I know people who are working at Goldman, BCG, Bain who went to less prestigious schools, but they had to work that much harder to get interviews. So, outside of following TRP principles do everything you can to get your grades up. Once you enter Uni, you can decide if finance is really something that interests you.

I also happen to have friends in Investment Banking, Sales & Trading who graduated with computer science, data analytics degrees. There are a couple people at my firm who graduated only with a Political Science degree, but you are only really able to get away with that if you went to Harvard, Princeton, Yale etc.

Also, if you happen to be a person of color (I am not), there are phenomenal diversity networks that make it exponentially easier for you to get a job in finance/consulting/tech. One of my best friends leveraged a network called SEO to get an offer at Blackstone.

Hopefully this helped. I honestly wish I was in your shoes right now. So make the most of your time.

natensk • 1 point • 11 June, 2020 04:22 PM

I am about to be a senior and I have been studying hoping to get a 30+ on my act to get into decent school (I'm black so I am a poc). I also have been lifting for around 2 years benching 225-230lbs.

[deleted] 10 June, 2020 12:10 AM

[deleted]

Former_Loser • 2 points • 10 June, 2020 02:21 AM

I did not graduate from an Ivy league school. I'd say about 1/3 of the people on my floor did. Ivy league networks are superb, and the pedigree associated with graduating from a top school at the very least helps an individual get interviews. With that being said, even outside of finance if you are applying to big tech, consulting, (certain law gigs), the stronger your resume, and more you stand out as a candidate, the greater likelihood you have of getting interviews anywhere. The school you came from is only one factor.

If you are truly an outstanding individual your school will not hold you back from working at prestigious institutions.

[deleted] 8 June, 2020 03:56 PM*

[deleted]

NoodlesTheClown • 50 points • 8 June, 2020 04:22 PM

Going to college and getting a useful degree is a "path of least resistance" as far as becoming economically viable. You're hedging your bets by going to school and getting educated. It's 2020; going

through life without a degree, even if it's never ultimately "needed", is extremely risky. This isn't the 1950's as much as some people want to think it is. Also, \$100K might seem like more money than you need right now, but tack on 30 years of inflation, and then 30 years of retirement? \$100K won't be worth dick, and certainly won't be enough to live on. If your retirement date is 30 years from now, you're gonna need something like \$5M in liquidity...even without kids.

Also, being in a trade is often very very hard on your body. I get that you're 25, but many of us here have quite a few more years under our belts and realize that physical labor in your mid 30's sucks ass big time. It's cute and fun for a while, but not forever.

[deleted] 8 June, 2020 04:44 PM*

[deleted]

NoodlesTheClown • 14 points • 8 June, 2020 05:20 PM

My whole point is that getting a useful degree is a risk-management thing. It gives you lots of options in life that simply are not available to the uneducated. You can never have too many options in life, and I say that as someone who at times had ZERO options before I got my shit together.

And I agree wholeheartedly about the debt associated with a college education (I did my applied statistics dissertation on student loan debt, it's fucking scary). By all means, pay cash for school (county college to do your electives, state school for your core classes, and have a job while you're in school).

chopping_livers • 3 points • 8 June, 2020 07:16 PM*

It gives you lots of options in life that simply are not available to the uneducated.

Dude. You think education > skill. Why?

Skill gives you lots of options in life that simply are not available to the unskilled. Seems about right too, eh?

In trades: manual labor 5yrs, side hustle 5yrs, own gig with worker ants under you for the rest of yrs.

Doable in much fewer years if you're smart.

There's a world out there you don't know about.

NoodlesTheClown • 6 points • 8 June, 2020 07:24 PM

I'm not saying that education is greater than skill. Far from it. What I'm saying is that in the real world, just to get in the door, employers want that bachelor's degree box checked. Education + skill is the superior path forward.

Not everyone wants to hang sheetrock or fix clogged drains for a living; before I went to school, I worked in construction, and it sucked ass.

chopping_livers • 4 points • 8 June, 2020 07:41 PM*

You only know one side of the coin.

How old are you?

Back in my work days first thing in a job interview was a test of skills.

How much do you think an ironworker makes? A boilermaker? A sheetmetal guy? A

pipeliner?

And that's just one industry.

Logging. Roofing. HVAC. Oil rigs. You name it.

There's life outside your cubicle. I know you feel it.

NoodlesTheClown • 6 points • 8 June, 2020 08:01 PM

I'm 33, and I know quite well what manual work is like. As I said, I worked in construction for years. I also know that union tradesmen (what's left of them) can make good money. It's also terrible work because broadly speaking, it's bad for your health (chemicals, fumes, injuries, etc). Granted, desk jockeys such as myself are often unhealthy and don't get enough exercise and live sedentary lifestyles (not me personally), but that's not a function of the job...it's just a function of their laziness outside the office.

Totally understand there is money to be made outside of a college education. That's not my point. An education is the best way to join the modern, global, service-based, tech-based economy without sacrificing your physical well being. And again, being educated doesn't mean you are relegated to the office. It just gives you more options if one day, you realize that installing duct work or laying pipe is a lousy way to make a living.

chopping_livers • -1 points • 8 June, 2020 08:34 PM

is the best way

gives you more options

Measured by who?

You're confusing facts with feelings.

Nothing wrong with feelings, if you articulate them correctly.

redveinlover • 4 points • 9 June, 2020 12:00 AM

I can tell you a union ironworker in CA right now is making \$40/hr PLUS \$6 vacation, annuity, pension, and full health benefits totaling over \$75/hr. Even the Laborers are making high \$30's per hour. If you're going to work a trade, pick somewhere like CA with year round good working weather and a robust economy that doesn't tank hard or shut down for 5 months a year like the midwest states. Do something that makes you feel proud and that you've accomplished something. Trades aren't for everyone but they can be very rewarding for those who can do it. You know who gets injured? Idiots who don't pay attention to their surroundings or those who take stupid shortcuts. You'll get plenty of fresh air and exercise instead of getting fat in front of a computer going blind staring at a screen all day.

chopping_livers • 1 point • 9 June, 2020 05:46 AM

Right on point with the smarts.

RPOpenUp • 1 point • 9 June, 2020 11:03 AM

This. Take advantage of both,

Follow a study because it's fun to educate yourself and on the plus side allways have the reliability to be usefull.

Build a business to start earning REAL money, not just the 4k a month you get from a college degree

yomo86 • 1 point • 10 June, 2020 06:37 PM

I can attest to that. A degree or a special formal skill like a degree in the trades are part of our societal *war paint*. It is not necessary but you have been deemed worthy by others at least of something. However doodling your face with something like feminist dance therapy...

NoodlesTheClown • 1 point • 10 June, 2020 06:55 PM

It really is your ticket in the door in this modern economy. Now, I fully agree that lacking a relevant bachelor's degree should not be an automatic disqualifier to such an extreme extent. But unfortunately, that's reality. You either beat 'em, or you join 'em...and you aren't gonna beat 'em.

ryuamakusa_daq • -2 points • 8 June, 2020 05:42 PM

Either you don't know what you're talking about, or you're a peasant who has small goals. From your comment, it looks like it's the second one.

NoodlesTheClown • 3 points • 8 June, 2020 05:52 PM

Well, I'm upvoted almost 100 times. Furthermore, I have a seven-figure net worth at 33 years old. I'm on track to retire by 50, debt-free, living off \$250,000+ per year in dividend income on an \$8M portfolio.

So, one could argue that I do, in fact, know what I'm talking about.

[deleted] 8 June, 2020 05:53 PM*

[deleted]

ryuamakusa_daq • -3 points • 8 June, 2020 05:59 PM

Okay, so you ARE a peasant. Thanks for letting everyone know.

[deleted] 8 June, 2020 06:01 PM

[deleted]

uwey • 2 points • 8 June, 2020 11:39 PM*

6k per year is fine.

Problem is that 6k in 10 year will probably need to slowly increase around 7k as inflation. By the time the retirement acc mature it will typically went through 1 to 2k inflation changes

Btw this is one of best global market. Asian retirement is typically fucked and you can't really change your situation like we can in the United States.

Hence why all women around the world knows that, and that is why they throw themselves to American man. Except American Women, they earn that title out right like pickiest sob

As fellow American you can retire automatically around a million if you don't fuck up. Even you lose job here and there and earn mediocre income (3-50k in rural, 80-100k in urban) you should be ok if you save about 10% annually.

Once you build habits it is easy to save 50% or more. But before that, work hard, and try to find a women, fuck her, make kids if you want, don't get married (unless you prenub) and study LAW at your state so you don't get fuck over by that women because she knows regulations better than your naive dickhead.

I paid about 2k for my prenub, that is real contract experience. If you want a women that know she can't fuck with your money, prenub is worth it. I am willing to pay up to 15k ahead to prevent and possibly punish women to try to fuck me over divorce rape. My Prenub was done by a divorce/ family law attorney. The fee incur while you are married you can still change prenub claim (like contract renewals, if she fuck up, add that by end of year, you put law and pressure on her neck watch her break in and change attitude as fast as wind)

You can have a prenub without getting married. some state make you automatic "partner" if you lived together for too long (12 month) hence you need to pay her in credit card (like, \$50) for water and expenses so you are "renter" not partner so to speak.

The law in some states fuck man. Avoid getting married there. Find states that favor marriage prenub contract and fly there to get married if you want to.

Again, if you trust a person, you shouldn't, so no matter you getting married or not, get a prenub to see she agree or not, then drop/upgrade her

Raw_American_Steel • 9 points • 8 June, 2020 06:46 PM

8) Get out of debt as fast as you can. Stay out of debt.

You know rich people use debt as a tool to get even richer. Debt isn't evil. Maxxing out your creditcards buying stupid shit is different than getting a mortgage or student loan.

NoodlesTheClown • 8 points • 8 June, 2020 07:06 PM

Totally agree. My message was tailored toward the teenage mind, but you're right.

WarriorCOW47 • 3 points • 8 June, 2020 06:28 PM

So if I'm in debt let's say for a school loan, should I prioritize eliminating that before beginning to invest?

NoodlesTheClown • 6 points • 8 June, 2020 07:10 PM

Every situation is different, but ultimately, paying interest on debt means you're saving and investing less, which means you are missing out on the time value of money. If you're debt-free, instead of paying interest on that money, you're getting a return on that money and building wealth.

Obviously having student loan debt, a mortgage, etc...is often unavoidable debt. A degree often produces a much greater return than the debt incurred (assuming you didn't get a degree in 18th Century Ethiopian Basket Weaving), and real estate usually appreciates in value over time. I'm more referring to buying cars, jet skis, TV's, max'ing out credit cards, taking huge vacations every year, etc. Stupid debt.

If you have student loan debt, I would max out your 401K each year, and then repurpose all of your remaining discretionary income toward nuking the debt as fast as possible. Once the debt is gone, then you can invest those payments via brokerage account or whatever else you want.

T_1246 • 0 points • 9 June, 2020 01:02 AM

Depends on the interest rate, I've got one that's just a bit above 4% and investing my excess cash yields me about 20% yearly (average), so for my situation I'm making more money by paying the minimum to

have it done in 10 years.

[deleted] • 1 point • 9 June, 2020 06:50 PM

8 should be changed to "use debt wisely."

TotallyNotEvadingBan • -1 points • 8 June, 2020 08:53 PM

And then you're stuck in a loveless relationship and you're depressed with money

NoodlesTheClown • 4 points • 8 June, 2020 08:57 PM

I'm happily married, and very non-depressed...with money.

ZeppKfw • 5 points • 9 June, 2020 01:54 AM

Being redpilled with money is the best thing you could have imo.

Mr_KenSpeckle • 46 points • 8 June, 2020 07:36 PM

Kids, do NOT wait until your 40's to "chase pussy." To be sure, never sacrifice your own best interests for tail but by all means, play the Game, the sooner the better. You can do both. It's a false choice to say you can only do one or the other.

From a certain perspective, you should never "chase" pussy. But that is true at any age whether you are in your 20's or 40's or any other age.

There is nothing magical that happens when you get older. Yes, some older men do very well but it is not a function of age. It is a function of value. Part of that value is understanding how to interact with women. You might as well get started on that early. If you spend your life eschewing women to build up your business, you're going to be one fucking awkward middle age rich dude. Sure, there will be some women willing to hang around you long enough to fleece you of your resources. I'm assuming that's not what you're interested in.

It's generally true that men's sexual market place value increases as they age but you need to understand that this is a RELATIVE thing. It increases relative to women their own age. Your market value is not increasing with age compared to the women that most men find most physically attractive—women in their early 20's. I'm not saying that no older man ever gets with women in their early 20's but (absent merely transactional relationships) such men need to be increasingly exceptional as they age. If you can't get pussy in your 20's you won't be getting pussy in your 40's. Do NOT wait.

heybells2004 • 3 points • 9 June, 2020 02:56 AM

yes by all means, if you want to get laid, get laid. why deprive yourself for 40 years, thats just dumb.

jihoech • 3 points • 9 June, 2020 10:27 AM

There is a reason why all this male-female bullshit is called GAME and not war. Play the game but not too seriously, no "eternal love" or "love of my life", the One. It is a game, so play it.

Batman_MGTOW • 1 point • 8 July, 2020 01:37 AM

It increases relative to women their own age. Your market value is not increasing with age compared to the women that most men find most physically attractive—women in their early 20's

This is false. Women are attracted to men who make more than they do even if the guy isn't a millionaire and even if he is not good looking. But following the laws of hypergamy, of course, a supermodel who is able to date multi millionaires or even multi billionaires would never settle for a man who makes only makes around

100k a year, so it really depends on supply and demand, or which men want that specific woman. But there are tons of young women in the 18-25 age range who are attractive, but not enough to get a very rich man, so they are only able to attract men who make around their salary or men who make a bit more. You claim that gold diggers are a bad thing but in almost every relationship, even if the man and the woman make the same income, the woman views the man as a provider, so he pays most of the time, and if they are married, she is the one who spends the most on average. So, whether you are a rich 40 year old man with an 18 year old woman or a poor 18 year old man with an 18 year old woman, you still have a gold digger. The only difference is that the poor man can get mogged by higher SMV men while the same thing is not very likely to happen to the rich older man because there are very few men who make more than him and want this girl by comparison. Also, I have noticed that women are rarely ever attracted to men for their looks, except when he is a supermodel himself. But when he looks average, the only looks component that women look for is height. Since I was 16, I have always been 6 foot 4 in height and because of this alone, lots of beautiful women want me, especially those who are tall. The only men who are really doomed are the ones who are really short, they are the real incels. Anyone who complains that they don't look like Brad Pitt wouldn't have trouble getting laid if they were higher SMV. Most people can improve their SMV to attract women more easily and the amount of men who are too short to get laid is actually very small (no pun intended).

Mr_KenSpeckle • 2 points • 9 July, 2020 12:51 AM

I see from one of your other posts that you are 22 years old. Based on that fact, there are probably some things that you know more about than me. The effect of aging on women's attraction to men is not one of those subjects.

My comment acknowledges that some older men do well with younger women. But trust me, age alone is not the explanation. The explanation is value in all of its forms, but value does not automatically come with age. My original point was that if someone sacrifices all interaction with women in a misguided effort to bank future value to be cashed in for the first time in their 40's, that guy is going to be one weird and lonely old dude.

Money is a component of value but its importance is often overstated on this forum. If you have money without other forms of value, yes, you can attract women to you for a while. Just long enough for them to fleece you mercilessly.

Looks is a component of value and generally favors the young. Money and status are components of value and generally favor the older man. Women want it all ideally (ideally from their point of view) but they demand different ratios from men at different stages in a man's life. A good looking younger man can get away with less status for a short term romp.

But skill in interacting with women is a component of value too--perhaps the most important of all because it is the glue that holds together all of the others. It is a force multiplier. And you can achieve it at any age, whereas looks fade and status/money takes a while to accumulate. This is why, to my original point, I thought it was such bad advice to put off the skill of interacting with women until middle age.

skyrunner22 • 34 points • 8 June, 2020 04:19 PM

I cant say how much your first point made a difference for me, puts you in a tribe, most football programs promote Olympic lifts, its incredible what a youthful body can do when you essentially end up lifting 2 times a day for 2 years straight as a varsity athlete (football team had weight training as a class to start day first period and then lift after school). The discipline, being around coaches who were men and could be men in school environment. The camaraderie with the boys to try to attain same goal, WIN!

That doesnt even include the instant status it gives you and how in the silo environment of a high school, no

matter your rank on team you were treated different/better. From the elite college recruit who got access to teachers/admin to the bench warmer who got to wear jersey and get built in friends group and access to everything because they came to practice and sweat with brothers. Soo many redpills were pulled out early from that experience, and gives you insight on smaller scale of how the world really is and treats you. You give value, invest in yourself and the world will bend to you.

Venny_1 • 47 points • 8 June, 2020 03:57 PM

The first 5 points I can agree on, the 6th not so much. I have seen girls who have rejected me in the past diverting their lives into a path of abject misery. I've also seen girls who have rejected me accomplish their goals, and are now leading healthy and balanced lives.

To the former: don't care. To the latter: good for them, still don't care.

The only laugh I get is laughing about myself. How much of a loser I was, and how much I've accomplished since discovering discipline and keeping steadfast in it.

drallcom3 • 17 points • 8 June, 2020 09:43 PM

1. Play a sport.

Word of advice: Stay away from team or competitive sports when you reach 30. Too easily you can injure yourself or worse some idiot injures you. I know enough people who carry around old sports injuries. It's just not worth it. Do it like the old folks do and play a risk-free sport in a risk-free way. You're not going to impress anyone with how you play. Go lift weights or earn lot of money for quality things if you want to impress.

I bet someone will disagree, but it's not going to be me with the bad knee for the rest of my life.

[deleted] • 2 points • 12 June, 2020 08:29 PM

Learn to play tennis or golf instead of wasting time on football.

Obermarschall • 1 point • 10 June, 2020 08:52 AM

Riding a bike can sometimes be nice. You can do it with friends or even join clubs or just do it on your own. Swimming too and both are risk-free and you can carry on with both sports until a very late age.

Former_Loser • 45 points • 8 June, 2020 03:32 PM

I wish I could go back and beat the living shit out of my high school self. Forget swallowing the pill back then, simply lifting would have made a huge difference in my adolescent years. Great advice either way.

Thinkingard • 6 points • 8 June, 2020 07:26 PM

It always depends. I lifted in high school but I never gained any weight. I was a hardgainer ectomorph with a shitty diet (and I mean seriously shitty diet). Very few kids were as skinny as me so I may have been an exception. Instead of telling my teenage self to lift I would have instead tried to get him to fix his diet and join the track team and embrace his thinness.

_sadboyloko • 2 points • 9 June, 2020 01:27 AM

Back in high school I was just like OP. Less than 5 friends, didn't lift, had zero motivation and game, and graduated at 125 lbs.

Even in college. It took me about three+ years ago to really start thinking about my body. I started off not knowing wtf I was doing with my exercises and still not eating enough. It was a mess but I not only learned

about fitness, but learned about what works for me/my body.

And diet matters a ton! Don't think it's all lift or you'll end up skinnyfat.

XtoDoubt • 24 points • 8 June, 2020 07:08 PM

1. Don't chase women.

Odd advice from a sexual strategy subreddit. This is a buffer, that you didn't REALLY want to get laid, you were just so focused on lifting and your mission you didn't have the time.

Fuck girls. Fuck a lot of them. You're a goddamnn teenager with a skyrocketing sex drive. You can satisfy that sex drive masturbating if you need to, but don't make your necessity a virtue. Learn game, spin plates, have fun, and avoid ltrs until you're much older. DO NOT MAKE ANY LIFE CHANGING DECISIONS FOR A GIRL. There will be many, many more.

mrfuxable • 11 points • 8 June, 2020 09:21 PM

Honestly heres the most important thing aside of whats been said:

1. The guys and girls who are the best looking in high school that get the most pussy and have the most friends, the guys you envy and want so bad to be like, almost always end up being fucking losers that get fat and end up working at circuit city or whatever. Dont stress it, this is a marathon and if you do all these things mentioned, you WILL succeed in the long run. And let me tell you, getting pussy when you're older from bitches that know how to fuck and will do whatever you want is a hell of a lot better than some lame 5 second nut bust in high school with some chick just laying there clueless.

DevidoX • 47 points • 8 June, 2020 03:21 PM

Weird nutrition advice but everything else is on points

Blazer808 • 24 points • 8 June, 2020 03:36 PM

That type of shake and compound lifts is how I easily gained my first 10kg after finally deciding I was tired of being a stickman.

Locko_O • 23 points • 8 June, 2020 05:26 PM

sure you gain weight but that shake is way too fatty and it defo wont be lean gains. Bulking and cutting actually is way less efficient than just gaining slowly and lean

[deleted] 9 June, 2020 10:34 AM

[deleted]

Locko_O • 5 points • 9 June, 2020 10:55 AM

You gotta figure out your TDEE as exactly as possible and then hit like +200/300 kcal daily. In addition get at least 1.5g protein per kg bodyweight and get less than 40% of your energy from fats

edit: one dont too much

[deleted] • 11 points • 8 June, 2020 04:23 PM

I agree with the shake. If you're an ectomorph with a small stomach, force feeding is a bitch. Liquid carbs are your friends

ZidaneLoire • 18 points • 8 June, 2020 04:13 PM

Pussy in highschool! Wut?

Everyone barely gets pussy in highschool. Except college dudes who can't bang college girls.

SwoleBenji • 11 points • 9 June, 2020 01:11 AM

Bullshit. Women are sucking cocks and wanting to get fucked as early as middle school.

At least in the ghetto that's how the girls were. Could have been a 90's thing.

[deleted] • 4 points • 9 June, 2020 01:47 AM

dude pussy in high school is easy just say you are there to pick them up early /s

RanaMahal • 10 points • 8 June, 2020 04:23 PM

Really? I mean i wasn't swimming in it but i did have like 8 or 9 chicks i fucked over the course of grade 8 summer to highschool graduation and i was one chubby motherfucker for part of that lol

ZidaneLoire • 11 points • 8 June, 2020 04:36 PM

I suppose it kinda depends on where you live. I fucked like 3 or 4 back then and it was such a pain to get them to put out.

RanaMahal • 2 points • 8 June, 2020 04:40 PM

I lived in a fairly liberal part of Toronto so I guess it was just a bit easier. I remember having to do a fair bit of work for it, but it didn't seem like it was way too difficult to do.

SalporinRP • 3 points • 9 June, 2020 12:11 AM

Most guys fuck like 1-2 girls in high school.

RanaMahal • 1 point • 9 June, 2020 12:54 AM

This is news to me tbh. I wasn't that good looking or anything in highschool so I'm confused how that's possible tbh but I guess most guys just don't go for girls at parties or something

jlwip • 6 points • 8 June, 2020 05:00 PM

Thank you thank you thank you I saved this. I am 20 but I look like i'm about 15 so I see myself as a teenager.

alphaonthecomeup • 13 points • 8 June, 2020 05:13 PM

You're a young man now boss. Definitely not a teenager. Get to it.

jlwip • 6 points • 8 June, 2020 09:29 PM

Yes I know but it's hard when everyone treats me like I am 15-16, when I look in the mirror and have no facial hair, and when most girls hitting on me are 12-14(!) and the girls I hit on at 18-21 often see me as too young.

With that said, I'm sure I'll be thankful for my look when I'm in my 30s and look in my 20s.

rickyyfitts • 3 points • 9 June, 2020 05:39 AM

Enjoy the vitality god has bestowed upon you. It's the mindset, always remember

jlwip • 2 points • 9 June, 2020 07:21 PM

Thank you, that's true. I pray every morning to God for maximum vitality and try to take care of my temple.

[deleted] • 2 points • 18 June, 2020 12:17 AM

Was in the same boat. Don't worry. I actually see it as an advantage now as all the hot 17-20 year old are hitting on me while I am 24 ;)

[deleted] • 7 points • 9 June, 2020 01:04 AM

I would add that your time is very valuable. Dont waste it on *anyone* who isnt worth it.

If she says lets just be friends? Say No, women are for fucking, not for friends

Buddy is jealous you turned a new leaf and want to study hard and lift harder? He isnt your friend. He is a crab in a bucket. Say nothing but quit hanging out with him.

This doesn't mean you should be a miserly hermit. You should be a cheery asshole who is always improving and always spending your time and attention on those who treat you well

cydestiny • 6 points • 9 June, 2020 03:59 AM

One point I want to add for number 3: ***Get off social media***, get your news from legit places and keep it uniformed, i.e. get yourself a personal RSS feed (if you're extremely lazy, get a new set of social media account and follow only legitimate news, use that as a daily driver, only switch back to post things)

Building a social profile is one thing but don't use it to get information, it's full of motivation shit and life people want you to see. This gives you a perception of what life is like without all the hardship and effort. Exceptionally crushing for a teenager to learn that he needs another 10 years to reach the state of the Instagram influencer he is following.

Most guys nowadays put too much expectations not just in woman (looking for Disney princess anyone?) but also every aspects in life because of social media, it's worse than porn since people consume it every single fucking day. Get off that shit and start working on yourself.

nantucketghost • 5 points • 8 June, 2020 07:12 PM

Right on. Work on yourself.

The other key is and always will be that you need to be able to let a woman walk out that door and be willing to tell her where it is, no matter how much you may want to keep her.

The moment a woman knows she has power over you, they will tend to find ways to abuse it.

Raw_American_Steel • 6 points • 8 June, 2020 06:45 PM

-1 HUGE scoop of Nutella

Its like 95% simple sugar. Just skip that one

[deleted] • 3 points • 9 June, 2020 01:43 AM

This is very good. I'm still pretty young, but START A FUCKING BUSINESS.

DO NOT WASTE YEARS SLAVING AWAY FOR \$10 AN HOUR WHEN YOU CAN MOW LAWNS FOR \$80 AN HOUR UNDER THE TABLE OR NOT.

Also don't buy a new car. at most buy a car that is 3-5 years old under 100k miles. Save yourself \$10-20,000

College *can be* a scam. STEM is the only reason to go.

Leverage Debt don't get *in* debt. If you are going into debt know how you are going to pay it off and make sure the benefit outweighs the fact you 'don't own' that item. Don't get shit because \$40 a month sounds great for a new phone when in reality you are paying \$1500 for a fucking phone. my newest one was \$100 refurb flagship phone from 2016 and is amazing.

Like others said getting stocks and other investments is good.

kalisto3010 • 3 points • 9 June, 2020 02:31 AM*

I want to add to this list. First I wanted to second the playing sports angle. However that's not an option for many people - however that doesn't prevent you from hitting the weights. Here's the secret to weightlifting. "Do not lift Heavy"! You hear many talk about if you want size you go big, however with Weightlifting, how long you're doing it will supersede how strong you're doing it. When I was younger, I would go in, lift light to moderate weight, see fantastic results, go heavier and heavier, however my joints and tendons were over stressed due to the massive increase in weight and I didn't give them enough time become accustomed to the heavy load.

Do core exercises, 5x5 is an excellent recommendation for beginners especially. Don't feel intimidated because others are lifting more weight than you. Core exercises + moderate weight + = a life changing physique. The first time you step into a house party 6 months into your routine, many, girls especially, will start to comment how good you look. When your testosterone levels are increased it radiates from you like a magnetic Aura that draws in confidence, independence, ability to think clearer, and it raises your sexual market value exponentially. One thing that you'll notice is that Girls will get ALOT more touchy feely with you because they're attracted the fact that you're investing time in yourself and they adore the look and feel of a Man that's in shape. Most Men don't do it, take advantage of the fact that most are lazy, it will change your life trust me, everything I've written is the night and day experiences that I had once I finally started investing in myself and slowly but absolutely surely started to build my body.

fuckingjoggers • 3 points • 9 June, 2020 06:25 AM

as a prominent poet by the name of mike jones once said "back then hoes didn't want me, now i'm hot hoes all on me"

RagingMayo • 3 points • 11 June, 2020 10:23 AM

I am a 28 year old who just encountered the red pill at the beginning of this year. I feel like I have wasted away my 20s. Never did much for my body, never did much for my self-esteem. I was jerking off to porn, playing video games, defeatist virgin aka incel, living in my mom's apartment, kept falling into depressive oneitis with girls. Did nothing for my studies.

I moved out this year, switched to a new university, got rid of porn (~8 months nofap streak), hitting the gym 4 times per week now. Nothing to report in respect to women, though. But I want to make sure that I won't waste my 30s as I did my 20s.

FromBPtoRP • 2 points • 14 July, 2020 08:05 PM

Hey man. I feel you. One month ago I celebrated my 28th birthday. I've realized the same thing now that I haven't been doing things the way I had to although I knew about the Red pill many years ago and I had done some good things like lifting, I had some success with women but never felt happy or like a real man, a grown-up. Self-confidence and self-esteem were very low and it was just killing me inside.

A huge epiphany nowadays was realizing how dependent I am on my mother, how destructive to me as a man this relationship has been with her. She has been extraordinarily overprotective and for many years I have fallen for it. My father was an alcoholic tyrant. My parents had divorced when I was 16 years old. I've never wanted to be like my father. So I have been relying on my mother up until this day.

I didn't have a strong father figure. The most important men (role models, someone that I'm aspiring to) in my life have been and still are Joe Rogan, Jordan Peterson, Tom Bilyeu, Neo from The Matrix, Batman, and many others.

I'm determined now to make something out of myself. I want to become a man. I had quit my job before the quarantine because I thought I will take a year off and go to Asia to try out different things, have new experiences to understand myself better. But as the situation with corona won't get better soon and there's still a lot of uncertainty, I've now started looking for a new job. I think I've finally found the answer to why I don't feel "complete". Although I love my mother the relationship with her will have to change.

Responsibility has to be taken. That's it.

wheelerKingjr • 3 points • 19 June, 2020 06:24 AM

I appreciate this. Thanks to the redpill community I've know most of this for awhile and follow it. Nice to hear a reminder.

FuckJanitors • 8 points • 8 June, 2020 04:54 PM

7- Natty lifting is a meme, hop on.

redditor78477847 • 5 points • 8 June, 2020 03:52 PM

What's your take on using performance enhancing drugs(steroids/sarms/gh or insulin) for improving your physique beyond the amateur level?Should guys in their twenties even think of running steroid cycles?

Cum_Victor • 12 points • 8 June, 2020 04:00 PM

No - only thing they should look into is their T levels and see if they bump them up naturally or need TRT.

But if one wants to run a cycle, please do the fucking research of what to take, the side effects, what the PCT is, etc. and get fucking blood tested.

NoodlesTheClown • 9 points • 8 June, 2020 04:35 PM

Fucking up your body isn't worth adding an inch on your upper arm circumference. It really really really really really is not worth it.

DareyFathom • 3 points • 8 June, 2020 04:02 PM

No. Most men don't have the discipline and shouldn't need it until at least their 30s.

Sweatingtoomuch • 2 points • 8 June, 2020 04:21 PM

At the end of the day it's your choice and if you've convinced yourself enough, you're gonna do it regardless if everyone is telling you not to.

As someone that does take them, all I can say is it's best to increase your levels as much as possible Natty and stick with proper training, nutrition, sleep and sunlight exposure. Get blood work done to stay on top of not only your T levels but also your vitamin levels and other health markers.

You can achieve a lot Natty if you're willing to put in the work. Besides, you still have to have all of the previous mentioned lifestyle factors down if you want to get the most out of using juice.

Again, if you're already set on hopping on AAS then me telling you not to isn't gonna stop you. At least educate yourself as much as possible and understand the short term and long term risks/effects it can have on your body and how to go about running proper cycles to mitigate risks. Cheers.

[deleted] • 2 points • 9 June, 2020 01:48 AM

PEDs are horrible for your cardiovascular system, and imo all those musclebound guys with HGH gut look ugly compared to the classic physique competition. If your goal in life is to be a monster and die in your 40s then go ahead, but it isn't a good idea

ZidaneLoire • 2 points • 8 June, 2020 04:15 PM

Dude no. Neither guys in their twenties, nor below, nor above.

What's the point of looking swolo if your dick doesn't work? Girls wanna fuck you, but you can't fuck them!

TotallyNotEvadingBan • 2 points • 8 June, 2020 08:52 PM

You're missing the most important point that allows you to do any of this;

Have confidence and a stable mental state. It isn't that easy

[deleted] 9 June, 2020 02:24 AM

[deleted]

jihoeceh • 2 points • 9 June, 2020 10:21 AM

You have still plenty of time to improve.

epixs • 2 points • 9 June, 2020 11:59 AM

I read posts like these when I was 17/18 years ago here on TRP, back when you had guys tren and guys like Rollo writing their first books. New teenagers read this and take it to heart, I'm 10 years out basically from starting my TRP journey... I promise you, it's all worth it. Delayed Gratification will reward those who are consistent, resilient, and work hard AND smart.

Zech4riah • 2 points • 9 June, 2020 01:19 PM

I've seen people as young as 13 lifting weights. These people end up being stupid strong when they're in their 20's. You needn't start that young, but I'd say 16 is a very reasonable age to start.

Yes, 16 is somewhat reasonable but it's individual. Do sports and lift weights but don't over do it. You don't wanna end up 5cm shorter that you could have been. You can concentrate on growing muscle after you have grown to a full height.

Also generally don't dirty bulk unless you are going to compete in some sport which benefits from little bit of extra strength and/or weight. You don't wanna be bloated gym bro to compensate your insecurities. Also if you float around at that dirty bulk weight (which MANY guys do because they think bigger and fat is better), your brain starts to think after 2-3 years that it's your normal weight and cutting and staying lean will be a lot more difficult. Anything above ~BF of 15% will decrease your testosterone and will also increase your estrogen levels linearly.

Now that gyms are opening back up I'm looking forward to joining the big boys in the 200-pound club.
yawn

Stay lean and grow muscle slowly but steadily. It's ok periodically to bulk a bit but stay under 20% BF. The best range of BF for optimal hormonal function is between 10-15% depending of the individual.

IveSawitall • 2 points • 8 June, 2020 03:50 PM

That's for everyone contributing to this great Letter.

OpenComparison • 1 point • 8 June, 2020 04:23 PM

Yup this is golden. I absolutely needed to hear number 3.

[deleted] • 1 point • 8 June, 2020 05:53 PM

Man, I am 28, but it is still a helpful reminder.

ScipioTheBored • 1 point • 8 June, 2020 06:26 PM

Any similar resources (letters/books/etc) for other age groups?

RPDream • 1 point • 8 June, 2020 07:00 PM

Trp_scepter I wish I knew what you have just written during my teen years! Very True!

accoladesUnderground • 1 point • 8 June, 2020 08:37 PM

As a 16 year old lad I am saving this, thanks for the advice bro

Revorob • 1 point • 9 June, 2020 02:56 AM

Absolutely brilliant! This is probably the best post I have ever read. As a dude in his mid-fifties, I wish I had known this info when I was a teen as it would have saved me from much drama in life.

Whilst it is never too late to discover the Red Pill, it is far better to discover it earlier than later.

amphix339 • 1 point • 9 June, 2020 03:44 AM

I needed to hear that #3. Sometimes tunnel vision gets a little too dark. Have to keep going.

MarcosDomingues • 1 point • 9 June, 2020 08:49 AM

Lol I lifted in high school, kept my grades and all that shit and it isn't the magical pill you claim it to be. The ones who got laid had charisma which is what women want

Fulp_Piction • 1 point • 9 June, 2020 03:04 PM

I'd definitely recommend joining a proper sports team. Playing with your friends is fine but nothing beats winning in an actual competition. This is coming from someone who captained a football team when I was younger, stopping to focus on school (oneitis and popular new friend group were all bookworms oddly enough), and regretting it ever since.

albyedw • 1 point • 10 June, 2020 08:55 AM

Great post. This applies to anyone, not just teens

Rogermrox • 1 point • 10 June, 2020 05:06 PM

I'm 28 years old, I wasted a lot of my life behind my pussy, and look, I'm a handsome attractive guy, beautiful hair, tall, I always had some women behind me, but I lost a lot of time behind my pussy and I ended up putting aside what it really matters. from the moment that women were not the center of my life. everything has changed. Another thing I regret is that I did not have the necessary attitude to reach the girls. it made me lose several chances of going to bed with girls 10/10 ... Don't be afraid to receive a "NO" after all it is just a no

natensk • 1 point • 11 June, 2020 03:32 AM*

I really appreciate this post. I'm 16, found the red pill last year, and I have been lifting for 2 years (benching 230; 13% body fat). The red pill was one of the best things that ever happened to me.

[deleted] • 1 point • 12 June, 2020 08:25 PM

Number 1 is a good point but doing football is kind of retarded. Play it only if you are well above average, like top 5% athletically and even then you're better off in any other sport. Just not worth the time and risk for such a minimal reward, as very few will be the ones scoring TDs.

You'll be much better served learning golf or tennis. They'll serve you much better at any point past the age of 17 high schoolers. Golf for business and tons of hot babes play tennis. You can play both until well into your 80s. Plus the risk of injury is relatively very low in both.

trpppp123 • 1 point • 14 June, 2020 05:00 PM

Reaching 30, *somewhat* disagree with 5. I spent a lot of time putting my head down on my career and not spending enough time building a good social circle and it caused me to struggle with getting any pussy. I lost my v-card at 25, and while I've been with plenty of women now, the effects of that are still lingering with me today. That being said, I gained a lot in terms of financial independence. I'm doing better than anyone I know my age so I guess we'll see in the next few years whether I can truly say this was the right move.

[deleted] • 1 point • 18 June, 2020 12:04 AM

It will be painful. Your muscles and joints will ache from lifting. You will feel lonely. You will feel depressed at times. You will feel lost. You will be angry that you're not getting results fast enough.

I needed to read this. I am upset that no one talks about the physical and psychological pain when lifting / training.

When I started I thought something was wrong with me. I thought I must be doing something different or that I might be too retarded for any of this.

Turns out that growth and change is infact NOT supposed to be stress free. I am sad that I haven't heard about that in the beginning and needed to find it out for myself.

richardguy • 1 point • 8 June, 2020 10:15 PM

Please for the love of God play a sport. I know it sucks to sit on the bench, but if you actually work at it you might find yourself rotating onto the field as the upperclassmen leave.

LiveAFTSOV • 1 point • 9 June, 2020 02:30 AM

Sports is the best advice to give a teen. It's still good advice if youre a young man. Glad I picked up MMA

BurningOrangeHeaven • 1 point • 9 June, 2020 04:25 AM

Surprised how many people here are getting behind the sports thing - personally thought it was silly that sports was the first thing. If you already work out and have enough interactions in school with other people, it seems like sports is a complete waste of time and only opens you up to the risk of injury?

GraveyardZombie • 1 point • 9 June, 2020 08:42 AM

School wont be around forever. Making friends will be harder as you get older so once you are out from college you will need to find another activity to socialize.

ZidaneLoire • 1 point • 10 June, 2020 09:50 PM

Dancing is good. Like pair dancing. You meet an absurd amount of girls who don't even care you're plating others in the same class, plus you learn a nice skill that makes night game that much easier.

And i actually enjoy it a lot.

yoshimitsubug17 • 0 points • 8 June, 2020 07:17 PM

"Abs only work with the shirt off" is the moment I stopped reading.

hollywood22 • 0 points • 10 June, 2020 03:52 AM

People who say things about themselves like "I'm most successful person to come out of my hometown" or "I swear, my dick is huge baby!" are lying 10/10 times