



SIDEBAR

compiled by /u/dream-hunter

www.TheRedArchive.com

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Rule Zero of all TRP subreddits

by CrazyHorseInvincible | December 23, 2015 | [Link](#)

As the author of several rambling rules posts, I've never been happy with the number of rules we have, the number of posts they are scattered across, and how difficult some of those are for new people to find and see.

This is hard to enforce, and harder to follow.

Time to simplify things, with a nugget of clarity just offered up by our own

/u/Whisper (who needs no introduction):

TRP's mission is to increase men's sexual power and options. Anyone who does not share that goal will be banned the instant we detect them.

That means you must be here for one or both of these reasons:

- You are a man who wants to improve your own control over your life, mostly your sex life.
- You want to help men achieve

that goal.

That's all.

- Here for any other reason? *Banned.*
- Here to argue about whether that's a good goal? *Banned.*
- Write anything in here that sets some other goal (moralizing, showing off, political agenda, etc) above that goal? *Banned.*
- Disrupting that mission in any other way? *Banned.*

Here's all the old rules and policy posts if you like a lot of reading:

https://www.reddit.com/r/TheRedPill/comments/1u6m3m/the_basics_explained_and_our_direction_for_2014/

<https://www.reddit.com/r/TheRedPill/comments/2xwllf/100000/>

https://www.reddit.com/r/TheRedPill/comments/2zriww/the_complete_mod_policy_rundown/

https://www.reddit.com/r/TheRedPill/comments/3a0135/announcement_new_thread_requirements/

... but what you really you need to know is **Rule Zero**:

TRP's mission is to increase men's sexual power and options, and improve their lives.

- This is the mission.
- Support the mission.
- Or go somewhere else.

That is all.

Other rules are simply specific cases of Rule Zero.

Glossary of Redpill terms

by MachiavellianRed | March 17, 2015

| [Link](#)

The original user who posted this list awhile back is not very active anymore, and as a subreddit we'd prefer a mod to have editing ability over such an important post, hence I've re-posted this, amended a few things and sidebarred it. If you have suggestions for any more additions, leave a comment.

Terms:

- **Alpha** – Socially dominant. Somebody who displays high value, or traits that are sexually attractive to women. Alpha can refer to a man who exhibits alpha behaviors (more alpha tendencies than beta), but usually used to describe individual behaviors themselves.

- **Alpha Widow** - A woman (typically but not necessarily post-wall) who has been abandoned by an Alpha male. No matter how great her new man is, she will perceive him as failing to meet the standard of the alpha she was previously associated with. Due to

hypergamy, a woman cannot date backwards, once she gets say, a male 8, she cannot date below a male 8 and be happy with him. If she does, she is just using said man for resources (BB) and doesn't really love him. Essentially, a damaged woman accustomed to a tier of man she can no longer attract. See "**Post-wall**" and "**Hypergamy.**"

- **AMOG** - Alpha Male Of Group.
- **AF/BB** - Alpha Fucks/Beta Bucks.
- **ASD** - Anti-Slut Defense.

- **AWALT** - All Women Are Like That. Often expressed after an example of hypergamy.
- **Beta** - Traits of provision: either providing resources or validation to others, women (and perhaps men). Beta traits display low value to women if they are put on too strong or too early in meeting- giving without equity. Beta can be used to describe individual behaviors, as well as people who have an overwhelming amount of beta properties (opposed to alpha).
- **Blue Pill** - From The Matrix and its sequels. The path of

conformity with Society's expectations; the state of being unaware of the problems engendered by society. Compare with "Red Pill," below.

- **CC, or Cock Carousel** - The period of time in a woman's life where she successfully exploits her sexual value and maximizes her hypergamous tendencies by having sex with as many alphas as possible. Usually happens between ages 18 - 27. Often ends when the woman hits the wall.

- **CH** - Chateau Heartiste.

- **Close** - The apex of an interaction. Often preceded by an indication of the type of close, eg. f-close (full close or fuck close, the interaction led to sex), k-close (kiss), #close (receiving phone #).

- **Comfort Test** - Similar to a Shit Test, but meant to gauge your level of Beta traits. Typically only encountered in LTRs. While not discussed as often as shit tests, a successful LTR requires that you pass these as well.

- **Covert Contract** - An unspoken deal with terms the other party would never agree to. Most

typically seen by orbiters trying to negotiate desire: "If I do a favor for her, she'll go out with me."

- **DT, or Dark Triad** - A combination of three personality traits: Narcissism, Machiavellianism, and Psychopathy. An effective short-term sexual strategy. [More in-depth information here.](#)
- **DHV** - Display of Higher Value, the accomplishment, anything that improves your sexual market value in the eyes of another.

- **DLV** - Display of lower value.
- **DQ** - Disqualification. Used by women as an IOD. Used by PUAs as a method of disarming ASD by appearing to be disinterested.
- **Dread Game** - Purposefully inciting jealousy in an LTR by openly getting attention from other women. Soft Dread is similar, but less open. With Soft Dread, the attention doesn't even need to be real. Creating the *possibility* for female attention is enough to get the hamster going. (If you develop a great body, she knows that other women will find that attractive

without having to actually see other women displaying interest.) The purpose of using Dread is to get the target (wife, girlfriend, plate) to step up their game to compete with other interested women.

- **Feminism** - "A doctrine built on the pre-supposition of victimhood of women by men as a foundation of female identity. In its goals is always the utilization of the state to forcibly redress this claimed victimization. In other words, the proxy use of violence and wealth appropriation. In whatever flavor, and variation, these two basic

features are common to every doctrine using the label feminism. Feminism is therefore, a doctrine of class hatred, and violence.” (John The Other, “Why not date a feminist?” A Voice For Men, 4 June 2012.)

- **FR** - Field Report.
- **Frame** - The context in which something is perceived. Maintaining frame is often cited as the most important aspect of Alpha behavior. See Iron Rule of Tomassi #1
- **Friendzone** - See Orbiter.

- **Game** – A loosely based set of behaviors specifically designed to increase attraction.
- **Gaslighting** - A form of mental abuse in which false information is presented with the intent of making victims doubt their own memory, perception, and sanity.
- **Hamster** - Used to describe the way that women use rationalization to resolve mental conflict and avoid cognitive dissonance. The core mechanism that allows women to say one thing and do a different thing.

- **HB** - Hot Babe (often followed by a number as an indication of ranking on a 1-10 scale).
- **Hypergamy** - The instinctual urge for women to seek out the best alpha available. This is marked by maximizing rejection (therefore women are the selective gender). A woman will vet her alpha through various shit tests to ensure his "health" on the alpha scale. She is conditioned to recognize a declining alpha, as hypergamy also tends to continue seeking out higher status males even while with an alpha male. Shit tests allow her to prepare herself

for eventually leaving when a new higher status male is found. If the male fails shit tests to a great enough degree, it will effect her feelings for him. He will effectively lower his sexual market value in her eyes. This will enable her to jump to the next male with ease and little remorse.

- **Incel** - Involuntarily Celibate. A man who wants to get laid, but can't.
- **IOD** - Indication of Disinterest.
- **IOI** - Indication of Interest.

- **Kino (Kino Escalation)** - "Kino" means touching. Kino escalation is the process of ramping up the touching from light touching to heavy (though still not entirely sexual).
- **LJBF** - Let's Just Be Friends (See Orbiter)
- **LMR** - Last Minute Resistance. A display of ASD immediately prior to closing
- **LTR** - Long Term Relationship.
- **Manosphere** - The loose

collection of blogs, message boards, and other sites run by and/or read by MRAs, MGTOW, PUAs etc and any red pill associated people/groups.

- **MGTOW** - Men Going Their Own Way; the growing contingent of the male population who are saying “Fuck It All” to the Mating Dance. See [/r/MGTOW](#)
- **MMSL** - The Married Man Sex Life Primer. A book written by Athol Kay specifically focused on marriage game.
- **Monk Mode** - Mitigating

distractions and focusing on introspection, reflection and self-improvement for a given period of time. Working on the body and mind. [More in-depth information here.](#)

- **MR** - Men's Rights Group.
- **MRA** - Men's Rights activist. See [/r/MensRights](#)
- **MRM** - Men's Rights Movement.
- **Oneitis** - When a guy has fallen in love with a woman in the same way a boy loves his mother. He

obsesses about her, but she does not reciprocate.

- **Orbiter** - Also known as Beta Orbiter. A beta guy who accepted the proposal to "just be friends" from a girl he has oneitis for. He will stick around her and constantly validate her whenever she requests it. Also known as "friendzone." She will keep him around because he will do anything for her and provide validation, giving small hints that he might eventually win her love-but he never will. Typical signs of orbiter status: likes and comments on new facebook photos. Go-to guy when girl has

problem with boyfriend. Also known as emotional tampon.

- **Plate** - Woman with whom you are in a non-exclusive sexual relationship with. Spinning plates is the act of having multiple plates simultaneously. Again, Rollo has a great article found [here](#).

- **Post-wall** - A woman past her peak beauty/fertility. Depending on genetics, this can be a woman as young as 25 or as old as 40. Generally speaking, it is agreed most women hit the wall around 30. Women tend to become desperate to settle down around

age 28/29, realizing they have limited time to secure a quality mate as their beauty diminishes. See "**The Wall.**"

- **Preselection** - The idea that women are more attracted to men who already have the interest of other women. This saves the woman time in judging a man by using the idea that other women have already judged him favorably.
- **PUA** - Pick-Up Artist.
- **Pussy Pass** - Letting a woman off without actual consequences

for illegal behavior. See [/r/PussyPass](#) for examples.

- **Red Pill** – The recognition and awareness of the way that feminism, feminists and their white-knight enablers affect society. An awareness of the dark truths surrounding human sexuality; hypergamy, women's AF/BB strategies, society's Feminine Imperative, sexual differences in emotional attachment, women's attraction to DT traits and sexual dominance/violence; **Extremely** politically incorrect, expect reflexive social ostracism for even *mentioning* the red pill in

polite society.

- **Set** - A group of people that you are interacting with.
- **Shit Test, or Fitness Test** - A statement or question meant to gauge your level of Alpha traits.
- **SJW** - Social Justice Warrior.
- **SMV** - Sexual Market Value. A shorthand statement for “what you bring to the table,” whether for an one-night stand or for a longer sexual/emotional relationship.

- **SMP** - Sexual Market Place. A description of the free market that is mating.
- **Snowflake** - A woman who tries to persuade a man that she's somehow unique, different, or special by playing up her good girl resume and downplaying her bad girl resume. When used as a verb, snowflaking refers to the argument she puts forth to justify her claim.
- **Solipsism** - In Red Pill, solipsism (e.g. female solipsism) refers to the female's tendency to frame everything she experiences or witnesses in terms of herself and

her own needs - *personalizing it*
**- even when such
personalization would not make
contextual sense.

- **The Wall** - The point in a woman's life where her ego and self-assessed view of her sexual market value exceed her actual sexual market value; the beginning of the decline. Usually occurs as a wake-up shock to women when they realize that their power over men was temporary and that their looks are fading. This usually results with first denial and then a sudden change in priority towards looking for a husband.

Even after hitting the wall, many women will squander a few more precious years testing her SMV with alphas to double-check, hoping her perceived decline was a fluke, this will make her even more bitter when she finally has to settle for a worse-beta than she could've gotten before because of squandering her youth.

- **Trickle Truth** - A method of coming clean about bad behavior by only disclosing small pieces of truth at a time. "All we did was talk," leads to "Well we just cuddled," leads to "I didn't mean to fuck him, it just happened."

It's a hamsters way of saving face when bad behavior is discovered.

- **Unicorn** - Mystical creature that doesn't fucking exist, aka The Girl of Your Dreams.

- **White Knight** - A man who “comes to the rescue” of a woman, or of women, reflexively, emotionally-driven, without thought or even looking at the situation; (2) a man in authority who enables Team Women in his legislative actions, judgments, or rulings, reflexively, emotionally-driven, without thought or even looking at what’s right. Also

known as "Mangina"

The Red Pill Primer - A Sidebar Made Simple

by bsutansalt | December 30, 2016 |

[Link](#)

Mod note: It's been over a year since I originally posted this, but it's worth posting it again for new members and for updated feedback as a lots happened since then.

New here? Read the following threads below. If you've read the rules, then you know this is required before posting anyway.

Introduction

What is The Red Pill

This thread explains why we are here and what our mission focus is. The short version is we're help each other understand and leverage to our advantage:

- Game
- Acknowledging reality for what it is

- Men and women's sexual strategies and how they differ

Glossary and Terms

In addition to glossary and terms, this thread also includes some key theory pieces you'll need to understand if you're going to spend any time here.

Background Reading

The entries below serve as the backdrop of why we're here and over the years have helped shape our mission focus.

Men Are Not Happy

The Misandry Bubble

Michael's Story <- CTRL-F "Michael"

Confessions of a reformed incel

The Manipulated Man

The Polygamous Sex

Gender Studies is Nonsense

Theory Reading

Once you've fully digested the above material move on to the theory reading below. Each section is broken down into phases to help you better understand and reinforce the core concepts and philosophies TRP espouses.

Phase 1: The essential differences between how men and women love.

Women In Love and Men In Love

These articles do a great job at contrasting the differences in how romance is expressed by men and women. We now know, contrary to popular belief, it's men who are the true romantics of society. A follow-up to this is Of Love and War, which is best summarized with the line "women's concept of love isn't what men would be led to believe it is."

Schedules of Mating

Anyone familiar with women's monthly cycles knows full well that women's preferences change. So too does their

desires and attraction to masculine and effeminate men. The main takeaway here is that during ovulation women show more skin and tend to prefer more dominant and "alpha" traits in men. It's also a great read because it's one of the manophers's first great delves into women's pluralistic mating strategy.

Two principle types of love

An early dive into frame control, a topic that Rollo Tomassi has since expanded upon greatly over the last couple years at his blog The Rational Male.

Phase 2: Women's pluralistic and mercenary approach to

relationships.

Briffault's Law

This thread delves deeper into Briffault's Law, a core concept, and some corollaries that describe how women do not express loyalty to beta men for provisioning and protection previously provided by the male.

On Value and the Value of Women

The value men and women bring to the table is different, an artifact of how our sexual strategies differ. Women's value is from *being* whereas men's value is from *doing*. For a woman to have sex, she just has to show up and men will throw themselves at her. For a man, he has to dance to her tune and be high status and this and that

and the other. Men seek sex from women, not the other way around. Instead women *screen* for which man she'll have sex with of the myriad of men seeking to have sex with her.

Hypergamy 101: Women view men how men see jobs

Hypergamy 102: Her Perception and Context Means Everything

Phase 3: Freeing your mind of "blue pill" social programming.

PowerTalk 101

This is a great primer on the mental gymnastics and power plays in language and how subterfuge can be employed by women to dupe men who

are not aware of the subtext being intoned.

Red Pill Antibiotic Nuke and Red Pill Video Compilation Nuke

This further expands on some of the concepts found in the Glossary and Terms thread above.

Sexual Strategy is Amoral

Game/sexual strategy itself doesn't have intrinsic moral value; it's all about how you use it.

Phase 4: Understanding power, agency, and the tyranny of hypoagency.

Sexual Utopia in Power

This article discusses how marriage and monogamy constrained women's

hypergamy to the benefit of civilization. For those not familiar with history, Henry IV once said, "I want there to be no peasant in my realm so poor that he will not have a chicken in his pot every Sunday." Hoover later used that same line in his presidential campaign. Marriage and monogamy and social mores limiting women to one partner served to provide for men a sexual equivalent of "a chicken in every pot". Doing so was good because it served as the incentive that drove men to create civilization as we know it. Where harems for elite men exist and large swaths of men go without sexual access, societal upheaval follows.

The Covert Reason Women Hate

Male Spaces

The internet has given rise to a new kind of support group or men's club, where men can compare notes and figure out for themselves if a woman is being shady or not. This takes away power women have enjoyed and instead empowers men, in many cases for the first time in their lives. On the larger social scale this threatens women as so they attack and shame us as their way of trying to put the information genie back in the bottle.

Women: The Most Responsible Teenager In The House

There thread has created a lot of butthurt since it was made, but the theories in which it espouses are sound, particularly in dealing with

women's shit testing in long term relationships (LTR), the roles men and women are naturally predisposed to, and the establishment and enforcement of boundaries. [This is the article](#) that the thread is in response to.

Applying Red Pill Concepts To Your Daily Lives

48 Day of Power Supethread

48 Laws of Power from a Red Pill perspective.

All-in-One Legal Compilation Guide For Men

An unfortunately necessity in this day and age.

All-in-One Red Pill 101

This thread is a great primer of the Game aspect of TRP as described in the Introduction above. It also expands upon the core concepts found in the Glossary and Terms.

Feminist Shaming Tactics and **What You Can't Say**

It's important to familiarize yourself with the logical fallacies and bad faith arguments feminists use when discussing gender issues online and in the media, and how the media is controlled/constrained by those in power to service the feminine imperative. Note: The essay is linked in the What You Can't Say thread, and is not the thread itself.

Goals

A how-to guide for creating goals and staying on track.

LTR Checklist and **Unicorn Hunting**

A great list of red (and green) flags to help you ascertain if a woman is worthy of your commitment.

Self-Acceptance

Life is short so make it a good one.
And don't sweat the small stuff.

Shit Tests 101

Comprehensive introduction to shit tests.

Shit Tests 201

In effect this was a follow-up to the above thread on Shit Tests.

The Red Pill Interacting With Other Subreddits

This thread offers some practical advice for dealing with other subreddits that are vehemently "blue pull" and their alternatives.

Collected advice for newbies and beginners

by MrSimple333 | July 5, 2016 | [Link](#)

Hello, I am a Asian American, male, age 23, 5'6, 160lb. It's been several years since I have started this journey. Typical bluepill background. Typical Asian upbringing. School smart but not street smart. High school was a dud and I wanted to committed suicide during my junior year. Been told I was cute before but never had the balls to do anything. Been an orbiter, emotional tampon, "best friend", the

whole nine yards.

My journey started in 2013 when I discovered PUA, then to TRP, then to MGTOW, and now I'm just a guy with a mission in life with bit of knowledge and better boundaries. Went through all the stages of grief and learn to accept women and their.. special ways. They aren't meant to be men so I can't expect them to have the same values as men. It's weird.. Men and women are both humans, we are the same, and yet different.. Kind of funny if you think about it. Now life tends to be more.. amusing and less.. self inflicting drama? I'm way less thirsty and no more asking 'why'. Instead I

now know 'why' and tend just shrug things off when they don't work out.

These are ideals I came across on, what I learn to struggle with, and the tools that had help me could help you. Use your strengths and minimalize your weaknesses. Accept your quirks and unique hobbies. (I like anime, dancing, and lifting.) Humans are born flawed therefore everything we build is flawed. You aren't meant to achieve perfection in life. And remember *Hail Hydra..*

Note: All books can be purchased on the Amazon Kindle App. Save trees,

save space, and read anytime, anywhere. *Bonus: If you are an auditory learner, several books have Audio Narrations upgrades.*

Note 2: If you are a total noob, please read the *Redpill Handbook* at redpillhandbook.com. TRP is meant to change the foundation of your mind/beliefs first and *then* build yourself from the ground up. My post is based on that concept. You must change how you think before you can change who you are.

THE FIRST RULE OF TRP IS: YOU DO NOT TALK ABOUT TRP

THE SECOND RULE OF TRP IS: YOU DO NOT TALK ABOUT TRP

TRP is not a safe subject. *Cue eye-rolls.* There are those who would use TRP philosophy incorrectly just like those who use religion or politics to suppress or terrorized others. Keep your mouth shut and your thoughts to yourself whenever these type of topics come up in public. Self preservation keeps you safe and others safe. Let people think how they want to think.

- *Recommend Method*
- *Don't talk how 'alpha' you are or how 'beta' someone is in public. It's really sad and pathetic. You wouldn't be here if you were alpha. We all were betas. Be humble.*
- *Don't put down or insult women for not sleeping with you after you are 'enlightened enough to be an alpha'. They aren't evil, prudes, bitches, cunts, sluts, whores, or etc because they won't help you get your dick wet. They are just human like us. They have the freedom of choice.*

- *Don't go preaching in streets. You are not going to change the world. You will only endanger yourself and others.*
- *Keep TRP to yourself mean also means keeping your goals to yourself. Somehow in the brain, if you don't discuss your goals, you would somehow achieve them. It's like those who talk a huge game of losing weight as a new year resolution but fail in the end.*
- *TRP is a brotherhood. For those of you who want to help our brothers who are plugged in, please keep in mind of how much*

*you resisted swallowing the pill.
Just keep an ear out when they
start dropping hints. They will be
ready when they will be ready.
Don't force it. You can only lead
a horse to water, you can't make
it drink it.*

- *Recommend Youtube:*
- *Derek Sivers Keep Your Goals to Yourself - TED*

Starting At The Mind:

Learn to unlearn social conditioning. Humans were born with a clean slate so that why social conditioning was so impressionable and is a bitch to unlearn it. Unlearning Romanticism is the basis for TRP and MGTOW. PUA is basically bluepill mindset but redpill acting. Overall, a healthy dose of pessimism help kill the Disney illusion.

- *Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so*

important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief. -Frantz Fanon

- *Recommend Method:*
- *Use the Five Stages of Grief to identify your emotions and state of mind. It WILL be hard and does take a lot time to come to an acceptance. But's it completely normal to feel what you feel. It's ok to feel anger, depression, feel like you have been exploited your entire life. What you are feeling now is the change. You will breakdown. You*

must breakdown. Then you will rebuild. We men are taught to not express our troubles or negative emotion in public. TRP is a safe and anonymous place where you express your hatred, your negatively, your mistakes, and your grief in the privacy of your own home and your own mind. This is where we can get honest answers and guidance from those who were in the similar situations. Be patience, be kind, and be grateful once you are unplugged.

- *Recommend Youtube:*

- *How Romanticism Ruin Love -*

The School of Life

- *Why Engagement Rings Are a Scam - Adam Ruin Everything*

- *Recommend TRP Post: "TRP Stage Three: Bargaining" by DCLdit*

Unlearn your traditional male role. A few rules has changed from the past. Mother nature will always be the invisible government of the land, however, mankind's 'laws' are always changing, for better or worse. Remember your basic animal instincts

and adjust to new environment accordingly. Provider=ATM, Best friend=emotional tampon/orbiter, Marriage=slave, divorce=raped, kids=blackhole, single=freedom.

- *Don't talk like one of them. You're not! Even if you'd like to be. To them, you're just a freak, like me! They need you right now, but when they don't, they'll cast you out, like a leper! You see, their morals, their code, it's a bad joke. Dropped at the first sign of trouble. They're only as good as the world allows them to be. I'll show you. When the chips are down, these... these civilized people, they'll eat each other.*

See, I'm not a monster. I'm just ahead of the curve. -The Joker

- *Recommend Books:*
- *"Rational Male" by Rollo Tomassi*
- *"The Rational Male Preventive Medicine" by Rollo Tomassi*
- *"Men on Strike" by Helen Smith*
- *Recommend Youtube:*
- *Tom Leykis -Time Travel Radio*

- *Divorce Corp Documentary*
- *Men on Strike Helen Smith*
- *Dan the Man Stage1 - studioJOHO*
- *Fun Fact: It takes a day to get marry, it takes about a year to get a divorce.*

Unlearn "nice guy syndrome". I almost became a neckbeard. Also learn the difference between infatuation and love. Infatuation is good in small doses but not when it becomes an obsession.

Keep your head on earth and not in the clouds of your fantasies.

- *Recommend Method:*
- *Don't ever give favors or gifts and expect anything in return. You WILL become passive aggressive when you are disappointed. Especially with women. They are not stupid. They can smell a guy's agenda or ulterior motives a mile away. They aren't going to have sex with you just because you were being 'generous' and 'nice'.*
- *Always be upfront with what you*

want. Always be willing to leave or show anyone the door when it doesn't work out. Especially with potential mates.

- *Recommend Book:*
- *"No More Mr. Nice Guy" by Robert Glover*
- *Recommend subreddit:*
- *Neckbeardstories (for a laugh and self-reflection)*
- *Recommend Blog*

- *"Love or Infatuation? How To Tell The Difference" by Nancy Van Pelt*
- *Recommend Youtube*
- *"Rick and Morty - Love" by EigenvectorSeven*

Learn to control your sexual urges and desires. STOP being so thirsty. We males tend to think with our other head. Sex is great but it's not the one thing in this world you should strive for. Don't let it control you because then you would be willing to give

anything to satisfy it. There are risks beside STDs when it comes to having sex. In Greek Mythology, it was said that the Goddess Aphrodite was feared by all, even the gods, because love and lust can affect all and can warp one's reality. Your value as a man is not defined by the quantity or quality of women you can bring to bed. Ask yourself honestly and deeply why you want sex.

- *Destroy the sex glands, whether in man or beast, and you have removed the major source of action. For proof of this, observe what happens to any animal after it has been castrated. A bull becomes as docile as a cow after*

it has been altered sexually. Sex alteration takes out of the male, whether man or beast, all the FIGHT that was in him -Napoleon Hill

- *Recommend Methods:*
- *QUIT PORN and fapping. The urge of sex is one of and the MOST POWERFUL driving forces of man. You are wasting your drive for fake pixels. Imagine what would happen when you harness all that energy into something productive. (This by far one of the hardest thing for me to achieve.)*

- *USE A CONDOM and flush it down the toilet after. Sperm-jackers are real. I actually got a vasectomy this year, (recovered fast, 2 weeks).*
- *Don't EVER have sex with a drunk girl. You are just asking for a rape accusation.*
- *Save screenshot of a "Awesome night" text after a night of sex and upload it to the cloud like Google Drive.*
- *Don't EVER 'date' coworkers/clients either. You are just asking for a sexual*

harassment/assault lawsuit or an income/job lost. Don't shit where you eat.

- *Recommend Books:*
- *"The Sex God Method" by Daniel Rose*
- *"Sexual Intelligence" by Marty Klein*
- *Recommend subreddits:*
- *Childfree*

- *NoFap*
- *MGTOW*
- *Recommend Youtube:*
- *The Horrors of Children - The School of Life*
- *The Science of Pornography Addiction -AsapScience*
- *Fun Fact: An average kid cost 250,000\$ from birth to 18 year old. (Not including college). Get a DNA test. Family courts are not on your side.*

Having some god damn self-respect!!
Language! -*Captain America* Learn to create, strengthen, and maintain your boundaries with your family, friends, coworkers, and potential mates. Do not put up with drama and avoid those who are drama. Crabs in a barrel mentality is an easy red flag. The core of TRP is self-improvement but also to stand up for yourself and to take care of your own needs. We want to be better, to be our best self we can possible be. And to do that we *have* to care how we present ourselves and look at how we treat others. But we also *must* learn how to care about our own needs first and be realistic on how other people are treating us. We men

have been taught all of our life that we matter less, that we are valued less, that we should sacrifice ourselves for the benefits of others. It's time to be a little more self-interested, to never be doormats again.

- *Recommend Book:*
- *"The 48 Law of Power" by Robert Greene (BlinkNotes is a great summery guide for the book)*
- *Recommend Method:*
- *The mirror self-reflection technique: When you are with*

someone, that person is a reflection of you. If the other person is 'unstable', you might want to take a look with yourself and your boundaries. You are the average of the five people you spent your most time with.

- *Force Field: Imagine a force field around you. Now expand it to your personal space. Use it as a guide for protection against both physical and mental 'hits'. This provide you a mental picture and more awareness of how strong your boundaries are and who exactly is trying to hurt you.*

Frame Control. Stoicism is a great philosophy to adapt. Learn imagery training. I have a rather good imagination and tend to play devil advocate with myself. I "test" myself against scenarios with women, bitches, AMOG, betas, white knights, femnazi, and etc. You can do it anytime and envision REALISTIC solutions. It teaches you where your state of mind is and how much control you have over your emotions and reactions. You are your worst enemy and greatest ally. - technique inspired by Dragonball Z.

- *Man is affected, not by events, but by his view he takes of them.*
-Epictetus

- *Recommend Method:*
- *Practice saying 'no' out loud with confident and conviction.*
- *Learn to have self respect with your needs and boundaries and with other person's. It's always a give and take relationship. Keeping scores in your head is fine but don't get obsess with it.*
- *Pick your battles wisely. You can never change a person's world view overnight. Walk away if needed.*

- *Learn to say 'sorry' less and only when it is absolutely necessary.*
- *Learn to make decisions for yourself and lead. You are the captain. Let the other person(s) decide if they want to follow.*
- *Have a play and/or flirty tone when using backhand comments. It's banter and it's supposed to be fun. Test yourself 'being mean' cautiously. Don't backpedal whenever possible.*
- *Take your time talking. Don't rush things and don't let anyone rush you. Be content during*

those silent pauses. Gather your thoughts.

- *Don't take things personally. Take those mental blows until you can shrug them off.*
- *If a person acts like a spoiled child to you, treat them as a spoiled child.*
- *Remember to stay amused and keep your frame as strong as a rock.*
- *Recommend Book:*

- *"Be the Pack Leader" by Cesar Millan*
- *"A Guide to the Good Life, The Ancient Art of Stoic Joy" by William B. Irvine*
- *Fun Fact: Olympians athletes use imagery as mental training.*

Pure attraction is based on the your animal instincts and are non-negotiable. A balance must be achieve when two people are together. That's why 'resources' can used as a substitute and exchange for the

other's affection when one person is lacking a specific trait. (That's why some women are caked with makeup and some men wave their wealth around.) What we try to achieve here is to increase the chance for pure attraction. The absolute desire to be with one another with a minimal or zero amount of external influences.

- *Recommend Method:*
- *The ideal mate list: Think of your ideal partner and write down their traits on paper. Now, can you achieve those same ideals and traits? A lot of people aren't willing, both men and women. They want to have their cake and*

eat it too. This is why self-improvement is so 'enforced' at TRP and increasing your SMV is the first step.

- *Recommend Youtube:*
- *The Ideal Man? One's Woman's 43-Point List Stuns Steve Harvey*

Explore what it means to be in a relationship. It's basically a balance of closeness and distance. Also, unlearning monogamy (Another social conditioning) is one of the most EFFICIENT lesson you must learn.

Monogamy is really rare in the animal kingdom. (Humans are animals too.) You should NEVER depend on one person to fulfill your EVERY single need. That's why people tend to feel too much pressure in a relationship or they don't feel perfect for one another. ALL relationships are temporary because you and your partner meet each other's requirements for the moment, whether the moment is only for one night or for several years. People grow and change and so do their needs. They fall in and out of love. Love is temporary, never meant to last 'forever'.

- *Nothing lasts forever, even stars die. -Neil deGrasse Tyson*

- *Recommend Youtube:*
- *"The School of Life" Relationships Playlist ('Affair' video recommended)*
- *Recommend blog:*
- *blog.kareldonk.com - Featured Topic - Love*

Know thyself. You have to know how you see yourself, your thinking process, and how you perceive the world around you. If you are an extrovert, be social with everyone

within means; if introvert, be close with your good friends.

- *Recommend Method:*
- *Google "MBTI Test" to find out how you think. We aren't all meant to be social butterflies. (I have INTP personality, which is 3% of the population. Really help me out to accept that I think and see things differently from the majority.)*

Learn to be unattached. Value your independence and freedom above all. What both males and females tend to do is get obsessive over someone, to 'own' him or her and control their sexual freedom. He's 'my" boyfriend or

she is 'my' wife. You can never 'own' someone, even if you both imply exclusiveness. There is a Greek legend that men and women used to be one. The God Zeus fear us so much that he split us in half. It was said we were doom to roam the earth to find the part that make us "whole" again. If men can be whole by themselves, we would had been powerful to overthrow the Gods. Learn to be whole.

- *The things you own end up owning you. -Tyler Durden.*
- *Recommend TRP Post:*
- *Women are like Bowling -*

OmLaLa (I use the bowling alley metaphor to use as a guideline when I become too thirsty or put too much pressure on myself to make things work. It help create both abundance mindset and 'I don't give a fuck' mentality.)

- *Recommend subreddits:*
- *Zerowaste*
- *Onebag*
- *Vandwellers*
- *Recommend App:*

- *My Asset Bin (Keep track of the things you own)*
- *Recommend Youtube:*
- *Minimalism: A Documentary About the Important Things*
- *Daniel Norris The Millionaire Pitcher that Lives in a Van*

Life Maintenance Skills:

Learn to manage your money. I don't

know why this wasn't taught in school. It's pretty much the one skill you need to survive in today's world. Maybe it was to keep us ignorant so we could be debt/consumer slaves.

- *Recommend Methods:*
- *KILL AND AVOID DEBT ASAP.*
- *Either be responsible with credit cards or don't get one at all. (I finally cancel my credit card after running it up to the max way too many times. Nearly spent all my savings.)*

- *Reduce or eliminate non-essential bills like Netflix, magazine subscriptions, cable/satellite TV packages, and etc.*
- *Start an emergency fund and saving fund. Keep it in a separate bank or safety deposit box so you won't be tempted. Start at 5-10% of your paycheck once a month. Do a separate allotment/transfer so you would never see the money.*
- *Give yourself 24 hours when wanting to buy something that is non-essential. Compulsive buying is real. You don't need the latest*

gadget or toy. You live well without it before.

- *Use hard cash more than debit/credit cards. You will think twice when handing over your hard-earn cash. Swiping is too easy.*
- *Recommend Book:*
- *"The Total Money Makeover" by David Ramsey*
- *Recommend subreddit:*
- *Personalfinance*

- *Anticonsumption*
- *Frugal*
- *TinyHouses*
- *Recommend App:*
 - *Mint: Personal Finance @ Money (great for knowing your Net Worth, Debt, and Credit Score)*
- *Recommend Product:*
 - *Turbo Tax (Easiest way to do your taxes and receive a refund.)*

- *Joke time: What's the difference between a girlfriend and a prostitute? A prostitute guarantee sex.*

Maintain your assets and home. Be self-efficient and self-reliance. Learn to cook and clean. Seriously, every human (regardless of sex) should know how to take care of themselves, their place of resident, and their own stuff.

- *Recommend Methods:*
- *Make your bed every morning.*

- *Wash your dishes/pans immediately after you use them.*
- *Designated a day like Sunday to clean your place.*
- *Vacuum carpet, mop/sweep floor, dust/wipe furniture and bathroom, do laundry, and air out the place at least once a week.*
- *If you have too much shit to clean or organized, you own way too much stuff. Less stuff means less cleaning.*

- *If you hate taking out the trash, make less of it.*
- *If car owner, get it detailed every 2-3 months. It would feel like it's new again.*
- *Recommend Book:*
 - *"Adulthood How to Become a Grown-up" by Kelly Williams Brown*
- *Recommend Youtube:*
 - *Tastemade*

Eating healthy. You are what you eat. This isn't something you can change overnight and it also depends on your budget. But it is the first and most ESSENTIAL part of your SMV; your overall health. This is a very important investment you can ever make.

- *Recommend Method:*
- *Give up/limit artificial sugar, processed food, and fast food. Easy way to do it is to avoid food that come in box, bag, or can packages. Soda/pop, energy drinks, sports drinks, candy, chips, cookies, microwave dinners, canned food, and etc.*
- *Try to stick to raw food you can*

eat or cook with. (Meat, veggies, and fruit.) Rice is a good staple food.

- Do treat yourself once a week. You aren't training for the Olympics. Just don't go pigging out or do a binge. Treat it as a snack/dessert.*
- StillTasty.com - Your Ultimate Shelf Life Guide. Should help with grocery shopping and avoid spoiled food.*
- Buy reusable Tupperware and a lunch bag. This should encourage you to not eat out often and cook more. Plus you can show off your dishes.*

Using your time wisely.

Eliminate/reduce timewaster like: video games, TV shows, Netflix marathons, compulsive internet browsing, porn, cellphone over-usage, social media, and etc. Pretty much anything with a screen. Time is your MOST valuable resource. Less distractions creates more mindfulness and opportunities.

- *The average free time for an adult can range from 4-5 hours per day.*
- *24hrs - 8hrs (sleep) - 1.5hrs (eating/cooking) - 30mins (bathroom) - 8hrs (work) - 30mins (commute) = 5.5hrs free*

time per day.

- *Recommend Methods:*
- *Unplug/limit your home internet service.*
- *Reduced all of your electronic devices with screens down to one or two.*
- *Hide your laptop and/or cellphone when you are home to reduce unnecessary usage.*
- *Uninstall apps like games, Netflix, Instagram, and etc off*

your cellphone. Try to keep your phone to just a communication device as much as possible. No more endless scrolling or mindless games.

- *Don't be connected 24/7. Disable/silent notifications off your apps.*
- *Online "dating" is only for top 10%, attention/validation whores, and thirsty betas. You have a better chance in public. Also 'catfishing' is very real.*
- *If you have a Facebook, limit your friends to under 100 and set*

it to private. (I got mine to less than 50 after I deleted people I either don't know, never talk to anymore, are toxic, or their posts are just drama.)

- *Recommend Game:*

- *Phone Stack game during meals. Stack everyone's phone face down on top of each other. The first person to reach for their phone before the meal is over pays a penalty like washing dishes or paying the bill.*

- *Recommend App:*

- *Quality Time (Keep tracks of your cellphone usage per app)*
- *Recommend Youtube:*
- *How Is Your Phone Changing You? -AsapSCIENCE*

School/Job. Honestly, we all know school didn't do jack squat for us in the real world. You learn the skills you need in life by searching it out. That's how you came to TRP. So only go to college or trade school once you figure what you really need to do or want to do. Teens these days take a year off

after high school to figure out who they are. Your MBTI personality should give some sort of guide on where your ideal career field is.

- *Recommend Method:*
- *There are two types of jobs. One that pay the bills and established your 'time and experience'. The other is a fun dream/hobby. Take care of yourself first by getting one that pays the bill. When you got free time on your hands, work on your dream/hobby job. Take only one or two classes if you are working fulltime to not overwhelm yourself.*

- *Recommend Book:*
- *"Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type" by Paul D. Tieger & Barbara Barron-Tieger*

Bio Hacks Habits:

- *Note: DNA, living/working environment, workout schedule, and eating habits may effect results.*

Personal hygiene *Caveman Style* habits

- *Recommend Methods:*
- *Going chemical free (your skin absorb everything). A lot of hygiene products are allowed to NOT list their ingredients. I was able to stop using deodorant, cologne, laundry detergent (I use baking soda), shaving cream (dry shaving), and shampoo (My hair and scalp feels and looks so much better. I use tree oil to keep my hair and scalp 'hydrated' and healthy). Girls*

that I been with love my natural smell and possible pheromones.

- *Take cold showers. Another mental exercise over your fear. Observe the excuses your mind makes up, clear your mind, and then jump right in. (Training this method everyday will make a good habit for doing cold approaches). Health benefits and save money too. Using too much hot water can dry and damage your skin and hair.*

- *Shower every other day and within a 5 minute duration (within reason please). Showering everyday could also*

damage your skin and hair.

- *Recommend subreddit:*
- *NoPoo (No Shampoo).*
- *Recommend Youtube:*
- *Benefits of Cold Showers Comfort Zone Killer- The Improvement Pill*
- *Fun Fact: Cold showers was coined as "The James Bond Shower".*

Go outside more often and into nature. It's one of the few healthy things you can do for FREE.

- *Recommend Methods:*
- *Vitamin D from the sun (tanning). Improve energy, mood, and appearance.*
- *Earthing/Barefoot. (I don't believe in the whole 'energy' crap and didn't buy any products. My experience is that I feel more relax and it's cool to feel the texture of the earth.)*

- *Recommend subreddit:*

- *Barefoot*

- *Recommend Youtube:*

- *What If You Stopped Going Outside? -AsapSCIENCE*

Increase your testosterone. Google the benefits. *IT'S OVER 9000!! -Vegeta*

- *Recommend Method:*
- *Take some zinc supplement*
- *Obtain a medical test to see where your level is at.*

Be less hairy overall so girls can see your face and muscles.

- *Recommend Methods:*
- *If you can't grow and/or maintain maintenance a beard, shave (Don't be a neckbeard or have a pedo-stashe).*
- *Manscaping. Learn to pick and trim your eyebrows, ear hair, nose hair, chest hair, back hair, and pubic hair.*
- *Have a hair style that doesn't*

required a lot of maintenance. Buzzed, short, shaved haircuts gives you a clean look. Do a Google image search for your ideal men haircut. Print and bring it to the barber. (Balding is not a choice. However, a shaved haircut is a choice.)

- *Maintenance schedule for manscaping and haircuts: At least once a month.*
- *Recommend Youtube:*
- *Beauty and the Geek Makeover*

Teeth whitening. A smile can be improved with greatly with white teeth. Takes about a month or two using a store brand.

- *Recommend Product:*
- *Any store brand whitening strips or dentist procedure for instant satisfaction.*

GET MORE SLEEP.

- *Recommend Methods:*
- *Less screen time mean more*

sleep.

- *Darken your room as much as possible.*
- *Sleep naked and also on hard surface (floor, flat bed frame). It help with neck and back pain and improve better posture.*
- *Recommend Apps:*
- *Bluelight Filter for your phone*
- *f.lux for all your computers*

- *Recommend Product:*
- *LightDims Stickers 5.99\$*
- *Blackout Curtains*
- *Recommend Youtube:*
- *What If You Stopped Sleeping? -
AsapSCIENCE*

Hydrate motherfucker! -James Doakes.
60% of your body is made of water.

- *Recommend Method:*
- *Drink only water, all other drinks are fill with a ton of sugar. Place a reusable water bottle in plain sight at your work area to help remind you to drink.*
- *Recommend Youtube:*
- *What If You Stopped Drinking Water? -AsapSCIENCE*

Take three deep breaths anytime of the day.

- *Recommend Method:*
- *5 seconds in and 5 seconds out. It help clear your mind and/or calm your emotions. Work wonders.*

Get RID of bluepill music.

- *Recommend Method:*
- *Take some time to go through your music collection. Listening to music have been proven to affect your subconscious. I love music but I get so irritated now with songs that have lyrics like 'waiting for a girl' or 'she is the*

perfect one', or 'how can I live without her.' Makes me want to gagged.

- *Recommend App:*
- *Soundhound/Shazam (Identity any song, anywhere)*
- *Recommend Website:*
- *youtube-mp3.org (For auditory learners when they find good podcast videos.)*

Minimize or eliminate mind/body alternating substances.

- *Tobacco: You already know smoking is bad. Endless campaigns about that. (I also hate kissing girls who smoke.)*
- *Alcohol: I limit myself to 3 drinks when I go out. It gives me a good buzz while letting my mind/body relax without being sloppy. Save me money and from potential beer goggles (ugly chicks). (I also like to play a game of trying to get strangers to buy me my third drink.)*

- *Drugs: Never did drugs before so my only inputs are I don't like things that mess with my mind and prefer no marks on my records.*
- *Caffeinated Drinks: Lower your dependence on coffee, energy drinks, and etc. If you are eating healthy and sleeping well, you shouldn't need it much.*
- *Recommend Youtube:*
- *Addiction - Kurzgesagt In A Nutshell*

Your Exterior Self:

Getting in shape. If there was ever a first step to attracting women, this is it. Start now is the best time to do it. I was a skinny 130lb in high school. Now I'm 160lb and been call "bigger" and "muscular" which is a confident boost.

- *Recommend Methods:*
- *Lifting (Duh). Use free weights and something similar to the 5x5 workout program.*

- *Running. It's FREE to do anywhere, anytime. A mile a day keeps the doctor away.*
- *Designate a time and place to work out. It will give you the mindset of the sole purpose to workout. Try to not use your home as a gym. It has too many distractions. Your home is a place of relaxation.*
- *If you are skinny/hardgainer like me, you have to train to eat a lot. I drink 3-4 protein shakes a day with three large meals.*
- *Find a workout buddy that who*

knows what they are doing. I needed help to stay motivated and committed to the workout program for the first few months. I was dragged kicking and screaming along the way until I learn to shut up and stop wasting energy complaining and making bad excuses.

- Your time resource is 24 hours everyday. Use at least one hour to workout.*
- Document your progress by taking body pics once a month, writing down your weight once a week, and your max weight for each exercise every two weeks.*

The fitness process is very slow so you need to see that you are improving every month.

- *Recommend Products:*
- *Protein shake: Pro JYM (4lb 55\$)*
- *RSP nutrition Creatine Monohydrate (16.99\$)*
- *bodybuilding.com*
- *Bonus: Working out is also a type of dynamic meditation. My mind tends to go blank when I focus on my form and movement. It's*

similar to monks who practice mindfulness when doing chores. (I honestly can't sit still and think of nothing. I'd fall asleep.)

Learn the basics of men fashion and apply it to your wardrobe. It's like a video game. Increase attractiveness +5. Once you have the basic down, get rid of all unnecessary clothes. That way you look stylish all the time.

- *Recommend Book:*
- *"Dress like a Man, A Style Guide for Practical Men" by Antonio*

Centeno

- *Recommend Youtube:*

- *Alpha M.*

Learn speech and body language. The percentage of types of human communication are consist of: 55% are body movements and facial expression, 38% are voice tone, volume, and pauses, and finally 7% are words.

- *Recommend Methods:*

- *Stand tall by using the pencil posture test and fix your forward neck by using the 'hang by your teeth' technique.*
- *Use a computer stand to level your screen higher for a better sitting posture.*
- *Place a pen in your mouth and start reading out loud. You should be able to pronounce every syllables, talk slower, take breaths and pauses, and get rid of 'umms' and 'uhh'.*
- *Record yourself reading out loud. To focus on your tone and*

volume, place your recording device at different distances away from you. This should give you the idea of how loud and clearly you must be speak in order for the person to hear you. You should also listen to pitch of your voice and make sure it stay low.

- Move slower by focusing on feeling every step you take. Pretend you just got a new body and are 'testing' it.*

- Eye contact game: Try to memorize what color of the person's eye.*

- *Smile less often. When you do make direct eye contact, do a slow smile, like it was meant for that person.*

- *Pretend neither you and the other person can't speak. Use your body, hands movements, and facial expression to communicate. Basically charades.*

- *Recommend Books:*

- *"Verbal Judo" by George Thompson PhD*

- *"How to talk to Anyone, 92 Tricks" by Leil Lowndes*
- *"What Every Body is Saying" Joe Navarro*
- *"The Voice Book" by Kate DeVore and Starr Cookman*

Learning seduction. Only when you are at a healthy mindset, have good habits formed, and got your shit together.

- *Recommend Methods:*

- *Make sure your logistics are in order before going anywhere, anytime. You will never know when the next opportunity will arise. Transportation? Check. Bedroom clean? Check. Condoms? Check.*
- *You must LEAD at all times. YOUR responsibility is to make the FIRST move and every move after that. The approach, the flirting, the kiss, the numbers, the future plans, the sex. Judge her interaction and adjust accordingly.*
- *3 second rule: When you see an attractive women, don't think,*

approach. This gives your brain no time to develop any excuses. Don't restrain yourself to just weekends or night venues. Women are everywhere.

- **ACCEPT REJECTIONS GRACEFULLY.** *You CAN'T have sex with every attractive woman you see. There are too many factors to why a woman rejects you. Just say 'thank you for your time' and move on.*
- *For first few outing, keep it fun, interactive, cheap/free, kino friendly, and low pressure. No dinner. No movie. Get ice cream cones, bowling, arcade, laser tag,*

walk around the park, putt putt golf, hiking, swimming at beach/pool, board games, and etc.

- *Topics to avoid: religion, politics, past relationships, work related, family issues, feminism, kids, her age/weight.*

- *Topics to use: music, movies/tv shows, food you love/hate, your/her adventures, places you have been, happy childhood memories, scary stories, jokes, people watching, and the surrounding environment.*

- *Don't be afraid to touch her! Sit next to her, hold her hand, high fives, hugs, fist bumps, make her twirl, hand slapping game, and etc.*
- *Kino map: hands/knees -> upper arms/upper legs -> hair/lower back -> face cheek/ass -> lips (kiss) Hint: When going for the kiss, make sure to isolate her from the public view or from people she knows. A person's public reputation can greatly differs from their private desires.*
- *Keep the sexual tension alive. Use sexual innuendos. Wink, lick your lips, stick your tongue like a*

kid, blow kisses, smirk, grab/slap her ass playfully, rub/slap her thighs playfully, and etc.

- *Push and Pull during the interaction. You're not sprinting to the finish line. Escalate and rest on your terms. Give her room to chase too.*
- *Recommend Books:*
- *"The Manual What Women Want" by W. Anton*
- *"Models: Attraction through Honesty" by Mark Manson*

- *Recommend Youtube:*
- *What Actually Makes a Man Attractive? - BuzzFeedVideo*
- *Recommend subreddit:*
- *Seduction*

Texting, emails, and any online messenger are only for logistics and goals. It is a inefficient tool to use for displaying any form of emotional communication.

- *Recommend Methods:*
- *Text with the PURPOSE of meeting up/making plans. Don't text just for the sake of texting. (Like asking how was her day was or what your goals in life are.) Save that for when you are together in person.*
- *No wall text.*
- *No double texting.*
- *No instant text back if you can help it.*

- *PLEASE write out your texts in complete words, sentences, and correct grammar.*
- *Use 'statements' formats more often than 'questions' format. (Example: Instead of asking her if she is free, tell her a time, location, and activity of what you will be doing together. Take the lead and assume attraction.)*
- *Do not drunk text or send nudes (blackmail materials).*
- *Make a phone call every once in awhile. Show that you got some balls.*

- *Easy 'nexting' tells: If she responds back to reschedule, she is into you. However, if she 'stalls' without rescheduling, she is not into you. 2-3 strikes and she's out.*

- *Recommend acronym:*

- *KISS (Keep It Simple Stupid)*

- *Recommend Youtube:*

- *How to Text a Girl - sWooZie*

Additional Recommend Skills:

Learn to dance as if no one is watching. Great for getting out of your comfort zone. Dance in public to get over your self-impose fear and learn not give a fuck. It's a great mental exercise. I have been called a professional dancer before but I just think I dance like I was high on something. Girls notice though and there is the whole "how you dance is how you are in bed". Create better stamina too.

- *Recommend Method:*

- *Movie "Suckerpunch"-close your eyes and imagine an adventure with the music.*
- *There are two types of dancing style. Individual and partner. Take beginner classes for both. You are with people with two left feet in those classes. Partner dancing helps with being comfortable touching the opposite sex and leading. Individual dancing help with being comfortable with your movements and with yourself overall.*
- *Recommend Youtube:*

- *Howcast*
- *Will Dancing Get You Laid? -
AsapSCIENCE*

Learn to fight. Self defense is a good way to learn how to reinforce your boundaries and not put up with bullshit.

- *Recommend Method:*
- *kickboxing or some sort of martial arts*

Learn to sing. For some reason,

singing tend to bring people together. When you and another person know the lyrics to a song, it's really cool feeling. Great for singing during car rides and karaoke nights. Great indicator of putting yourself out there. Just have fun with it.

- *Recommend Method:*
- *Take a few singing lessons from a tutor to learn breathing and pitch.*
- *Record yourself is also a good method.*

Storytelling. Our stories are who we are, what we experienced. Share the jokes, the 'what the fuck' events, the scary adventures and your brainfart

moments. If you don't have any, go out and do something to at least have one story.

- *Recommend Method:*
- *Make sure to be positive or sarcastic. Even if your story is negative, share it in a good light. Make sure use a small amount of body movements like you are talking to a deaf person. Don't rush it, its your story.*

And Lastly:

Don't take life too seriously.
Somewhere, someone else has it

worse than you. You are at the bottom but the only way now is up. Work hard but enjoy all the little moments and small achievements when you can. Laugh at your mistakes and look at how far you had come. Don't compare your life to others or how perfect it should to be. Your success in life is when you can smile and say 'yeah, that was fun'.

- *The life of every individual, viewed as a whole and in general, and when only its most significant features are emphasized, is really a tragedy; but gone through in detail it has the character of a comedy. - Arthur Schopenhauer*

- *Recommend Youtube:*
- *The Philosophy of Rick and Morty - Wisecrack*
- *How Far Can We Go, The Limits of Humanity - Kurzgesagt In A Nutshell*
- *The Lottery of Life - The School of Life*

FREQUENTLY ASKTRP'D QUESTIONS

There's this one girl...

by mattyanon | May 25, 2016 | [Link](#)

Despite AWALT, girls are all random and all different. Some like you more than others. You'll have a different "relationship" with each of them. So fixing your problem with "this one girl" doesn't mean anything in the long term.

If you're in a LTR, then "trying to make

it work" and "putting effort in" and "all relationships involve work and sacrifice" just means you are a variation of beta bucks. Even if you're not paying dollars, you're offering commitment and support by being a point of stability in her life and giving emotional support. And chances are she's giving you shit (or the sex sucks) and you want to improve your relationship.

Thing is... you can't change other people. Some things will help your LTR work better but ultimately you are not in control. She'll do what she does, and you have influence over that but you can't force her to feel something different to her actual feelings. And she'll act purely according to how she

feels. That's never going to change.

The solution to your LTR woes is to fix yourself *irrespective* of her. Get some abundance mentality (or get it back), get more options with other women, flirt with more women, be more attractive, care less about your LTR and be less reactive to it. She's probably getting less sexual with you, respecting you less, while every year you're putting more and more effort into what's basically a sinking ship. You can't say a few magic RP words and have her sucking your dick like a trooper again. Doesn't work like that. It's *your* life, that's what you need to fix. Make choices that will work no matter what she does. Be more attractive, meet more people, lift

some heavy shit once in a while, flirt with more women.

Conversely... if you're not in an LTR and you're trying to get with "this one girl", and you've not fucked her on two separate occasions, then she is nothing more than an option. Treat her as such. She might have boyfriend, she might hate men, she might hate you. I guarantee she has a whole load of stuff (good and bad) going on that you know nothing about. You can't take her seriously as a sexual option until you've had actual sex with her on two separate occasions. Until then - she's an option and nothing more. Don't treat her as the "one and only". Don't treat it like you're in a relationship that just needs a quick fix

up. You're not *anything* to her yet, so do not commit excessive time, resources or emotional energy to her. And absolutely do not restrict your options with other women. You're more likely to get with her if you *increase* your options with other women. So if your question is basically "there is this one girl..." then your answer is "she doesn't matter, get more options".

If your question is "I find that every girl I chat up throws up when she sees me", then let's discuss your situation. If you have ongoing issues about how to apply TRP, what specific bits of TRP mean, then do ask away. If you have a situation that has come up that you don't understand, then ask away. If

you want to know the best way to proceed with a specific situation then ask away BUT... ask from the point of view of "I'm seeing three girls but a situation has come up that I don't quite know how to handle and I'm curious on the best way forward".

Just don't ask us "how can I make things work with this one girl that I really want to get with". That's one-itis, it's trying to get control over one particular situation rather than having an abundance of options, it's putting too much effort and emphasis on one girl, and it's the perpetuation of the blue pill media story of the guy who makes a gigantic gesture to win the heart of his one super-special-snowflake-unicorn rather than fixing

himself.

This is a slightly modified version of an article I originally posted on reddit's AskTRP forum.

How to OPEN and CLOSE: Beginner's guide

by The_BitterTruth | December 5, 2016
| [Link](#)

Before TRP, I was socially awkward as they came. I felt helpless when it came to social interactions (and fucking women), and had no idea how to improve myself. I kept looking for the secret cheat codes that PUAs seemed to offer. I tried all sorts of tricks and gimmicks, some of the time they worked (other times not so much), and I'm here now to share with you what I've learned after a few rejections,

numbers, and a good numbers of lays.

Before I get into the meat and potatoes of this post the biggest advice I have for opening and closing a girl is this: Just do it. I have a lot of friends who second guess themselves or make excuses to avoid putting their image/ego/reputation on the line. If you're dealing with these kinds of negative feelings I suggest you read my post: It's okay to feel like shit. It's okay to be afraid, it's okay to be nervous. I've opened (and fucked) a lot of girls and still get nervous from time to time when approaching. When dealing with approach anxiety remember that:

- Getting rejected is a good thing: It saves you from wasting time on girls that aren't interested in you.
- Failure is a learning experience, not a black mark on your character.
- You're honestly not that fucking important: If someone rejects you the world will keep spinning.
- Pain/suffering is the price we pay for growth: If you want to improve your confidence/abilities/character It's going to take sacrifice. If you're

not willing to endure pain or embarrassment you will never change, and you will never achieve anything worth while in life, forever remaining a pussy.

- **Approach because you're interested, not to prove something to yourself.** I had this problem for quite a while. I always had the mindset that I needed to prove myself by approaching this girl/these girls. That phase was one of the loneliest and saddest times of my life. If you're doing something similar to what I was, it's most likely out of insecurity, Not genuine interest.

- If you're interested approach:
She's hot (and want to fuck her)
is the only reason you need. You
don't need to justify any other
reason to approach her.
- You don't need to approach
every single girl: This goes with
above said point. If you feel like
you *need* to approach every
single girl you're attracted to. It's
probably because you're trying
to prove something to yourself. If
you are approaching girls
regularly you can let a few get
past you.
- Just do it. Stop making excuses
and talk to her.

- Build lasting change through repetition: If you only go out once a week and introduce yourself to one girl, things are going to be fucking rough for you, for a long fucking time. If you approach one (or three) person(s) a day for a month, then it starts to become normal. You will get more comfortable and better at approaching/gaming women.

- **Approach anyone, because you want to.** Guys, Girls, Old People, cool people, lame people, (not kids). The more people you approach, the more normal it becomes to you (see above

point). The more conversations you have, the more your conversation skills improve. The key here is frequency: You don't want to approach 20 people one night then call it quits. Make an effort to talk to new people around you. It's okay if you're awkward. Do it because you want to improve your social skills, not to prove something to your ego. (edit:)

- Learn to love approaching. When I approach a woman I truly find beautiful and sexually attracted to, I'm nervous. Instead of running away from these feelings I embrace them, "It's okay for me

to feel this way." Honestly there's something about staring in the eyes of a beautiful women that's refreshing, holding her attention for however short or long it may be. There's a rush to be had, and enjoyed when talking to beautiful women. Don't let this rush keep you from your desires, let it motivate you.

- Use smaller units of measurement for success: You cannot control how others receive you. The only thing you have influence over is yourself (Read my post on Influence vs Control if you're interested in this). If you did your part and

approached her, that's a success. If you got her number, that's another success. Try not to measure your interactions in broad senses: We didn't fuck so it was a total failure.

1) Your first impression will make or break you. People make first impressions to circumvent getting to know a person to answer important questions quickly: Who is this person, what do they want, will they hurt me, can I trust them? You've got 7 seconds to make your first impression. Once decided, these molds are hard to break (Think: getting out of the friend zone). People are quick to judge

whether they admit it or not, so how can we influence others to have a positive perception of us? So first there's what they see: Your appearance (clothes, style, height, physique), How you carry yourself (Body language, posture), and how you interact with others (How well received you are, and how comfortable you look being yourself). There are a lot of ways you can improve your first impression, a lot of it is how you act as a person (passive behavior). It's not something you can largely influence by acting (imo). Anyways this part is getting kind of long so I need to move on.

- For above stated reasons don't approach her from behind. If her

first impression is of you scaring her, it's not a very good one.

2) The 80/20 rule: does she want you to open her? Have you ever been approached by someone? Maybe a salesman, or a homeless person asking for money? I'm going to go out on a hunch here and assume if you aren't interested in getting haggled by a homeless person, you aren't going to receive them well. Where as if you have a lot of sympathy for homeless people, you might be interested in what they have to say and offer them some of your hard earned money. While this depends somewhat on the circumstance, it's relatively the same with women. It's quite possible she's not interested in being opened at this

current moment in time: she just broke up with her abusive ex, she just joined the feminist cult, her mom died, you get the picture. The other part is if she was interested in you at all in the first place. If she already checked you out and decided she's not interested, you're going to be working up hill to get anywhere with her. You can change peoples opinions of you with good game and personality, but I find it easier to pursue people that have some interest in me from the get go.

3) There are no secret words to get you laid I've tried long openers, short openers, complex openers, and simple openers. I'll tried all sorts of bullshit, tricks and gimmicks. How you are perceived is based largely off your

first impression, which is based of your appearance and actions. How you are received is largely based on how the person you are approaching is feeling at that very moment. Only a small portion (but still significant enough) of WHAT you say matters. The majority is HOW you say it. Using try hard openers to side step your insecurities does not address the issues you are having with opening women. It does not address your lack of confidence or social competence. Where as being open and honest and putting your neck on the chopping block shows an enormous amount of confidence. Being direct in this manner also shows an, "I don't give a fuck what you think" attitude more than using some gimmick or trick.

Senario 1: I'm being open an honest with you, this is who I am and I am prepared for you to accept me or reject me on the spot.

Senario 2: I'm scared and not confident in my abilities, I've spent x amount of time thinking up this joke/opener/whatever in hope that you will accept me.

4) Give her hamster enough to stop worrying and start spinning. I mentioned earlier the biggest questions people have when being approached are: Who are you (are you worth fucking?), what do you want (Do you want to fuck me?), will you hurt me (or embarrass me in front of my friends?), can I trust you (to fuck me

good)? You can answer these questions without squashing your sense of mystery. In fact you can answer these questions DIRECTLY and still spin her hamster wheel.

My opener is this: Hi my name is _____, nice to meet you.

(Handshake) or something similar. I usually don't get too fancy at it works OK for me. I will usually use this opener when the other person has already noticed me at a bar or party, vs approaching unnoticed at a grocery store or something similar.

Edit: For opening girls on the street, Just walk up next to them, and say anything really. I have a buddy who's an expert at this and he told me, "I

don't think about what I'm going to say, I just do it." The key here is to be casual and cool as a cucumber.

This might sound stupid simple, that's because it is. Like I said earlier, when I approach a women (if she's noticed me before hand) what I say to her has very little of what I say with how she responds to me. She's already judged me up and down the wall with a myriad of different factors: How well received am I by other people (social status/aptitude), How do I carry/dress/style myself, and how comfortable am I being myself (more on this later).

5) She has no choice but to be opened. Despite what feminists and

all the BPers say, women are not "the same" as men. Especially when it comes to social interactions. The fact of the matter is, it takes an enormous amount of confidence and balls to approach someone, put yourself out there, and face rejection, over and over again. The majority of women lack do not have the confidence to even CONSIDER approaching another person. I've heard over and over again, "I wish he would talk [approach and open] me. Women don't even consider it an option to go up to someone and talk to the person they like/have interest in. That's why they resort to oogle eyes from across the room. To them, they literally have no choice but to be opened by you.

6) If you think she's giving you signals, she probably is, but don't wait for them: Don't wait at all to introduce yourself. The best thing you can do for yourself is introduce yourself right away. If you wait and start to think about it, most likely you'll start to doubt yourself or worry how you'll be received by her. The best way to overcome this is to be honest with yourself, "I want to talk with this girl" and do it.

7) Use social dynamics to your advantage. When at a bar or party atmosphere, I almost always introduce myself to a guy first. Guys are way easier to talk to as there's no expectations and usually they're happy to talk with you too. I do this for

a couple of reasons:

- Talking with a guy right off the bat helps me get used to the atmosphere of the club/party/whatever. If I'm a little nervous It gives me some time to catch my breath and calm down, Like getting used to cold water after you plunge in.
- Other people will see you socializing, and will think more highly of your social skills (and you). The concept here is preselection bias: If 3 people are already talking with you, one person who isn't talking with you sees you in a group who's

enjoying your company, said person will generally assume that you are a pleasant person with enjoyable company.

- You make friends during the party who will say "hi" to you later - this is huge. Let's say I've made a couple of friends at the party, and now I'm talking to some new people. If those friends decide to greet me while I'm in a conversation they raise my social status by saying, "I enjoyed your company earlier, even though we just met tonight. You're more interesting than other people here so I want to be with you and not them." - of

course no one explicitly states this, but it's the underlying mechanic. This certain aspect won't help you make a first impression, but it can help build attraction and raise your status to those you're talking with.

8) **Body language.** When I first heard that the majority of communication was non-verbal - I was surprised and thought that who ever came up with this was full of shit. So I decided to make an experiment. I tried to talk as little as possible during a few conversations just see how it went. I tried a few different things (some of them awkward some of them fun) hand gestures, faces, mimicking her,

and intense eye contact. Even though these conversations were quite, they felt loud and powerful. I tried this a lot of times and it would be hard to explain everything, but now I'm in full belief that your body speaks more than your mouth. here are a couple points I would like to add:

- Using less words during a conversation can make it very intense
- Sitting in silence while looking into someones eyes can build a lot of sexual tension
- Not blabbering the entire time

can be perceived as confidence -
it's not your job to entertain
them or hold up the conversation

- Intentions, desires, and ideas can be communicated without saying a word.

My theory on why this exists is as follows: At some point in time we weren't able to communicate with an advanced language that we have today, along with needing a way to communicate with someone who doesn't speak our particular language. Hence non verbal communication.

There are quite a few things you can do to improve your body language in a

good way:

- Strong Eye contact: Make them look away first. Don't look at the ground.
- Good/correct posture - makes you look more confident, healthier, and confident.
- Less/no fidgeting: People who fidget look like they lack control over themselves, or do so because they're nervous. Standing still shows control and confidence.

- Take up more space:
Stand/sit/whatever in a way that takes up as much space as practical. Makes you appear larger and more dominate.

9) **Conversation/communication** If anything else, I would say that this part needs a post all on it's own. I enjoy talking with people, I can only offer what works for me. I try not to talk with people I don't have any interest in. This will eventually show in the conversation and the other person will notice. Besides, why are you talking with someone you aren't interested in? Yes, "She's cute and I want to fuck her" is all the reason you need to talk to her. Just do it.

- Be genuine: If you're being fake it's going to show through. Lies are easier to spot than you think. Women (in general) are more skilled at men at verbal communication. Your best course of action is to be honest. From time to time I will bend, or exaggerate stories for an effect, but I won't lie about my interests or how/what I think about things.
- Be honest with your intentions/actions: If you want to fuck her then don't try to hide it for fear of rejection. The sooner you get a definite "no" the quicker you can move on to someone who will tell you "yes".

- Connect by expressing yourself and opening up: Men like to communicate with facts, but women are all about *feelz*. Play eye to eye by expressing why you think you do about certain things - in good judgement, don't just open up with that time your uncle touched you. If you like music, explain why: I enjoy writing songs because it helps me express how I'm feeling. I enjoy riding motorcycles because I love how free it feels: It makes me feel free and alive being close to death. Explaining why you think the way you do adds a lot of depth into a conversation. This will also polarize people you're

talking with, either they'll agree with you or they won't.

- **Conversation Topics:** I think that any positive (doesn't make either one of you feel bad when talking about it) topic is good. If you like cats, but she hates them because of that one time; this would be a bad topic. If talking about rough anal sex makes you both smile, why not? As for more specific topics, I prod for hobbies, interests, and dreams. I try to find things we have in common, but it's not, "Oh you like that? I like that too!" sort of thing. Try to stay away from only asking questions, You don't want things

to feel like an interview.
Statements and **playful**
accusations are your friend. You
can never go wrong with a good
sense of humor.

(Edit:) * **If you run out of shit to say or freeze up:** If both of you are staring awkwardly into each other's eyes with nothing to say, try to enjoy the moment. It's not your job to entertain her. You can either say, "It was nice to meet you." And eject or you can ask her for her number, "I'm out of things to say but it was nice meeting you, would you like to talk again sometime?" (Yes/no) "How can I get a hold of you?"

10) Touch her early, Touch her

often (kino). During the conversation it's important to touch her almost right away from the get go (handshake). This sets a precedence that she's okay being touched by you. If you're uncomfortable with this I recommend just putting your hand on someones shoulder briefly when emphasizing a point. The key here is to make it feel natural - like you've done it a million times before. If you watch your hand as you put it on someones shoulder/elbow/whatever it's going to make it seem really fucking weird. Just look them in the eye and pat their shoulder/whatever (to start). Once you get the hang of this you realize it's not that big of a deal to put your hand on a girls leg, or her ass (without making yourself look awkward). Again this is

something that I could write a whole post on, but I think a little goes a long way. I find that girls that are receptive to getting touched (or kino in general) are more receptive to getting fucked. A little goes a long way. The key is to make it seem natural.

11) Close with a number, kiss, or new location. When you decide to close is up to you. I'm going to be focusing mostly on number closes. I try to close right when the tensions at it's highest, or right when I feel things are starting to calm down. This is not that something that can be measured in time for example: try to kiss her/get her number/take her to a new place after 20 minutes. Usually I stay in a conversation for as long as I am

enjoying myself, and when I'm starting to lose interest I will ask for her number: "Hey give me your number" "Add me on (widely used instant messaging app)" or what I normally go for, "Do you want to talk again sometime" (yes) "How can I get ahold of you?" Any answer less than "here's my number" and I'm out. I don't have time to try to persuade someone to give me their number. People that aren't interested in giving me their number will give me some round about answer, "We can just meet here again!". People who want to talk with me again will just give me their number or equivalent (people don't use cellphones [texting] much here in Japan, It's all about IM apps).

- If I number close I'll usually message them the next day saying, "Hey it was nice meeting you", but honestly I don't think this is critical. If someone's interested in you, they're interested (whether you message them the next day or a few days later). I usually do this out of personal preference, so I can delete uninterested customers from my phone asap.

- If she's giving you The Eyes™, you can try going for a kiss. Just because she turns you down once, doesn't mean you shouldn't try again. She might be telling you, "I'm not ready to be

kissed right now, or in this place". I don't *normally* go for kiss closes for girls I've just met in any other places but clubs, kissing in public here in Japan is pretty taboo (but girls don't seem to care in dark clubs). "If you think you can kiss her, you probably could have 10 minutes ago".

- If you've managed to kiss close her, you'd be ahead to take her to a different venue (your apartment). Girls don't kiss guys their not sexually attracted to. Again this sort of thing needs a post all on it's own, and this post is already extremely long.

Well Brothers this is the most practical advice I can offer. I hope this helps some, and if you have any suggestions (or noticed something I forgot) I'd love to hear them and will edit the post to include them if I find it's valuable. Otherwise if there are any other questions I'd be happy to try to answer them (via editing the post), or through messages. Good luck and have fun.

Plates

How do I define plates?

by bsutansalt | September 23, 2015 |

[Link](#)

It's time I put a stop to the nonsense I've been seeing popping up here and in [/r/askreddit](#) now and then as too many of you chuckleheads are deluding yourselves.

Women can only be counted as a "plate" if you've **actually having sex with them on a recurring basis**. If you're still trying to get laid, then you're not spinning them. If anything they may be spinning you and as one of their orbiters!

Please think critically and honestly about your relationships and stop trying to blow smoke up our asses. For those of us who've been around, we can see the bullshit from a mile away.

Related:

[Plate Theory Part 1](#)

[Plate Theory Part 2](#)

[Plate Theory Part 3](#)

[Plate Theory Part 4](#)

[Plate Theory Part 5](#)

[Plate Theory Part 6](#)

Plate Theory Part 1

by Rollo Tomassi | August 19, 2011 | [Link](#)



Spin More Plates

Spin more plates.

A lot of people get confused when I use this analogy and I thought it

prudent to write a post on just what I mean in this regard.

A Man needs to have a lot of simultaneous prospects spinning together. Think of each plate as a separate woman you are pursuing. Some fall off and break, others you may wish to stop spinning altogether and some may not spin as fast as you'd like, but the essence of plate theory is that **a man is as confident and valuable as his options**. This is the essence of the abundance mindset - confidence is derived from options.

This principle is the key to solving so many of the problems that dog the heels of beta AFCs and recovering AFCs. In fact I would say that this

ideology should be the cornerstone to success for a man in many facets of life, not simply attracting and keeping women. **A man with options has power, and from these options and this sense of power, a natural sense of confidence will manifest itself.** A man without options becomes *necessitous* and this leads to a lack of confidence and a scarcity mentality. Necessitous men are never free.

The Cardinal Rule of Relationships

In any relationship, the person with the most power is the one who needs the other the least.

When a man spins more plates, when he has irons in the fire, when he is

pursuing multiple women simultaneously, when he has options equally worth exploring, a man will have a natural, subconscious (but not exclusively) understanding that if one prospect does not expand, others very well may. This understanding has manifestations in a man's behavior that women key on covertly. There are mannerisms and attitudes that a man with options will subconsciously convey to prospective women that they interpret, and give this man a value as a commodity to be competed for with other females.

On various sites in the PUA community, men are taught to emulate this behavior since it is a key element in attraction and interest.

Cocky-Funny is one such technique that trains a confidence behavior that (more often than not) essentially masks a deficit of options. In other words, C&F is a natural behavior for men with options that must be compensated for by those who don't have an aptitude for it. This is why the 'natural' Alpha male seems to exude C&F effortlessly while those without the benefit of more plates spinning (or the confidence in the ability of spinning more) struggle with simple things like eye contact or initiating approaches. This is also a fundamental principle in the "I don't give a fuck" mentality that pervades community technique - it's much easier to actually not "give a fuck" if you have other prospects going

simultaneously.

Shotgun Logic

One very important benefit that Plate Theory provides for a man is that it greatly curbs the propensity for ONEitis both in and out of an LTR.

Outside of an LTR, most guys subscribe to what I call the *Sniper* mentality. This is the AFC that applies all of his time, effort and resources to patiently waiting out his target, waiting for that perfect opportunity to summon enough courage in the most precise of conditions to take his one shot at the girl, who by then is the focus of his ONEitis. This process can take anywhere from a few weeks to a few

years in extreme cases, but all the while he voluntarily sacrifices his most valuable of resource – potential opportunity. The man who subscribes to Plate Theory can more easily avoid this situation as he goes hunting for women with a *Shotgun*; scattering as much influence across the broadest area possible. While the AFC fishes with a single line and a single hook, the Plate Theorist fishes with a trolling net, selecting the fish worth keeping and tossing back those who aren't.

Inside an LTR, Plate Theory becomes more specified. The AFC placates and identifies with his partner because the balance has shifted to her advantage since he reinforces her understanding that she is his only source of intimacy.

I can't think of a better recipe for ONEitis since he become progressively more dependent on her as his only source of intimacy. The man that maintains, at the very least, the covert perception of options, either professionally or on an intersexual level (i.e. social proof that other women will compete for him) maintains this power balance. Most successful men have an innate understanding of this and this explains their popular reservations for committing to marriage, In an LTR, Plate Theory becomes a subtle dance of perception and recognizing how your partner interprets understanding a particular man's options, but regardless, it reduces a guy's tendency to regress into ONEitis in an

LTR from his own self-perception and the confidence it inspires.

Natural Selection

As I illustrated in the fishing net analogy, spinning more plates allows you more opportunity to select from the largest pool of prospective choices and date them or drop them as you see fit. This has two benefits. First, it serves as valuable, though non-committed, experience for learning what a man requires for his own personal satisfaction. Experience teaches harsh, but it teaches best and the breadth of experience serves a man well. Who's insight is more beneficial, the man who's sailed the world over or the man who's never

ventured beyond a lake?

Secondly, **opportunity and options make a man the PRIZE**. Rock stars, professional athletes and movie stars aren't irresistible to women because of their celebrity, but because they blatantly, and with the highest form of social proof, prove they have options that other women will jealously compete for as well as the confidence that this unconscious knowledge naturally manifests itself in them.

What Plate Theory is not

My critics will often take a binary stance in their arguments with this idea citing that "they could never be with more than one woman at a time out of respect for her" or "so I should

just lie to her and see other girls on the side?" To which I'd argue that these are feminized social conventions that attempt to thwart a man's options in order to establish women as the prime selectors in intersexual relations. If it can be conditioned into a boy/man to 'feel bad' about seeing more than one woman at a time, it only better serves the female-as-chooser dynamic. To be sure, women are naturally the filters for their own intimacies, but it is essentially men who do the sexual selection. These convention's latent purpose are designed to put selection of intimacy on a conditional basis that favors women, and as long as men will internalize this women will have a pre-constructed social high-ground.

The way to circumvent this dynamic is brutal honesty and a commitment to truthful, non-exclusivity with the plates you're spinning. If you keep your options above board and are honest with any one girl and yourself about your choice to be non-exclusive, you not only remove the teeth from this convention, but you also reinforce yourself as a man with options (or at least perceived options). Further, critics will offer "well gee, if I did that with any woman she'd push off and dump me" to which I'll refute - not if you establish this honestly from the outset. Most guys who've swallowed the 'female power' convention are too afraid or too preconditioned to even consider this as an option for seeing women. Letting a woman know, or

covertly perceive, that you wont be exclusive to her pushes your commodity level up and implies options and potential success she'll compete with other women to be associated with.

Plate Theory is also, most definitely not, a license to be indiscriminate with women. Just because you can spin a plate doesn't necessarily mean you should spin that plate. Some aren't worth spinning and a man with options should have no reservation about letting one go for a better one or two. In fact a man ought to be more discriminating in this regard since it affords him the best available from the largest selection.

Plate Theory Part 2

by Rollo Tomassi | November 2, 2011 | [Link](#)



Women would rather share a high value Man than be saddled by a faithful loser.

“I just started applying Plate Theory, and I have to say with

all honesty that this is probably the best thing I've ever done in my entire life. The feeling of having options is addictive; the whole idea that you don't come from a necessitous emotional state is genius, and in fact the more options you have, the more attractive you become to women (through the unconscious changes in your behavior), the more women become attracted to you, and the more options you have. Once you get it started, it's hard to stop it.

Recently I've been Spinning Plates with some success, but

there comes a point when I risk one girl finding out about another. How do I handle this without the risk of losing one of my plates? Should I even bother with the effort of spinning plates that aren't as high a value as others?"

Real options are the cornerstone of confidence, so try not to think of it in terms of risk - as in you're risking the loss of "a great girl". Most guys get to a point where Game and plate spinning give them their first taste of real options to select from or fall back on when another doesn't pan out. The problem arises when they spin enough plates successfully to the point where they think they've maxed out to their

“best” option and the old scarcity mentality returns. Most times a guy who newly practices Game and plate spinning never really spins plates per se; he uses it for the first monogamous opportunity that’s been eluding him for so long and calls it quits. He never actualizes and internalizes an abundance mentality.

Spinning Plates doesn’t necessarily mean you’re fucking all of your plates. It’s more of a spreading out of your efforts across a wider pool of subjects. Some will reciprocate, and those you entertain. Others will not, or prove to be less desirable, and those you let fall. This isn’t as difficult as it sounds once you’ve established your own resolve to be non-exclusive. At some

point women will attempt to corner you into exclusivity and this is where your resolve will be tested. Women love to say how they have Rules, well you must have Rules as well. This means not shacking up with a woman, not slipping into any routine with her, not calling her more than necessary to set up another sporadic date, saving your weekends for women who've had a proven IL in you (i.e. sex or intimacy) and relegating those who haven't to Tuesdays & Wednesdays, etc. This may seem like a lot of micromanagement, but once you put it into practice in as pragmatic a way possible to accommodate your life you'll find that the decisions you make regarding the plates you are choosing to spin will become automatic.

If you feel that you have something to lose with a particular girl, you're no longer spinning plates - you're thinking and approaching dating in terms of exclusivity. POOK's great quote: "women would rather share a high value Man than be saddled by a faithful loser" A lot of guys (and almost every woman) have a big problem with the truth of this because they take it too literally. POOK was never suggesting that you **overtly** declare that you'll be open to other options and that your girls should consciously be expected to accept this. Every woman takes this quote in this way, and with good reason because they don't want to seem like an easy mark. When it's on the table like that it unsurprisingly becomes an affront to

their pride and self-worth. However, in practice, non-exclusivity has to be **covert**. It needs to be implied, not declared. Thus you see the truth in POOK's observation - women's behavior will bear him out.

Imagination and competition anxiety paired with implied non-exclusivity are the tools for successful plate spinning.

Become the commodity she's looking for.

A high value Man can spin plates, and sometimes those plates suspect there are, or know there are other plates in his rotation. They'll tolerate it so long as he remains high enough value (or effectively presents that perception) or hypergamy will move them along to

another high value Man. As I state in Plate Theory, some plates fall off to be replaced by new plates. You must be willing and confident enough to let some of them fall. This is a tough reality for recovering chumps new to Game to accept. Deprivation has conditioned them to hang onto a “sure thing” and this becomes all the more difficult when the plate they happen to drop was the first woman they’d ever successfully applied Game to, or was hotter than any girl they’d previously been with.

As I stated earlier, you don’t have to be sexual with every one of the plates you’re spinning (this used to be called “dating” in the days before serial monogamy became the fashion). It’s

the potential in knowing that you could be, or that there are women who will value your attention that prompts a competitive anxiety in women – often when you don't even know you're doing it. If you are sexual with some of the plates you're spinning, so much the better since you know that they're proven commodities and if one isn't performing as you'd like, you have the unconscious knowledge that others will, or you have the proven ability to generate more options for yourself.

Monogamy is a byproduct, not a goal.

One of the biggest hurdles guys have with Plate Theory is breaking themselves of this 'LTR-as-Goal'

mentality. Obviously I'm not anti-monogamy, however monogamy should never be a goal, it should be a by-product of Plate Theory, but only when you've properly filtered through enough plates to understand how options play into confidence and controlling the frame. If a woman is unwilling to be non-exclusive with you (i.e. "she'll leave me if I see other girls" fear) she isn't a plate to spin. This seems counterintuitive to a guy with an LTR-As-Goal mentality and it is, but the guy who can fearlessly, and honestly stay above-board with his intent is the one who'll be spinning more plates. Most guys (AFCs in particular) are deathly afraid of losing that ONE perfect girl and so never even attempt to spin more than one

plate, much less have any others to compare her 'perfection' to in the first place. I've even seen PUAs do exactly this. They're so impressed with the success of newly perfected techniques that they settle for the ONE 'dream girl' and find that their attentions become valueless to her because she perceives she is his only option for intimacy, his script gets flipped on him, and he gets marginalized. It's not a failure in technique, but rather a failure in his mindset.

So what do you do to establish your plates and be truly, and successfully, non-exclusive with women? Initially I'd suggest doing exactly what most women have perfected for the better part of their lifetimes, stay

intentionally ambiguous. Women practice Plate Theory by default – they play the Coquette (hard to get), they know how to be ambiguous enough to keep their options open, but not so much as to let a guy's interest fail. They naturally know that we only chase what runs away from us. They never commit fully, but still keep the carrot in front of the donkey.

Women communicate COVERTLY, with gesture, with looks, with veiled meanings – you have to communicate your intent to be non-exclusive COVERTLY. Never OVERTLY tell a woman you've got other plates than her spinning. Allow her to discover this by your mannerisms, your behaviors, and definitely by your availability to

her. Create value through scarcity, don't be so available to her, but just enough to keep her interest and allow her mind to consider that maybe you have other options. Even when you don't, fomenting this anxiety is a VERY useful tool for you while you do get more plates to spin. Even the ambient confidence that comes from knowing you have a past, proven, ability to generate more sexual options for yourself will manifest itself in your personality and trigger this competition anxiety.

At some point a woman will resort to OVERT communications when she's run out of options in her COVERT communications tool set. This is the point the anxiety becomes unbearable

and the need for security forces her to be OVERT. This is usually the stage at which she's ask something like "where is this going?" or "am I your girlfriend?" or she may even give you an ultimatum. See this for what it is, she feels powerless and this is a press to commit. This is the point at which you will end up as a "cheater" or you'll continue to spin plates. You actually have a lot of options in this situation, in fact more than you will ever have with any individual woman. You can of course take the coward's path and just agree to exclusivity with her, but in doing so you lose all options (for as far as you're willing to commit) as she intently becomes your only means of intimacy. She becomes the broker for your sexuality and you lose power,

whereas before YOU were in control of your sexual availability.

You could continue to spin her as well, but bear in mind she's resorted to OVERTLY confronting you about it and it won't be the last you hear of it.

Depending on how long you've had her around, you may simply just let her drop. You might also keep her going, but let her cool a bit and come back to her in a few week's time.

Again, this seems counterintuitive, but your attention will either wildly increase in her value of it or she'll simply bug out in which case it wasn't worth pursuing and you aren't wasting your time and effort on a woman with less than 100% IL.

Confidence is derived from options.

Don't think of plate theory as a filter so much as it is a means to reinforce confidence. If you were to step into the ring with a professional UFC fighter right now it'd probably be suicide for you. But train for a few years, spar with other fighters and win a few bouts and you'll probably be confident enough in your past performances that you know you can hold your own in the ring. That's the idea, confidence derived from the options of non-exclusive women in hand and from having successfully generated those options in the past.

It's not a numbers game, it's a non-

exclusivity game. The goal isn't racking up as many women as humanly possible in order to sift through the throng and find that one little golden flower. In fact that's the key to disaster. There is no Quality Woman, that's an idealization. Some are better than others of course, but you don't find the perfect woman, you make the perfect woman. There is no needle in the haystack - that is Scarcity / ONEitis thinking - the point is to mold yourself and any woman who you do exclusively end up with into your own frame. This is a process that should come before you commit to exclusivity, not after. The world is filled with guys forever trying to catch up, control the frame and be the Man they should've been long before they

entered an LTR. They spend the better part of their LTRs/Marriages trying to prove that they deserve their GF's / Wife's respect when they'd have done better in letting her come to that conclusion well before the commitment through a healthy dose of competition anxiety.

Plate Theory Part 3

by Rollo Tomassi | November 3, 2011 | [Link](#)



You cannot help anyone until you've first helped yourself.

The following was posted with permission from a consult I did.

| Hi Rollo, my name

is Akash and I am big fan of your posts. They are always lucid, logical, and insightful.

I discovered the community about 5 months ago after yet another failed relationship characterized by highly AFC behavior on my part. I ended it with a tremendous amount of guilt as I felt that because she was a “good person” I ought to have made it work even though I wasn’t in love with her. I am 27 years old.

Based on your posts I would really appreciate your advice on two issues:
(1) how to make the best use

of my impending return to school in May for a second undergraduate degree and; (2) how to overcome the cognitive dissonance I feel about pursuing women outside the confines of a committed relationship as I still suffer from social conditioning that tells me I will hurt women by pursuing primarily sexual relationships with them and so it is immoral to do so.

If you would like to post a reply on the forum, rather than by a PM, for the benefit of others that is fine with me. I wanted to direct these

queries to you though as I believe I could benefit from your worldly wise opinion.

Sincerely look forward to hearing from you.

Best,
Akash

Akash,

I'll give you a run down of what I can gather from your initial post, but understand that what you've given me here is pretty limited as far as information is concerned. I can only assume certain things from the very brief description of your life so take what I write with that in mind. In the

future give me a better account of what your AFC behaviors were, how your relationships have ended, family background, where you live, why you're pursuing a second degree, etc. I can be more accurate and avoid assumptions this way.

To begin with, you've only been involved in the "community" for the past 5 months so the first thing I'm going to tell you is that it takes time to mold your personality and unlearn mental schemas you've become conditioned to consider integral parts of your current personality. One of the biggest obstacles most men have with accepting the fundamentals of a positive masculine mindset is the attitude that personality is static and uncontrollable

by them. A lot of this “that’s just how I am” mentality comes from this basic conditioning and needs to be addressed from the outset since this almost universally is an ego-investment on the part of a guy who’s probably emotionally distressed, confused and/or frustrated.

Understand now that personality is ultimately what YOU determine it to be. This isn’t to say that external factors don’t influence personality; indeed these variables and outside influences are exactly the reason men such as yourself do seek out the community. However, it is you who determine what is comfortable for you and what will constitute the traits that makes your personality your own. You

are most definitely not a blank slate, but you have the capacity to erase parts you don't like or are unusable and rewrite new parts that you like and prove efficient.

(1) how to make the best use of my impending return to school in May for a second undergraduate degree

This all depends on what your own personal goals are. The best use you can make of this time is to devote yourself completely to achieving the purpose for which you decided to pursue a second degree in the first place. I can only assume you are working for this degree with a set outcome in mind, but is this what you

truly want? I ask this because I know far too many men who've altered the course of their lives to better accommodate the women in their lives or to facilitate their insecurities and fear of rejection. It's not an unfamiliar story to me to hear of how a guy opted for a certain university or a career path because he'd convinced himself that it would sustain a relationship that he was fearful of losing or he felt was his "responsibility as a man" to be supportive of *her* ambitions at the sacrifice of his own. The conclusion of this scenario, more often than not, ends with a bitter man, mad at himself with the long term results of his choices after the woman he'd strived so long to accommodate leaves him for another man who held fast to his

own identity and ambition - which is exactly what makes him attractive.

I'm not sure how or if this fits into your conditions, but let it serve as an illustration for reclaiming and remolding your own personality. Only you have the hindsight to assess why you made certain decisions in your life. I'm only asking you to be as brutally critical of your true motivations for making them. Maybe it's time you review why you decided to pursue a second degree?

(2) how to overcome the cognitive dissonance I feel about pursuing women outside the confines of a committed relationship as I still suffer from social conditioning

that tells me I will hurt women by pursuing primarily sexual relationships with them and so it is immoral to do so.

Akash, any reasonably attractive woman knows you'd like to have sex with her. It's a primal, chemical instinct and to be bluntly honest, there's nothing wrong with it. In certain Muslim sects men are allowed to take "temporary" wives for a set period of time in addition to their "permanent" wives so long as they support them financially. Some Mormons practice open polygamy in a similar fashion. Some men marry and divorce multiple times (and support them congruously). All of these practices are considered, to a greater

or lesser degree, moral. The dissonance occurs when the rationalizations for a behavior conflict with the motivations for it and the associative psycho-social stigmas that get attached to it. Sorry for the \$10 words here, but your feelings of guilt or hesitancy in a desire to explore multiple relationships is a calculated result of a very effective social conditioning with a latent purpose meant to curb a natural impulse.

Recognizing this is the first step to progressing beyond it and actually using it (responsibly) to your own advantage. As men, our biological impetus is to have unlimited access to unlimited sexuality with females bearing the best physical attributes.

This is a rudimentary fact and on some level of consciousness both men and women understand this. No amount of proselytizing or social conditioning will erase what God and evolution hard-coded into our collective bio-psychological desires and behaviors. Admittedly, social conventions have historically made a good run at limiting this drive, but it can never (nor should it ever) purge this, because in essence it is a survival-ensuring attribute for us.

I wont argue against the utility in the latent purpose of absolute monogamy. No other method proves more valuable in parental investment and developing a strong masculine and feminine psyche in a person than that

of a committed, opposite sex, two-parent family. I feel it's necessary to add here that I am thoroughly unconvinced that gender identity is exclusively a set of learned behaviors as many in the mainstream would try to convince us of. There is simply too much biological evidence and the resulting psychological/behavioral response to gender differences to accept this, making it vitally important that a child (and later a healthy adult) be taught a healthy appreciation for both the masculine and feminine influences in their psyches.

The genders were meant to be complimentary, not adversarial. I certainly would never condone infidelity based on just this principle

alone since it seems the most beneficial for healthy adults. It's when this healthy monogamy becomes clouded by infantile, emotionality and insecure romanticisms with the resulting expectations that are derived by them that it becomes necessary for a man to cultivate an attitude of being the PRIZE. Adopting this mindset broadens his selection of opportunities for monogamy to his greatest advantage prior to committing to monogamy. In other words, if you are essentially sacrificing your capacity to pursue your biological imperative (unlimited access to unlimited sexuality), pragmatically, you'll want to choose a partner of the highest quality from the broadest pool of potential you are capable of attracting.

The downside of this proposition is twofold. First, your ability to attract a sizable pool of quality 'applicants' is limited by factors you immediately have available. At 37, if all goes well, you'll be more financially stable and mature than you are at 27. The 37 year old Akash will, in theory, be more attractive to a long term prospect than the 27 year old Akash. Secondly, women's sexual value decreases as they age, meaning there is no guarantee that your beautiful, vivacious, 27 year old bride will remain so at 37. In fact the odds are she wont.

All of this makes betting your biological imperative on monogamy critically important and thus deserving of the widest possible selection.

Men literally live and die according to their options, so it stands to reason they ought to entertain a prolonged period in their lives where they are open to exploring the most options they have access to while concurrently developing and improving themselves prior to making a commitment of this magnitude.

And this is precisely where most men fail. They buy into and internalize psychological social contrivances (i.e. ONEitis) that are little more than effective means of inculcating a self-expectation of accountability and liability to make this commitment, irrespective of maturity level or personal success (not simply financial

success). The saddest ones, the AFC ones are the pitiable men who carry these contrivances into marriage and even old age without ever understanding that they had more potential which they squandered due to an inability to see past these contrivances and learn to be selective based on experience.

A truly powerful Man jealously guards his most precious resources; his independence and his ability to maneuver. In other words his options and his ability to exercise them. True power isn't controlling others, but the degree to which you control the course of your own life and your own choices. Commitment to anything ALWAYS limits this. When you step through one

door, a hundred more close behind you. You're free to do what you want, right? You can always quit a job, divorce a wife, change your school, etc., but how many men do you know who are what they are today as a result of their own real doing, unfettered by how their choices impact their GF, wife, kids, parents, etc.? By comparison, how many guys do you know who dutifully stick with a dead-end job that's slowly killing them because it's better than dealing with the consequences and backlash it would have on his family? Are they free to quit? Sure, but not without an impact on their families and relationships.

So where does this leave you? You

have 2 paths as I see it. You can sarge and explore your options with multiple LTRs and, should you decide to become sexually involved, do so while maintaining non-exclusivity with them. Put off and unlearn the expectations you've been conditioned to accept through (feminine beneficent) social contrivances and truly explore your opportunities while bettering your own conditions in anticipation for becoming monogamous at some later point. Or, you can remain in your sense of moral doctrine (no shame in this) and still non-exclusively date and explore your options while you continue to better yourself with the caveat that you know you'll be limiting your depth of experience. I won't denigrate a decision to opt for this, but far too few

religious men have the perseverance to stay objective in their decision to 'hold out' and overlook major character flaws in women they'd like to be their spouse in a furious rush to marry them and get to "the sex part." Better to fall short in conviction than make hurried decisions that will alter your life.

And perhaps this isn't even what you're driving at? I don't know if it's a religious conviction or an internalized social contrivance that passes for one that's the cause of your hesitancy, but isn't it interesting that both are so closely associated? I know devout atheists who still believe in the fallacy of the ONE or the soulmate myth. Most women (and far too many men) look at

me as if I'd denied the existence of God when I elaborate on why I think their eHarmony, induced fantasy of a soulmate is hogwash and psychologically damaging on a social scale.

Regardless, whatever your reasons, women should only ever be a compliment to a man's life, never the focus of it. When you start living for a woman you become that woman. Never again compromise your own identity to receive the ever-changing approval she grants you. You have to be the PRIZE at all times, not just while you're single. In fact, it's imperative that you remain so into an LTR. My suggestion to you is not to even entertain the idea of monogamy

until you are established in your career for 2 years, after your college is complete. Play the field, do whatever, but do not commit even to a girlfriend. Rather make a commitment to yourself, promise yourself you wont allow yourself to let emotionality and conditioned expectations of monogamy dictate what your goals will be or how you'll achieve them.

It's called enlightened self-interest; you cannot help anyone until you've first helped yourself.

Plate Theory Part 4

by Rollo Tomassi | December 30, 2011
| [Link](#)



Whenever a guy uninitiated to the concept of spinning plates reads the theory for the first time his first

response is usually rejection of it because it conflicts with their monogamy-as-goal mindset. Understand, this is always going to be a tough stretch for any AFC of course, but also the 'natural' guy who doesn't have much trouble attracting women. Monogamy-as-a-goal is a feminine imperative social contrivance, but it also has roots in our natural desire for security, so it makes anything even remotely like plate spinning counterintuitive. The feminine imperative pounds into men's collective consciousnesses over the course of a lifetime that monogamy will cure loneliness, make them responsible, provide them with a constant supply of sex, and a host of other things that assures them it's

“the right thing to do” and in their own best interest. This then leads the more option-less individuals to develop and practice AFC methods and rationales in accordance with what they believe (and have been told by) women is required of them in order to achieve their monogamous intimacy.

So understandably when the principle of being non-exclusive is presented to them in a rational way (in stead of a ridiculed way as it's normally passed off as) it conflicts with this perceived path to happiness in monogamy. The very idea that any man would be better off with more options in this arena of life, or could feasibly and logistically pull it off seems foreign. As a counter to this he makes up

rationales as to why it wont work or wont work for him.

Logistics

“I can’t spin plates because I have too little time, I can’t manage more than one without the other finding out, etc.”

If you are indeed spinning plates in a healthy, upfront, non-exclusive way this should never be an issue. There are Game-aware Men with less time than most who manage 4-5 different girls in a week without having them consume all their leisure and business time. I don’t suggest that you go this route per se, because for the better part PUAs rely on a dishonesty in non-

exclusivity. However, the reason they are capable of this is because they've perfected plate spinning effectively enough to have the plates spin themselves.

Most uninitiated AFCs reason that they MUST, at all costs, apply a constant effort to each and every girl they encounter at risk of losing a "good one." Besides this being indicative of 'soul-mate thinking', what they fear is losing a plate because they are unaccustomed to having the leisure to do so. This is evidence of a scarcity mentality that is a result of their monogamy-as-goal preconditioning. Plate Theory necessitates an attitude of fearlessness - not carelessness, fearlessness. When you're practicing

Plate Theory your plates should call you. You are the PRIZE and the Prince who's time is valuable and sought after. You should be the object of women's pursuit. That said, you still have to make an effort to see them and keep the attention you do apply to them valuable, but this must be done with the attitude that if one plate falls you're confident in your other options or your ability to generate new options.

Personality Type

"I'm just not like that. I don't want to be considered a playah. I could never do that to a woman. How can anyone be like that?"

This rationale is a common one and not limited just to AFCs. There are plenty of otherwise confident, positively masculine men who'd still think they owe it to women to allow them to set the frame of their relationships without any fear of competition anxiety. Players are men who're dishonest - they are not spinning plates because they are isolating each plate independent of the other, and this goes back to logistics. Of course you can't find time for anything else if all you do is try to coordinate each individual story with each plate for fear that they discover each other. The plate spinning Man has no need for this, because he **NEVER IMPLIES EXCLUSIVITY TO ANY PLATE.** Either they accept this or

they're not a plate to consider. Done in a frank, honest, yet indirect above-table way you will not be a 'Player' and you will establish yourself as Man who's attention is worth competing for.

Women would rather share a successful man than be saddled with a faithful loser. This perfectly sums up Plate Theory vs. Monogamy-as-Goal mindsets. Men in general gravely underestimate the power of female competition anxiety and how useful it really is. As I've said before, women are natural plate theorists - they are accustomed from a very early age to mitigate multiple sex-interests, they simply learn how to balance their indirect communications with that

anxiety in their own plate spinning. Anxiety in women is good for men. Even when they make no effort to use it or would never consider it if they knew it's usefulness it is ALWAYS present. Everything a woman does on a daily basis is colored by competition anxiety. Make up, clothing, shoes (God, the SHOES!), indirect communications with men and women, social contrivances, comparing and evaluating dates and possible suitors, EVERYTHING is bourn from this competitive desire to achieve security with the best possible guy and make damn sure the girl next door doesn't get him first. This anxiety is analogous to men's consummate fear of rejection and all of the myriad rationales he'll create and the Buffers

he'll devise to avoid it.

Bear in mind that monogamy is a dictate of the feminine imperative. It is the social contract that the feminine ultimately needs in order to quell a constant desire for security in a very chaotic world. When you are predisposed to monogamy-as-goal thinking, or trying to break yourself of this, understand that this is a tool of the feminine imperative. That's not to discount the overall merits of monogamy, but it is to make you aware of how it's acculturated into men as a responsibility to providing monogamy. Men who find themselves in a state of internal conflict about abandoning monogamy-as-goal are really confronting a fundamental shift

in their prior conditioning.

How do I choose plates?

by Whisper | January 4, 2016 | [Link](#)

So some dumbass in [/r/asktrp](#) just got dumped after playing CaptainSaveAHO, and now Professor Whisper has to call school back into session, because some of y'all haven't done the basic reading.

[This is HumanSockPuppet's Bitch Management Heirarchy.](#)

It is not optional. It is required reading.

Understand the four ranks.

- *Level 0*: One-Night Stand
- *Level 1*: Plate
- *Level 2*: Friends with Benefits.
- *Level 3*: Significant Other -or- Girlfriend.

Understand the principles of promoting and demoting.

Understand that no sexual act ever leads to promotion. Sexual acts are simply required to keep a woman from getting demoted.

Understand that once a woman has been demoted, she can never be promoted again.

Understand that there is no rank 4. A woman cannot be worthy of marriage, because marriage has been turned

into a deal that no human being could possibly be worthy of.

Now we need some additional supplemental material, because apparently, this isn't enough to stop some men from giving women things they haven't earned.

The ranks are distinguished by nature, not just degree, as follows:

- Rank 0 is the rank of sex.
- Rank 1 is the rank of repeated contact.
- Rank 2 is the rank of non-sexual social time.
- Rank 3 is the rank of emotional investment.

These are what a woman *gets* by

being promoted to each rank.

- At rank 0, she gets to have sex with you.
- At rank 1, she gets to see you again.
- At rank 2, she gets to hang out with you, not just for the purpose of fucking.
- At rank 3, she gets to be invested in and cared about.

The Bitch Management Hierarchy also has maximum ranks.

There are women who are not worthy of the distinguishing feature of each rank, by virtue of their history. This is distinct from demotion, which is triggered by their behaviour *with you*... this is about their behaviour

ever.

Women who are not worthy of sex
(rank 0):

- Women who do not maintain their bodies in an attractive (to you) state.
- Women who do not protect themselves and their partners from sexual diseases.

Women who are not worthy of
repeated contact (rank 1):

- Women who do not make any effort to ensure your sexual pleasure (selfish in bed).
- Women who are controlling or try to police your contact with other women.

- Women whom you didn't enjoy your first encounter with for any reason having to do with her.
- Women who withhold sex to try to get promoted.

Women who are not worthy of social time (rank 2):

- Single mothers.
- Women who are embarrassing to be seen with (no class, don't know how to act in public, dresses like a slob).
- Women who are not exclusive to you.

Women who are not worthy of emotional investment (rank 3):

- Women who have cheated, ever.

Even with you.

- Women who are disobedient, or refuse sex.

This is not an exhaustive list.

WHY SO MANY RULES?

Because we're in remedial mode. Like the clueless waif who set me off on this rant, many of you *do not value yourselves, and do not value your time and investment*. You give it away too cheaply, to the first women who wets your penis or follows your lead.

If you do not value yourself no one else will. And understanding the Bitch Management Hierarchy is the first step on the road to recovery. The key principle is treat her sex as low-

value, and your attention as high-value. If you are coming from a position of sexual scarcity, you must vigorously police yourself against the tendency to overvalue sex.

Hard and fast rules will help you do this.

#Whisper

*I have a Bitcoin donation address:
1DChc2Azt3zGHbZcwBwPG42jL9B8Suk
tdD.*

*It's there because I resent reddit
passing the hat after I speak, and then
giving me a gold sticker and keeping
the hat for themselves.*

*Donate, or don't, as you wish, but
please do not gild.*

How do I maintain plates?

by redpillbanana | October 27, 2014 | [Link](#)

Spinning plates can be seen as an "antifragile" lifestyle. Rather than trying to build one relationship that is immune to failure, you're building many relationships and assuming that any individual relationship WILL fail at some point in the future.

(Warning: geeky analogy ahead.)

Your set of plates can be seen as a sex/relationship "cluster". The analogy would be to compute clusters.

If you're using one machine, and it goes down, you're dead in the water and you'll be scrambling to repair or replace it, paying top dollar to get something fast. You'll probably get ripped off since you haven't really been shopping around.

Similarly, if you're in one relationship, and you break up, you'll be left with nothing and you'll be scrambling to get your partner back or desperately hunting for that rebound relationship. The problem is that at this point you're out of practice since you probably haven't been flirting much with other women during your LTR, so not only did you lose your relationship, you've also lost your flirting skills - this also might have contributed to the

relationship failure.

With a cluster of machines (and the proper management), one machine or even multiple machines can go down and service will not be interrupted. Similarly, with a cluster of plates, one or more of the relationships can end but you'll still have your active plates.

In a machine cluster, if you have machine failures, eventually you have to go in and replace the failed machines. It's not an emergency since the good machines are still online, but still somewhat urgent. You're in a more fragile state than before since the working machines are probably taking on more of the load and thus more prone to failure - and with a

smaller cluster, you can't afford as many failures as before. Luckily, since it is not an emergency, you can shop around for the best deals and possibly take advantage of new technology. Since you're continually replacing machines over time, you'll build up a streamlined process for doing so and also get better at negotiating deals.

With a plate cluster, as individual relationships fail, you'll need to seek new plates to build your cluster back up. This means that you're constantly maintaining and improving your charm, physical fitness, and personal appearance. This will make you more attractive and more resilient over time and will also help maintain your current relationships. Also, building

your plate cluster back up is not an emergency so you won't be looking in desperation - and we all know that women can smell desperation.

Real life example: recently I lost 3 plates at once. One had to return to her home city, one got an exclusive boyfriend, and one just went AWOL. My response?

- See my other plates a bit more often. This makes them happy because they always want to spend more time with me. However, I don't want to push it too far and be seen as needy.
- Use the extra time to build up my pipeline. I have four promising leads right now (some

of whom I'd already been going on dates with) and more to come.

- Use my leftover spare time to see other friends, finish projects, sleep more, etc. I'm happy to have the extra time to get stuff done.
- Don't burn any bridges. Any of the 3 plates that left might return in the future. In fact, one of them has left me before and returned a year later.

Another good antifragile analogy is comparing a taxi driver to an office worker:

To get a picture of how randomness plays a role in

professional life, Taleb compares two brothers: one an office worker, the other a taxi driver. Volatility is present in the career of each: while the office worker has randomness “smoothed away” by the regularity of salary and employment, he is like a turkey in mid-November, fragile to risk presently out of view. On the other hand, the taxi driver-- who Taleb describes as being of the class of artisan, much like a carpenter or plumber-- experiences a natural randomness in his daily fluctuations of fares, but is less prone to large shocks.

Indeed, Taleb writes, the self-employed artisan can be antifragile: a weeklong earnings decline tells the taxi driver to try a new part of town, while a mistake made in the cubicle farm will be kept on the permanent record. As well, the office worker has one main employer and thus rigidity, while the taxi driver has many--giving him more options, greater flexibility to adapt to his environment.

So, for those who like to spin plates:

- Maintain your plate cluster well.
- Always be improving your skills

and appearance.

- Keep your pipeline active.
- Don't burn bridges, as broken plates can turn into boomerangs.

This was originally a reply to "If you're the Alpha Fucks, don't get mad about the reality of Beta Bucks." by [/u/TRPsubmitter](#), and inspired by "The Antifragile Red Pill Man" by [/u/deepthrill](#).

P.S. I can anticipate the outrage already. Sex cluster!! OMG these guys look at women as interchangeable machines to be bought and discarded - I can't even imagine such a horrible thought! Guys, it's just an analogy.

Edit: Reading the "cubicle farm" part, I just realized that the brother who is an

employee is working for a business that is antifragile. The employee can leave, die, or be terminated, and the business will keep going because there is an employee cluster. The taxi driver inverts that relationship, clustering the employers rather than the employees. But the taxi driver is also working for the taxi company (or is a contractor), so he's part of a cluster too.

Are we exclusive? Handling "The Talk."

by mattyanon | June 9, 2016 | [Link](#)

Rollo has just posted an excerpt of his excellent [The Talk](#)

Here's my strategy on dealing with this sort of thing.

Strategies for dealing with female demands for exclusivity (which she is absolutely not entitled to):

- Head it off before it starts. They often start subtle by implying

you are a player (chuckle as if it's true even if it's not). Or subtle expectations of current exclusivity (chuckle as if it's not true even if it is). As much as possible attempt to neither confirm nor deny. Frame your relationship ambiguously from the start, by refusing to define it at all. Neither confirm nor deny involvement with other women. Be unavailable some of the time.

- Obviously do not show provider behaviour. This leads to female comfort, female "make him wait" behaviour and male sexual frustration.
- Less obviously - do not show *commitment* behaviour. No

promises of future meetings. Gap after each meeting where there is no future meeting agreed. The lifestyle is: arrange, meet, gap, arrange, meet, gap, etc. NOT meet and arrange next, meet and arrange next, meet and arrange next. Do not let girls arrange the next meeting while you're with them (they often do this right after sex). There must be a regular "nothing arranged in the future" gap. She must have a tinge of fear about losing you rather than the perpetual certainty she'll see you every Saturday or every night at home or every second Sunday. (Allow occasional exceptions for special occasions, but observe how her

behaviour changes - you'll get less attention from her and she'll be less sexual).

- If confronted, be vague. "Hey baby... I thought we had a nice thing going here... we like each other, we enjoy spending time together, and who knows what the future holds? There are no certainties in life, but I know that when I'm with you, I'm with you". For bonus points if you're brave: "But I do know this... love will always find a way...."
- If given a total absolute do-or-die ultimatum, retract commitment and treat the relationship as over but don't close the door fully... "Oh... oh I see... I'm sorry that it's

come to this for you.... what we had was pretty good.... I know I enjoyed it a lot and I thought you were having a good time too... I'm really sorry that you've had to make these threats/ultimatums/demands" ie frame the relationship as *over*, but keep the conversation going long enough for her to hamster her way around to your way of thinking as she realises her bluff isn't working. Do not trigger an ego-battle, do not walk out, do not hang up, do not say "you need me more than I need you" or anything else ego-triggering. Just stay talking, stay happy, assume the relationship is over, start planning out your next

conquest, keep the convo going.
It's in your best interests. Keep
that ego in check.

Before this shit even starts... always
be prepared to walk away. Always
have the option to walk away. In fact,
plan your escape constantly (limited
shared friends, separate lives, living
arrangements, finances, she never has
the option to fuck you over, etc)
You are better off single than
exclusive. Exclusive is when she starts
to turn the thumbscrews just as your
game is going down the toilet. Just
don't do it.

Additional suggestions from
u/FrameWalker on reddit: avoid
sleepovers, don't meet her friends,

don't see her more than once a week, and don't treat her like a girlfriend. (ie avoiding commitmenty things and limiting affection especially non-sexual affection).

The worst possible number of women is *one*.

How to use dating sites?

by OmLaLa | July 14, 2015 | [Link](#)

TL;DR- This is a concise and updated guide on how to approach dating sites **(with examples)**.

95% of the women I've "met with"/plated in the past couple months I've met on dating sites. I'm going to explain how.

A few months ago in an article entitled Local Sexy Single Women (LSSWs), I constructed a guideline which summarized an effective approach to handling dating sites within our

feminine online social landscape. Here I will be updating that approach.

First, some key notes:

- *All women on dating sites are not primarily serious about meeting in-person.* Women use dating sites purely for validation. It is your goal to pull them from this mindset and into your frame. Once this has occurred, the rest becomes easy.
- *Dicks don't attract chicks.* Women don't want to see your dick. Women are aroused by the high SMV man attached to your dick. Don't go waving your dick

around unless it's explicitly asked for. Don't be that dick. Dicks are like pens. Everyone's got one, most people'll loan you one if you ask for it and unless it's super unique, nobody cares about it.

- *Approach LSSWs and dating sites like baking.* You don't begin baking a cake as soon as your starving and you don't only bake one cake in case something goes wrong. Approach multiple women at once, only approach women you'd be excited to fuck and be ready to let them "bake" for at least a few days. Abundance mentality is a prerequisite to

success.

- *Be attractive.* I cannot stress this one enough. Take your shirt off and look at yourself in the mirror as objectively as possible. If an attractive woman would look odd standing beside you, she'll feel the same way. Lift hard and feel confident in taking shirtless pictures of yourself before even attempting this guide. Insecurity always bleeds through.
- *Don't hover.* A lot of dating sites will inform you when you have a visitor. Don't be that guy that visits her profile every hour. She will notice and it will put her off.

- *Be distant.* I check dating sites roughly 3 times a day, even if my phone blows up (luckily I have a work phone and a play phone). That leaves a lot of messages unanswered for hours at a time. Distance creates intrigue, distance shows you've got a life, distance shows how unimportant she is to your daily life. This should be like baking a cake; you only take it out when it's ready, so be patient and go read a book.
- *Insecurity always shows.* If you're uncomfortable being shirtless online, it'll show. If you think the LSSW is out of your league, it'll

show. If you're desperate to bang the next LSSW that messages you, it'll show. Strong frame is also a prerequisite to this guide.

- *Be ready to drop out at any time.* I don't care how hot she was. I don't care how well it was going. I don't care how it seemed like a sure thing. Women and LSSWs are fickle, and remember that you are not real to them until you're standing in front of them. They don't feel the need to hamster or explain their actions to someone who doesn't exist. So until you're sitting in their living room sipping on whiskey and coke, don't expect any

compassion or mercy from them.

- *Avoid single mothers.* Single mothers are dominant out of necessity; due to the lack of a father-figure in the relationship, the strong, stern frame must be developed by the mother in order to effectively discipline her children. As a result, single mothers typically come across as dominant, aggressive and usually provide the greatest amount of "drama" and shit-tests. They're typically only on dating site in search of a replacement beta provider. It's not worth the effort.

- *Organization is key.* Once you've

become accustomed to this approach, you'll notice a stark increase in the amount of women you'll be in contact with.

Organize them. In my contacts under "Name" I put there first name, the site I met them on, then the city or county they reside in. *Melody POF Seattle* or *Gabby Tinder NYC*. This'll help you keep track of who's who.

- *Don't start until you're ready.* A strong frame, attractive figure and abundance mentality are REQUIRED prior to attempting this guide. If you don't have these 3 qualities yet or you feel that they could use

improvement, handle that first. A lot of how you'll be judged as an alpha from here on will be based solely on *perception* and not necessarily the reality of your situation. Because of this, these qualities need to become second nature and aspects of yourself you don't have to think about. You need to *know* your frame is strong, *know* you're attractive and *know* you could move on if you had to.

- *Know what you want and only aim for that.* I'm very attracted to women with long thin legs and a very slim frame OR thicker women with large breasts. The

women who clearly show these traits in their pictures are the only ones I message. I say this because if you *think* they might have the traits you like but you're unsure, you open yourself to being catfished by an unattractive woman with good photography skills.

- *Don't be afraid of WonderTits™ one-word responses.* If she's responding to you at all, she's interested to some degree and the guide still stands. This goes double for WonderTits™, who probably get 10x the messages compared to ordinary women.

- *Understand you opponent.*
Always think from the LSSW's perspective: they receive up to 50 messages a day, don't respond to most of them, but something about your profile picture and bios caught her attention. Find out what that something is and exploit it. Also, if you're noticing a point in the guide where a lot of LSSWs are dropping off, find out why and repair it.

- *Learn from your failures.* I've dropped the ball countless times and so will you. Figure out what you said, how you said it and *why* you said whatever you said that lost her interest. Maybe you

responded too soon? Maybe you came off as insecure or desperate? Remember, for this to work her *perception* of you is what matters. I'll be repeating this a lot.

- *Money doesn't matter.* Don't talk on how much you make or flash around your wealth. She'll perceive it as compensation for something else or perceive you as a potential provider, both of which you don't want.
- *Turn off those pesky notifications.* A watched pot never boils. If you see pending messages from POF, Tinder or

OKC every time you check your phone, you're pretty likely to respond too soon. Go into your phone's settings and turn off those pesky notification pop-ups so pending messages can be addressed at your leisure.

PART 1- DATING SITES

As I've stated above, most LSSWs aren't serious about meeting any of the guys they see online in-person. It's like a game to them; the more men in their inbox, the more attractive they perceive themselves and the more confident they feel. **You are not real to her until you are standing in**

front of her. The goal of this guide is to make that happen in as short a time span as possible while cutting out as much “shit-test”, “I have to get to know you first”, “I’m not that type of girl” BS as possible.

*The goal of this section will be to get her number as effortlessly as possible ALL WHILE MAINTAINING YOUR FRAME. I stress this because getting a number is meaningless if the LSSW’s *perception of you is beta or a validation resource. Until you’re standing right in front of her, perception is all you have - false or otherwise. She must perceive you as alpha all the way through for this to succeed or else you’ll all fall on your ass in Part 2.**

--Building Your Profile--

1. Shirtless pics for days. Grow some balls, stand in front of a body mirror, take some shirtless pictures and throw them on your profile. I've got 4 on mine. Also, include some high SMV photos of you doing interesting things or visiting interesting places (bonus points if attractive women are in the pictures; women love to compete).

This will establish you as attractive, a woman's first alpha prerequisite.

Imgur, Imgur

2. Write about how you're the shit. Juxtapose the vain shirtless selfies with a bio that tells about all

the amazing hobbies, interests and accomplishments that represent you. Go as in depth as you can. Be cocky. Describe your life as the best thing since sliced bread.

This extravagant regaling of your life will be contrasted nicely by your short and rare responses while chatting with the LSSWs, causing them to hamster into thinking maybe they're not good enough for you. Why would this attractive, interesting, smart alpha want to spend time with a boring woman like me? And all this will come without you having to lift a finger.

This will establish you as higher value than her, a woman's second alpha prerequisite.

Imgur, Imgur

NOTE: DO NOT talk about how much money you make, your high-paying corporate job, your nice car, your big house, etc. Only boast about YOU and things that can only be found within YOU. Otherwise, the LSSWs will immediately peg you as a potential high-SMV provider, the shit tests will get insane and same-night/short-term sex will be near impossible.

--Messaging--

3. Send short messages and only to the hot ones. All I do to start any conversation via dating sites is send out “Hey” to every LSSW within a comfortable driving distance that I’d enjoy fucking. Nothing more. If the

LSSW responds, she's interested to some degree, whether it's because she thinks you're attractive, higher value or both. If she doesn't respond, who gives a fuck? Move on.

Her first response will almost always be "Hey", "Hi", "Hello", "Hey, how're you", etc. Follow it up with "What are you looking for" (no punctuation) or "What kind of guys do you like" (no punctuation, and I know this seems like you care what she has to say about it, but it's more to get her talking).

*If she asks what I'm looking for, I say, "I'm just browsing meeting new people" or "I'm just browsing making new friends". This helps her to avoid

weeding me out as one of the many sexually-desperate men out there.

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3a. "What are you looking for"

Honestly, 9 times out of 10 she'll respond by saying "friends", "friends but if it becomes more, that's cool", "a relationship", "LTR", etc.

Imgur

There is no difference in these responses and they all mean the same thing. If she's responded at all at this point, she's intrigued: a woman's third alpha prerequisite.

3b. "What kind of guys do you

like”

She'll usually go on and on about how she wants some “mythical unicorn” of a man; a guy who's loving, caring, smart, funny, strong, tall, handsome, independent, blah blah fuckin' blah. I never really read any of their responses to this question. It's mainly to get her intrigued by your response.

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3c. Response

My response for 3a and 3b is usually the same and you can tailor it how you see fit.

I always respond with either “I think I can handle that much” or “I think I can

manage that much” , I wait for her response, then I follow it up with “Whats your number” (no punctuation) or if her profile doesn’t list it, with “Whats your name” (no punctuation), her response, then “Whats your number”.

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This response causes her to hamster that all her ideal-man characteristics might be found in you and that portraying them is no big deal to you. She’ll hamster you as her golden goose that she’ll have one opportunity to attract.

This’ll further her intrigue in you and if all has gone accordingly, she’ll give you her number.

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Imgur, Imgur,

NOTE: If she doesn't respond to your number request, fuck it and move on. If multiple LSSWs are non-responsive at this point, check your SMV both in your pics and in your bio.

Imgur, Imgur

If she gives you some schpeel about how "It's too early to give out her number" or "she doesn't give out her number after the first conversation" or she wants to "talk more on here more first to get to know you" or any other possible excuse, she either sees you as a potential provider, as a lower SMV compared to her or as desperate/sexually-depraved (comes

across by responding too quickly; scarce mentality). This cake is bad, move on and work on yourself more.

PART 2: TEXTING/CALLING

Unlike conversing on dating sites, texting is a bit trickier with someone you've never met, simply because this is usually when the real shit tests start. On top of that, ignoring, combating or brushing off these shit tests will usually lead to her cutting you off in an instant because remember: *you don't exist to her until you're standing in front of her.*

The goal of this section will be to

establish your existence (and your frame) within her world by meeting in person, all-the-while avoiding those game-ending shit tests most people encounter at this stage.

--Texting--

1. Start off simple. My first message via text is usually “Name’s ___” with a picture of myself attached. I do this so that after I leave a conversation to “bake” for the rest of the day (described below), when she responds the next day, she’ll remember what I look like.

Imgur

Otherwise, I might leave the conversation to bake, message her the

next day and she's completely forgot what I look like (I do the same thing all the time). Her perception of me has thus changed and I'd have to pack it up and move on.

Imgur, Imgur

Physical attraction is important. It was the main reason the LSSW responded to my first message on the dating site and it'll be used to keep her intrigue across any span of time.

2. Give her a taste. This may sound odd, but start a conversation with the sole purpose of leaving her hanging mid-way through. For example, start talking about movies, ask what hers are, and when she responds drop the conversation for the day. After baking

(again, described below), do not continue or acknowledge this conversation.

This'll cause her to hamster, but the direction she hampers isn't really important. What's important is that now you've become relevant to her.

3. Bake the cake. These is my pending messages since this morning.

I call this method "*baking*". Baking is letting a message sit unanswered and unopened long enough to where a woman may feel like they're being ignored.

Women both love and hate this (especially attractive ones) and it contrasts well against the many others

who've received their number and then sporadically sent out texts every 10 minutes.

Sometimes, if you bake correctly, the LSSW will put in the leg work for you:

Imgur, Imgur, Imgur, Imgur, Imgur

This will establish you as unattainable, a woman's fourth alpha prerequisite.

Imgur

4. Like it never happened. After baking (again, described below), do not continue or acknowledge the conversation you were having previously. Simply tell her “Hey” or “Good morning” and move on to the next step.

This'll cause her to hamster, but the direction she hammers about you isn't really what's important. What's important is that now you've become relevant to her though your unavailability.

5. You better call, Tyrone. Taking shit tests head-on through texting is counter-productive; the more of her dumb questions you answer, the more her perception of you (and perception is all you have at this point) will change from alpha to another validation resource.

To avoid all of this BS, your best bet is to make her bring you into her reality is by calling her.

To set this up, your next texts should

both tell her when you plan to call and ask her if she's available to talk around that time.

I take my lunch around 12:00-12:30, so I usually say something along the lines of "I want to call you this afternoon. You busy?" and 9 times out of 10 she'll say that's fine. Cater this around when you're free to talk.

Imgur, Imgur, Imgur

--Calling--

If you've done everything correctly up until this point, you'll notice she'll seem very excited to talk to you. Maintain frame and if possible remain stoic. She'll ask a few questions and might shit test a little, but by this point

you've got it in the bag. Honestly, as soon as she's picked up you've won.

By maintaining frame through this conversation, you've successfully maintained her perspective of you being alpha from beginning to end. Good job, let's bring it home.

6. The home stretch. The small talk of this conversation is ultimately irrelevant. Tell her some cool things about yourself, let her tell you some cool things about herself. Then move along.

7. Set up a meet-and-greet. The purpose of this conversation for her is to establish that you do exist, had the balls to call her and might just be the man of her dreams.

The purpose of this conversation for you is to establish a place for you two to meet up.

Imgur

Tell her you two should meet up and let her talk for a bit. If you're a high enough perceived SMV, she'll do the legwork for you:

*She may set up the locale ("Have you ever been to ___? I heard it's really cool."), begin hinting at sex ("we seem to click, so we could meet up at my place for drinks"), revealing her true feelings ("When I first saw your profile I thought, 'Why is he interested in a girl like *me? I'm nobody.'"), etc. She'll also typically plan a time or date very close to the time of the call (like that*

evening or tomorrow afternoon; not exactly sure why that is).*

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Imgur

NOTE: Some are saying that calling is an unnecessary step but I'd have to disagree. Although calling may seem archaic, it usually provides the LSSW with the final prerequisite they require before NSA hook-ups, safety. By hearing the sound of your voice, you become a reality and she's now verified that you're not a catfishing PUArtist beta with a knack for falsifying online social interactions.

8. Short and sweet. She's now within your frame. Keep any texts or responses to hers as short and

succinct as possible.

9. Make her ass worry that you're the one flaking. Whether you've decided to meet back at her place or at some coffee shop, once the date/time has been finalized and the address gained, don't bring it up again and if possible, stop texting her until that date (unless she reaches out).

Do not double-check the time you're meeting, check if she can make it, call her to say you're there, etc. She'll do that for you and you need to allow her to. It'll further her investment in meeting you.

NOTE: I've noticed that reconfirming dates will increase an LSSW's likelihood to flake, even after all this

guide has explained. By not reconfirming and letting them reach out first, I've yet to see one LSSW flake.

Lesson Learned: Behavioural patterns of LSSWs can be controlled for the experimenter's best possible outcome through a concise, repeatable cause-and-effect method developed through behavioural experimentation and approach modification.

For any further questions, I'm open to talking over Skype under Skype username OmLaLa. Please message me set up a meeting.

How to set a sexual frame?

by TRPsubmitter | November 11, 2014
| [Link](#)

How to get laid?

Obviously this is the question TRP seeks to answer, among others. The answer is obviously mufti-faceted, but one of the obvious requirements is that the woman is sexually attracted to you.

What goes into sexual attraction besides your physical appearance?

We all know to lift weights to improve your body and give yourself the best chance to be attractive.

But what about the other aspects of getting laid?

These are **Logistics** (setting up the situation to be conducive to comfort/escalation/sex).

There are many field reports and tips on game about how to set up logistics and how to escalate, but I would like to talk about **Frame** (how you define/present yourself to women with the goal of sex).

Frame

Basically, you want to get to the point where how you choose to define yourself is how women see you. In other words, women will have no choice but to view you however you want to be seen. In this case, it's to be seen as "sexual".

When you offer only one version of yourself and you frame it strongly, assertively, aggressively, and consistently, then women really have no choice but to accept it (or leave). Thus, when you define yourself as a sexual man who *requires* sex whenever you date/hangout, she will have no choice but to engage you on that or not engage you at all.

What does this accomplish? Why is this better than "building comfort" and then escalating slowly?

1) It cuts down on the amount of women wasting your time or just trying to use you as a validation-vending machine or beta orbiter.

2) It eliminates women viewing you as a chump (you will be called an "asshole" for being uncompromising, but uncompromising > chump). In other words, you want sex, so don't compromise on it. Compromising for the mere sake of being "agreeable" will end up with you being an orbiter in

the long run.

3) It does more than just "eliminate" bad eggs (#1 & 2). It also actively increases chances of success.

When faced with an unknown choice (sex vs no sex), women will gravitate by default to the "safe" option to maintain their health/status. However, women also exhibit the feminine trait in which they rationalize/hamster anything that is strong, consistent, and powerful as *de facto* sexually attractive.

In other words, it doesn't matter if a guy eats pork, drinks, & is non-religious (Me)...plenty of muslim girls will rationalize it away and have had sex with me because they measured

me up and determined that what I was offering was enticing, satisfying, attractive, and genuine. When something is "genuine", it is by nature unchanging/uncompromising. Women are attracted to that (a solid frame) and abhor the opposite (playing the nice, considerate, accommodating guy and then trying to get sex later).

The point is that women will *view* whatever you present to her as sufficiently attractive **as long as what you are presenting is alpha/sexual/strong/not vacillating, etc.** By doing this, the work required to "escalate" (logistics, location, what to say, etc) will be significantly decreased because your frame does a lot of the work already.

4) In addition to #3 (which involves gaining a new sexual partner), holding a sexual frame can help you **maintain** a current sexual partner.

All relationships go bad when the woman finds the "ceiling" to her man's SMV or starts viewing him as a non-sexual or domesticated being. This is why people joke about marriage = death of sex life. It's very hard to maintain a constant sexual frame when there are times you simply don't have time/energy for sex, in which case you let her refusal go and it builds up.

Ask yourself, why should a woman give sex to a man who doesn't demand it? Why give sex to a man

who compromises and repeatedly demonstrates that he can be simply denied and accepts "I'm tired..."? (even though she had enough energy to text her birkam yoga teacher, Rafael?)

That is why maintaining a sexual frame will do future work for you. It will prevent problems before they even start. An ounce of prevention is worth a pound of cure, as they say.

As an example, this works wonders over text in the context of online dating and travel buddy websites. Many times before I have gotten girls to expect lap dances, naked showers,

oil massages, grind dancing, etc ALL before even meeting me (but you can say this stuff on the first date in person too). I tell them I walk around naked in my house and do pole dances. They laugh about it and think it's so funny. That right there tells me I'm gonna get laid because I've shown I'm the type of guy she can go through her "crazy early 20s phase" with.

On the other hand, you can be sure that if I "suggested" or "asked for consent" after having some lame coffee the first time we met, she'd slap me in the face.

Eww! You're like forcing women to

have sex with you! That's manipulation

On the contrary, it's honesty. I can't hide what is in my nature.

Second, women have the choice not to have sex with me (duh) and they can act on that. No one is making a girl stay at my place and having sex with me instead of going home like she claimed she would 10 min ago...but they continue to do so over and over again. I can easily call her a cab and she can be on her way if she wanted. But we all know that's not what they're really seeking.

They don't leave because they are shit-testing and making sure that having sex is secure, enticing, and

most importantly, not a compromise of her value (because for women, associating with any man of low value indirectly lowers her own value in her mind).

TL;DR

Escalation to sex can be significantly made easier by presenting a sexual frame that is uncompromising, because you're not really "escalating" to it anymore. Many pitfalls and last minute resistance occur when a guy who is seen as non-sexual suddenly tries to make himself sexual; it is unbelievable and abhorrent to women.

How to utilize Push-Pull?

by MentORPHEUS | May 24, 2016 |

[Link](#)

A detailed look at Push-Pull, and using well-scaled challenges to reach and maintain it.

This post started in the comments of a post recommending something like, "Let the woman shine." This alone is no better for building attraction than doing all of the shining yourself; you can There have been several recent posts on the topic of too much push,

whose examples serve to illustrate a *particular* conversation, but you have to learn the underlying principles of push-pull so you can engage each unique encounter on the fly as it happens.

The Nice Guy™ or Orbiter is stuck on all-pull, passively doing nice things for the woman and expecting this to induce her to make a move toward him, only to watch them get bored and ease away. The cad or overly aggressive gamer is stuck on all-push, and wonders why women flee from him and why he's accused of sexual harassment or worse. In both extremes, failure or unwillingness to read the woman's nonverbal communication is a big part of the

underlying problem.

Understanding body language, proximity and position, eye contact etc doesn't come naturally to everyone, but these are skills that can be improved upon with effort. The book *What Every Body is Saying* is a good resource. One of the most important axioms of body language is this:

When there is a conflict between verbal and nonverbal communication, the nonverbal message is usually the truth. This is how you calibrate the level and pace of your escalations, and read her feedback like a pro and proceed correctly in the push-pull dance.

In conversation

A good conversation is like a lively game of table tennis. You start out easy to get a good volley going, then step up the challenges gradually till you find each others' limits and weaknesses, *then you play just beneath this discovered level* to keep a good challenging rally going back and forth. Successful flirting often follows a similar pattern of starting easy, escalating at a measured pace, and **reading your partner's signals** so you approach and test limits attentively, then dial back to where you're both comfortable and playing equally, and give her the opportunity

to show some chops and escalation of her own.

On a date with a Psychology student, you two are talking about her friend who's having a lot of problems.

Good balance of push/pull- the sweet spot Like a good ping pong game where neither of you wants to put down the racquets when game time normally ends; these are the openings that turn to insta-dates, and the first dates where the second half is spent touching and kissing, and time just slips by.

- Hit the conversational ball back so it steps the game forward in a measured fashion. "So do you think she's having a rough patch,

or does this qualify as a personality disorder?" This is nominally agreeing with her so far, but lightly challenging her with a *relevant* question.

- The challenges come at a measured cadence, settling into a pattern something like, "Yes... Yes... Wait! (holding finger up) Yes... Yes... Wait! (slightly stronger challenge) It's not unlike the Foot in the Door and "Yes ladder" sales techniques. However, in attraction (as opposed to sales), women will be turned off by a pure "yes" man; you need to meet the subtle challenges she offers, and bring relevant challenges of your own to the encounter.

- After the last challenge, she'd likely bring up BPD; you'd listen and agree with a few points, then throw down a stronger challenge like, "So what's your differential diagnosis? How are you sure it's not ASD or NPD?" If you're already out of your depth regarding Psychology, a worthwhile challenge at this point might be, "How are you sure it would be that, versus other similar disorders?"
- Once you've established some push-pull, the amount of her touching, kissing etc should settle into a pattern of 2 or 3 from her to one from you; this is **the Golden Ratio of flirting.**
- Signs that you're in the zone

include positive body language like orienting/leaning toward you, eye contact, calling you an asshole *with a sly smile*, sometimes interrupting or overlapping each other because you both have so much to say; whatever silences are *not* awkward.

- Lesson learned: Both push (you advance a little) and pull (back off and let her advance a little) make for an interaction that continues and naturally escalates.

Too much pull- a weak opponent or yes-man. Duffing your game to always let her win is boring and makes you look like an unworthy schmuck;

she's staring at the locker room while you're picking up the ball yet again, and wants to passively sidle away from your stupid, boring game.

- There's no escalation if you agree at every step, and never take a chance to step up your game.
- Letting her make all the challenges and thus set all the parameters is entering her frame and beta behavior. If she's really into you, she'll try some initiation and escalation of her own, but will give up permanently if you don't reciprocate timely.
- There is no beat or cadence to the conversation, it's just a boring, hands-down, one-note

"yes-yes-yes-yes." It is like the sales technique of a silent beggar, waiting to be thrown some coins.

- Responses sound like, "Oh, poor girl! Yes... Yes... Wow, you really know a lot about psychology! Yes... You're so smart!"
- Signs and symptoms include neutral/bored body language like looking away, leaning back, slouching/slumping, yawning, flat affect/lack of animation and emotion, awkward silences and slow, short responses in conversation. Will make excuses and leave early, and forget all about you, unless of course she needs another beta orbiter/provisioner.

- Lesson learned: Too much pull puts you into the boring, beta, nice guy friendzone. No challenge *at all* makes attraction die with a whimper. **Not even low-SMV women are attracted to men in this category.**

Too much push- an overly strong opponent You're not seeking a level where you two can play back-and-forth, instead you return every shot with your maximum power and difficulty, whether it was offered easily or challengingly. She's not having fun with you standing over her while she picks up the ball every move, and wants to actively *flee* the game.

- There's no chance of mutual escalation when you jump straight to the superior position and shut her down at every move.
- The cadence is a thudding, hand-in-face, "Nope! WRONG! Nope! Nope! WRONG!" It is like the Door in Face technique, which sometimes has utility in *asking for* a date, but is a risky tool for building attraction *during* one.
- Responses look like "She has BPD! No, it has to be this because X! No, you're wrong because Y!" if knowledgeable about Psychology, and if not: "No, that's stupid. She sounds stupid. No, that's just a bunch of mumbo-jumbo, she's just X. Why

do you waste your time with these people?"

- Signs and symptoms include negative body language like looking down, leaning/orienting away; anger, calling you an asshole *with a frown*, hard stops and curt responses in the conversation, flouncing in anger. Will hold a grudge and go out of her way to spread negative things about you.
- Lesson learned: Too much push gets you considered an asshole, but NOT in the *good* way. Except with the subset of low self-esteem women susceptible to strong negging, too much challenge with no softballs or rewards makes attraction die

with a bang.

In physical escalation

I filter for LTR material, and find that an escalation pace of sex on the third date works well, with unqualified women dropping out before investing much time/effort, and the ones who continue through becoming good quality girlfriends and offering no resistance while enjoying this pace. If your game is ONS/same day sex, you'll be working on an accelerated schedule so take what's useful for you.

In the zone

- Both of you are equally in timing

and degree into touching, kissing, and all the minor escalations of romance. There's no over-thinking, or thinking about it at all, everything comes naturally and just seems to click.

- Even though you're both giving green lights, a pattern of two steps forward, one back can be pleasant and exciting. This is the zone where "affirmative consent" is a mockery; you're both aware and tuned-in to the encounter to fully communicate consent to proceed nonverbally, taking turns escalating.
- Soft stops- Turning away from an early surprise kiss but offering her cheek and smiling, Breaking off a kiss but hugging you

harder, moving your hands off her boobs to next to them while still kissing.

- Soft no- standard ASD/LMR, where she says no to further escalation but with positive body language- smiling, touching etc. In practice, this means "Go back down one level and respectfully enjoy that as you were, and I'll indicate real soon when to proceed again." **This is a form of fitness test- you are a man who goes after what he wants yet is respectful of boundaries: Captain material.**
- Use anticipation and teasing to increase attraction. Hold her hand, then let it go for a while. Go in for the kiss, but break it off

a little soon leaving her wanting more.

- Most men don't know the power of teasing, they only push forward relentlessly according to many of the women I've discussed this with. At the moment I'm expected to kiss her, I'll instead give her an Eskimo Kiss, touching noses and looking into each others eyes, *then pull away*. Next time, I'll pull close to her face again and almost-kiss, but just run my finger or (pleasant!) breath gently across her lips, then pull away again. Soon, she will grab *me* and start kissing deeply and passionately. Same thing when I'm "expected" to start playing with her boobs.

This is how you get a shy or unassertive woman engaged in the push-pull dance, with some push moves of her own.

- The sweet spot between not enough and too much teasing varies *widely* from woman to woman. You want to play near the line between "exciting" and "Frustrating/boring," but once you go over that line and it kills her mood, it's hard to get the momentum back.

Too much pull

- She does all of the initiating- first to touch, hold hand, kiss etc. She's giving signals and offers, and you're not noticing/taking

them!

- If she initiates a step, make damn sure *you* initiate the next logical step; her timing helps you calibrate yours if you've been unsure till this point.
- A woman who's really into you might make a move or two, but as the man, you're expected to pick up the reins once she's gotten your attention; even a lower SMV woman will switch off if you don't. It's downright *humiliating* to a woman for her advances to be dismissed. Women are way more subtle than men, so if you *think* you saw a sign, *you did* so proceed and observe her feedback.
- She won't just leave, she'll leave

angry, so get your act together and take the initiative to ESCALATE. Ramp up your push till she stops pulling, then enjoy the new equilibrium. Polish your sense of when she begins pulling again, and when and how far to push again.

Too much push

- You are doing 100% of the initiating and escalating, and she is doing 100% of the interruption/breaking off of each act thereof. She never gets a *chance* to make any escalation signals before you forge ahead at each step.
- Hard stops- pulling away from a

kiss attempt, throwing your hands off her body, pushing away, negative body language, frowning/angry, de-escalating all the way to zero.

- Hard NO- cold and unequivocal in response to an escalation attempt- *not* simple coy LMR. I haven't gotten a hard NO in over 30 years, since my first GF in high school. Almost always comes after a large jump in the escalation process *and/or* several more subtle "Slow down" signals you missed or ignored.
- This is the zone of not-so-false rape accusations and legit sexual harassment claims. The line honestly isn't fine here at all; many problems will be avoided if

you *pay the fuck attention* to your partner as you go, however headstrong and masculine your style may be.

In LTRs and marriage

The game changes once you become familiar with each other over time. It's normal to settle into a more familiar routine together, however, **A man can NEVER become complacent in his relationship, and stop actively giving his woman tingles.** Not only must you keep yourself up physically, and in charge of your family as a strong Captain, you have to *work* to keep a good balance of Push-Pull alive

in the relationship.

- A Captain and First Mate model works well for long-term Red Pill relationships. This provides a good framework for a healthy power dynamic, within which both parties can push and pull with pleasant *frisson*. The man's dominance is rooted in his *competence* as a leader; his woman is happy to be his partner and they are comfortable with a healthy banter.
- Dominant/overbearing wife and Beta/henpecked husband is the result of the man offering all pull and no push. Passive aggression takes the place of healthy jibe and riposte.

- A dominant man offering all push and no pull may end up with the *illusion* of having a faithful, obedient partner, but remember that slaves and subjects tend to rebel or flee. The man's dominance is rooted in unhealthy insecurity.
-

Conclusion: Many gaming and relationship problems are the result of being stuck in an imbalance of all push or pull.

- Push-pull is the engine of attraction in dating, and a leading element of successful

long-term relationships.

- Don't despair that you have to reverse your personality and game 100% to the opposite. *Fine tune it* in the direction it needs to be, even just 5-10% from where it is now, you might find this lands your relationships back in the "sweet spot" where you both can push and pull.
- Understanding nonverbal communication is critical to playing well.
- Once you get the relationship into a healthy push-pull, with the right easy effort it can be maintained like this on cruise control. However, a man can NEVER become complacent and let the balance swing all one

way, for this is easier to prevent than repair, and neither extreme is good.

- Teasing and tempting a shy or unassertive lover into the push-pull zone is *fun* and safeguards against doubts and regrets after the fact.

Should we cohabitate before marriage?

TR;DR NO!

by RedditAdminsSuck_88 | December 14, 2016 | [Link](#)

Summary: As sure as a woman will spread her legs for a man who gives her the tingles, so are there idiots on AskTRP who cohabitate or are asking for advice on cohabitation. Don't fucking do it. If you are already cohabitating, move out(or kick her out) before you are done reading this sentence.

There is a reason we stress the principle of **NO COHABITATION**.

It's not a guideline that we feel is optional.

It's not just a suggestion.

We don't say it for the sake of saying it.

It's a tentpole principle of being a red pill man.

Way too often on AskTRP I either see:

- Some idiot who comes on asking for advice on cohabitation with

his LTR.

- Some idiot who is wondering why he is having trouble with his LTR, and the fact that he is cohabitating with her is made known.

All I can do is shake my head. It's way too common. Seriously, there needs to be some kind of easily accessible material on the sidebar that stresses why cohabitation is bad because these idiots come on here floating the idea like its not such a bad idea. Hey, maybe they can make it work.

What really pisses me off is when someone comes on asking for

cohabitation advice, and we say don't cohabit, and the hamster wheels start spinning.

- "We can make this work, I am confident!"
- "This girl is *different*, you see"
- "I know what I am doing. As long as I hold frame and stick to RP principles, I will be fine"
- "I wouldn't be doing this if I thought it were a bad idea"
- "I really trust her and I feel like

its time we take that next step"

- "She needs somewhere to live, I don't want her out on the streets!"
- "It's not like I am providing for her, we are splitting everything 50-50! No free ride!"

You retard. I don't give a fuck what your excuses are, or what your justification is, or why YOUR CASE will be an exception and why things will be different from you. We have hundreds of me here on TRP and in the manosphere who can provide actual accounts of cohabitating with their LTR

and it tanking their relationship. The number of guys who will say it was a bad idea is orders of magnitude higher than the number of guys who said it was a good idea.

You can hamster all you want, it won't change the fact that its a bad fucking idea.

Then you have the idiots who are having LTR issues, then says they are cohabitating, and we tell them to move out/kick her out ASAP, and once again the hamster wheel starts to spin.

- "What am I supposed to do, throw her out in the street?"

- "We signed the lease together and its not up until XXX date"
- "It's just not that easy..."
- "But me moving out will basically mean we are breaking up and I don't want that"
- "I think we can make it work if we overcome this snag"
- "Cohabiting hasn't been an issue up until now"

And my favorite:

- "Well I have no where else to go, its her place and I just crash there with her"

The quicker you move out or kick her out, the quicker you can get back on the path to being your own man, and gaining the power back in the relationship. If you break up because you move out or kick her out, the LTR was built on a weak foundation and was doomed anyway. It doesn't matter if you have pay an early termination fee on a lease, call the sheriff and have her evicted, or crawl over broken glass, you need to either move out or kick her out NOW. And if you are one making that last excuse, "It's her place and she is letting me live there", you need to end the LTR and focus on

getting YOUR shit together. Get a job, get your own place. For the love of God don't use an LTR for resources. That's what women do. Are you a woman? Men are not dependent on someone else, especially another woman. If you don't have a job(or a good enough one to have your own place) you don't have time for an LTR or to be chasing women period. Sorry.

So why do we say don't cohabit? There are two reasons.

The first reason is dread.

If you have any experience with what TRP is, you know what dread is. Dread is how you keep leverage in any relationship. Dread is the constant fear

she has in her mind that you are a high value man with options, and can dump her ass for another woman at any time. Therefore, she will do what it takes to remain in your favor and be the main woman in your life.

Cohabiting with a woman makes it near impossible to run dread. You no longer have leverage. Think of it this way: Cohabitation is one giant comfort test. Once you are living together, you have failed that comfort test. She now has you by the ballsack. You might as well put your testicles in a vice. Once you fail a comfort test, she has all the leverage. She will stop putting out as often. She will start denying you sex. She will stop pulling her own weight. She will become more bitchy and

naggy. She will respect you less. She will exert less effort making herself as attractive as possible for you. And why should she try to make you happy? She knows she has you by the balls. All because you chose to live together.

It's hard to keep a woman up at night with the thought running in her mind that you may have another woman over at your place, when you are there sleeping right next to her.

The second reason is freedom.

This is what men strive for. Freedom. Men want freedom, women want access. As a man, there is nothing better than being completely free.

Being financially free. Being addiction free. Being free to do whatever the fuck you want, when you want.

Cohabiting with a woman? Kiss your freedom goodbye. You no longer have the freedom to come home from work and do what the fuck you want. You no longer have the freedom to be by yourself at home and unwind. You no longer have the freedom to go out when you want and do what you want. Each time you leave the house you have to check in with your woman and say where you are going and why and for how long and when you will be back. You no longer have the freedom to cook/eat what you want, when you want to.

What if you have a hard day and just want to go home and be by yourself? You now have no where to escape to. You have no personal space to go to. What if shit goes bad with your LTR? You have no where to go to get away from her and be alone.

As someone who lives by myself in my own apartment, this just sounds miserable. I think men take being able to do whatever the fuck they want, when they want, and not having to answer to anybody, I feel like men take that for granted. It truly is amazing. This weekend I might go skiing. I might not. But simply having the option without having to make plans and check in/clear it with someone and without having to bring

her along and such, is awesome. Just being able to wake up, make the decision that morning, and get up and go if I want to, is amazing.

What's basically happening, when you cohabit with a woman you aren't married to, is making yourself the son to her mother. It's a mother-son dynamic. Good luck with that.

Conclusion: Don't fucking cohabit with a woman you aren't married to. We say this shit for a reason.

Edit: Very strong hamstering in the

replies. Looks like the cohabitation hamstering isn't limited to AskTRP.

How to get laid like a WARLORD

by MikeHaines | November 29, 2016 |
[Link](#)

A complete guide to picking up 9s and 10s

Today I want to tell you everything I know about getting the highest calibre girls from cold approach.

This guide will cover: frame control, inner game, and passing tests — which I consider to be the holy trinity of “9 and 10 game”.

This guide will NOT cover: body language, pulling, or handling logistics. Obviously, the latter are extremely important, but they've been

adequately covered elsewhere, and there just isn't space to include them here.

My background

Picked on in school, small and sickly, didn't have a girlfriend until 18. Was dumped by her and spent the first 2 years of college pretty much celibate. Got into redpill ideas through the old "Citizen Renegade" blog (which is now Heartiste). From there stumbled on RSD's infield videos.

Started going out and approaching regularly. Approach anxiety and ceaseless rejection for months, but I kept at it. The odd success here and there.

After about 2 years I was fucking a new girl every fortnight or so, mostly 7s and 8s with the occasional turbo when fortune smiled on me. My current girlfriend is a 9, has done modelling etc.

Below is everything I know about getting the hottest women from cold approach pickup. This is specially engineered for getting 9s and 10s and dealing with the kind of bullshit these girls will inevitably give you.

If you're more into sleeping with tons of 7s (and there's nothing wrong with that), this might be overkill.

When I was single I personally was one

of those guys who would rather fuck half a dozen 9s/10s in a year than 50 mid range girls, so my whole approach to game is based on optimizing for that.

Take it for what it is — I'm not saying my approach is better, this is just how I roll based on my preferences.

This is a long post. You may want to bookmark it and return to it later if you're particularly concerned with getting the hottest girls. There's a lot of subtle points in here that won't be immediately clear on a first reading.

PART 1: THE ATTRACTION PROCESS

1. Women are attracted to you because you have a stronger frame than they do.

That's all.

There's nothing else to it.

Attraction is purely a function of the fact that:

1. you're a man
2. you have a *stronger frame* than the girl

As a man, you naturally have a strong frame of reality whereas women don't. Therefore they value that. (Having a strong frame is a result of high testosterone levels.)

2. Women would rather fuck an ugly guy with a strong frame than a handsome guy with a weak one

Evolution has designed women to be very flexible in terms of who they'll become attracted to.

Women would rather fuck an ugly guy with a strong frame (i.e. a natural leader) than a handsome guy with a weak frame (cowardice, uncertainty).

That's because women who chose to fuck the latter ultimately had their genes rooted out of existence by the brutal conditions of ancestral life.

In consequence, women now are very adaptable. They have the capacity to be attracted to almost ANY man so long as his frame is stronger than

hers.

3. A girl can ONLY get horny for you if you have a stronger frame than her.

Think of this like a mathematical equation. There's no getting around it, no cheating it, no short-circuiting it. It is an immutable law.

Women want to submit to you. They want to submit to a strong man. But she can't submit to you if your frame is weaker than hers.

Physiologically, girls can't even become wet for a guy who has a weaker frame than they do. It's literally impossible.

4. “Be a man. Act like you have answers.” (Bill Burr)

What is a strong frame?

Fundamentally, it's a sense of certainty in everything you do. This certainty manifests itself as calmness in the face of social pressure.

Simply put, in a cold approach pickup, the woman becomes attracted to you because you're more relaxed than she is.

That's all.

That might seem strange, but it's actually not.

The very fact that you approached the girl at all demonstrates a massive amount of confidence and social value (either real or potential).

So once you've approached the girl and gotten her into a conversation, the

game is yours to lose. She'll inevitably become attracted to you because you're a man, and because you have a stronger frame than she does.

5. Relax

You will approach women, and you will make mistakes. That's fine. Women don't want you to be perfect. They only want you to be a man.

You are not physically perfect. Neither am I. Neither is anyone.

Women are not looking for perfection. They're only looking for a man who has a *stronger psychological frame* than they do.

And fortunately for you, you already have a naturally stronger frame than

women.

An example of this is how women will freak out over spiders or mice, jump up and down, scream, and so on, whereas a man will calmly deal with the situation without it breaking his frame.

6. She tests your frame to test your masculinity. The two are the exact same thing.

Women are attracted to *masculinity*. And masculinity can be defined as a measure of how much pressure a man can endure without it breaking his frame.

When you approach a hot woman, she immediately starts trying to break

down your frame.

She's testing it for strength.

If your frame crumbles in the face of her frame, she knows you're not a man — because men have a stronger frame than women.

Fortunately, your frame will not crumble. A girl's frame will always "buckle" under yours after you pass several of her tests. It's instinctual. Women want to be with the strong man. When she sees you have a strong frame she starts getting wet.

7. "Listen, smile, nod, agree — then do what the fuck you were gonna do anyway." (Robert Downey Jr.)

Women test me all the time. Women have said things to me that are totally brutal — called me ugly, too short, a loser, etc.

Most of the women I approach will make a weird face or pretend to ignore me for the first 10-20 seconds.

It doesn't penetrate. It doesn't cause any emotional reaction whatsoever inside me. I smile, nod, agree and then keep talking to her as if she's being nice to me.

Eventually, she starts responding. Then she starts laughing. And then we have sex.

A woman's frame will ALWAYS buckle under yours. It's not a question of "if", but "when".

8. Chasing hot girls gives you a “charge”

When you're first getting into game, it's fine to only approach 5s and 6s. Many of these girls will be super nice to you, and that's cool. A lot of them are fantastic in bed.

But once you start to get some experience, you're naturally going to want to move up the ladder and start laying 8s, 9s and 10s.

This is a natural instinct, and it's good. It's okay to chase girls just because they're hot. These girls want you to chase them. If they didn't, they wouldn't make themselves hot.

Part of being a man is that you can appreciate a woman's beauty and femininity. It gives you a charge. And pursuing women who are “out of your

league” (by society’s false standards) also gives you a charge.

9. Seducing a 9 is no different from seducing a 5

The process of attraction is exactly the same. The only difference is that the hot girl’s frame is stronger than the chubby girl’s.

But ultimately, no matter how strong a hottie’s frame is, your frame will always be stronger, because you’re a man.

10. Women will test you brutally when they want to sleep with you

When you approach any hot girl, she’ll

test your frame HARD to see if it's strong.

She'll act like a bitch. She'll pretend to ignore you. She'll tell you outright to go away.

She wants to see if you'll buckle to social pressure, or if your frame will remain calm and consistent regardless of external feedback.

She actually WANTS to sleep with you — but she needs to test your strength first.

Don't be fooled by the bitch persona for a second. It's a carefully cultivated TEST.

Most men fail the test because they don't even realize they're being tested.

11. Fight Club analogy

Getting a hot woman into bed is like the hazing scene in Fight Club where the new recruits are lined up outside the door.

Tyler berates the recruits with personal insults. "Too old, go away."
"Too fat, go away."

He forces them to stand outside for days. He tells them there's no possibility they're getting in. Most give up. But the few who stay are ultimately invited inside.

Seducing the hottest women is the same. It's a WAR OF ATTRITION.

Women will fuck pretty much any guy who's around at the end of the night so long as he has a stronger frame than she does.

But you have to stick around. You

can't leave when she insults you or acts like she doesn't want to talk to you. If you do, you're failing her tests. We'll get into the mechanics of passing these tests in a moment. First we need to talk about inner game, which is the basis of out-framing anyone.

PART 2: INNER GAME

12. The battle is won or lost inside you before it's ever fought

We've said that the only way to AROUSE a woman to the point that she wants to sleep with you off cold approach is to pass her tests.

How do you pass these tests?

The first principle is to understand is that all tests are FRAME tests. The entire purpose of tests is to see if you have a strong frame that won't buckle under pressure.

Therefore, it's useless begin with talking about "how to pass tests". The real value is in having a strong frame to begin with. As Sun Tzu says in the Art of War, "every battle is won or lost before it's ever fought."

13. The "I am enough" frame =

the gold dust that gets you 9s and 10s

The basis of your inner game is the idea that “you are enough”. In other words, you have value to women simply because you’re a man.

Everything else is built upon that foundation.

You don’t have to “do” anything to attract a girl. She’s attracted to you simply because you’re more relaxed than she is.

You don’t have to change anything.

You don’t have to improve your “game” beyond what it’s at now. You don’t need to become better looking.

You CAN do all these things if you want and they will help you. But you don’t have to.

You’re already “good enough” simply

because you're a man — because you've got testosterone and a dick. Women value that.

14. Men and women are meant to get together

We fit together like a key and a lock. There have been studies done in which women smell men's sweaty t-shirts, and it changes the chemistry of their brain — making them more relaxed and calm.

Your “male-ness” is inherently attractive to women. Same way as their femininity is inherently attractive to you.

15. Standards are a myth — everyone is a horny scoundrel

We have been brainwashed in our culture into believing that people (women) have something called “standards”.

Women don't have any standards — not really. Neither do men.

Imagine you're naked in bed with a “4”. She's kinda chubby, plain face, you probably wouldn't be proud of the lay, whatever. But her skin's soft, she smells good, and she's naked and wet. Are you going to say no?

Probably not, if we're being honest with each other. You'd almost definitely fuck her if you could be CERTAIN that (a) she'd leave afterwards, and (b) no one would find out.

There's a natural magnetism between men and women. We have no willpower around each other. Women are the same way. Take it from someone who's "shot out of his league" too many times to count.

16. Be her cheat meal

You can be a "4" and she can be a "9". *If the circumstances are right*, she'll fuck you so long as there's no downside. Why? Because sex feels good.

Even the hottest, slimmest yoga bunny pigs out on pizza every once in a while. It's human nature. We're not strong. We're weak.

We pretend to have "standards" to the

outside world. But down deep inside, no one has any standards, and we know it. We have no will, no self-control.

Hot women are the same.

If you can hold frame, pass a woman's test, and lead her to somewhere sex can happen while creating plausible deniability, she WILL fuck you.

You'd be amazed how easy it is when you get it down.

17. Stop thinking you need to be an “alpha” to get hot girls — helpful at first but it will ultimately stress you out

Your frame is: “I am enough.”

Your frame is NOT “I’m a badass alpha

who's better than everyone”.

That's hard to uphold in the face of conflicting evidence, and will cause cognitive dissonance and stress.

It's simply: “Women and men are meant to get together. I'm a man. Therefore, women are already attracted to me on some baseline level.”

That's not a hard frame to maintain. It doesn't stretch the truth. It doesn't cause cognitive dissonance.

And therefore it's **MUCH MORE RESILIENT** in the face of tests and resistance — which is the most **CRITICAL** element to getting the hottest girls.

18. Cultivate a “reality distortion field”

In order to do this, you must fully INTERNALIZE the “I am enough” belief system.

Understanding it in theory isn't enough. You have to feel it with your whole “mass”. You have to believe it with total, unquestioning, brainwashed conviction.

The more you think about the idea that there's no reason you're not enough, the more it will feel “true”. (Things become true to us through repetition, not through logic.)

Use self-hypnosis if necessary. Find every reason you can to support the belief that you're enough, while cultivating “deliberate blindness” to anything that contradicts it.

Don't be a slave to logic. Make logic a slave to you. This is how you cultivate a "reality distortion field".

PART 3: HOW TO MAKE WOMEN HORNY BY PASSING THEIR TESTS

19. Enduring tests = building attraction

When you approach a woman, she immediately starts testing you. By passing her tests, you demonstrate that your frame is stronger than hers.

This makes her horny for you. Women are wired in such a way that they can't become wet for a man unless he's overcome some kind of *resistance* to get her. Hence, tests actually help you to seduce her. You want her to test you. The more tests you endure, the faster she'll sleep with you.

When a girl is so into you that she doesn't test you, this is how you end up on a 3rd date with a woman who still won't put out.

Tests are your friend.

20. Passing tests is where ALL attraction is ultimately generated.

Attraction is NOT generated by pickup

lines and witty comebacks.

Attraction is NOT generated by manipulation techniques.

Attraction is NOT generated by looks or money.

All of these things WILL increase your probabilities of getting laid, and make your game smoother and more streamlined.

But they're NOT what builds **ATTRACTION**.

The one and **ONLY** thing that builds attraction is **ENDURING A WOMAN'S TESTS**.

The reason for this is obvious when you think about it:

21. Enduring her tests = ability to

overcome adversity = GOOD GENES

Women have to see you have a strong frame, because otherwise they have no confidence that you'll be able to protect them and remain calm in the face of danger.

And the ONLY way they can figure out if you have strong frame is by testing you, being bitchy, insulting you, brushing you off, ignoring you, etc. That might seem "unfair" to you.

But if you can't handle the abuse from some blonde chick in a bar, how the fuck are you going to handle beating a 7ft tall man to death with your bare hands when he and his tribe invade your village and try to gang-rape your girl?

Think about it.

22. Women aren't built for Starbucks. They're built for the African savannah.

Women aren't built for the modern world. They're built for nature, red in tooth and claw.

If you understand that, you'll do things differently. You won't take it so personally when you approach a girl and she tries to destroy you.

It's necessary.

Hot women aren't acting bitchy to you because of feminism. They're acting bitchy to you because they WANT to fuck you — but they can only do so after they've proved that you have a stronger frame than they do.

This is instinctual. It's part of the

natural order.

Innate female bitchiness existed long before feminism. Testing men who approach them is encoded into female DNA.

When you get bitter at hot women for testing you, you're being just as anti-nature as feminists themselves.

23. Eliminate self-destructive beliefs

There's a common myth in the seduction community that a girl who acts "bitchy" to your approach is fundamentally flawed and therefore "not worth pursuing".

This is totally ludicrous.

In fact, it's just an incidence of "sour

grapes” — cognitive games we play with ourselves to rationalize that the grapes we can’t reach are sour. The reality is that if a girl has ANY VALUE WHATSOEVER, then she will test you hard during your first approach.

24. Embrace tests

Do you want a woman who says yes to every cock who comes along without putting up the slightest resistance? Or do you want a woman who actually DISCRIMINATES among men based on their value — and who CHOSE YOU over hundreds of other suitors because you had the highest value? If you’re a normal, healthy man, you

want the second woman — and that means you must LOGICALLY EXPECT her to test you hard, and to test you with everything she's got.

And you must not only expect tests, but APPRECIATE them.

You LIKE it when a girl acts bitchy on your approach. It means that if you settle down with her, she's likely to act bitchy to OTHER GUYS who approach her, scaring them away.

The higher a woman's value (in looks and character), the harder she will test you by ACTING "boring" and "bitchy".

This is the way it is and will be. This way and not some other way.

Luckily, passing tests is the fastest way to create arousal and horniness.

This means that, paradoxically, the hottest women are often the easiest to

seduce if you know how to pass their tests.

THE TWO CATEGORIES OF “TESTS” HOT GIRLS WILL GIVE YOU, AND HOW TO PASS THEM

Women will give you two types of tests — active tests and passive tests.

25. Active tests

Active tests are covered frequently in PUA literature.

When a woman insults you, belittles you, mocks you, or says something provocative to get a reaction — these are all examples of active tests.

Common “brush-off” lines like telling

you she has a boyfriend, saying you're a nice guy, telling you LJBF — these are also active tests.

I won't talk much about passing active tests as this material has already been done to death in the redpill/PUA world. (Just look up anything on "shit tests".)

Suffice to say, the best way to pass active tests is to either:

- a. Agree and amplify.
- b. Ignore the test and continue as if you didn't even hear it.

Generally speaking, getting active tests is VERY GOOD. If the girl's actively testing you, it means she's definitely interested. It's also a very easy way to demonstrate your strength of frame by being a charming asshole in response.

26. How to get past her “bitch shield” persona and into her knickers: recognize and endure passive tests

But there is another type of test, which is MUCH more important to understand.

This is the PASSIVE TEST. This is almost NEVER covered by PUA/redpill literature — yet these tests are actually the most COMMON you’ll encounter, particularly when dealing with 9s and 10s.

Passive testing happens when you approach a girl and she appears to be INDIFFERENT, BORED, or ALOOF.

“Resting bitch face” is a passive test. Giving you only one word answers is a

passive test.

And — my favorite — when you go to approach a hot girl and she looks at you with a face of half-disgust, half-horror, and runs away.

Utterly BRUTAL as it seems — yes, even THAT is a test.

27. Don't confuse passive tests with "rejection"

99% of guys interpret passive tests as REJECTION. Even natural alphas do.

And that's totally understandable.

I mean, it makes sense right?

If you approach a stunner and she takes one look at you before making a "creeped out" face to her friend, and then they run away — that's obviously

a rejection, right?

Well, what if I told you that at least half the women I've slept with in my life reacted like that (or similarly badly) when I approached them?

Here's a particularly good example:

28. "Rejection" is not rejection

There was this girl I went to college with. Brunette, hot, did modeling work in her spare time, socially was one step down from a "minor celebrity" in my city.

Probably one of the 10 or 15 hottest girls in my college.

I always wanted to fuck this girl, because she seemed smart and interesting as well as just hot. But I

rarely saw her around.

One day she passed me in the stairwell, and I thought “this is probably the only chance I’m ever going to get”.

So I approached her and blurted. “Hi, I’m Mike”. Good eye contact. Held my hand out to shake hers. Whatever.

She looked at me like I had leprosy.

I mean, she literally RECOILED. Her eyes went wide in horror, as if I was trying to infect her with AIDS.

She shook my hand limply and muttered some social nicety back, then ran away swiftly.

WOW... Now THAT’S a rejection, right? Well, the story has an addendum. That woman is now my girlfriend. Has been for three years. She’ll probably be the mother of my children.

So what's going on here?

If she was attracted to me (which she later told me she was), why did she appear to “reject” me?

Answering this question is the THE KEY to mastering all of game and social dynamics. You ready?

Ok, here we go:

29. You are TOO HIGH VALUE

Yes, you read that correctly.

When you're getting “rejected” by girls, it's because YOU'RE TOO HIGH VALUE FOR THEM, and it makes them nervous and self-conscious.

Stay with me here. I know this sounds paradoxical, but try to grasp it.

30. Women are nervous around you

When you approach a woman out of the blue, it demonstrates a LOT of value. More than you probably realize. This is because 97% of guys DON'T APPROACH AT ALL. (Those who do are usually drunk and sloppy.)

This means that if you're an average to fair looking guy, and you cold approach a girl, you've just put yourself in the top 3% of men in terms of confidence.

In other words, she is going to naturally ASSUME that you are an alpha male (whether this is true or not).

This makes her NERVOUS and SELF-CONSCIOUS. She's ill at ease around you because she wants to make a

good impression.

So she tries to act “cool”, “aloof”, and “standoffish” ... because she feels awkward.

She says bitchy things... because she can't think of anything else to say.

She run aways... because she feels anxious around you and doesn't know what to do next.

In other words: you're coming across as TOO HIGH VALUE.

Women are nervous around you. Be patient with them!

Dumb yourself down. Hold frame, tease them, keep smiling warmly.

Eventually they'll open up and start laughing, flirting back, and ultimately get turned on by the fact that you out-framed them in a way no other man ever has.

BONUS: THE 6 MOST COMMON TESTS HOT GIRLS WILL GIVE YOU AND HOW TO PASS THEM IN A WAY THAT BUILDS ATTRACTION

#1. You approach her, say hi, and she makes a weird face, or pretends to ignore you.

Simply keep talking as if you expect her to talk back. She's nervous and self-conscious and *doesn't know what to say*. That's why she's acting "bitchy" — you're too high value for

her and she feels anxious, causing her to try to act cool.

Don't react to her. Keep your body language open and relaxed. Warm smile, unwavering eye contact. Keep talking. Eventually she'll start talking back and responding positively.

#2. You're talking to a girl and she acts indifferent or aloof, only gives you one word answers, or keeps looking off into the distance

Again, you simply have to ENDURE IT.

Keep talking, keep being playful.

Teasing her a little bit never hurts either. "Are you this charming with all the guys?" "This bitchy cheerleader persona you're putting on is really

turning me on, please keep it going ;-)
)"

When she sees you're not going to go away so easily, her frame will crack. She'll start to smile. Attraction.

#3. You're talking to a girl and she leaves to go to the bathroom, says "I have to go find my friends", or runs away for no apparent reason.

Let her go. Then re-approach her later. I can't tell you how many girls have run off on me, then I approach them half an hour later and they're like "Oh it's you!" and then we hook up. Why do women leave? Again, they're NERVOUS.

Have you ever approached a hot girl and things were going TOO WELL? The girl is smiling and laughing.... she's responding well... and.... you freak out! You don't know what else to do, but you don't want to fuck it up, so you leave set!

GIRLS DO THIS TOO. Women will "run out of things to say" and run away because they're nervous and overwhelmed by being in a high value person's presence, same as guys will. Let her go, then re-approach her next time you see her.

She will respond extremely well 90% of the time in my experience. She'll literally be GRATEFUL to you that you gave her another chance. Women have told me this explicitly.

#4. If you're talking to a girl and she tells you outright that you should leave, or says "well, you should go back to your friends", "it was nice meeting you", etc.

Smile, nod, agree, and then continue talking to her as if she said nothing. Never leave set because a girl tells you to.

SHE can walk away if she wants. She has that right.

But in a public space like a bar or nightclub, you're well within your rights to talk to whoever you want. It's Saturday night. It's a social environment. You're mixing with people.

You're free to talk to whoever you

want, and she's free to walk away at any time.

But if she tells YOU to leave, it's simply a test of your frame. She wants to see that you won't buckle under social pressure.

Pass the test by ignoring it. If she tells you to leave again, look her in the eye with a sly smile and say "You're free to go if you want to."

Her eyes will light up and she'll punch you in the arm. Pussy dampening commences.

#5. You're talking to a woman and there's an uncomfortably long lull in the conversation.

Stare into her left pupil while saying

nothing. Instant sexual tension.

#6. You approach a woman, or a group of women, and they attempt to mock or belittle you.

They're nervous around you because you're the alpha male in the environment. (As demonstrated by the fact that you approached.)

They feel uncomfortable in your presence because you're high value, and so they're trying to maintain frame by making nervous jokes.

Smile, nod, agree, and keep talking to them AS IF they were being perfectly nice to you. If you act like they're being civil, eventually their frame will buckle to yours and they actually WILL

begin to act civil.

That's the nature of having a stronger frame: you create reality. Other people adjust themselves to it.

TL;DR

1. Women value you because you have a **STRONGER FRAME** than them. That's all.

2. To figure out if you've got a strong frame, women test you. These tests come in the form of indifference,

bitchiness, aloofness, personal insults, etc.

3. You don't have to do much to pass these tests. You just have to ENDURE them, keep talking to her, teasing her a little and being normal. Over time, her frame will buckle and she'll become aroused by you because she sees you have a strong frame that can't be pushed around.

4. Attraction is a passive, not an active process. You attract hot girls by outframing them. You outframe them by enduring their tests without it breaking your frame. Eventually they "buckle" to you and become wet, laugh at your jokes, ask you what you're doing later, etc. Then you can take her hand and lead her to the sex location and she'll be compliant.

5. The hotter the woman, the harsher will be her tests. Paradoxically, this can actually make hotter women easier to attract, because if you can endure her tests you stand out massively from other guys. Compare to an average girl: her tests won't be as hard, so you have to pass more of them and spend more time with her before she can see you're strong

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Ultimate Guide To "Same Day Sex"

What are Shit Tests and how do I handle them?

by IllimitableMan | December 14, 2014
| [Link](#)



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1.) Introduction:

Many people seem to think that shit testing is a social device unique to women; whereby a form of social test is employed to determine the social

fitness of a male in order to discern if he is a viable sexual option or not. Now whilst this isn't wrong per se, it is an incredibly limited and rudimentary view of shit testing. Shit tests are a basic yet vitally important part of understanding and applying the red pill philosophy to your life. Even if you don't agree with red pill philosophy, shit tests still affect you. As a basic social dynamic, shit tests are something so incredibly inextricable that you're going to want to be able to identify and quash them as a matter of due course. Now without further ado, let us begin.

2.) What Are Shit Tests & What Purpose Do They Serve?:

Why are they called shit tests? Well when somebody “gives you shit” and fucks with your head to see how you will react, what you are experiencing is typically a (series of) shit test(s). Everyone has been shit tested, gets shit tested and will continue to be shit tested; It’s an unavoidable part of human interaction. We use shit tests to make value judgements about people, likewise they can be used to determine how people cope under pressure. The underlying mechanism of shit tests is to test your mettle. Hence the name is not only fitting, but likewise, accurate.

Shit tests don’t always have to be questions, they can be blanket assertions that are accusatory or

provocative in nature. Such assertions are designed to elicit an emotional response from you, pushing you into a state of reactivity and causing you to reveal information about yourself.

“Ok, I get that, but why not just ask me what you want to know rather than play these silly games?”

The ignorant who have already passed judgement on the topic this essay covers have undoubtedly already thought this. Humans have a propensity to lie and tell people what they think they want to hear. This is especially true of women and the effeminate men who emulate them; both are consensus seeking creatures who crave the approval of the group

above all else. This goes some way to explaining why women regardless of social standing **indulge in vapid social pleasantries** that men of substance have neither the time nor inclination for. They are anti-confrontational to the most sublime degree, but nevertheless, I digress.

On the immediately observable superficial level, the majority of people are concealing their true identity. Thus in order to make accurate deductions about the personalities around us, we challenge one another subtextually and draw conclusions about “what the other person is really like” when gauging their responses. Shit tests can be blatant or they can be covert, how they manifest depends upon the intent

and personality of the individual employing the test. The sum potential combination of differing shit test scenarios is so vast that I cannot possibly give an example of each and every possible outcome in this article. Therefore I shall instead bestow you with the knowledge necessary to refine your own analytical capabilities so that you may act accordingly when you find yourself being shit tested.

People have a tendency to exaggerate their own strengths and project a false heightened image of themselves. If you've ever been on Facebook you will have seen this first-hand. These people are not showing you who they really are or what they're really worth, instead they're showing you "their

life's highlights" and leading you to believe that this is how they live all the time, that "they're just that awesome." They want you to believe **their social value** is higher than it really is. Well, surprise, surprise, people don't just do this on Facebook, they do this in real life too.

Those who consider themselves "a bullshit free zone," eg: masculine men will "ball bust" (read: shit test your ass a new one) quite relentlessly to determine "just how much of a man you are." If you are an effeminate or timid man, you will feel bullied rather than challenged and this tells the group everything they need to know about you.

You will fail to understand that what you are experiencing is a social initiation ritual that all men must go through when they are new to a male-dominated group. You will be relentlessly ridiculed to determine what you're like and where you belong in the pecking order. If you are too reactive, you will be rejected and exiled from the group, or relegated to the bottom position as the emotional punch bag everybody ridicules for cheap laughs. To avoid finding yourself condemned to such a fate, you must demonstrate you can spar verbally without taking too much to heart.

Shit tests are used to “determine your frame.” Frame is a concept which essentially means “composure and

self-control.” If you need a visual metaphor, imagine you are a work of art on a gallery wall. You are kept straight and presentable by the frame you are kept in. If the frame was taken away, your picture would fold and you would fall to the floor. In the physical sense of the metaphor, your canvas folds, and you, the picture, fall to the floor bent out of shape. Psychologically and symbolically, folding means you have “lost control and given up” in the way that a player folds when they surrender in a game of poker.

If you can keep composure/seem unfazed and/or assert your boundaries despite a shit test, generally speaking you will be considered to have passed the shit test. If you get upset,

offended, doubt yourself or show weakness in any discernible way when shit tested, it will be generally considered that you failed the test.

I will summarise this section of the article with a valuable conclusion: whilst passing shit tests psychologically raises your perceived social value, failing shit tests psychologically lowers your perceived social value. Pass people's shit tests to garner popularity and social success, fail them, and you will become an ostracised and unconfident outcast.

3.) Shit Tests & Game:

If a pretty girl says *"I bet you say that to all the girls"* (a run-of-the-mill standard shit test) and you stand there

with your jaw ajar speechless in what to say, you have just failed her shit test. Your silence is not useful because she can see you are not wilfully ignoring her, you're just stuck for what to say and your mental slowness is blatant. This is a huge faux pas that communicates stark social incompetency.

An example of passing her shit test? The infamous agree and amplify technique. If you were to say *"Yeah, but normally I forget their faces"* and she follows up with *"So what, you're saying you won't forget mine?"* (another shit test) and you reply with another agree and amplify *"Not if you give me a reason not to"* in a charismatic tone, then you've

effectively used game to come out victorious in that round of testing.

You cannot falter in the midst of a shit test. Sometimes they come out of nowhere, completely unexpected and catch you by surprise; which is why being good at conversational improvisation and word association are fundamental tool boxes to being able to destroy any shit test that may come your way.

If you are abstract/metaphorical in your thinking and verbal skills, you will have a lot of fun with shit tests. Men with subpar wit and verbal skills tend to struggle with shit tests. As an aside to men who fall into this category, I suggest you watch more stand-up

comedy to develop your wit and speak more with people to improve your conversational ability. If you get good at “speaking shit” which is essentially freestyle improvisational conversation based upon nothing more than word association, observation and mockery; you will find passing shit tests to be not only easy, but likewise immensely enjoyable.

Shit tests can be passed in a multitude of ways, so even when passing it's not strictly a matter of “whether you passed or not” but just as important is “how you passed.” For example, people with a good sense of humour tend to accept negative labels and make jokes out of them, we call this “agree and amplify.” Mentally violent

people tend to quickly find a flaw in the person attacking them and deflect by associating the shit test with a weakness perceived in the original tester, thus attempting to humiliate them – we call that a pressure flip.

3a.) Shit Test Passed & Shit Test Failed: An Example

I'll give you an example of a common shit test women use, for the sake of the example let's pretend your name is Tom: *"Haha Tom is one of those player guys, you can tell just by looking at him!"* It will sound like a complaint, but it isn't, it's a shit test and she wants to see how you respond to her bullshit. She is conjuring up inane accusatory nonsense purely to

incite a response and determine your level of confidence. After she says this she will look at you to gauge your body language and get a better read on your frame.

Strong response: *“Sounds like you’ve got an eye for talent.”* Body language wise give her strong “I’m gonna fuck you ’till I split you like the Grand Canyon” eyes, or be aloof and distant as if to suggest her test is pathetic. Shit test passed, vagina’s beginning to moisten.

Weak response: *“I would never dream of stringing a girl along!”* and **then you start idiotically justifying** how “you’re not like that” eyes widening, palms are sweaty,

wishing you were at home with your mum's spaghetti. Shit test failed, she's drying up.

I will make a point of saying here that whilst women will deliberately and consciously shit test you, much of it is entirely subconscious. They do it, but they're not aware why or even when they do it for the most part. Women who read this blog are probably not indicative of that assessment, as naturally my literature will have elevated their self-awareness beyond that of the average female.

3b.) Examples: Standard Shit Tests Women Use:

- ***“Aww, are you upset?!”*** -

Translation: Are you a beta? Ignore it

or agree and amplify. *“Yeah I’m going to go home and watch Titanic now.”*

- **“You’re such a player aren’t you?!”** - Translation: Are you alpha?! Ignore it, be mysterious/vague *“maybe, come find out”* or agree and amplify *“you don’t know the half of it.”*

- **“Buy me a drink!!”** - Translation: Are you a beta? Compliance test. If you buy her shit you’re a chump. The correct response: *“No, you buy me a drink.”* You communicate you’re more valuable than she is. Only lower value men buy drinks for random women they don’t know. Unless you’re preselected out the ass (eg: you own the club) in that case you can buy shots for homeless men and nobody

gives a fuck. The boss man gets a pass for doing weird and insane shit that would see lesser men condemned.

- ***“I have a boyfriend!”*** -

Translation: I have Schrödinger's boyfriend, demonstrate to me you're high value and I'll fuck you regardless. It is hilarious when they say this.

“What boyfriend, your imaginary one?”

- Then laugh in her face. - *“Sounds like you're shit out of luck, I'm going to have to fuck your friend instead, feel free to watch.”* Always be prepared to get slapped when you're running this kind of obnoxious asshole game. Don't say I didn't warn you, consider the slap a sign she cares.

- ***“I don't date short guys”*** -

Translation: You look like a beta because you're not physically imposing. Of course only guys who aren't considered tall by the cultural standard of the country they are in are subject to this shit test. The correct response is to agree and amplify: *"Yeah I'm a fucking dwarf even in my heels."* There is nothing worse than a short guy who is all messed up over his lack of height and gets insecure at the first mention of it. Women will shit test you on this if you are short (or even average) height. You have to seem like you don't give a shit about the fact you're not considered tall. If you get upset, she'll think you're weak because your jimmies were so easily rustled. Be unreactive, no fucks should get given,

you can't change your height so you have to learn to accept it.

- **“Do you believe in love at first sight?!”** - Translation: Are you a beta? The answer to this is always no. Or if you're bold and don't give a shit about being slapped and want to escalate with tension: *“I didn't but then I saw your titties on the way over and I've been having deep philosophical reconsiderations ever since.”*

- **“Can we be -just friends?-“** - Translation: I think you are a beta that should do my bidding. The answer to this is almost always no. Unless of course you don't want to bang the chick (she's a uggo) and for whatever

reason you think she'd be cool to have around.

- ***“How many girls have you slept with?”*** - Translation: Do you get laid a lot or are you a sex starved beta? Saying you have not slept with many girls communicates low value. Exaggerate your number if it's low. If it's high give any old number assuming you've kept track. Fail-safe responses: *“I've lost count.”* - *“What, today? Not many.”* - *“Pick a number, any number.”*

- ***“Do you have a girlfriend?”*** - Translation: Are you a beta? (Can you get laid?) - The correct answer is always yes (it increases your preselection.) Women love poaching

men from other women, they essentially find whatever is “in demand” to be attractive, that’s what we refer to as “preselection.” Ways to pass this test: *“she told me not to tell anyone”* – *“We’re not Facebook official”* – *“I don’t cuddle her after sex, so no?”*

– ***“I bet you have a girlfriend!”*** – Translation: I want to fuck you but I don’t know if other women find you hot. More overt variant of the above which assumes you’re preselected, indicating a higher level of interest. Again, even if you don’t have a girlfriend, you should say you do or otherwise indicate that you do to increase your perceived preselection.

- ***“Hold my bag for me!” or “Will you go and get me a coffee?”*** -
(substitute bag/coffee for whatever) -
Translation: Are you a complicit beta that will do what I tell you to do? This is a compliance test wrapped up in a power play to see if you are “wrapped around her little finger.” Some variation of “No” or “Hold/get it yourself” does well. Sneer whilst you say it for bonus points.

As you may have noticed from the repertoire of woman’s bog standard run-of-the-mill shit tests, they are incredibly fixated on discerning whether or not you are a beta (guy who doesn’t get laid much, if at all.) If in doubt, err towards being an asshole. Being identified as a beta dries up

panties quicker than you can boil an egg in a Sahara sauna. If you show boldness and exude a “I will mockingly bullshit you” kind of attitude, you’ll do just fine.

4.) Shit Test Variation & Severity:

You have three separate themes that shit tests fall under:

- **Dominance**
- **Compliance**
- **Fitness**

A dominance shit test is used to determine how mentally tough you are, eg: *“do you always whine like a bitch?”* A compliance shit test is used to determine how much influence a person has over you, eg: *“get me a*

coffee." A fitness shit test is used to determine your social skills/sense of humour eg: *"you look hilarious when you're crying."*

Dominance is an underlying theme behind all shit tests, however dominance has its own classification too. Fitness tests are normally also dominance tests, but a dominance test can be employed purely to test/wrestle for dominance and have no humour determining component attached to it. A fitness test merely wants to determine your ability to banter and endure a verbal onslaught, normally if you fail at fitness tests the tester won't want much to do with you socially speaking. In light of this, compliance shit tests and fitness shit

tests share some overlap with dominance shit tests, consider them more specific sub-categories of dominance.

As a rule of thumb, the more messed up the individual is, the higher the stakes are. Likewise, the higher value the person you're dealing with, the more severely you will be shit tested. EG: CEOs will shit test harder and more frequently than office assistants, women with daddy issues will shit test more than women who had stable relationships with their fathers. **BPD women** never stop shit testing.

In further example, interviews are essentially a collection of shit tests. Going for a job? You're going to get

shit tested “to see if you’re worth employing.” Those weird questions you get asked such as “if you had any kind of super power, what would it be and why?” and “name your biggest weakness” are shit tests designed to indirectly determine the strength of your character, creative intelligence and confidence. It’s not only what you respond with that matters, but likewise how quickly and in what manner (are you confident/dominant or unconfident/submissive?)

The “name your biggest weakness” shit test seems to be a question that continuously protrudes and persists with employers nowadays. It’s as if rather perversely they want to subtly neg you and see how you handle it to

determine how you deal with ego violation. I sincerely doubt they care much for your introspective capacity.

In generation narcissist (millennials, but growingly, their generation X parents too) this of course leads to a lot of confusion as well as butthurt: "I don't know" and "I don't even... but mummy and daddy told me I was a special snowflake!" As a freebie, my response to this shit test is: *"I'm so egotistical I don't even know what my weaknesses are and find introspection difficult.. so I guess being blind to my own faults would be my weakness."* Now ironically, that statement is introspective, humble and paradoxical, so the answer is something of a head fuck, however most times I have used

it in the past it has been accepted as a valid answer.

Be warned however, particularly shrewd/Machiavellian recruiters will probably see this as a red flag. If your instincts tell you the recruiter is highly **Machiavellian**, ditch this tactic and admit to something asinine such as your constant battle with timekeeping - these people are seeking an honest admission imperfection, not the smart ass narcissistic shit I recommended up there.

Bear in mind I use long words and elaborate metaphors as part of my linguistic register in real life, it is natural to me. Using canned lines is bad because it means you lack natural

game and need to borrow from another man's wit. If you are not so wordy, it will look weird if you are not congruently wordy but instead only wordy in the passing of a specific shit test (because it is a line you have read on here or somewhere else.) This will arouse suspicion that you have some sort of script pre-prepared because your answer seems out-of-place in relation with how you would normally talk. So if you don't talk as elaborately as I, you can shorten it to *"I don't know what my weaknesses are, is that a weakness?"* At this point they may try to lead you to "confess a weakness about yourself." Treat it like a police interrogation where they try to get you to "admit you committed a crime," which in this context is equivocally:

“admit that you have a flaw.”

When you say you don't know your weaknesses they will ask you a series of questions under the guise of helping you, but in actual fact these are all overt shit tests posing as honest questions “Are you a bad timekeeper? – No.” “Do you suffer from confidence related issues? – No.” “Do you have problems motivating yourself? – No.” Why would you tell an employer that you're low confidence, poorly motivated and never arrive on time, even if it were true? You want to get an employment contract after all, are they really going to hire you with with the knowledge that you're a bad bet?

If you're dumb enough to fall for these

shit tests, you lack the basic social competency to get yourself a job. It amazes me how self-detrimentally honest people can be when they are subject to even a tiny amount of social pressure from a position of authority. Likewise, going out on a date with a woman is a collection of shit tests “to see if you’re worth having sex with.” Being in a police interrogation room is a collection of shit tests. Being heckled by members of the audience as a comedian is a collection of shit tests. And it goes on and on and on. Shit tests are an inescapable and recurring element of life, so you better get good at handling them.

4a.) Basic Shit Tests - Frame Probing & Word Play:

When most people think of shit tests they're thinking of basic tests designed to probe your frame (mental stability, congruency and strength) via word play. Basic shit tests normally manifest as insincere questions. An example would be something like "*do you always talk to people like that?*" They can be played off as a genuine question into the nature of your character, however its true intent is to discern how you cope with being put on the spot. Basic shit tests usually rely on the element of surprise to catch you unaware. An improvised basic shit test is spawned out of a play on words or some other similar facet of word association. The shit tester will take a statement of yours and ask an associated question (or make a

statement) which purposely distorts its meaning in a somewhat hostile manner. Here are some examples:

You: *"I don't trust women"*

Them: *"Is that because you find women intimidating?"*

You: *"I like cookies"*

Them: *"I'll get you a gastric band for Christmas then"*

4b.) Advanced Level Shit Tests - Psychological Games:

Advanced level shit tests are subtle but retain plausible deniability. Rather than directly questioning you or challenging you in an overt verbal manner, typically they will opt to challenge you in a covert non-verbal

manner. Inspiring jealousy by excluding someone who would typically otherwise be included in something is a shit test. It is a test to see if you care enough to voice your concern, or challenge those who would otherwise opt to exclude you. Naturally, seeming unfazed and **outcome independent** regardless of your contempt for said shit test is the optimum way to handle things.

When people shit test you and it's a lose-lose situation, opt to ignore them. You only win by not playing. For example, if someone insults you publicly to try to stir up drama (and it is assumed they will benefit from such controversy) your only recourse is to deprive them of the theatrical

controversy which they seek. I've found that the more successful I've become within the various realms of my life, the more I've had other socially dominant men try to test my mettle by flagrantly disrespecting me just to see what I'll do about it. It can be subtle and implied, or overt and explicit. Either way, not playing is oft the only winning move in such a situation. Even if you can come out on top in a battle of wits, you sink a lot of your precious time combating nonsense that you gain nothing from.

When you're powerful, other people see opportunities in attempting to bring you down a notch or two. Such people will try to get you to react to their inanity merely so they may

bolster their reputation by latching onto yours. It is for this reason that the art of silence; ignoring your enemies overtly is a necessary skill set that all men looking to preserve their accumulated power should master and employ with regularity. It is simple, when you feel someone provoking a response from your ego, interject your emotions with the question *“is there a way for me to benefit from responding to this?”* if the answer is no, replying is pointless. Let reason override emotion, cultivate this skill by refining your self-discipline.

Such shit tests are typically obvious in their intent to put you on the defence. Once you get caught in a web of shit testing, you will often find yourself

justifying your choices and explaining your actions. This lowers your social value, wins you no respect and digs an even deeper hole. Non-Machiavellian logic fails in handling shit tests, people do not respect rationality, they respect only indications of high status.

Explaining yourself, no matter how rational your explanation is will be perceived as a demonstration of low status. Do not justify yourself, if you find yourself explaining yourself in the midst of an argument or theatrical device, you're losing and would be far better off just immediately exiting stage instead.

At the advanced level you find there is a lot of blame shifting, typically in discussion the shit tester will try to

convince you that you are somehow responsible for any flaws or weaknesses of theirs. Women particularly seem to habitually blame shift, it's not only a self-defence mechanism to diffuse feelings of inferiority or guilt but it also acts as a shit test because if you accept the blame, you will be seen less favourably.

You: *"Come on you need to pull your weight around here."*

Them: *"If I'm lazy it's because I'm following the stellar example you have set."*

Now of course the dialogue above could be a perfectly healthy part of banter, but bear in mind that an

inability to banter has the same effect as failing a shit test within a serious context. Whether pleasurable or not, banter is simply shit testing for the sake of mental stimulation, and like more serious shit testing you still need to be able to respond aptly. If your ability to handle shit tests is poor, **head on over to the red pill comedy page** and watch how comedians deal with hecklers.

4c.) Nuclear Shit Tests:

A nuclear shit test colloquially referred to as “going nuclear” or “the nuclear option” is when someone does something which violates conventional social boundaries in order to see how you will react. These are a step up

from “advanced level shit tests” being more extreme in nature, usually bordering on psychological/emotional abuse. They can be covert (removing all the money from your bank account and feigning ignorance to see how you deal without money) or overt (somebody taking a bite out of your food and then staring at you in the eye.)

Nuclear shit tests are designed to test your reaction not by probing your psyche with words, but by probing your psyche with actions that would typically be expected to offend, hurt, disrespect etc. Say you're with a girl and you've hooked up a few times. She's a plate pushing for commitment but you haven't given in to her

demands. You're both out at the club and she starts grinding on another guy. She's doing this to make you jealous in an attempt to force your hand. She's using dread game and trying to get you to commit to her by inspiring competition anxiety within you. Dread game when used by women is a nuclear shit test. How do you pass this shit test? Go talk to other girls, when it inevitably comes up later she was grinding respond with "*that's cool*" (it signifies you don't care in a positive manner) or "*you can do what you like*" etc. Realise she did what she did for your benefit, to test you: it's all about you. If you weren't there to see it, she wouldn't have used another man as an instrument to manipulate you into giving her an offer of

exclusivity.

5.) Passing Shit Tests:

There are many mechanisms which one can employ to pass a shit test. Passing a shit test means you have responded to the test in a way that either neutralises the tester's challenge or causes them to perceive you as confident, dominant and valued. Before we begin, a note on agree and amplify: agree and amplify seems to be the "shit test buster" of choice for most people. Agree and amplify is really good for making jokes, but if used inappropriately eg: in the presence of potential violence, it could make things worse by actually escalating instead of defusing things.

If a violent man walked up to you and said *“Do you want me to fuck you up?”* (this is a shit test, but he will do it if you fail) and you agree and amplify on him: *“Yes in the ass please”* instead of being impressed by your wit he is likely to respond: *“So you don’t think I’m serious? Let me show you how serious I am”* followed by an attempt to beat the hell out of you.

Be aware that not all shit test busters will work in every scenario. You have to use your common sense, calibrate to the situation and determine what shit test solving method should be utilised based upon the context.

Now let’s say you approached a woman and began the conversation

with an improvised opener, and she replies: *“I bet you use that line on all the girls.”* Here are the various ways in which you could pass her shit test. They are plentiful.

Agree and amplify is the usage of the logical fallacy *reductio ad absurdum* (Latin for: reduce to absurdity.) What you do is you take someone’s criticism and nonchalantly imply it is absurd by exacerbating what they have said. So in relation to the shit test at the beginning of this section: *“Yeah I literally wake up in the morning covered in bitches it’s that effective.”* It is this device which is the bread and butter of **Rollo’s theory of Amused Mastery.**

Disagree and amplify is the same as agree and amplify except you disagree rather than agree with the premise. So in relation to the shit test at the beginning of this section: *“No you’re the first girl I’ve ever spoken to, I used to be a mute.”*

A pressure flip is where you reverse the social pressure put on you back onto the originator of the social pressure. So in relation to the shit test at the beginning of this section: *“I bet you think everything’s a line because you’ve got trust issues.”*

Agree and pressure flip is the same as a pressure flip except you precede the flip with agreement. So in relation to the shit test at the beginning of this

section: *“Yeah I do, I’m sorry, did you think you were special or something?”*

Disagree and pressure flip is the same as a pressure flip except you precede the flip with disagreement. So in relation to the shit test at the beginning of this section: *“Nah you’re too ugly for me to be dropping lines on.”*

Ignore - Provide no acknowledgement of the shit test by ignoring it. This is a bad choice when you have just met someone, but once your reputation and/or superiority has been established it is a great way of nonchalantly invalidating the importance of an enquiry. It implies “what you said isn’t even worth

addressing.” This is best used on people who are lower in the pecking order than you are or as a response to the manifestation of stupidity. If someone asked you if you liked to eat your own excrement, you could have a joke and agree and amplify into something about a sewer using your keen knowledge of word association and semantic fields, or rather simply you could ignore the inanity of the question. The choice of style is yours to make and will be contingent on your mood, your relative social positions in relation to one another and what you suspect the shit tester’s intent is.

Misdirect - Change the topic of conversation to something else, this

invalidates the enquiry by providing no acknowledgement of it. In this sense it is similar to ignoring a shit test. There is a chance however that the tester will become annoyed by your invalidation and will thus retest you until you pass with a more effective method. This works best on people with attention span issues, as they will often forget how they were testing you once distracted, and if they ask you what they were saying you can simply feign ignorance, invalidating their test and condemning it to beyond the grasp of their engrams. In relation to the shit test at the beginning of this section: "Have you farted? It stinks."

Ridicule Reframe - This is major asshole game or what I personally

refer to as “Patrice O’Neal Game.” You use this kind of game to bring incredibly narcissistic and angry women off the ego pedestal. Don’t use this on timid sheltered women if you ever want to sleep with them, they’ll get too intimidated to act upon their attraction. Ridicule reframes are particularly helpful in bantering with other guys, who relish in the verbal violence and ensuing laughter it can inspire. In relation to the shit test at the beginning of this section: *“I bet you’re single because your face looks like a 9/11 crash site “*

Pseudo-Gaslight - This one is really simple. You pretend you have no idea what the person shit testing you is talking about and accuse them of

making things up. So in relation to the shit test at the beginning of this section: *“What line? Got an active imagination have we?”*

6.) In Closing / Relevant Reading:

I wanted to include dark triad shit tests in here to complete the compendium of shit test related information, however I feel that as the dark triad portion of the site operates as a standalone section; having its own article would make for more optimised archiving and searching should someone specifically want to look up how dark triad individuals shit test people. Not only that, but due to its intricacy this piece has become far longer than I had originally intended

and I do not wish to be intentionally terse in my discussion of dark triad shit tests just to keep the word length down. Dark triad shit tests will be the topic of a future article.

Working with women

by leftajar | January 14, 2015 | [Link](#)

A gentleman posted in [/r/asktrp](#) with a question -- he is about to begin a new job in which he is the *only* male in a group of *twenty-five* females. If that made your asshole pucker in terror, good: you're right to be cautious. This list was written for that man, but the rules apply to any man forced to work alongside women.

Follow these rules to maximize harmony, reduce needless stress, and survive disaster. (6th critical point added by [/u/cyralea](#))

1. **Never, ever, take sides.**

Women will approach you and complain about each other; it's what they do. Listen, empathize, and *never, under any circumstances, take one woman's side.*

2. **Get used to refusing requests for help.** Every job I've ever had with females, they were constantly trying to offload their basic job description onto the males. In other words, they were always asking for help with shit they should be able to handle. As the lone male, this will be amplified times a hundred for you. *Just say no to shit.*
3. **Do not fuck any of them. These women are off-limits for fucking.** The simple rule, of

"don't shit where you eat," is quadruply appropriate for you. *Women can't keep secrets.* If you bang one of them, the rest will know within a day or two. Guaranteed. Don't do it.

4. ~~**Don't be too effective.**~~ Women generally don't work very well, and they constantly require group validation. You put these two things together, and what you get is an environment in which everybody is aware of how hard everybody else is working. The level of work of each woman is well-calibrated to both: not get fired, and *not make anyone else look bad.* In a male environment, everyone is trying to get ahead. In a female environment,

everyone is trying not to piss everyone else off. ~~Figure out how hard the top 5 women work, and work that hard. But NO HARDER!~~ (Edit: **Read the culture, go with the flow, and don't make a woman look bad.** It comes down to culture. If your female coworkers are effective and low-drama, by all means -- kick ass. Just be wary. *Exclusively*-female workplaces have a tendency to devolve into... cattiness, which creates loafing. The presence of a single male changes that. If you were to enter a catty, ineffective group of females, bringing a male ass-kicking attitude, it would send shockwaves of surprise and

distress through the females. Seriously -- I cannot overstate how nutty it gets without any males. Just read the article Read from halfway.

5. **Don't play favorites; conduct yourself as a loner.** Women are hypersensitive to politics. Groups of women will try to enlist you as a beta orbiter constantly. Stay aloof. You're the rooster in the henhouse; you're the adult on the playground. Just hold yourself to a good standard of behavior, and stay out of muck of female relationships. *Women don't need a valid reason to hate you.* It could be as simple as, "you always sit with those women at lunch, and I don't like

them. So I don't like you. No promotion." Sit alone, eat alone, keep to yourself. Better to be the enigmatic loner than Cathy's male bitch for all the other bitches to hate.

6. **Never confide in these women.** They will likely question you and pry into your life under the seemingly innocent guise of friendly banter. Don't fall for this. The more they learn about you, the more they have leverage to potentially use against you. Keep your conversations light and professional, but most importantly fact-free as it pertains to any aspect of your personal life. Any given one of them might be friendly today,

but maybe tomorrow she is catching a vibe from the other ladies that you're untrustworthy. Her feels won't let her rebuke them. Suddenly all the things you confided to her because she seemed like a decent person go out the window.

That's it; good luck, brothers.

Edit: we're getting some confusion about #4. That advice is for a lone man in an otherwise all-female environment. In that situation, the women's level of effort is calibrated to each other, which is typically way lower than what they're capable of. In that situation, if you did your best, you'd embarrass all the women. In a

normal, mixed-gender environment, that's not a concern; just do your best.

2nd edit: for some epic lulz, see what happened to an all-female TV company.]

3rd edit: Fun story in support of #4. In the past, I made acquaintance with a veteran aerobics instructor in her 50's. She was a cool gal, very direct, with an old-school midwestern attitude. She was a great trainer because she was encouraging, but called you on your bullshit.

She invited me to attend her aerobics class for free. So I went. Fun, decent cardio. Interesting thing was, I was the only male in the room. So I fuckin' stepped up and gave it 100%.

Chit-chatting afterwards, she mentioned something to me. "I'm glad you're here. It helps to have a guy here."

Pause. Whoa. Interesting... "What do you mean?"

"Well, if there's no guy in the room, they all slack! And they complain endlessly! GOD.. it's so irritating! But with just one guy here, not a peep."

Older RPer, advice for young men starting out?

by seattleron | January 7, 2015 | [Link](#)

I'm always curious what older guys would do different in their life had they been RP in their 20's or 30's. For those of us that age, what would you say we should focus on/strive for that doesn't get enough attention?

We know all about not being a pussy faggot with women, but what else? Would you have had a kid young? Not had a kid? Never got married? Went to college? Not went to college?

Drop some wisdom on us.

Edit: I just want to thank all of the older players for dropping some wisdom on us. There is a TON of good advice in here. I was hoping the thread would turn into something like this.

It looks like the **three agreed upon things** that are accepted by almost 100% of those responding:

1.) Lift, lift, lift, and get big. Never stop. Like someone said, no one gives a shit if you do an hour of cardio or if your blood pressure is good, you get respect by being big, brahs.

2.) Don't get married. Unfortunately, the thoughts of having a loving, feminine, sweet wife for life in the

West is damn near a pipe dream. It's just not worth it.

3.) Make money. It's good for you, and it's good for your dick.

I have one I would like to add for the 18-22 (or whatever) crowd:

Stay away from student loans. Stay as far away from them as possible. If you had a good dad/parents around, you'll already know this, but since most of us are former betas who probably grew up with just mom around, you won't know. Student loans are a choker chain around your neck. You cannot ever NOT pay them back. As long as you have a heartbeat and a social security number, you will pay that shit back. Private companies give out the

loans, and the government guarantees them. Ever wonder why these banks offer you so much each semester? It's because the government says: "You loan these students this money, and we will guarantee it. If they don't pay it back, we will, then we'll get our money back from them." How do they get their money back? They take your tax returns and garnish your wages until every red cent is paid back.

Don't take out extra money to buy a dumbass Macbook air, you don't need it. Go to the fucking library and use one for free. Don't take out extra to "live on," get a part time job you lazy ass! Don't buy a car because "I need to get around," get a summer job and bust your ass saving and ask your

mom or dad or uncle Fred to drive you, they will. Or, walk to work.

Go to a community college for the first two years of your degree. It will be half or less the price for the same courses you can take at a university. Bust your ass and get a 4.0. Those first two years are the easiest classes you will have anyway, and most of them are filled with bullshit core courses the universities want you to have. Then, apply for scholarships to whatever university you want to get into and see if you can go for free, if not, go to the cheapest state university that has what you want. Apply for every scholarship available. There are scholarships for everything from people whose parents worked in a

factory, to people who are 6'6. Do your homework, and get schooling for free if you can.

Just like marriage, student loans can be something that kills your future. Don't be an idiot. Start paying on the principle whilst still in school if you've taken some, you'd be surprised how a \$200 a month payment can make a difference in the long run.

Red Pill general FAQ. 15 most common mistakes seen on AskTRP

by RedditAdminsSuck_88 | June 17,
2016 | [Link](#)

Summary: I've been posting frequently on AskTRP for about 2 years now and here are the 15 most common mistakes I see day in and day out. Mistakes that aren't worthy enough individually for their own thread, but combined together are

1 - Thinking TRP is about women and only women

This is probably the most common mistake I have seen in AskTRP. It's really easy to spot. There are too many posters who come in, post some problem, and its blatantly obvious they haven't read the sidebar because the post is littered with things you would never see from someone who has at the very least read the sidebar. As if they think AskTRP is a relationships advice sub like relationships, OKCupid, AskWomen, etc. As if they assume TRP is some magic philosophy/mindset you adapt to get women to like you more, and its some easy ideology that can

be adapted in 15 minutes before the bell rings at school and they see their crush out in the hallway.

I understand AskTRP is an advice sub, but what good is red pill tinted advice going to be if its clear you have no clue what TRP stands for? At the very least read the sidebar and have some ideas on the basic tenets of TRP.

TRP isn't some magic ideology you apply and fix your problems overnight. It's a process. It's a marathon, not a sprint. It's an on going process. There is no "end". You continue to work on yourself. You continue to get better. There is always room to improve. So if you are looking for a quick fix to woo your oneitis, or some kind of a

shortcut to get your dick into a girl's pussy, this isn't the place for you. There are plenty of subs on reddit that just give out basic relationship advice.

2 - Not Fucking Lifting

My favorite question to ask posters who clearly fall into violating the first mistake I posted. I'd say 75% of the time, the answer is no, or some kind of hamster as to why they aren't in the gym being serious about lifting. Men, there is a reason why we emphasize lifting so damn much. Besides getting stronger, and getting in shape, and getting a better body, the natural high from testosterone racing through your body can cure a lot of problems. You'd be surprised. Had a bad day? Feel like

shit? The gym can cure that.

There is no excuse not to be lifting. If you can't afford it, then stop worrying about women, go get a job so you can afford it. Get your own life in order before worrying about women, and that includes lifting. Lifting should be one of your top priorities, way ahead of women. If nothing else, lift.

3 - Acting like a dog and returning to its own vomit

So many posts on AskTRP. "Hey, I saw my ex, what should I do" or "My ex texted me, do I respond" or "Should I try to get back with my ex?". The answer is always no. She is your ex for a reason. Either you fucked up by being a beta faggot, and the amount

of investment required to change her view of you as a beta faggot isn't worth it. Or you were alpha and she dumped you anyway, and therefore she isn't LTR material since she is a branch swinger. A dog returns to its own vomit. You are not a dog. Exes should always be nexted. Period. There are 3.5 billion other women out there. Going back to your ex is backdoor oneitis. Why focus on damaged goods?

4 - Getting easily offended over stupid shit

These posts grind my gears because its silly. They are very common. "Help, my friend is disrespecting me. What do I do?" or "How do I keep my boss

from showing disrespect toward me" or "My friends insult me. How do I stand up to them?". These posts grind me gears because I read the said posts and the things these posters are getting offended over is really weak, low level petty shit that's not worth the energy to even make an AskTRP post about. What you need to do is not give a fuck and ignore it. If your friends are picking on you or giving you a hard time, its because you have reinforced their behavior by reacting to it in the past. If you stop reacting to it, they will stop picking on you, because its no longer fun for them. Men don't pick on confident men who hold frame. If its your boss, tough shit. Find another job or deal with it. He is your boss, so you do what you are

told. It's not worth risking your job over.

Ignore them. Hold frame. Amused Mastery. It might seem that by ignoring them, you are letting them show you up and get away with it. But its really not, because you are showing you are above it and don't care by ignoring and not entering their frame. Especially because a lot of these types are doing it to get a rise out of you and bait you into reacting. The only time you should stand up for yourself is in self-defense after being struck, as an absolute last resort. This goes for white knights too.

5 - Not gaming women in person first

Gaming women via Tinder or Social Media or dating apps should be done as a supplement, not your main method of gaming. If you don't have your in-person game down, what makes you think you will be able to game these women online once you meet up with them in person? Reading these posts where the posters don't game women in person and only try to game them on Facebook or Tinder make me cringe because its obvious they are too afraid to do it in person and therefore think that it will be easier behind a keyboard. All you are doing is shifting the eventual awkward disaster to when you meet up instead of the initial approach. Get your in-person game down first.

On a second note, please for the love of God do not add women you want to game on social media until well after you have met with and interacted with them in person. Preferably, don't add them on social media at all, its entering their frame. Make them do it. Way too many AskTRP posts have something along the lines of "I've never met this woman or talked to her in person before, but I added her on Facebook and she added me back! Is this an IOI?!?!". If you want to end your chances with a woman before you ever speak to her, add her on social media. One way ticket to landing in the "creep" or "coward" box.

6 - Doing drugs

If you have your life in order, have met your goals, have a lot of money in the bank, are where you want to be financially, have your retirement accounts going, have your body in the shape you want it to be, and are where you want to be career wise, do what you want. Until then, stay away from drugs. All it does is the "D"s. Derail your goals, delay your goals, destroy your goals, destroy your health, destroy your finances, etc. etc. etc. It's not worth it in the long run. Too many posters on AskTRP talking about doing drugs like its no big deal and then wondering why they have problems in their lives whether it be with women, finances, or career path.

7 - Thinking that they HAVE to

have a girlfriend

Hey men, there is no rule that says you must have a girlfriend, or even plates. That is female thinking. This is how women think: "If I don't have a boyfriend, then people will think I am an ugly loser that no man wants and I will be alone forever!!!". Reading posts on AskTRP I feel like too many guys have the same mindset because they make posts about their LTR or girlfriend and its clear they are trying way too hard and are having to invest way too much to make it work.

The best thing you can do is next a woman. If the woman is not adding value to your life and is more trouble than she is worth, don't put up with

her. Next her and be free. I don't see why so many of you put up with the shit you do just so you can "Have a girlfriend". Talk about putting pussy on the pedestal.

8 - Not paying attention to red flags.

I get that everyone has preferences, but there are some red flags that you just can't ignore. I love reading AskTRP posts where the OP is posting about some girl he is gaming, and says the girl is a militant feminist, or is bisexual, or does drugs, or can't control her drinking, or has dyed rainbow colored hair, or multiple piercings, or some kind of obvious red flag and then wonder why things

aren't working out with her.

9 - Not having your own life in order

Are you unemployed? Are you broke? Are you still living with your parents? Are you recovering from addiction? Do you not have enough money for a gym membership or means of transportation to get to one? Do you not have your shit together? If so, stop worrying about women and focus on yourself first. Once you get your life together and in order, then worry about women. All women will do is delay you from getting your shit together. They can wait. Besides, being unemployed or broke or living at home will dry most of them up

anyway.

10 - Not escalating

A common AskTRP question is "Is this an IOI?" or "I am not sure if this girl is into me, how should I proceed?". When in doubt, escalate. If you aren't escalating, you are drying her out. Escalating is the only way to find out if she is into you or not. Here is the deal. You will get shut down 100% of the time if you don't escalate. So hamstering away a lack of escalation because "I don't know if she is ready" or "I am waiting for the right time" or "I don't want to move too fast" will dry her up anyway and get you shot down later. It's only delaying the inevitable. Women like men who take charge and

make their intentions known up front.

11 - Not valuing your time

This is common in AskTRP posts where the OP is posting about where he went wrong and why she didn't fuck him or want to go out with him again or whatever. Often in these stories I see something along the lines of "We texted all day" or "We met at the coffee shop and talked to each other for hours". Do you not value your time? Talking to a women for hours without any escalation is basically saying "Here I am, your emotional tampon" to her. All you will do is dry her up and give her the green light to dump everything on you and turn you into an orbiter because you talked to

her for hours without any kind of escalation or making your intentions known, and therefore she will view you as a weak coward too afraid to make a move. **Escalate early, escalate often.** Don't be the chump who texts or talks to women for hours upon end without escalating, that is what orbiters are for. Don't be an orbiter.

12 - Cohabiting

This is a basic Tomassi Iron Rule that needs no explanation. Do not live with women you aren't married to or are planning to marry within 6 months. Period. Way too many posters on AskTRP who cohabit and hamster up reasons why they do. Out of the dozens of reasons I have heard, not

one of them is a good reason for doing so. Yes, you have a choice. If you are living with your LTR because you are broke and can't afford your own place, go back up to point #9 I made. Get your own life in order.

13 - Putting up with masculine behavior

Is your LTR a girl who goes out and gets blackout drunk trashed every weekend? Can she control her drinking? Does she get way too wild when she goes out? Does she do drugs? Does she get into verbal fights with other women, specifically strangers, when she is out? Does she have a potty mouth? Does she disrespect strangers? These are all

masculine behaviors and therefore should eliminate her from LTR consideration. This is not LTR worthy material. Again, 3.5 billion women out there. Find one who doesn't behave like that. If she is already your LTR, demote her to plate. An LTR worthy woman should be feminine, not masculine.

14 - Not being direct when arranging meetup logistics with women

I made a post about this a couple weeks ago. Do not ask women out. Do not ask them what time works for them, or when they are free. Basically, do not put the ball in the woman's court when it comes to logistics. You

are a busy man with a lot of shit going on in your life. Therefore you dictate the time and place and simply tell her to come along for the ride to join you. If not, oh well, you still went out and had a good time and did whatever it was you did. Practice outcome independence here.

15 - LDRs

There are 3.5 billion women on this planet. Are you telling me you have absolutely no options around you and have to resort to an LDR on the other side of the country or in another country? Really? These are extra pathetic when the OP met the girl online and not in person. Get out there and game women near you in person

that you can actually meet up with. It's hard to have abundance mentality when you are longing for some LDR 3 time zones away. It's nothing more than oneitis.

If your LTR moves away either temporarily or permanently, its not worth keeping the relationship together anyway. Women have short attention spans. The moment she meets Chad in her new city, she will forget about you in a heartbeat. No matter what she says and how strongly she vows to be faithful when she moves away.

Lessons Learned:

1. TRP is not a shortcut or quick fix ideology. It's a process of self investment.
2. If nothing else, Lift
3. Don't go back to ex's. Hard next and move on.
4. Learn to be a man and not get offended over shit.
5. Get your in-person game down before going online.
6. Don't do drugs.

7. You don't have to have a woman in your life. Don't put up with their shit.

8. Do not ignore red flags. Pre-screen with the obvious ones.

9. Get your own life in order before worrying about women.

10. Escalate Early. Escalate Often.

11. The more time you spend interacting with a woman and not escalating, the drier she gets and the more likely she will put you in her beta orbiter box. Do

not talk to a woman for hours upon end without escalating.

12. Do not cohabitate unless you are married or plan on getting married shortly.

13. Masculine behavior should eliminate a woman from LTR consideration or require you to demote her to plate.

14. Do not ask a woman out, tell her where you will be and what you will be doing and invite her to come along for the ride.

15. LDRs aren't worth the investment.

20 Redpill FAQs with 1-line answers

by DarkisKnight | April 28, 2015 | [Link](#)

First if you haven't read [/u/tepper2's](#) wonderful post stickied to the top of askTRP do it now!

Am I a beta faggot? An askTRP FAQ

I've been on askTRP a lot lately helping you budding alphas out and giving advice where I can. And I feel like I'm answering the same old shit or seeing other people answer the same old shit over and over again. And I'm

fucking tired of tippity-tap-typing the same old shit and I'm guessing some of you are too.

It seems like many of you haven't bothered to read the sidebar, lurked for maybe only a minute, or have the memory of a goldfish. I'm not really sure. But it's ok though.... DarkisKnight is here for you. And if you read this and forget all of it a minute later well, I don't know what else to say....I guess I'm just going to have to come over there and beat this shit into your beta fuckin' asses! You've been warned.

This FAQ is by no means exhaustive. I would appreciate some of you RP veterans input, feel free to comment/critique as you see fit. I'll

edit and add/subtract as necessary.

Are you ready to unplug?

FAQ

Am I a beta faggot?

Yep!

But what if she is this... [special case]?

*There are no special cases. AWALT.
AWALT. AWALT. AWALT.*

I'm a whiney beta bitch [uuuhhh] why is this so hard?

*If it wasn't hard everyone could do it.
Man the fuck up and quit your whining.*

My parents suck and my Dad's a beta bitch or absent.

Congratulations, you are 99% of TRP members. Work on TRP's basic tenets and make some guy friends.

I'm new to TRP what should I do?

Read the sidebar. Lurk more. Start applying TRP tenets.

(What are those?? Read the sidebar again. What are you a goldfish?)

Is this a shit test?

Not everything is a fucking shit test but probably...

Regardless... ignore, agree and amplify, or amused mastery. Can't hurt either way.

People call me a "nice guy" what do I do?

Read "No More Mr. Nice Guy." Apply.

Do I tell my guy friends about TRP?

Is your name Morpheus and your friend's name Neo? Then no. Lead by example. You can only unplug yourself.

If my gf/plate/prospect says this...
what does it mean? what should I do?

*How the fuck should we know? Watch what they do, not what they say.
When in doubt, escalate.*

My gf/ltr/wife is not fucking me or not fucking me the way that I want.

Increase SMV. Apply dread game.

I think my gf/ltr/wife might be cheating or is making me suspicious.

9/10 your right. Demote or next.

Girl isn't texting me back what do I do?

Nothing.

Girl is acting suicidal/crazy/insane what do I do?

*How much do you hate yourself?
Don't stick your dick in crazy. Next!*

Girl rode the CC is she a good candidate for an LTR?

Nope. You have ONEitis.

How do I not lose my gf/plate?

Don't be afraid to lose her. Abundance mentality. Dread game. Also, oneitis

Should I fuck girls I work with?

Are you a pornstar? Then never.

Help me analyze my texts.

You probably texted too much. Text for logistics only or if they text you first and even then only 2/3 the amount they text you. Don't try to be cute. Never send pictures of yourself.

What should I do if...?

What do you want to do? Do that.

Tinder, OKc, PoF....

It's a crapshoot and skews smv in favor of women. Work on your in-person game. When you're proficient with approaching and closing use online dating as supplementary.

...anything that involves your "wife."

We might be able to help but those guys over at [/r/MarriedRedPill](#) probably have a lot more to offer.

*Ok, I think that about covers it. I'll add more as they come up.
Stay Frosty.

Edit: Re-worded and some formatting changes. Hope this is easier to read.
Glad you guys find this helpful.

Should I?

by max_peenor | May 14, 2019 | [Link](#)

Yes, you should.

-Should I ask girl X out?

Yes. You should.

-Should I lift, eat healthy, read books, meditate, dress better just to get women?

Yes. You should.

-Should I next girl Y?

Yes.

-Should I fuck my best friends' wife because she came on to me?

Yup.

-Should I shove a ping pong ball up my ass and tell my fiancé?

Definitely do this.

Wait? The answer always yes?

Yes.

You see, you aren't asking us if what you are doing is right. You've already pondered the situation, which is why you bring the question to here. You already know the correctness of it. You are asking us to validate your decision. And for once my answer changes—no.

We aren't going to do that because you shouldn't be seeking it.

Fundamental to the red pill is understanding that we share information and you use that to deal with your problems. I'll tell you what I have done in the past when I encountered the same situation. I'm not telling you to do that. Take the information, show some intellectual courage, apply it to your situation and then MAKE **YOUR** DECISION.

You are responsible for you. We aren't. We are not surrogate mommy #2,291, which you found after littering the earth with 2290 other surrogate mommys. Women will use your need for a mommy to box you up and keep

you as a BB. No woman ever lusted for enthusiastic sex because a guy needed a boob to cry on because he had a bad day.

Ok, but let's say you really did mean yes. Don't tell me what to do—share some information, Max

Ok.

-Should I ask girl X out?

Will you die if you do it? No? I don't stop myself from doing things because it might not work out. I stop if there are consequences or the risk of consequences are higher than the potential reward. The risk and consequences of asking a girl out is typically VERY, VERY low. However

that is not to say they are always none. Observe the situation and make a decision based on the observed situation and not because you are afraid she might say no.

Observe. Analyze. Act. Gee. Where have I heard this before?

-Should I lift, eat healthy, read books, meditate, dress better just to get women?

I do it because it makes a better me for me. You are the prize. You are not doing these things to win the affections of m'lady. That could be a very pleasant side effect though.

-Should I next girl Y?

In my experience, if you are asking the question, you are already done. Anything you do after that is just attempting to rescue a bad situation. Finding a new bird is always easier than fixing the current one. Hmm.. Where have I heard that?

Hint > > >

Should I fuck my best friends' wife because she came on to me?

I typically wouldn't because of the last answer I gave. It is almost always more work than just finding someone else new with less drama.

And what about the ping pong ball?

I already answered that.

Why now?

Because these are real questions I see on asktrp all the time. Yes, even the ping pong ball one came from there, though thankfully that fellow seemed to have found his answers and moved on to greener (browner?) pastures. We cannot hand you answers for you to succeed. You have to internalize the data. You have to practice the dance. You have to succeed and fail. And with this I conclude essay #192 on how there is no quick fix to your celibacy....

RED PILL PROBLEM SOLVER

Getting over a breakup

by Woujo | May 3, 2016 | [Link](#)

Getting dumped is one of the most devastating things that can happen to a person. Sometimes people never recover and their life is ruined. Other times, they spiral into a pit of depression, making bad choices and oftentimes ending up with somebody they don't even like just to fill that hole. I have created this guide to help

you navigate any break up. I divide this guide into parts: your mental attitudes towards relationships and the actual actions you need to take to get over a break-up.

Mental Shit

The goal of the “mental shit” is to mentally convince yourself its over. The worst part of the break ups isn't really the sadness of losing somebody, but the constantly unfulfilled hope of getting them back. You need to convince yourself that it is over - once you do that, getting your ex gets a lot easier. Sometimes it will be hard because the other person will want you around as a “plaything” to boost their self-esteem but will continue to

treat you like shit. Fuck that. If you still have feelings for somebody, and they won't commit to you or treat you like shit, you need to stay away from them because it will only make you more miserable. Here are some tips:

Read Fuck Yes or No First of all, read Mark Manson's blog post "Fuck Yes or No," found here:

<http://markmanson.net/fuck-yes>. I am not going to repeat the entire post, but it basically says that you should not waste your time with somebody unless you are "fuck yes" about them, and more importantly, they are "fuck yes" about you. The fact is, a lot of people will "kind of" like you, but it's not worth your time and your emotions to invest in somebody who won't give

you 100% of them. It doesn't matter how you feel about somebody, if they are not "fuck yes" about you, move on. If you feel like they are playing games, move on. If they do something disrespectful or that shows they don't really care about you, move on.

Realize that the terrible feeling you get after being dumped is depression. Human beings are tribal animals that evolved to avoid rejection. When you get rejected, your body reacts as if the tribe rejected you and you are now in the woods alone. That is why you lose your appetite and desire to sleep, and also why you think you will be alone forever. So just know that those "feelings" you have are biological tricks that do not necessarily match

reality. You may feel like you “need” the person but that is really just depression

Realize that your desire to have them ‘back’ comes from your ego Your ego is the strongest emotion you have and it absolutely cannot take no for an answer. As I said earlier, humans are tribal animals and our biggest fear is getting kicked out of the tribe. For that reason, our ego is constantly striving to gain a higher position of esteem in the tribe so that it does not get rejected. And nothing shatters the ego that getting rejected from somebody we are intimately and romantically involved with.

To fix both your depression and the

problem with your ego, you must realize that your value as a human being has nothing to do with whether a girl or boy likes you. You can date the most awesome person in the world, and then get dumped by that person, but who “you” are will remain the same the whole time. You don’t become better by dating somebody out of your league and you definitely don’t become worse by getting dumped. Our society teaches us that relationships are the most important thing in our lives and our happiness and identities depend on them. That’s wrong. A relationship is a fun thing to add to an already awesome life, but if you base your entire happiness and identity on another person, you’re deluding yourself AND the other

person. If you're feeling really terrible about a break up, it's probably because you never developed your own identity.

Contrary to your ape-emotions, you are not going to get kicked out of the tribe or be alone forever if you get dumped. You don't "need" any particular person to live a happy life. Think about yourself when you came out of your mom's vagina. Did you "need" the person you are pining over then? Then why do you need them now? You aren't "designed" to need any particular person and the idea of soulmates is bullshit. You just got addicted to them like they were a drug. So now you need to just kick that habit.

Actions

Here are some actions that you can take to get over break-ups:

Mourn for like a week Give yourself a week to feel sad. Think about it all you want, let yourself be depressed, etc... Get it all out because its never a good idea to hold in grief. But after a week, you have to start taking affirmative steps to get over your ex. You can't mourn forever.

Make a list of the shitty things they did to you Human beings have a weird quirk where they tend to forget the bad stuff that happens in the past but remember the good stuff. That's why people are always talking about how everything was better "back when."

You need to write down the shitty things they did to you so that you can constantly remind yourself why you are not with them anymore.

Purify yourself in the waters of Lake Minnetonka I'm kind of joking about this, but some type of "moving on" ceremony will definitely help. David Brooks wrote an interesting article in the New York Times about how people who saw their lives as "chapters" were happier than people who saw their lives as one long, continuous thing. For that reason, you should start a new chapter in your life by picking a time as your "move on" point and maybe even undergoing some type of ceremony from which point your life will be different. Clean your house, get

rid of all reminders of your ex, buy some new clothes, and maybe go to the park and feed some ducks or something. Just don't turn back.

Go no-contact for 60 days By "no contact" I mean absolutely no contact whatsoever. No calls, no texting, no social media, NOTHING. In fact, delete and block them from all of your social media and stop going to places they go. If you can't avoid going where they go (for example, you have a class with them), ignore them. This is absolutely imperative. You will not be able to get over a break up if you keep talking to them.

Get a break-up buddy Find a friend, preferably somebody that you trust

and isn't going to try to have sex with you, that you can talk to about your feelings and emotions. A good friend will have a rational, objective view about the situation and won't be in the grips of those biological death-emotions that you yourself are in. Whenever you are feeling sad or like you want to call your ex, call your break-up buddy and let them know how you feel. Ask for their advice and take it seriously. If you think your friend is "wrong" get a second opinion, but realize that your friends are going to have a more objective view than you.

Do anti-depression things Exercise. Get out of the house. Meditate. Eat better. See a therapist if you can

afford it. Go outside into the sun. Clean your house (there is a strong correlation between a dirty house and depression). Be around happy, positive people. Keep up with your personal hygiene. Basically you need to realize that you're in the grips of depression and you need to fight it like you're fighting depression.

Become a different person Like I said earlier, nothing hurts a human being like a blow to your ego. The best way to get over somebody is to become a different person. Pick up a new good habit. Start a new hobby. Redecorate or at least reorganize your apartment. Buy some new clothes. I would prefer that you do all of these things, but any one of these would help. Once you

change yourself enough, your ego can't be sad about getting dumped anymore because you are no longer that person.

Don't Do not do the following things: stalk them on social media (you should have gone no contact). Don't try to make yourself feel better with drugs and alcohol. Don't engage in self-destructive behaviors. Don't jump into another relationship just to "fill that hole." Don't let people take advantage of you and your sadness.

And most importantly, **DON'T GO BACK TO THEM.** Usually if somebody dumps you, that's because they are not "fuck yes" about you. Go find somebody who is.

From my website
<http://www.woujo.com>

Got a stranger pregnant: a guide

by ScoundrelHero | December 7, 2015

| [Link](#)

Summary: There is not a lot of advice out there if you get a stranger pregnant other than, "Get ready to get fucked for 18 years with child support." I slipped up once and had sex with a girl I had met one time previous. 13 days later she called me and told me she was pregnant. This is a simple story of what I did next. What's the next best thing you can do? (Italics are chapters from 48 Laws of Power). The laws in your state vary; so what happens in Indiana may not work

in your state.

The First Conversation My

daughter's mom called me early in the morning to tell me she was pregnant. She asked me what she should do. This question is testing you in a lot of different ways. Are you going to freak out? Are you going to try to convince her to get an abortion? The correct answer is to say, in a calm and confident manner, for her to start taking prenatal vitamins. If you want an abortion you have weeks to talk about it. This is an easy question to knock out of the park. If she decides to have a child she can NEVER use against you that you wanted an

abortion. When shit goes downhill she will throw you under the bus to everyone she knows. Give her as little ammunition as possible. Reason: You will need to maintain frame in a way that you've never had to for a length of time that seems impossible. When you know what she's saying is not true it makes it easier to suffer the slings and arrows. In my case I could tell immediately that abortion was not a live option and that I would be left in the dark for the next 9 months if I brought it up. But I should add that I would never abort a child as a form of birth control

Week 1 - Start saving 20% of your income for a safe new car. Well, that's what I told by daughter's mom. I told

everyone that actually. It would have been great, but I knew then that it was unlikely. Really what I was doing is saving 20% of my income to see what child support was going to be like AND for attorney fee's. I spent every dime so far. Start saving immediately. Hope for the best, plan for the worst.

On Child Support - That money is simply no longer yours. Do not argue about it or whine or try to get out of it. She might even tell you she doesn't want it. Do not take the bait. Force her hand. Require her to take the money. There are other methods to avoid paying your full legal obligation. But you **MUST** *play the perfect courtier* from the very beginning. Your end goal is to have a congruent story. If you

want to argue philosophically about how it's immoral or whatever post on this site. In America It's like arguing with gravity. It makes you look like a fucking moron. My strategy was to just immediately give her the ground. No need for her to fight it. Why? *Assume Formlessness*. In the future she will try to hurt you. She will have learned a lot about what hurts you. You will never be hurt the way a pregnant woman can hurt you. She has so much power over you (due to the laws in this country) that you will break. A year later she is still using what she knows hurts me to try to hurt me now. Fortunately I *Controlled the Options*.

Week 2 Tell her that you're getting a paternity test through the courts. Not

a walgreen's kit. She will understandably be outraged at the implication. Tell her early before you guys get to know each other and just say casually that you two are strangers. Ask her if she trust you 100% already. Tell her it's a legal requirement for setting up child support (half true). When I did this, it really wasn't that big of a deal.

Week 3-5ish *Plan all the way to the end and Know who you are dealing with* Pregnancy amplifies whatever is wrong with a girl. Obviously she is not a princess if she hooked up with a stranger. It should put a huge spotlights on her specific brand of crazy. Between September and October I knew her fairly well. I knew

she wanted to be a "heroic single mom." I knew she had an avoidant attachment style. She was an insane control freak. She gave me faux options to manipulate me into thinking I had a choice in the matter. She told me before we knew the gender that my child would not have my last name and that there was nothing I could do about it. The anguish and pain that caused me could not be hidden. I told her that we were not in agreement on this issue but she told me that I would have to deal with it and tough shit. My brain said she was right, there was nothing I could do because I was powerless. *Use the Surrender Tactic: Transform Weakness into Power* and than later *Play a Sucker to Catch a Sucker - Seem Dumber than your*

Mark In any dispute where you have no power you shouldn't argue with her, just state that you are not in agreement on this issue and drop it. You will pay an attorney to argue with her in the future.

6 months of hell I went to every doctor's appointment she invited me to. I did everything she wanted including signing a lease with her. It was her idea, but I saw how I could use it to my advantage. I think at this point she was trying to get me to say no to something so she could go tell everyone what a terrible dude I was. But my rationale was this: Best case scenario when she moves out after a year I could argue that child lives at that house and is off breast milk,

emergency placement prior to court is usually the residence that the child knows best. Worst case scenario - I had signed a lease with a girl I wasn't even dating, that's how invested in my child's life I was. Make sure you can afford to pay for the entire rent yourself before signing the lease. MAKE SURE SHE SIGNS THE LEASE. My daughter's mom tried to get out of signing it. Nope, her name is on that shit. Which will prevent her from claiming you raped her.... but who would do that.

Last three months- Mom moved out due to me being a manipulative, uncaring, slob (her words). We had one fight while living together and nothing she said was true. She was

just looking for a reason to move out. She refused to talk to me for the last three months of the pregnancy. I really think her issue is that she knew she wasn't controlling me. We didn't talk for three months.

In those three months I focused on *Concentrating my Forces*. I had told my daughter's mom that my parents were moving here to help us out. This has helped me so much in my fight to get visitation so far. My sister lives in town, my brother lives in town, and now both my parents were available at all times to baby sit. I also went lawyer shopping over the three month period. www.avvo.com I talked to five different lawyers.

I make this sound easy: I haven't mentioned about how my health declined due to stress. It was the worst when I signed the lease with her. Huge gamble unknown whether it was foolish or if it would pay off. My vision started changing every single day (Eye doctor tried saying I had type II diabetes), Bald spots appeared in my beard, blood pressure went into type II hypertension. I spent more on doctor bills in six months than my entire adult life. Hang in there man. Find a support group, coworkers, family members. Lean on people but remember that they want to see a success story. Females at work always love to hear about a father fighting to stay in their childrens' lives.

You have no rights Before the paternity test you have no rights. Zero. You must continue to use the surrender tactic. You are literally a random stranger to that kid. Do not sign a voluntary acknowledgment of paternity. If you have a good lawyer he delivered the court order BEFORE your child was born to do a paternity test. I was the father by the way.

Mom Fights Back Oh man she will fight as if her life depends on it. Her maternal instinct to protect that child from people she doesn't trust/like is going to make her behave like a crazy person. She tried to fight the paternity test. She didn't let me see my daughter for three weeks over father's day and then acted like it was my own

fault. Bite your tounge. You still have a ways to go. Do NOT fight with the mom. Ever. You arguing with Mom is a waste of breath. You pay an attorney to fight her. *Win through your Actions, Never through Argument* No matter what she did to me I didn't let it phase me. I made sure the courts knew what she did so that we could have a congruent case of her denying me visitations. The day I was declared the father through the paternity test Mom filed serious endangerment charges against me. At first she was alleging that I raped her. But that lease she signed with me destroyed that option. My attorney BCCed me on emails so I basically read his response as, "are you joking? This is a joke. She signed a lease with him." So she went with a

whole shit ton of mud instead. None of it true. The courts MUST investigate so don't take it personally (\$\$\$ \$\$ because of the Children \$\$\$\$). Play the perfect courtier. Remember you don't care about money, only about bonding with your child. My Attorney was 1500, the supervised visits cost me 1200\$, the guardiam ad litem cost me 1400\$. I never brought up that she filed this, never yelled at her for it. Just imagine you're playing chess. She made a move, it's your job to anticipate it and counter it. It's easy to counter.

Guardiam Ad Litem She is the only person you care to win over. Play the perfect courtier. Play the perfect courtier. Play the perfect courtier. The

GAL relies on the supervisor that is watching you with your daughter. Treat the supervisor like an old friend. Listen to their stories of other "crazy" parents. Mom won't like the supervisor because she's not in control, someone else is in control. To the GAL, compliment Mom on her mothering abilities. Never trash talk her, don't ever say anything emotionally charged about her. Say your only complaint is that she won't let you or your family see your daughter. Say you just want to be equals as parents. I remember distinctly saying, "four hours a week is just not enough, it's just not enough" to which she echo'd me. Mine had a questionnaire for me to fill out and I spent 8 hours writing and rewriting it until it was the perfect. I had painted a

picture, that was true, whereby Mom has mud on her by the end and yet you never saw me throw anything and my hands remained clean.

By the next court date I had the Guadian Ad Litem telling me she was going to try to get me 50/50 joint custody. It helped me out a lot that I actually liked both the supervisor handling my case and the GAL. I knew immediately they would be able to see through Mom's ridiculous behavior if I just continued to maintain frame and play the perfect courtier. I could tell they were both good people. Your mileage may vary and you will get GAL who are in it for the money. My attorney went out of his way to get this GAL. I didn't do this at the time

but absolutely research reviews online for the GAL. The GAL is actually more important than the attorney you get. Tell your attorney that you want a GAL who has a reputation for acting in the child's best interest. The supervisor handling my case also if you talk to her will gossip about the reputations of all the attorneys involved in your case.

False Allegations First the serious endangerment charges, next Mom will record every way that you're not doing a good job as a parent (in her mind). Yes it annoys you to have to answer to everything you do with your time but it's annoying the Guardian ad litem too. My favorite thing to say to the GAL is this, "She has never brought it up to me, if I'm doing something

wrong I want to know. Why wouldn't she tell me?" Play the perfect courtier. When I won my first major battle I got the best false allegation of the year. Mom came over and tried to start a fight with me. She had nothing to go on and I have now never argued with her for 15 months. Why would I start now? Long story short she went postal while I remained calm. She started hitting my door, etc. She left and called the police. Police showed up to ask me some questions. The moment you prepare for finally happens (you are prepared for the police getting called on you when you start winning in court right?). I simply tell him I don't answer questions without an attorney. Bye bye sir. That was now 7 days ago and I've heard nothing from the police.

This is where maintaining frame comes into play. It's so important, remember you're doing it for your child.

Assume Formlessness/Control the Options Mom wants to hurt me. But she never correctly figured out how. She thought the only option for hurting me was to deny me visitations but that's because I controlled her options. I put her in a position where her choices were to not attack me and let me visit my daughter and thus I win, or to attack me and (when I'm exonerated) it makes her look bad and thus I win. She had a lot of options to waste my money and give me tons of time with my daughter (when I was paying someone to supervise me).

This would have made her look good and done a great deal of damage to me. She never did it because she didn't realize it would hurt me. From the beginning I acted like money was not a big deal and would constantly just spend it in front of her like I had an endless supply of it. I would tell stories that carried the message that IDGAF about money.

Present day By this point no one in court believes her anymore. I went into court thinking that she was going to get to file an order of protection but I think that even her own attorney must have advised against it. I had my first overnight with my daughter. This week. I'm confident that she tarnished her reputation and they see that she's

just hyper controlling and will fabricate things about me to maintain that control. She doesn't know how to hurt me or control me (well controlling me would be easy, she just could try being nice to me). The best part is that soon I will have 50/50 custody which reduces my child support obligation (that thing I supposedly don't care about). My attorney says that he has gotten surname changed and that there is a good likelihood (depending on the judge) that this also will come about.

Guys you can win in court. It's hard and unfair and we're not used to being discriminated against so obnoxiously.

We're not used to being guilty until proven innocent. I constantly let Mom think she's smarter than me. I play dumb constantly with her. I never engage her. I pretend like I don't know what's going on and that my attorney doesn't communicate with me very well. I pretend like it's no big deal that she says crazy stuff about me. I never ever ever gloat or rub it in or try to hurt her back. She's a child, you're an adult. If she knows what's going on in your brain the fight will never end. Moves and countermoves guys. It can be done. It will affect your health. I jumped out of an airplane and was so depressed I felt absolutely nothing. There were days I woke up where I did not think I could do it; I didn't think I had the stamina for this type of

warfare. The toxicity from Mom was that intense. The odds seemed to be stacked against me to too great of a degree. You can do it if you must.

Edit: By the way, I forgot to mention this in the beginning but I really always "hoped for the best, plan for the worst" That was my strategy. If you read through all of this you'll really see that it's obvious. I genuinely hoped that Mom would figure out that I have my family in my best interest and that she could trust me. Every step of the way I gave her the option of doing the right thing with no repercussion. She just never took that option; I don't harp on it as it's probably never going to be relevant. But as you try to win the hearts and

minds of others make sure that you emphasize how you hope for the best and what you're doing (saving for a safe car, signing a lease with a stranger to raise your child together, going to all doctors appointments, etc.)

2nd Edit: I should also mention this guide pertains to a non-substance abusing mother. This is about getting your rights from a mom with no real issues. I am so fortunate and happy that I don't have to worry about any actual harm going to my daughter. Like if you remind yourself how much worse things could be, it makes it easier to remain stoic in the face of America's court system.

3rd Edit: Some typos's etc. I have a paternity test guys. It's in the story. Yes, I'm intelligent. I am the type of guy that would never make a mistake. I was drunk and I honestly just fucked up. If it happened to me, it'll probably happen to other guys out there so I wrote this guide. If you don't want to be a part of your child's life than you don't really need a guide. Personally I couldn't leave my daughter to be raised without a father knowing everything I know about TRP.

No. Thank You TRP A lot of you guys are thanking me for writing this. I'd like to say instead thanks to all of you. The only, ONLY, reason I was prepared

for all the false allegations, the toxicity, the back stabbery, the nonsense, the insanity, and the court system was you all and this community. Very few guys naturally would ever think the way I was forced to think. I was never flatfooted on ANYTHING she did because I was able to anticipate it months in advance (false rape allegations, domestic disputes with the police, etc) and thanks to you guys I knew how important maintaining frame was throughout all of this. So while many of you don't agree with everything I did or get focused on the one time in my life I had unprotected sex (with a stranger), I don't mind the criticism because I never said that this guide was the ONE way to do it. There is

probably a better strategy. I did waste a lot of energy on things that were absolute wastes of time. I'll try to write updates in the future to talk about what happens with Mom through the years.

Jealousy and games: Don't mate guard!

by [deleted] | February 11, 2016 | [Link](#)

TLDR Betas mateguard, Alphas disregard

There is a sad fucker who posted to askMRP yesterday. The guy snooped his wife's Facebook and saw some musclehead from the gym looking to "workout" with his wife. He confronted the guy and it blew up in his face.

I don't want to dwell on the OP and how he is crying himself to sleep with her wedding ring stashed in his mommy's safe. I'm not insensitive to

the plight of Uberbetas (like yours truly several years ago), I just feel inspired by the sad tale to explain the proper way to mateguard.

YOU DON'T DO IT

Again:

Don't Mate guard

We talk alot at TRP about abundance and how women are innately attracted to a sturdy, non-needy frame. There is nothing that exemplifies *needy* like jealousy.

When you show your woman jealousy, you are covertly communicating that you are *not* the best she can do. It's pouring gasoline on the fires of

hypergamy. You WILL be cheated on or lose that bitch.

So....CAD...how did you deal with a recent situation where Mrs CAD had tingles for her old boss Geoff?

I bit my lip and fought off the internal pain of "why does she want to go for drinks with hiiiiiiiiiiiiimmmmmmm". I teased her mercilessly about her "fallback guy" and how cute it was that she had a puppylove crush. Said he was a super sweet guy and she should explore her opportunities. She fucking hated the overt talk about her "group outing" that I correctly relabeled a "drinks date with plausible deniability."

And she *really* hated my smug attitude about it.

She wanted me to quietly accept it (Fail!...Do not pass go.) Or create some delicious drama and out myself as a weak envious faggot.

Either way is express train to Cucksville.

No, instead... You dispassionately set some rules and enforce them.

Want to see your ex boyfriends? That's cool, I'll start seeing other people too.

Wanna workout with StealYourBitch Jones from the gym? I'll see that and raise by having three hour lunch with Jodi from marketing. The one you know wants my D..yup...her.

Who cares if she pouts and huffs and

puffs that you are a "controlling asshole"?

.

If she thinks she can walk all over you...this relationship is doomed anyway.

Summary: She ain't yours, it's just your turn so don't mateguard and it will probably work out fine.

All-in-one Legal Guide: False rape/DV, Divorce, Child support etc

by dr_warlock | June 11, 2015 | [Link](#)

1) How To Get Help [Mandatory]:

- NEVER Talk to the Police, Consult a Lawyer: [here](#) (video from Law Professor; length = 48min 39secs)
 - Cops are not there to help you, they're there to enforce the law and can lie

to do so.

- "Whatever you say can and will be used against **never for you**"

2) **How To Protect Your Phone:**

- Cops Can Search Your Phone Without Warrant Upon Arrest: [here](#) (video; length = 7min 33sec)
 - [Overcriminalization](#) (video; length = 7min 11sec)
 - Evidence of any 300K+ Illegal Acts you don't know exist can be found on your phone can be used against you in a court of law

despite having nothing to do with the reason you were arrested in the first place.

3) **Audio Surveillance Laws:** State By State

- Just in case you want to record your female encounters for evidence
- Illegal Surveillance Charge **is better than** False Rape and/or Domestic Violence Charge + Tarnished Reputation

4) **Street Harassment:** Illegal in Peru

- This is the 'harassment' they're

referring to: [here](#) (video; length = 1min 57sec)

5) **Assault [Mandatory]:** Violence Against Women Act

- Automatically Arrest 'Predominant Aggressor' no matter who hit first, **Hint:** Always the male
- National Institute of Health Study [PDF]
 - Men who call the police concerning domestic violence are more likely to be arrested themselves

(See: 'Predominant Aggressor' definition)

- What Do You Do When A Woman Hits You? (US Marine's Personal Story)
- Women are not punished for false-abuse accusations

6) **Rape:**

- Warlock's Law [Not Satire Unfortunately]
- Burden of Proof Shifted to the Accused
- 13 Reasons Women Make False-Rape Accusations

- How To Avoid False Rape Charges (podcast by lawyer; length = 15min 49sec)
- Patrice O'neil Does Two Months For False Rape Accusation (podcast)

- Women are not punished for false-rape accusations
 - **College Only:**
 - Not Allowed Legal Consultation
 - Preponderance of the Evidence, NOT Beyond a Reasonable Doubt
 - Withholding sex is 'Sexual Violence' at University of Michigan

▪ **Regions With Affirmative Consent**

(5, not including single schools) :

- Demonstration of Affirmative Consent (video; length = 1min 52 sec)
 - Your word vs. her word, unless you have electronic evidence
- California Has Adopted "Yes Means Yes" (News Report)

- Hawaii Has Adopted "Yes Means Yes"
(ROK Article)
[Archived]
- New York Has Adopted "Yes Means Yes"
(ROK Article)
[Archived]
- "Yes Means Yes" Comes To London (ROK Article)
[Archived]
- Canada Adopts "Yes Means Yes" + New Sex-ed Curriculum (ROK Article)

[Archived]

7) **Sex Offender Listing (Meagan's Law):**

- **Definition:** a law requiring authorities to notify communities of the whereabouts of convicted sex offenders (Source)

- Beware of Lawyer Tricks Regarding Meagan's Law (TRP Criminal Defense Attorney)

- Beware of ANY Acts Around Children, or This Could Be You (Guy takes selfie publicly then was falsely accused of being a

pedophile on Facebook. Went viral.)

- **Girls 18+ only** even if the legal age of consent is 16+ to be safe. There are too many fish in the sea to fuck around with laws that could potentially peg you as a sex offender.
- Women are not punished for false-pedophile accusations

8) **Marriage & Children:**

- Divorce, Assets, Alimony, and Child Support Laws

[Mandatory]

- Outsiders Can Invest in Your Divorce Case, or hers
- Debtor's Prison is an Essential Tool for Our New Public Policy [Child Support]
- Beware External Ejaculation, Woman Can Spermjack and Make You Pay Child Support
- Beware Artificial Insemination, Can be held liable for child support
- Paternity Testing 'Loop Hole'
- UK Has 'Financial Abuse'
 - **Definition of 'Financial Abuse'** [Archived]
 - State Farm Commercial, "Purple Purse" [Financial Abuse]
- **Divorce Corp (2014)**

[Mandatory]: [here](#), or [here](#)
(documentary; length = 1hr
33min)

- All about the corrupt family courts (Dr. Drew Narrates)

• **Inside America's Lucrative Divorce Industry:** [here](#)
(documentary; length = 22min
52sec)

- VICE interview with wealthy divorce attorney

• **Erasing Dad :** [here](#)
(documentary; length = 1hr
18min)

- Argentina courts purposely take away children from their fathers

Notice: If you have any new information to add or if any of the above is wrong, let me know.

edits: 1) Two bullets, 3) "is better than" link, 6) Patrice O'neil False Rape Accusation, 7) "Even if the legal age of consent is 16+" link,

Identify and avoid BPD women Pt.1

by TheGarbageCollector | October 12, 2016 | [Link](#)

THE GARBAGE COLLECTOR'S QUALITATIVE GUIDE TO THE FOUR BORDERLINE ARCHETYPES

Summary: The purpose of this guide to enable the men of TRP to visually identify women with Borderline Personality Disorder.

Edited for clarity and ease of reading.

Introduction

Women with Borderline Personality Disorder are dangerous, especially towards their sexual partner(s).

They use a predatory version of the female sexual strategy, whereby they will manipulate all of your masculine instincts, for the purposes of extracting your sperm, robbing you of your resources, and eventually destroying everything that you are as

a man. There are many horror stories about men being cheated out of their lives here on TRP. This is a guide for anyone who enjoys having the capacity to value themselves, or otherwise wishes to regain the ability.

This is the first of what will be a multi-part series on how to quickly identify the Borderline Woman.

Content

This first post will be a lesson on how to identify the "Four Archetypes" of the Borderline Woman.

These are: (a) The Queen, (b) The Hermit, (c) The Waif, and (d) The Witch.

Each archetype reflects a unique resource-stealing strategy, as well as an insight into the delusion of the BPD mind. Due to her enormous exposure and frequent displays of BPD-like behavior, the subject of this post will be Taylor Swift.

After all... <http://imgur.com/bxT8KFI>

Included with this post are quotations from the book *Walking on Eggshells: Taking Your Life Back when Someone You Care about has Borderline Personality Disorder*.

These quotations will guide you when you are assessing how the BPD Woman is interacting with the people around her. They will also serve as a warning for what is to come should you choose to stay in proximity with one of these women.

THE GUIDE TO IDENTIFYING TO THE FOUR BORDERLINE ARCHETYPES

Italics are from "Stop Walking on Eggshells" by Randi Kreger and Paul Mason.

The Queen

**This is your classic
Narcissistic Borderline.**

The Queen is the archetype that thinks that she's entitled to your worship. She is the most entitled manifestation, and will be the one caustically

shredding apart other people when she thinks they're within earshot to hear half of it. She plays dumb if you confront her, but will later destroy your reputation in retaliation. You peasant.

Classic Presentation

<http://imgur.com/gallery/mbBJoz0>

<http://imgur.com/gallery/l7997W9>

<http://imgur.com/gallery/ESCHs>

<http://imgur.com/gallery/Mgjh2AU>

<http://imgur.com/gallery/C1AhP>

Typical Non-BP Thoughts about the Queen's Behavior:

- *"I can't meet this person's needs; my best isn't enough."*
- *"Don't I ever get to have any needs? (Better not say that, or the Queen will leave me.)"*
- *"Why is everything always about her?"*
- *"If people only knew what an act the Queen puts on, they'd sure be shocked."*

When The Queen is pleased:

<http://imgur.com/gallery/wWEIUJI>

<http://imgur.com/gallery/Ra9bt63>

When The Queen is offended:

<http://imgur.com/gallery/Uadlxtt>

When The Queen is “sad”:

<http://imgur.com/B9XX9LU> (Note her brief smile - she is getting the “correct” response)

Typical Emotions Stemming from the Non-BP's Thoughts:

- *Family members who the Queen shames, ignores, or gives superficial attention to learn that their worth depends on external things (cars, important titles).*
- *Non-BP's self-esteem also suffers.*
- *Over time, Non-BPs feel used, manipulated, and angry at the BP and at themselves for catipulating so much they no longer recognize themselves.*

ARCHETYPE SUMMARY: This bitch asks you to kiss her feet so she can kick you in the mouth. You are

expected to be grateful for both.

The Hermit

The Hermit never runs out of things to be afraid of.

The Hermit is the one who will pathologically fail to deliver on her promises. She appears to be talented, maybe even sophisticated. She will trick you into believing that she "just needs help figuring a couple of things out". She will convince you that you are just the man for the job.

Unfortunately for you, there's always another "obstacle" in front of this

woman, preventing her from contributing to the partnership.

She'll blame this, that, and the other... and eventually she will blame you. Once you've begun to internalize all of the fear she's forcing on you, she will think that you're a pussy and immediately lose all respect for you.

Classic Presentation

<http://i.imgur.com/f5Wg9r2>

<http://i.imgur.com/jhyN4nP>

<http://i.imgur.com/wsqkhI5>

Typical Non-BP Thoughts about the Hermit's Behavior:

- “Like the BP says, the world is unsafe and I should not risk trusting people.”
- “I need to protect the BP from the terror of the outside world.”
- “I am a faithful, loyal person and would never leave the BP to fend for herself.”

When the Hermit is “sad”:

<http://imgur.com/gallery/no6xl6g>

<http://imgur.com/gallery/bnhfWr8>

<http://i.imgur.com/N26Ws2Z> (This is

the expression of the BPD hamster wheel. If this gaze is directed at you, that means that you and your possessions are in serious danger.)

When The Hermit has written you off:

<http://i.imgur.com/w2GK0qL>

<http://i.imgur.com/bXMrCQZ>

<http://i.imgur.com/Tphad7r>

When The Hermit is giving you shit:

<http://i.imgur.com/Zolixwh>

<http://i.imgur.com/hh9Nk98>

<http://i.imgur.com/0B2Vk88>

Typical Emotions Stemming from the Non-BP's Thoughts:

- *"I feel trapped and isolated by the Hermit's fear."*
- *"I have trouble trusting and making mistakes because I know the BP will say 'I told you so.'"*

ARCHETYPE SUMMARY: This bitch asks you to push her car up the hill so that she doesn't have to turn on the engine, then turns around and charges you for the gas.

The Waif

Take a moment to skip ahead and look at the pictures under this subheading.

Notice the extreme difference in appearance between the subject as she presented between this and The Queen and Hermit states. This is the social chameleon at work. They are so different that one might even suspect that these are not the same person. That would be an accurate guess, since the Borderline Woman isn't truly any person at all.

The Waif is considered by some to be the most destructive of the archetypes.

No other archetype preys on the male protective instinct more viciously than The Waif. She's just so cute and helpless and hopeless and...

...she knows exactly what she's doing. She is a covert operator. You will do everything in your power to protect her from the world, and she will set it up so that you always fail her. She will likely succeed in convincing you that every single problem, from start to finish, was entirely your fault.

All she ever did was love you, after all.

Classic Presentation

<http://imgur.com/gallery/d7OSKh0>

<http://imgur.com/qvmcnpa>

<http://imgur.com/gallery/uWPMxgg>

Typical Non-BP Thoughts about the Waif's Behavior:

- *"She desperately needs help, so I must save her, no matter what."*
- *"The greater the sacrifice, the more I show I love her."*
- *"My needs are not as important as hers."*
- *"If I learn enough about BPD, I can heal her."*

When The Waif has a savior:

<http://imgur.com/iq2ON8L>

<http://imgur.com/qFsbXsM>

When The Waif needs a savior:

<http://imgur.com/gallery/3s16dQZ>

Typical Emotions Stemming from the Non-BP's Thoughts:

- *"I like being needed, but sometimes I feel overwhelmed by the BP's neediness."*

- *“I get confused and frustrated when she rejects my help.”*
- *“Her behavior isn’t all that abnormal. I can manage it and so can the kids.”*
- *“I feel abused, and my self-esteem wasn’t all that high to begin with.”*

ARCHETYPE SUMMARY: This bitch will float into your life and soothe your weary soul, only to psychologically castrate you. Afterwards, she'll claim that she's tried everything to make it work, but now she's ready to fall in love with A REAL MAN who will treat her right.

The Witch

The Witch is going to be the one that murders you.

Maybe literally, maybe only somewhat literally. The witch is a sadist, and pretty much only exists in two states: destroying you, and temporarily resisting the urge to destroy you. She will wreck everything you hold dear to "prove" a point, and desecrate all things sacred for the sheer thrill of ruining the things that matter to you. She is the ultimate at having fun at another's expense. Never reveal your weaknesses to this woman, and do allow yourself to be alone with her.

She is so visibly insane that this part of the guide is hardly even necessary.

Classic Presentation

<http://i.imgur.com/2T6UYK2>

<http://i.imgur.com/HgiUxu8>

<http://imgur.com/gallery/LJuVI>

Typical Non-BP Thoughts about the Witch's Behavior:

- *"I feel hurt, betrayed, and abused, and I am too scared or young to do anything about it."*

- *“I will comply with what she wants. Resistance is futile. I will be assimilated.”*

When The Witch is trying to stay contained:

<http://imgur.com/gallery/a6dyQC9>

<http://imgur.com/eoKGsT7>

Typical Emotions Stemming from the Non-BP's Thoughts:

- *Fear.*
- *Denial (on the part of those who*

could protect the victims).

ARCHETYPE SUMMARY: This bitch is torn on whether or not to kill you, because it would count as a personal failure on her part if murdering the shit out of you somehow caused you to end up "going to a better place."

Conclusion

- **Borderline Women are human parasites** who will steal your resources if you give them an inch.

- **Borderline Women are social chameleons** and are not able to experience proper human emotions.
- **Borderline Women dupe well-meaning men** by strategically employing the Four Archetypes.

IN CLOSING: Borderline Women are a HUGE problem for men. You are their prey, and the system as it is is currently not in your favor for recognizing the sort of agonizing abuse these types are capable of.

Therefore, you must take it upon yourself to learn how to defend yourself against these female predators

This is my own amateur research, and it was done specifically with the TRP community in mind. Too many men have been cheated out of their livelihood, and sometimes even their lives by these Borderline menaces. This work is a first attempt at helping safeguard men against this underappreciated threat.

Identify and avoid BPD women Pt.2

by TheGarbageCollector | October 21, 2016 | [Link](#)

THE GARBAGE COLLECTOR'S QUALITATIVE GUIDE TO THE INNER WORKINGS OF THE BORDERLINE WOMAN'S MIND

Summary: this is a review of the nine diagnostic criteria for Borderline Personality Disorder used in the DSM-IV.

Introduction

The goal of Part II is to illustrate the internal workings of the BPD mind.

The comments posted in response to last week's QUALITATIVE GUIDE TO THE FOUR BORDERLINE ARCHETYPES confirmed that the general consensus on TRP is that Borderline Women should be kept as far away from your life as possible.

The main goal for this series is to teach the men how to quickly identify the Borderline Woman.

This is something that I eventually want you to be able to do automatically, using visual cues. However, a significant number of you expressed interest in the psychology of the BPD woman, so we'll pop the hood and take a look inside.

At least a few people from Part I commented on how the BPD Woman has a childlike mind. **Part II will elaborate in that by specifically linking the diagnostic criteria for BPD to the instinctual processes of the infantile mind.**

Borderline Personality Disorder: DSM-IV Criteria

1. Frantic efforts to avoid real or imagined abandonment. (Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5.)

The BPD Woman will attempt to trick you into believing that these efforts are indicative of the degree to which she loves you.

This is a lie. The truth is that these women are *irreversibly addicted* to the thrill of gambling with other peoples' emotions. She needs to win your trust, because *that trust is the currency* she uses to place her bets when she's fucking with your mind.

THE RUNDOWN:

- Frantic efforts only come after she's played a losing hand with her mind games
- The fear of abandonment is actually her fear of losing control over you

- The second she regains control she will automatically start power tripping (she will attempt to keep it under wraps)
- Her preference for her behavioral addiction will always trump her promises and your need for dignity
- Every time you submit, the BPD will lose respect for you

IN THE INFANTILE MIND:

Infants are physically/mentally

helpless, therefore being abandoned by the caregiver is equivalent to annihilation.

Under these circumstances, their instinct to regain the support of their caregivers by being powerfully emotive, thereby activating the instincts of the parent, which causes them to return.

The adult who has not outgrown this stage has the dangerous combination adult physical capabilities, cleverness, and unmitigated access to this infantile instinct.

The power-trip the BPD Woman experiences is extreme. She gets an anticipation high off of mind-fucking

her victims, then gets high for real by using her crying-baby instinct to lure the victim back in.

Once true abandonment is imminent, she will start panicking her goddamned tits off. It'll be a clusterfuck of begging, crying, offering you sex, and an overall disgusting display of patheticness.

The second you take her back though? She's gonna be high as fuck on that power-trip, and she'll think that *you're* the pathetic one for falling for it. Guaranteed.

2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation

It's TRP common knowledge that women love pragmatically.

In contrast, we've just established that the BPD Woman is a gambler. Here's a metaphor to explain the difference:

The typical woman perceives men as potential investments. She will weigh her options and select the one she believes will have the most

returns. She will (ideally) respect this man as a business partner.

The BPD woman perceives men as slot machines. She will pick the one that "looks lucky" out of a row of men that otherwise look identical to her. Her investment is quarters in exchange for the validation of all the whistles and blinking lights. Yet her delusion also allows her to still believe that her decisions are pragmatic, which is another trait she shares with hardcore gambling addicts.

THE RUNDOWN:

- If you are a machine that pays

out, she will be cheerful and adore you

- When she loses, she will become angry (and may accuse you of being rigged against her)
- If you are a “winning” machine that starts losing, then she will "sense" that your luck is wearing out (and start looking for another winning machine to jump on)
- She has a "luck-reset timer" in her head, which lets her play on other machines until she "senses" that you're lucky again

- If she decides that you are a "loser" machine, you are at risk of being pleaded to, sworn at, assaulted, or accused of quarter-rape
- If she sees anyone else winning on HER machine, she is going to lose her goddamned shit all over everything

IN THE INFANTILE MIND:

The drive that compels people to acquire those things that they desire is *innate*, (meaning that even babies experience it). Unlike adults however,

babies are helpless. Therefore, they can only acquire things if their desires are facilitated by the actions of their caregiver, or by someone else.

To work around this roadblock, babies are instinctively driven to seek *validation* from caregivers. This validation is a means of testing and confirming their perceptions of social reality, which are in turn used to direct adults towards satisfying the baby's desires.

Infants are incapable of distinguishing between self and other. For the infant, validation is synonymous with acquisition. This is outgrown in stages as the child becomes more competent: by conquering new challenges he

becomes *more and more individuated*.

The adult who has not outgrown this stage is a mindless validation seeker.

The BPD Woman has absolutely no understanding of validation as a means of *informative social feedback*. She instead perceives it as a resource that she feels constantly deprived of and entitled to *due to the fact that she never individuated*. She is only capable of viewing people as appendages to be used in service of meeting her personal needs. Her rapidly alternating perceptions of people is akin to the way some normal people will become angry with objects when they refuse to work the way that they are supposed to.

3. Identity disturbance: markedly and persistently unstable self-image or sense of self

As someone who feels entitled to validation yet is completely incapable of validating herself, the BPD Woman will more often than not find contentment in spaces where validation is freely demanded and given without merit. One where challenging any of her idiotic ideas is *literally not allowed*, so long as she parrots the validating mantra of the group she belongs to.

The closest thing a BPD has to a sense of self is her victim-complex, which draws her towards ideologies that offer to satisfy this complex.

Although she is incapable of genuine loyalty, her false-self will be constructed based off the ideology that is validating her the most at any given time. This ideology could be religious, socio-political, or anything else so long as it (a) can be used as a stand-in for her self-image, and (b) offers her protection in numbers.

The combination of social retardation and situational irony is a strong indicator of BPD infestation within an ideology.

THE RUNDOWN:

- The BPD Woman identifies with the “victim” narrative as opposed to the person
- These judgements are then applied to entire demographics, since the BPD is incapable of perceiving individuals
- Since she is a “victim”, she “fights for” victims as a self-serving outlet for her rage
- Anyone in the “oppressor” group

is split black, and can be attacked with impunity

- Holds the genuine belief that having the “right opinions” is the same as being a good person

Notice that this description aligns perfectly with the practice of bigotry. Due to her inability to judge situations involving individual people and circumstances, she is highly predisposed to racism, sexism, and any other form of prejudice.

She is also unable to truly comprehend the process of introspection. She

doesn't let this stop her from trying though. As a consequence, her lack of self-image leads her to accept every batshit "epiphany" she has that will enable her to feel like a special snowflake.

As you've probably already guessed by now, the current ideology *de jour* of the BPD swarm appears to be within the regressive-left.

Some examples of this breed of BPD Warrior include:

- "Trans-trenders" - some going so far as to irreversibly alter their bodies and sterilize themselves

- “Having” the ability to switch genders multiple times during a day
- Sixty-something, non-binary genders with new pronouns to memorize
- Accumulating as many plausible “victim” identities as possible in order to boost her subjective value (which she equates with being an objective fact)

IN THE INFANTILE MIND:

Make-believe is an essential component of childhood development. This behavior begins at around 18 months old and continues onward as a means of practicing for the child's eventual mastery of abstract reasoning.

On the other hand, the ability to distinguish reality from pretend play does not solidify until the child is about 3 years-old.

For the adult who has not outgrown this stage, the lacking stable sense of identity is compensated for by a necessary continuation of infantile pretend play.

The adult cannot distinguish this

“play” from reality, and often chooses her “preferred reality” over the perspectives of other people. They will surround themselves with other people who “play nicely” with them, and will lash out in response to any interruptions. The internet is thoroughly saturated with examples of this kind of behavior, especially in content involving members of the regressive-left.

4. Impulsivity in at least two areas that are potentially self-damaging (e.g. substance

abuse, binge eating, and reckless driving)

The BPD Woman gets high off of making stupid decisions. Being impulsive has the double benefit of (a) the immediate gratification of the dopamine hit, and (b) the secondary hit upon recounting the story for her validators.

She is not capable of abstract reasoning, and does not have the foresight to consider how she is damaging herself and her relationships in the long run by repeating these behaviors over and over again. She enjoys both the sensation of being reckless and your worried expression as you're anxiously checking to see

whether or not she is safe.

THE RUNDOWN:

- Engaging in disturbing or life-risking activities when she knows you will catch her in the act
- Doubling down on her bad behavior when she knows she's on her "last chance"
- Quitting or sabotaging her means of contributing for whimsical or dubious reasons

- Impulsively cheating on her spouse or significant other (and *blaming him* as her secondary hit)
- Repeated “lamenting” of her compulsively bad decisions, (e.g. crying over her credit card debt before making another huge, unnecessary purchase)
- Behaving less cautiously in dangerous or unfamiliar situations than she would ordinarily

IN THE INFANTILE MIND:

The self-control requirements of an infant are basically moot, due to the inability of the baby to achieve anything for himself. The infant roams freely exploring his environment under the watchful protection of his caregiver, who is instinctually obligated to physically remove him from situations where the baby could be in danger. *This can frustrate the baby if he feels interrupted or removed from his activity, but can also be a well-received source of unexpected attention.*

The adult who has not outgrown this stage can use her adult

cleverness to identify these “dangerous situations.” She will then *approach them specifically* for the “unexpected” attention of her caregivers rushing to her aid. She can also use these situations as a means of instigating a premeditated tantrum against her targets. Often the only mistake these people ever actually made was that of caring about her in the first place.

5. Recurrent suicidal behavior, gestures, or threats, or self-mutilating

behavior

This behavior is related to the reasons for the BPD's impulsivity, but the DSM-IV is clear in separating this criteria from the BPD's "frantic efforts to avoid real or imagined abandonment."

This is because the BPD Woman's use of self-harm isn't an act of desperation. It is an act of violence.

When assessing the BPD Woman's outbursts, it's important to always consider that the BPD Woman *cannot distinguish* the boundary between herself and others. If you take this to its natural conclusion, the following becomes clear: "*self-violence*" *does not exist in her mind.*

THE RUNDOWN:

- Harming herself is always an attempt at HARMING YOU.
- The BPD Woman facilitates this by creating a *hostage situation* where she plays both the hostage-taker and the victim
- She will emphasize the (false) importance of YOU making the “right choice” so that she doesn’t hurt herself
- She will capitalize on the

plausible deniability of "only acting out violence upon herself" in order to generate pity

- She may try to inspire your pity by claiming that she "only takes her despair/anger/BPD out on herself"
- The above statement is her intentionally hinting towards her desire to harm other people
- Continuing contact with her past this point is (in her twisted mind) you *giving her permission* to enact violence against you - because in her delusion she

considers this to be a clear and unambiguous warning

IN THE INFANTILE MIND:

The reasons why the BPD Woman has this recurrent tendency towards self-inflicted violence involves the simultaneous use of the previous two criteria listed above: (a) identity disturbance, and (b) impulsivity that is potentially self-damaging. The adult expression of her infantile impulsivity (alongside her reliance on pretend play) makes her *hostage situation roleplay* especially potent as it FORCES her loved ones into playing inside her twisted make-believe. **They**

**will take her threats seriously,
and she will be excited by the
validation that comes from others
“playing the game properly”.**

**YOU MUST NEVER PLAY THIS
GAME WITH HER.**

**ADDITIONAL NOTE ABOUT BPD
“SELF”-HARM:**

*(Edited "police" to 911, thank you
[/u/blimblamp](#) for pointing this out.)*

When she does this, the ONLY

correct response is to call 911. Tell her that you're calling a cab, then go outside and STAY THERE until the authorities arrive. If she knows ahead of time that the police and/or paramedics are coming, she will use the time to "clean up her toys" and invent a story in order to punish you and absolve herself.

On the other hand, if *she thinks that you're leaving*, she's most likely going to double-down on her impulsive behavior. This will give her no time to clean up by the time she realizes what's actually happening.

Whichever one you end up experiencing, she will invariably still end up proving, *at least to you*, that

her intention was to harm you from the very beginning. When dealing with a BPD Woman who has already advanced to this stage of comfort with abusing you, please bear the following in mind:

SELF-HARM WITHIN THE PROXIMITY OF ANOTHER HUMAN BEING IS AN ACT OF VIOLENCE AGAINST THEM.

Until the rest of the world is ready to wake up to this reality, you will be solely responsible for ensuring the safety of your physical-self and your reputation. **Empathy will only cloud**

your judgement, she already knows that. Shut it off NOW. You must spread the truth about her violence before she has time to start spreading lies about yours. People will only realize how convincing the BPD Woman is when they catch her in the act. And she will act - her pathology obligates her to.

The remaining four diagnostic criteria given in the DSM-IV are as follows:

6. Affective instability due to a

marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)

7. Chronic feelings of emptiness

8. Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights)

9. Transient, stress-related paranoid ideation or severe dissociative symptoms

The criteria covering the BPD woman's affective instability, controlling anger, and paranoid ideation can be

summarized thusly: *She is an infant, and is therefore limited to the emotional range of an infant.*

A future post in this series will be entirely dedicated to exploring the BPD Woman's affective instability (and perhaps the others as well), but I would like to conclude this post by focusing on the BPD's chronic feelings of emptiness.

In contrast to the previous arguments linking BPD and infantile instincts, infants are not “empty” in a way that corresponds to the diagnostic criteria of BPD. The developmental goals of a successful human infancy revolve around *the necessity of*

exploration and experimentation. This is the infant's method of laying down the groundwork towards fashioning a reliable sense of what constitutes reality. In other words, the main objective of the infant is to explore for the purposes of not just growing, but growing *himself*. The TRP community will no doubt recognize its own philosophy within this description.

The emptiness felt by the BPD Woman is her intuitive awareness that she failed during this critical period. As a consequence, she can no longer derive benefit from setting goals or accomplishing things for herself. *This is the crux for her behavioral reliance on the infantile instincts reported in this post.* She is

pathologically incapable of understanding the value of human achievement, sacrifice, or goal-setting, and her only means of approximating these things is by *fusing a projection of herself* onto other people's accomplishments before robbing them blind. This, for her, is what it means to have "purpose", and everything she does is to distract both you and her from the obvious fact:

She is a failure.

Conclusion

-
- The BPD Woman is severely psychologically arrested
 - Her responses are functionally limited to that of an infant
 - The BPD Woman ONLY EVER ACTS IN HER OWN SELF-INTEREST
 - Her extreme emotional states are representative of only two things:

- (a) If you are giving her what she wants
- (b) If what you are doing feeds into her validation needs
- She only values people for their ability to be harvested for validation
- She cannot be reasoned with because her entire perception of reality is an indefinite game of make-believe
- Her make-believe absolves her feeling guilty over acting like

and/or being a subhuman piece of shit

- She will eventually find a reason to feel justified in engaging in violence against you
- THE BPD WOMAN OFFERS NOTHING AND TAKES EVERYTHING
- Never give empathy, sympathy, or assistance to the BPD Woman

Closing statement: AVOID the BPD Woman. She is worth nothing, and her only function is to steal these things from others. She is psychologically an infant, and will feel entitled to all of your resources

FITNESS AND SELF- IMPROVEMEN T

To the young man I saw at the gym last night

by 2016redditor | October 18, 2016 |
[Link](#)

I haven't seen you in here before. You seemed a bit unfamiliar with the environment, perhaps a bit

uncomfortable. Your pale white skin and obvious lack of muscle tone confirms that impression. And your buddies were similarly soft. That's ok. Just learn to lift the right way and keep coming back.

I got the impression you have had your natural joy and self confidence hammered out of you by endless "socialization".

When our gaze happened to meet, you quickly averted your eyes and looked downward. There's no need for that. You have every right to be there too. I'm not there to challenge or intimidate you; I'm just getting a workout like everybody else. Relax and have fun, chat with the other

members, it's good, friendly, low key gym.

You're a tall kid, well over 6 feet. But your hair is a sloppy mess - is that the fashion in your high school these days? Anyway, it makes you look weak and effeminate. The nerdy round tortoise shell glasses from the 1990's don't help any either. Can you afford contacts? Maybe save up a bit of money, get a side job.

You seem to have good facial structure, good basic build / bone structure, so with a few months of lifting, a good haircut, some decent clothes, and most important, steady confident eye contact and a bit of a smirk, you will be getting those cute

little honeys flirting with you. Yes, those latina chicks in the yoga pants, I saw you eyeing them wistfully. They would totally get with a tall white boy like you, if you have just a bit of game and confidence.

I know it seems doubtful from where you are now. Just do the work. It will happen.

I hope I see you again soon. This time, look me in the eye, nod or say hi. I'll be happy to return the favor.

Lifting basics for beginners

by cdtCPTret | April 15, 2015 | [Link](#)

Hey fellas, I'm fairly new to TRP and I wanted to give back some advice based on my area of knowledge. Many people on TRP propagate the "go lift to improve yourself" attitude, and I just want to make sure you guys are not doing it wrong and not wasting your potential, since it seems many people get inspired to lift close to when they swallow the pill. I'm a personal trainer, and I know a lot of people start out with zilch knowledge and just go lift for the good feeling of pressing a weight, thinking that it will transform them

somehow, eventually.

There is 100x more fitness info out there than TRP stuff. I would consider these basic things everyone should know, even though there are hundreds of volumes written about probably every line in this post. Knowing that most people don't/can't dedicate more than maybe an hour a day to it (which is fine), I thought this might be helpful.

1) Have you been lifting for less than 9 months?

a. If yes, your greatest bet is Mark Rippetoe's Starting Strength. Get the

book if you love reading about the minutiae of human physiology. Otherwise read the [SS wiki](#) which has everything you need to know. The hardest part is learning the lifts, but they are critical.

i. Reason: Decreasing rate of returns over time. You make essentially exponential gains in the first weeks/months of lifting, and the gains approach zero over time (10+ years). Use that time wisely: compound big lifts (squat, deadlift, bench, press, clean). Why? Hits every major muscle group, including the biggest (quads, core) in complex ways. Alternatively if you were doing bicep curls and calf raises, you would be wasting your adaptation period on tiny

muscles. Lift wisely: Add glamour muscles as accessories and/or after months of SS.

ii. This is a typical chart exemplifying amount of muscle gained per year when lifting. YMMV

iii. 1st Year: 20-25lbs 2nd Year: 10-12lbs 3rd Year: 5-6lbs 4th Year: 2-3lbs 5th Year+: very little to any more muscle gained from here on out

b. If no, and you generally know or think you know what you're doing at the gym, then you're here. If you have less than 6-9 months with the big SS lifts, I'd recommend to go and do SS still. Otherwise, this advice is for you

(not necessary to follow for novices, their bodies are undergoing tremendous physical changes anyway):

i. If you are eating at a caloric SURPLUS and doing a lifting routine, you will gain weight and gain muscle.

ii. If you are eating at a caloric DEFICIT and doing the same routine, YOU WILL NOT GAIN MUSCLE. You will lose fat (ideally) and the lifting work is solely to Keep Muscle that's already there from atrophy.

iii. Body fat percentage: if your bf% is under 10%, you should generally try to put on weight (or maintain for the long term). Eat at a slight caloric surplus and lift. You put

on muscle, but also (inevitably) some weight from fat.

1. Calorie Partitioning:

Generally, for men, if your bf is under 15%, then most of the surplus calories you consume go into your body as muscle (assuming you're lifting). If your bf is 15%+, most of it goes into fat (think of 15% as the 50-50 point). Thus the general rule of thumb is to never get above 15%. Also another note: if you've never been at sub-10%bf (chiseled 6-pack territory), getting there first will make it easier to get there again in the future for when you regain bf and want to drop again.

A note on diet: There are many

schools of thought relating to what to put into your body and how much. I've personally had great success with IIFYM. I've heard of people having a ton of success with intermittent fasting, paleo, keto, etc. I really believe different things work for different people. Experiment a little and see what works for you (I don't know your body type and history, etc.) As the cliché goes, the best diet/program is the one you can stick with. Good starting point: Eliminate all refined sugar, only consume beverages that are water or coffee, start cutting out carbs. Rule of thumb: Make changes incrementally.

Hope this helps! Let me know if you have any questions. Most of it can be googled, but I can link an article or send insight your way if you are unfamiliar with the search parameters relating to fitness (which is fine).

The Fundamentals of Fitness

by GayLubeOil | June 15, 2016 | [Link](#)

Walk into any commercial gym and ask for a personal trainer. In front of you will be a man in the prime of his life. This man will possess a wealth of fitness knowledge and be in an ideal location to apply it. However, nine times out of ten that man with his full health and extensive knowledge, will be incapable of squatting 225 pounds to full depth for ten repetitions. In other words, that man will in all likelihood be a soft pussy. The question is why can't this man and the millions of men like him do what plenty of

YouTube Butt-Sluts can?

The answer is simple. Specifics are completely useless, until the fundamentals are applied consistently. While the fundamentals are easy to understand, they can be difficult to actually do. There is a strong temptation among fitness professionals and enthusiasts to avoid the fundamentals and use their knowledge to rationalize substituting what's hard and works for what isn't and doesn't aka: a *bosu ball stability prostate activation bootcamp*. Luckily for you guys Red Pill Superstar GayLubeOil is here to help you lift with purpose, understand your body, and most importantly force you to flush your evil rationalization hamster.

Progressive Overload:

The basic tenant of fitness, is that you must continuously challenge your body in order for it to improve and adapt. This is done by lifting more weight, lifting weight for more sets/reps or decreasing duration of work while maintaining all other variables. Progressively lifting more weight every week is the optimal strategy for men who deadlift less than 315 pounds aka beginners. Intermediate and especially advanced lifters shouldn't try this unless they want to snap their shit up. A much better and safer strategy is to increase the number of sets performed every week. This allows you to use a safer weight while still increasing workload

every week. The Shieko routine uses this approach, is an absolute Soviet Nightmare and got my deadlift to 600 pounds. Finally, whenever you complete any kind of progressive overload program, reward your joints and ligaments by decreasing workload and switching to a less taxing program for about a month.

Motivation

By challenging your body you also challenge the mind. The physical stress experienced during a grueling workout can and often does become psychological stress. The Progressive Overload doctrine dictates that workload must steadily rise with the exception of the occasional deload. In

other words, stressful stimulus must be continuously increased for progress to be made. 80% of people will stop going to the gym within 5 months of joining for this reason. They either can't handle the stress or aren't pushing themselves hard enough to get results. Such systemic complacency is hardly a surprise in decadent society that fetishizes weakness. In fact it can be argued that much of the West has devolved into the Nietzschean Last Man, existing only to seek pleasure and avoid discomfort.

The people who generally do the best are the ones trying to create new identities for themselves. In my experience that list includes: 17-20

year old boys looking to become men, recently uncloseted gays trying to be accepted in the club scene, men who got dumped, women looking to hypergamy, former athletes and military who have no problem getting shit done. If you don't see yourself on the list most likely you lack the motivation to achieve and sustain substantive physical improvement. While motivation articles and videos might make you feel better, they won't sustain you in the long run. My advice is to go suck a dick because if you haven't achieved it yet chances are you won't.

Know Your Body:

About a month ago I had a Skype

video chat with a man from Taiwan. He wanted to know what he should do to have Chris Hemsworth's body. The short answer is take whatever pills and potions Chris Hemsworth's took, hire an amazing post production crew, and bio engineer a virus that will change Han Chinese DNA to Saxon. Jokes aside, its important to have realistic expectations. When choosing a fitness role model find someone of similar ethnicity and natty level, as that will give you a reasonable idea of what can be achieved with your genetic ratios and muscular insertion points. Genetics also play a huge role in how you body responds to food and exercise. Maybe your insulin sensitive or maybe not? Maybe you respond best to high reps or maybe you

respond better to low reps? The only person who can give you the answers is you. So do yourself a favor. Buy a notebook and track exactly what your eating and what your lifting. Weigh yourself and take pictures regularly. That way when you start looking thick solid and tight, you'll know what strategy got you there and will be able to expand on it in the future.

The average Red Piller is college age, 165 pounds and just under six feet. He shittily squats about 185 pounds deadlifts 225 and is inept at feeding himself. I know this because I skyped 400 of you. If each and every one of you went to the gym at least three times a week and consistently Stronglifted and maybe even Shiekoed

yourself in the squat rack all of you could become 185 pound athletic dudes. I understand that the vast majority of people here are only interested in Pornographic Progressive Overload. I get that. But if you are going to subscribe to an elitist hyper masculine ideology that calls 90% of men beta cuckolds, you are obligated to be fucking better than those men. Walk the walk.

Get in on this [Juicy Tank Summer Sale](#) and pick up a soft, light, professionally illustrated tanktop
Then check out my sassy quips and muscle pics [on Twitter](#).
If you have a history of Red Pill misogyny PM me for fitness advice.

What is Frame?

by Whisper | August 26, 2015 | [Link](#)

We talk a lot about "Frame Control", but many people misunderstand the term. I have noticed more and more people using the term generally, to mean something like "standing up for yourself", and more and more people asking about it on askTRP, because the overgeneralized use of the term has confused them as to its actual meaning.

Frame control isn't just conversational dominance. Frame control isn't just winning an argument. In fact, winning an argument without controlling the frame can be a very bad thing.

Frame is the process and context in which you interact with another person. It includes such things as the topic of discussion, the tone and manner of the speech, who is allowed to speak and when, and so.

Therefore, when we say "Frame Control", we do not simply mean standing up for yourself or not backing down. We mean *control over the process of the conversation*.

Example:

- Lose Frame, Lose Argument
Larry Summers: There may be some inherent difference in mathematical ability between male and female populations.

Horde of Angry Feminists:

Misogynist!

Larry Summers: I'm sorry I'm sorry I'm sorry I'm sorry (resigns post).

- Lose Frame, Win Argument

MRA Larry Summers: There may be some inherent difference in mathematical ability between male and female populations.

Horde of Angry Feminists:

Misogynist!

MRA Larry Summers: How dare you call me a misogynist? Here is my track of promoting female employees, donating to women's charities, promoting breast cancer research, etc, etc, etc.

Horde of Sheepish Feminists:

Oops.

- Control Frame

TRP Larry Summers: There may be some inherent difference in mathematical ability between male and female populations.

Horde of Angry Feminists:

Misogynist!

TRP Larry Summers: We're talking about mathematical ability, not your feels about whatever you think my feels are. Do you have anything useful to add to this the discussion of mathematical ability, or are you just going to squawk like a wet chicken?

You see, in the second example, MRA Larry Summers has won a battle, but lost the war, because he has *won the battle that his enemy picked for him to fight*. The point he was trying to make it forgotten, because the feminists successfully derailed the conversation into a discussion of Larry Summers' feelings and implied moral worth. *They have successful avoided the question of whether men and women differ in mathematical ability.*

TRP Larry Summers displays frame control. He refuses to be drawn into the discussion that the feminists want to have. He is having the discussion *he* wants to have.

Without proper frame control,

even a dominant conversationalist will lose out in the long run. This is because he can be drawn into discussions he doesn't want to have, and distracted from his own goals in the interaction.

The most critical form of frame control, as we shown in the example, is dealing with the accusation shit test. To directly confront and attempt to refute an accusation, even if wild successful, is a defeat, because you have:

1. Allowed someone to steer the topic of conversation to something that has no good outcome for you.
2. Shown that the accusation

bothers you, which weakens your image.

In any conversation, the controller of the frame is the one who acts, rather than reacts. Many shit tests are, at their core, an attempt to push you into a reactive mode to see if it can be done.

Some Principles of Good Frame Control:

- Focus on your goal in the conversation, and focus what you say on that goal.
- Do not simply react to whatever anyone else says. Consider what direction you want the conversation to take, first.
- Do not cooperate with an

attempt to change the subject unless it serves your goals.

- Ignore, call out, or laugh at accusations rather than denying or defending against them.
- Reward cooperation with your frame with active listening and positive reinforcement. Frame control does not mean monopolizing the conversation.
- Punish attempts to break your frame by ignoring the speaker or calling out the behaviour.
- Always finish your sentences. Ignore interruptions as if they did not happen. Be loud if necessary.
- Reward those who tolerate your (deliberate or accidental) interruptions by quickly finishing and then explicitly calling on

them to finish their thoughts.

- Do not attempt to control the frame merely to control the frame. Have a frame in mind, and be only as controlling as you need to be in order to establish that frame.
- Do not hesitate to leave a conversation if circumstances render the frame uncontrollable. You lose more face by being dominated than you do by retreating to fight another day.

Guide to social circle game

by no_face | November 5, 2014 | [Link](#)

Many of you are fairly new and most of the standard advice will make no sense to you:

"Cure your oneitis, bro. Go sleep with 10 girls"

Seriously? You have oneitis exactly because you have no one to sleep with. The above piece of advice is useless to anyone who isn't already successful.

"Cure approach anxiety. Take four girls"

to the club. Bitches love pre-selection.
You'll be drowning in pussy"

Again, useless advice. If you already are able to take four girls, you are not looking to cure your approach anxiety.

Many of you have no starting point and are wondering how the heck to start. Going to clubs is getting you shut down by overactive bitch shields. Girls simply use you for drinks in bars. Women hurry away from you when you try day-game. So what to do? Where to even start?

I posted an outline of how to swallow the pill in [/r/TheRedPill/comments/2l52zg/a_7_step_guide_to_swallowing_the_pill/](https://www.reddit.com/r/TheRedPill/comments/2l52zg/a_7_step_guide_to_swallowing_the_pill/).

Roughly, the steps are:

1. Lifting/physical fitness: Strictly speaking, you could probably do bodyweight exercises as well. There are so many resources on youtube and bodybuilding websites that I don't want to take up a lot of space on this, except to emphasize not to injure yourself and improve posture first.
2. Style: [/r/malefashionadvice](#) is a great resource, study it well
3. Mission: This is something you need to figure out on your own.

Look at examples from people you admire.

4. Frame: I'll create a separate post on this

which brings us to....

1. Game

My favorite game is social circle game. Even the biggest loser has a social circle and should be in a position to regularly interact with women.

The main components of social circle are:

- School/work

- Friends of family / family of friends / friends of friends
- Shared activities such as hiking club, gym, etc.
- Any place where you visit frequently and see the same people including your favorite coffee shop, bus stop, etc.

Step by step instructions for social circle game:

5.1. Go into monk mode: WTF does monk mode have to do with game? Its very simple. Monk mode is an excellent way to learn how to ignore women. Not how to pretend to ignore women, but how to actually ignore them without being perturbed. And why do you learn to ignore women?

Because attention is the only currency women know and you need to learn how to stop giving it away for free.

Monk mode also removes you from the radar, allowing you unfettered time to improve yourself. When you come back from monk mode with a better body, more interesting life and better sense of style and a rock solid frame, mah nigga, you will be noticed.

Monk mode also tells you that you don't need a woman to be happy or content. You can live -- no, **thrive** without women. You are the one giving her a chance at a happier life. This builds confidence.

5.2. Confidence: Confidence is the precise knowledge of what you can do

and what you cannot do. For example, you may be confident that you can squat 150lb and also be confident you cannot squat 300lb. The clear knowledge of what you can and cannot do enables precise decision making and prioritization and is of high survival value. When it comes to interaction with women, knowing what you can do to her and what you cannot is confidence. If you aren't sure if you can kiss her when you can, you are timid. If you put your arm around her when you shouldn't, you are creepy. Interacting with women is a skill you learn by practice and develop confidence until it becomes natural.

5.3. Improved SMV: You first need to accept that you are probably in the 4-6

range, which is average. 0 is dead, 1-3 are people with severe problems such as peeling, wart infested or otherwise troubled skin, grotesque appearance or deformed bodies, missing limbs, morbid obesity, etc. 7-9 are what we consider attractive. 10 is a theoretical maximum. Lifting makes your body more attractive. How many times have you seen a woman whose face was ugly but had a hot body and you thought "butterface, but I'd do her". Women think the same. Having a great body will make up for baldness, shortness (to some degree), ethnic background, etc. The key thing is that women will give you a chance, instead of automatic shutdowns. Having a unique sense of style makes you stand out and noticed and makes women

curious. This combined with a good body will actually often make women open you. Once you begin interaction, a rock solid frame will build attraction. I give one point to each of these attributes, so that a 4 dude will grow into a 7 and a 6 will grow into a 9.

5.4. Reading signals: The first sign that you will notice as your SMV improves is that women will hold your gaze. If they hold your gaze for more than two seconds, its safe to approach. Nothing may happen, but you won't be shut down. The second signal you will notice is that women will smile or if they are with a girlfriend, they may turn away and giggle and look back at you. This is a better signal, you can approach will boldness.

5.5. Approach: Note that women in your social circle know about you and if you have had recent string of successes or improved SMV, the women are talking about you. So you have a window of opportunity where you can approach almost any women. My advice is to approach all of them. Start by saying hi and making smalltalk. Your goal is to get used to approaching and talking, not to have sex. Approach women you would not fuck if you want to start with. Eventually, have lunch or coffee with everyone. When word gets around that this guy is very social, women will not think much if you approach them or no one (including you) will care if an invitation is declined. Women in your social circle are most likely to agree to

go to coffee with you, especially if you are known to take everyone to coffee. Repeated asking women out and taking them to coffee with no sexual intention will take the edge off the anxiety and you will grow more and more confident when talking to women. **Dividing your attention among multiple women is the best prevention and cure to oneitis**

5.6. Escalation: Occasionally, you and one of your coffee dates will have moment of connection. This is a good time to escalate. If you have never touched, hold her hand. If you have already hugged, go for the kiss. For the purposes of escalation, her social status (i.e. boyfriend, etc) does not matter. But ensure that no one she

knows is around. Eventually, things will get physical enough that you two become intimate.

5.7. Chasing: Do not chase! Repeat, do not chase!! Your interaction with them should leave them wanting more and they should contact you almost every time. Ignoring a girl after showing her a wonderful time makes you irresistible. If she does not chase you, move on. If no one chases you, work on your interactions, be fun to be around. (This is a separate topic). Always be willing to let go.

5.8. Grow the circle: Always look to grow your social circle. Meet friends of friends and then their friends. Meet people through your mission. The

larger your social circle, the more people you meet and less you care about the outcome with any individual girl. My suggestion is to also take guys out for coffee or beer. It will help you grow your circle.

General notes: Note that social circle game is slower than a club/bar or day game. In a club you have an hour or two to do what you can stretch over weeks in your social circle. Social circle game also enables opportunities for long time frame pre-selection, show of leadership, etc.

Do not approach any girl who is in a relationship with a male friend of yours. Its always more useful to have the man as an extender of your social

circle. "Bro's before ho's"

If a girl recoils from your advances, pretend you never did it and continue from stage before you escalated. Often, she will ignore it too. Next her, she's not into you. Surprisingly, some of these girls may end up chasing you but you should never think of her any more.

EDIT: fixed link

FR: Going to an event where you don't know anyone

by [deleted] | October 4, 2016 | [Link](#)

I had posted this in another post on askTRP and it was suggested to me to make it a post on its own. Maybe a couple of you can get some value from it. I'm going to keep it short(ish) and sweet with some examples.

I was invited to a wedding as the date of the maid of honor and I didn't know one other person at the wedding. I knew my date but I didn't see her for 90% of it because she was part of the bridal party. She literally text me the

next day and said I was the life of the party and the grooms whole family was talking about me and my dance moves. Here's my field report:

Talk to everyone. I actually made a post about this a little while back if you're interested check it out. I was late to the wedding because of getting out of work late. I found people who were also late. Right away I asked them if they were there for the same wedding. They said they were and the conversation continued from there. We had to stand apart from the actually wedding given the way it was all set up. I continued to talk to these people and told them I only knew the MOH and no one else so I deemed them my new friends.

I suck at tying ties so I asked the one guy if he knew how to tie it and could tie mine because his was done well. He did it for me, we exchanged names and small talk. So now I have connected with like 5 people already. Wedding ends and we go inside. I wait in the cocktail line. I'm talk to the people in front and in back of me. Don't be afraid to listen in on people's convos and if you can add something just jump in. (Obviously don't do it if it's personal) but I think the people in front of me were talking about Casinos or something and I just go "are you talking about casinos?" They said lol yes. Ive done quite a bit of gambling and love playing craps so jumped in and joined the convo. It may seem weird or rude but if you can related to

people they will really like you in the long run.

Next I find my seat at the table. I don't know anyone. I introduce myself to everyone and ask them about themselves. I find a dude at the table I'm with and tell him come get a drink/food with me. In line we chat and end up having some good laughs and a lot in common. He's now my boy for the night. So at this point I have formed a pretty good social circle of people. Through out the night when I see people I met in the beginning of the night I'll talk to them. Ask them what they're drinking or how the nights going, and shoot the shit.

By this point my date shows up I'm

talking to 2 girls at my table and then I start talking to her. I have a buzz by now and am ready to dance. This is my fucking go to move man. And it works. Dance with older ladies. The grandmas who are just sitting. The divorced milfs. They want to have fun. And they love when a young stud drags them to dance. The woman will also think you're awesome for getting people to join the fun. This will make people like you. And flock around you, be in your own world and bring people into it.

At this point I have 3 chicks who are interested in me. One who is practically obsessing she's telling everyone she wants to fuck me and they are telling me. My date even says

to me. "I've never seen a guy have chicks fighting over him like this" I shrug and take her to dance. She's hot and I want to fuck her so after we dance for a little, I take her outside and we go for a walk to isolate her, make out with her and share a couple laughs. I end up taking her home and fucking the hell out of her, twice that night and once in the morning. My point is you don't even need a date, that could have been any of the 3 chicks. Just talk to everyone and have fun while trying to joining everyone else in on the fun.

Side Note:

I know someone's going to ask "what exactly did you say to these people" I

didn't post that because I hate doing that. That's always the first questions I get. You need to learn to vibe and talk to people naturally to get to this point. I wasn't always like that I was once awkward, and shy. I started talking to everyone, and when I say talk to everyone I don't mean interview type questions. I mean make comments on what's going on around me or the person. That's the best way to start a convo and make it more natural. You have to practice being present. "Is this place always this packed?" "I guess you come here a lot"

Small talk is necessary but only to get to much deeper stuff. Your goal should be to find a common/shared interest(s) with people, be curious about them.

Don't just talk for the sake of talking. Talk as if your generally interested in them. Also when you first meet someone talk to them as if you've know them for a while. It'll make them feel more comfortable and you. This takes practice but once you get the hang of it, you'll be able to talk to everyone this way.

I know a lot of guys struggle with conversations and I think a lot has to do with being in your head. I have been all over the place. From being so into my head, To making conversations weird, to vibing, etc. I feel like if I don't put any expectations on a conversation and can manage to be present that's when I have the best interactions.

I'm sure you've had conversations with people where you didn't even think about it. You didn't even realize it was a thing. You were just naturally doing it. You didn't think about a response, an answer, you didn't judge yourself, you just talked. That's the point you want to get with all conversations.

This got me thinking how I achieved this and honesty part of this answer may sound weird. I started to not always talk. No trying to fill the silence with words. I just let it be. I learned to just be present and comfortable. This opened my eyes to a lot of things. That people are really in their head also. They would try to fill the silence. If it was a woman or a beta male. They would get nervous. This would actually

put me at ease. Because I knew I can get like that too and there's nothing to be nervous about. I would listen to people, I wouldn't speak so much. Once I got comfortable with this. It allowed me to relax more in conversation. Then when I was more relaxed I became more present. When I'm present that's when the magic happens.

I also stopped asking interview type questions. Like I said I talk about what's going on around me. Do I still ask those questions? Of course but it's just to scratch the surface to a deeper conversation. You want to find common interests. You shouldn't be asking questions for the sake of asking. There should be a purpose

behind your interacts.

Dancing

If you can't dance that's okay, I used to be stiff and dance like a typical white boy too. PRACTICE. Practice in the mirror. In the car. In the shower. When you're cleaning your place. The key is to let loose, loosen your whole body. And move to the music. Vibe to it. Bend your knees. Slide your feet. Shake your shoulders. Swing your arms. Don't be afraid.

What helped me also was to watch a few intro videos on YouTube. Footwork is everything. Once you learn to dance with your feet you're set.

This was a lot longer than I planned it

to be but I hope this helped some of you. Go out there and kick ass.

TL:DR

Go out. Talk to everyone about what's going on around you. Join in on people's conversations. Create your own good time and bring others in on the fun

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Beyond passive/aggressive: Be ASSERTIVE

by MentORPHEUS | July 18, 2016 | [Link](#)

How to communicate needs and problems to others without undermining his leadership or damaging his authority is an ongoing challenge for men in general, but especially for reforming Betas who are newly unplugging. Many are stuck in a pattern of thinking there's a simple continuum between passive and aggressive, which suggests the only direction for improvement from a history of passiveness is toward

aggression. This raises certain questions: How can I learn not to be a passive Beta Man without turning into *that asshole*? How can I decisively lead in my social group, family, workplace, and relationship without causing resentments and *unnecessarily* hurt feelings by upping my aggression to get my way? The solution lies in a new dimension: **Assertiveness**.

Assertiveness means standing for and expressing your own needs and position, WHILE being aware and

respectful of the other person's needs, position, and authority.

A widely misunderstood concept.

Many people are wary of the concept of assertiveness, largely because it becomes conflated with *aggression*. Some of the early champions of the idea in the early 70s earned a poor reputation by recommending techniques that amounted to passive aggression, *active* aggression, or were just downright annoying; the Broken Record Technique comes to mind. The concept of Assertiveness has become refined over the decades, and can have a positive effect on *all* relationships in our lives.

Assertiveness isn't automatically emasculating or submissive as an alternative to aggression, nor does it mean affecting an annoying salesperson-like or abrasive, hyper-dominant persona.

Assertiveness is a way to maintain frame that helps you get your way, but *charismatically*, not by intimidation or brute (verbal) force. It can end up making others *want* to do what you want them to do, rather than out of coercion, shame, or other negative (thus on the *aggressive* continuum) social pressures. Even its proponents and beneficiaries often don't fully understand the concept. Assertiveness is almost like an orphan life skill; many of us pick up elements as we go, and

we can all benefit from it, but it's seldom formally taught or understood.

A recent insight I had into the nature of assertiveness

You're probably familiar with the idea that **the opposite of love isn't hate, it's indifference**. Indifference is in a different, cooler plane than the heated polar opposites of love and hate, and is thus opposite of *both*.*

Love <-----> Hate
/ /
Indifference

I realized that in a very similar manner, **the opposite of passivity**

isn't aggression; the opposite of both passive AND aggressive is ASSERTIVE.

Assertive /
/ Passive <----->
Aggressive

Because it works both upward and downward in a hierarchy, and usually satisfies all parties, it's as though assertiveness exists in a *higher* plane than aggression and passivity.

How does assertiveness work? A functional leadership or Captain role frequently *requires* facts to be proactively brought to the Captain's

attention, but this can always be done in a manner that respects his authority. When a Captain addresses his subordinates with assertiveness instead of aggression, it can actually *increase* their respect and loyalty over purely authoritarian methods.

Assertiveness can be used by both parties while maintaining a hierarchy of roles. This is because assertiveness means expressing your own needs, while understanding and respecting the position of the other party. It seeks win-win outcomes, and by its very nature takes away the root cause of most conflicts, clashes, and power struggles, for it leads to interpersonal transactions with outcomes that both parties desire and work toward.

Why do I need to learn assertiveness? Carefully scaled aggressiveness has its place in attraction, initial boundary establishment, certain defined roles (Officer/soldier, boss/employee, parent/child, Dom/sub), and *average* or baseline behavior on an ongoing basis as a long-term Captain of a relationship. However, in more developed, therefore *complicated* relationships, pure unbalanced aggression becomes a **hinderance to a smooth-running hierarchy of power**. It might frustrate and anger the same SO/First mate in some contexts while it attracts and pleases her in others.

Where aggression is often expedient in the short term, such as in an emergency, management of *all types of* long-term relationships becomes easier when the well-being of the subordinates is considered in the Captain's decisions. Assertiveness is a tool that accomplishes this automatically, and is a way to balance raw Alpha energy without swinging in the direction of a supplicating Beta.

This is functional, streamlined, the First Mate or subordinates have involvement and a stake in the final choices, and the Captain still maintains his ultimate authority without being burdened by details he's delegated or extra work dealing with the effects of bruised feelings and

egos around him.

Examples of different approaches to various life situations

Situation	Passive	Passive-aggressive	Aggressive	Assertive
Dishes left in kitchen sink	Says nothing, internalizes the problem with depression, psychosomatic ailments	1 complains more loudly about something different, 2 leaves his own dirty dishes somewhere important to her	"You're such a slob! Always leaving dishes in the sink!"	Could you please at least rinse the dishes after each meal like we discussed?
GF stays out later & later on Ladies Nights	Same as above	1 Same 2 "I'm going to start going out late too..."	You're always staying out late! I demand that you stop!	I'm having X problem when you stay out so late, let's talk about it when we get home tonight. "Hey guys, I notice the music is pointing away from you and toward me. Let's get it turned toward you so you can enjoy your music and I can hear mine inside the motorhome."
Guys in next campsite blaring music your direction	Same as above	Turns own music genre up ridiculously loud	"Turn that shit down, asshole!" (fight or passive aggression all weekend ensues)	

Situation	Passive	Passive-aggressive	Aggressive	Assertive
Woman cuts in line	Roll eyes, makes scolding noises to nobody in particular	Hide two of her groceries in the magazine rack when she isn't looking	"I was here first, bitch!" <pushes cart ahead of her roughly>	Excuse me, the line forms back here, perhaps you didn't notice...
Subordinate still not doing task you ordered	Ignore situation and fume	Complain to spouse about situation after work, randomly cause difficulty for the person	"You're still not getting X done like I told you, what are you, stupid or lazy?"	"John, what was the conversation we had about doing X?"
Wife's hair is sticking out funny	Make brushing gestures on own hair	Ignore it, let her embarrass herself	Jeez, you look like a homeless person! You'd be a mess without me watching out for you!	Sweetie, you should look at your hair before you go out.
Pulled over for speeding	Fumes internally, pays fine, yells at kids when they want something needing money	"Other people were going that fast you know!"	"Why are you picking on me? Don't you have real criminals to catch?"	"Gosh, that sounds pretty fast all right. Here's my license and insurance, check me out and see what you need to do here."
Boss chews you out for situation not your fault	Accept rant, take out frustration on subordinates	Open a can of sardines behind his desk drawer	"I'm doing the best I can out here, now it's like you're picking on me!"	"I share your frustration with that outcome. Instead of recriminations, let's see how we can fix this."

Situation	Passive	Passive-aggressive	Aggressive	Assertive
AMOGger takes over weights you were using	Fume about it, join a different gym	Piss through the louvers of his locker next time he's there; sneak off with a weight he needs	"Hey, wait your turn, asshole!"	"Hey big guy, I'm John. If you want to work in let me know, I'll stay and help spot you. What's your name?"

Assertiveness is a form of communication that transcends the passive-aggressive dynamic and is compatible with long-lasting, healthy Captain-First Mate relationships and strong, charismatic leadership roles.

Assertiveness is poorly understood, but is a valuable concept for women

seeking healthy, harmonious long-term relationships in life and a system for communicating within a balanced, respectful power structure.

If your Alpha Game is well calibrated, but you find your SO or subordinates are submissive *to a fault* and are inhibited from communicating with you when you need, direct them to this article's complement, Assertiveness for Women

Edit:Format

RED PILL SERIES POSTS

TRP Field Toolkit

by NightwingTRP

Part 1: Attitude, Ego and IDGAF

by NightwingTRP | April 28, 2015 | [Link](#)

TL:DR - A compilation of the basic tools you need in the field to handle the vast majority of situations which could arise. The way I explain everything is the way I see it and how it has been working well for me including examples and links to additional reading. As a result of all the detail, it was extremely long, so I've broken it down into four parts for ease of use. This part covers an introduction, guide preface and

Attitude, Ego and IDGAF.

- Introduction (My motivation. Skip if you don't care.)

Ever since I unfortunately had to remove the Field Report I put up about a month ago, I wanted to find a way to get that information back out into the community. I had a couple of guys message me to thank me for the "masterclass" in TRP seduction. While I'm flattered by that, I don't believe I'm a complete master. (I also believe that any attitude suggesting you have nothing left to learn is counter-productive for any man looking to continually better himself. We are all apprentices in a craft where no one ever becomes a master.)

Everything I used in that FR, I learned from this sub and the IRC chat. When I realised just how much I'd learnt and how many principles I put into play over the course of that night, I realised that there is no one piece which draws these strands all together. That's what I intend to do with this guide. That way any newer guys have a complete list of everything in one place and can quickly see where their strengths and weaknesses are. Most of these work very well for me when applied to the right situation, YMMV depending on your appearance, approach and personality.

- Preface to the guide

This is the *"in-the-moment social*

dynamics which is essentially the raw game itself, getting popular/laid is based on all this bullshit, which is effectively the basis of animal attraction/charm/social grace. We don't get too many posts like this anymore, but it's always good to rehash the basis of interaction, especially for guys who are busy working or doing other shit and need to dust up their social skills. Like anything, too much time out of the game makes you rusty and these behaviours you describe which otherwise come naturally to many become lost and need re-learning/reawakening, which I'm sure your descriptions will aid in. Also helps the autists who never had a clue to begin with, too." - [/u/llimitableman](#)

(Thanks for your input on this and giving so freely of your time to better the community.)

Your TRP knowledge is a bit like a toolbox. We hear plenty about how personal calibration of game is a significant factor in your success with women. Each tool has its own specific use for a specific problem. Utilising the correct tool in the right way at the right time is the essence of proper calibration. However, like any craftsman, you may be better at using some tools than others. Develop the best quality tools you can and work to your strengths as much as possible.

- Attitude and ego.

Attitude is all about the inner

monologue going through your mind. In my opinion, this is the most important part of any interaction. I say this because I strongly believe your attitude and ego are the foundations which underlie your frame and your ability to respond to tests. I have also now had two women later tell me how they "internally felt" my attitude within 15 seconds of meeting me. (One of them even got it literally word-for-word.)

Setting your attitude may take some time, but there are a few phrases I remind myself of in order to maintain the right attitude. These phrases may seem raw or even offensive to newer members who are trying to learn from this. Some of them are actively wrong,

but you want to keep them just to keep you in the right frame of mind. There is a big difference between your ego out in the field, and your ego on TRP. Your ego/confidence, (maybe even narcissism at a push), should be absolute in the field. Once you get back on the TRP sub though, you should kill your ego in order to be more objective. So these phrases apply to frame of mind in the field, not on the sub.

- I am entitled to touch her body. (You're not really, we don't encourage rape or molestation if she's clearly uncomfortable. This phrase gives you confidence in your kino. If she doesn't like it

then she'll find a way to let you know. If any chick ever does, it's no big deal. Shit happens, but kino is vital to escalation!)

- I am the God of my own little world. (This is your frame. She may be here by her choice, but she's also here because you allowed her to be. Never forget this and never let her insinuate anything different. You're in charge of you, she is not.)
- She is worth just as little as the next slut. (She might not be, but that's not the point of this. This is about reminding you of the right attitude to take to make yourself

as attractive as possible.
Reminder of the biological realities of AWALT. Reminder of abundance mentality. Reminder aimed to ensure you act like your SMV is higher than hers. There are no good girls. There are no unicorns. Don't be an idiot and keep that perspective.)

- I am here to have fun. Whatever else happens, happens.
(Outcome independence. You are completely disinterested in a specific outcome. You control yourself and your ability to have fun. Use that. Everything else is irrelevant. Any interaction you have with a woman should be

fun. If you're not having fun, leave her and go find someone more fun.)

- All women are sluts. You will now go prove this. (While not entirely true, every woman does have the *capacity* to be a slut. The requirement to be a slut is to have a vagina and spread your legs often. **Every** last woman is capable of this if she doesn't control herself. If you're looking for quick sex then remember that it is your task to turn her on and put her in a situation where she can be the slut her body is urging her to be for any man of high enough SMV. A smart

woman who doesn't want to be a slut will avoid such situations, but that's her responsibility, not yours.)

- I'm going to walk away if I choose. (Your time is valuable. You are not going to waste it. You know what's happening and what you want. This is to remind yourself that you are outcome independent, you are in control of the interaction and your SMV is higher than hers. Women are very talented at spotting fakes. If you don't truly believe you are her superior then she'll read between the lines and figure it out. Remember that women date

up!)

- She is here at my whim. (You are out to enjoy yourself and she has been allowed along. It's true that she needs to want to be there too, but that must not be the way you view it. The moment her presence becomes her decision rather than yours is when you step into her frame. As a dominant man, it is your frame and your whim which is the ultimate deciding factor. The fact she wants to be there is incidental, you could still have chosen not to allow her along because there are plenty more women out there. Abundance

mentality. Outcome independence.)

Some of those may be a bit raw for the newer guys and anyone who likes to call TRP misogynistic. As I said, they're not all true, but you need the right attitude to project your superior value. The truth of the sexual market place is that women will only go for men of higher value than they have. Which means in contrast, you've only got a chance with women who perceive themselves to be of lower value than you. You want a chance with that girl? Better start thinking she's getting the better end of the deal. Doesn't matter if that's true or not. Develop an ego which truly believes it.

- A note on IDGAF. (I Don't Give A Fuck.)

Typically speaking, along with developing the right attitude to symbolise your superior SMV, you'll also develop a bit of an attitude like women don't matter. Actually, they don't. They're just another part of the world. Most things don't really matter in the grand scheme. All you really need is food, water and warmth and you'll survive. Everything else is gravy. You can survive, you can achieve your life mission... you can do most things without women.

Woman tries to tell me what to do/how to think - like I care? I can think for myself. Let the disinterest flow.

Guy tries to AMOG me - you do you mate. Doesn't matter to me, I'm still gonna do me. Look at all these fucks I couldn't give.

Shot down by the bitch shield - that's one chick... what does she matter as the tiniest cosmic fleck in my universe? Time to go dance to the theme song.

Essential reading.

The less you care, the better.

Outcome independence. Stronger frame. Pussy off the pedestal. All rolled into one. Next time I will be tackling Frame, Posture and Body Language.

Part 2: Frame, Posture and Body Language

by NightwingTRP | April 29, 2015 | [Link](#)

TL:DR - This is the TRP Field Toolkit. A more detailed guide to all the basics used in the field that will allow you to deal with the vast majority of situations which arise. The way I explain everything is the way I see it and how it has been working well for me including examples and links to additional reading. The first part of the guide covered Attitude, Ego and IDGAF. This part covers Frame, Posture and Body Language.

- Frame.

"Frame is an often subconscious, mutually acknowledged personal narrative under which auspices people will be influenced." - Rollo Tomassi.

Controlling and holding the frame of your interactions is absolutely vital to being seen as a strong, high value man in the field. Frame is the reality of your world. Your underlying attitude will give off a vibe which influences the frame. You must be in control of it. The difficulty for many new members of TRP is spotting where frame is being tested or stolen by someone else. Whether that be by a woman or by being AMOG'd. On the simplest and most basic level, I would tell someone

the best way to maintain frame is to consciously and actively make your own decisions. The woman has made a choice to enter your world and it's down to you to take her on a little tour of your world/life so she can see how cool and fun it is.

Setting the tone of your frame is about three things. Firstly, you are going to have fun and choose to enjoy yourself. She gets the privilege to come along. To achieve this, just use statements about what the two of you will do. Be assertive, but not rude. Second, the frame of your interactions will be sexual. Blue jokes/sexual teasing early is the best way to set the right tone and let her know that this frame is sexual and you're not talking to

someone you consider a platonic friend. Thirdly, touch her. (Not like that right away you twit! Unless you're in a club, in which case have at it. She'll slap your hand away if it's not welcome, so don't force it.) Break that psychological barrier early and make it very clear that the frame she's just entered will involve physical contact. A hug and a rub of her arms, taking her hand etc etc. Once frame is established, the woman has every right to leave if she so chooses. However, the truth is that women want dominant men who display value and they're **very** happy in such a frame because it allows them to act upon their natural femininity. It's a lovely, comfortable place for a woman to be when she's in the frame of a man she

trusts and desires.

The frame I set tends to be uncompromising and this will occasionally backfire. (You will be called the asshole with a grin if the woman thinks you're within her SMV range. You'll be called it with a scowl for the same behaviour if she thinks your SMV is too high for her. Most women are like children and will throw tantrums if they think they're being denied what they're entitled to.) However, as [/u/TRPsubmitter](#) states: uncompromising > chump. Remember the attitude - IDGAFOS. ("I Don't Give A Fuck Or Shit" for the uninitiated.)

- Posture and Body Language

Posture is a well noted hack for

increasing your SMV in a very short time. In simple terms: poor posture = weak man. Good posture = strong man. As you sort out your lifting regiment, make sure to research good posture and enact whatever exercises you need in order to fix any posture problems. [This post](#) was particularly useful to me and prompted me to begin my research and targeted exercises. Remember to keep your posture corrected in the field!

Once again, in the field, you'll need to remember your body language at first. However, over time, it will become more natural. Chances are, if you've come to TRP after much failure with women, you were probably emitting the body language of a loser your

whole life. Start here.

The simplest and most effective advice I can give to keep your body language dominant in the field is to remember to spread out. Two basic alpha positions will be used most often.

Walking - head high, chest out, shoulders back. If you're still correcting your posture, lean back a bit while you walk. You'll be surprised how that impacts things positively.

Sitting - back up straight, shoulders back (arms to the side if you can to take up more space), legs spread (your massive cock clearly needs room.) The more space you can take up, the better.

When performing actions - nicely

paced, deliberate actions are the way forward. Avoid being timid at all costs. (Do, or do not. There is no try.) Beyond this, try to keep any resting body language (i.e. any body language which you're holding for more than a second or two) as open as possible. Eye contact should be maintained with anyone. You should try to ensure they always break eye contact first (unless you might end up walking into something.) Try to gain as much eye contact as you can with women. Eye contact in itself can produce feelings over an extended period, so never underestimate it as a really strong tool in your box. If you have trouble with eye contact, you need to force yourself to start doing it everywhere. When you're out shopping, when you're

going to the movies. Whoever is serving you, get some eye contact. You'll become more comfortable the more you do this. (This has even made a difference in the way I am served at places, so do it!) Posture and body language are base game in my opinion. Your attitude will influence your frame and body language. Frame and body language will influence your behaviours.

Additional reading.

The next piece will cover Shit tests and Comfort tests.

Part 3: Shit tests and Comfort tests

by NightwingTRP | April 30, 2015 | [Link](#)

- Shit tests.

Naturally I will now point to the [sidebar material](#) on this as the most basic reading. Once you've figured out these basic responses and learned a little on the benefits of [silence](#), it's time to start calibrating your game.

This is down to your individual personality. I've said before that women are great at spotting fakes. They've been practicing their social skills and reading between the lines

much more than most men. Your game will be significantly stronger if you play to your strengths and your personality. First, figure out if you're a strong silent type, or the life of the party joker, or maybe you're that douchebag jock guy who'll benefit from a heavy dose of asshole game.

Pick the responses to shit tests that will work best for you. This will require some experimentation, but you should be able to settle down nicely as you test things out. I'll briefly go through a quick application of the basic combats to shit tests. (Remember, in essence all shit tests break the rapport and look for you to follow suit and demonstrate your strong social skills. So the same style of response can be

used by different types of men in different ways.)

I'll quickly run through some examples of the classic shit test "I bet you say that to all the girls." I am answering the same test to demonstrate that you will be able to see what style of response best fits your personality (and that not all types of response are equally strong. This is the essence behind why you need to calibrate.)

Example responses:

- Agree and Amplify

"Of course I do. That queue outside is actually girls lining up to hear it."

"Definitely. Every hot girl who crosses

my path, so I think I've said it like ten thousand times. This is ten thousand and one."

I've chosen these examples because I think they can be delivered as both jokey and serious depending upon your own calibration and what suits your personality. I don't tend to use A&A often, but it works nicely when I think it's the right move. In essence A&A is just playful sarcasm which adds silly-style-fun to the conversation while not answering her question properly. (Because all shit test questions aren't worthy of a serious response. They're not designed for a serious response, they're designed to see if they phase/concern you or not.)

- Ignore (change the subject)

"Oh I love this song, have you heard it before?"

"My glass is empty, when do you plan on refilling it?" (Add smirk obviously.)

From my experience, randomly changing the subject tends to work less well than changing it to something concrete and relevant to the evening you're having with her. It makes it seem like the conversation has moved on naturally, rather than overtly trying to dodge. This can be both cheeky and serious, just mould the delivery according to how you want to be perceived.

- Ignore (silence)

If you have eye contact already, hold it and wait until she looks away. Then look off in whatever direction, (preferably in the direction of a hot chick) and then throw out a bit of laughter and move the conversation forward.

If you don't have eye contact, don't look for it. Just look off into the middle distance and let a smirk slowly cross your face. Make sure she fills the silence. (She'll want to because silences make most girls uncomfortable.)

Silence is my preferred response to a shit test like this. Silence is also an excellent way to feed the hamster. Feeding the hamster is simply leaving

details out, being vague and leaving her to fill in the gaps (which, if she likes you, she'll fill them in positively thanks to the halo effect.) It's the same principle on which dread game is based. Keep that hamster fed gentlemen!

- Pressure flip (my personal fav)

"Yes. Do you ask all the boys that?"

"Maybe. What's your go-to line?"

"Why do you care about the other girls chasing me?"

Pressure flips are my favourite because they suit my personality. I believe they're a combination of ignoring the nonsense and reasserting

frame. They're like a playful form of confrontation and will work particularly well if you're a naturally aggressive man. I particularly like them because it forces a small flush of emotion in the girl which combined with your demolishing of her shit test gives you bonus tingles. You can answer the question if you want in a pressure flip, but typically you want to question the assumption the test is based on. Force her to think about why she's asking the question because most girls don't actually know or understand why they ask these things. If she's reduced to babbling nonsense then that's worked well and you can assume you've caused some tingles. Always use these under any circumstances where she's showing some submissive responses

or submissive body language. It's a fun and strong assertion of dominance and frame.

I have met one woman who could fight my pressure flips by restating her shit test in the same words. (I pressure flipped 3 times, with 3 different lines and she repeated the exact same words back to me 3 more times.) Since I hadn't encountered such absurd stupidity before, it threw me until I had time to reflect. If this happens, I would jump to a command respect response and declare "I will not answer your question until you answer mine." Repeat as needed. She must cave first. Frame reasserted. Then when she's finished answering, then go for the vague response.

- Commanding respect

"I don't like when girls compliment-fish like that to try and feel special. You're already spending time with me so you should feel special and I don't want you questioning me on that. It's disrespectful of my motives."

"Don't imply I'm some kind of sleazy pick-up artist who just spouts lines. If you don't trust my word then we don't have to hang out, but if you do then you'll trust me and won't imply that I don't really mean the things I say."

The commanding respect response is a mega-heavy dominant, reassertion of frame. Essentially you're trying to say very directly and clearly "I will not tolerate your shit. Show me respect."

in a very uncompromising fashion. I would advise using this sparingly at first, and maybe on girls who are pretending they're "good girls" because it fits nicely with their narrative. The more playful responses which hint that you might be a cad are what I'd advise most on a first meeting. Commanding respect can/should be used on later meetings if she's still shit testing you. However, again, calibrate according to your own personality. Always remember that trying to command respect from an entitled girl who isn't certain of your SMV being significantly higher than hers is likely to backfire and lower your SMV. This is because it will come across as you having poor social awareness. These girls are better off

being negged, ignored, or a combination of both until they change their attitude. If they don't, then it doesn't matter and you don't need to have anything to do with them. Plenty more women out there.

(You may have noticed I've skipped the nuclear option... this is because I firmly believe an alpha male has no need to use this. If you have internalised the correct attitude and have some level of amused mastery about you, then her acting like a spoiled brat will merely amuse you at best and make you silently leave at worst. Either way, using the nuclear option shows she has got to you. Remember that this woman is merely another gnat in the swamp. Plenty

more for you to have a swat at. No need to nuke this one from orbit.)

Essential shit test theory reading.

Further reading on Super-Shit tests

- Comfort tests.

Once you've mastered your responses to shit testing, you'll eventually start meeting another obstacle. You've asserted your SMV is higher than hers and demonstrated higher fitness by demolishing her shit tests and continuing to hold the frame of the interaction no matter how much she tests it. All women doubt themselves and at some point, if she sees you as a seriously high-value male, she'll worry that maybe her value isn't quite high

enough for you and that she has no real hope with you.

At the core of it, women know instinctively when a man is way outside their league. They know if they're a 3/10 then the 9/10 guy will go for their 7/10 friend and not them. Normally they will disqualify themselves as a social precaution. (There are occasional retarded exceptions, but the rule is generally solid.) This is why beta game tends to work really well for the pretti-boi. (A man who is considered to be naturally physically attractive in the top 5%. These guys still get laid as betas, but they tend to fail at relationships if they never develop any natural alpha traits.)

If you've spent time talking with a girl and she was confident at the beginning that you were within her SMV grasp, then as you display higher and higher levels of fitness through amused mastery and demolition of shit tests, some women will become insecure. (i.e. girl sees herself as a 6 or 7 out of 10. She initially sees you as an 8/10. As the night wears on, she's come to the conclusion you're a 10/10. "Oh no! A 9/10 competitor may come along and steal him. Is he really that interested in me? Have I undervalued myself?") She still wants you, but she wants to be sure she doesn't make an idiot of herself by chasing a man she has no chance with.

This is where she will drop a comfort

test on you. Classic comfort tests are typically implying (or even straight saying) that they're worried you're going to leave them. That they're not pretty enough for you. Maybe they even think girl X is going to snatch you away when she clicks her fingers. Your role here is to calm her fears. Give her that validation and increase her SMV slightly so she's sure you're still obtainable. Note that providing emotional comfort in specific situations is not the same as being an emotional tampon. The emotional tampon is used at her whim. Providing comfort is you demonstrating your social awareness and catering to a need. This should be done with minimal words. A sentence will suffice. No big beta speeches about undying

love for her!!!

"Why are you with me?" or "I'm worried you're just going to have sex with me and I'll never see you again." These are two pretty typical comfort tests from a girl who has become insecure. The language of these gets varied, but they've been coming up more and more often for me. Here's a couple of direct responses which avoid surrendering the frame.

"Because you're hot, fun and you like to kiss me." (Then kiss her obv.) This one surrenders the frame slightly by answering her question directly, allowing her a little control, but then takes it straight back by you initiating the kiss. (Don't work it like a pressure

flip though because that will have the opposite effect. Think romantic delivery.) This would work best for a jokey/clownish dominant guy.

"I wouldn't be here if I just wanted sex with you. We'd have already finished by now and I'd have gone. You're fun/funny/interesting/fascinating, so you'd see me again." Essentially just tell her that her theory is wrong, phrasing it in a positive way that shows you have the power of decision making. Then throw her a compliment. Whatever compliment you think is truthful about her. This is not a time for her bullshit detector to go off. This response would probably suit a more serious or strong/silent type.

"Nobody is good enough for me. But I've chosen you." (An Illimitableman instant-classic.) It's cocky and high-level asshole game for the guy who truly wants to make love to a reflection of himself. Essentially saying I'm the shit and you're lucky to be with me, now shut up and stop whining or you'll lose me.

Next time, in the final part of the guide, I'll be covering identifying Red and Green flags, bypassing the Anti-Slut Defence and Last Minute Resistance, and finally, knowing when to Walk Away.

Part 4: Flags, ASD, LMR and Walking Away

by NightwingTRP | May 1, 2015 | [Link](#)

- Identifying flags.

Red flags and green flags are most important to the men who want to have a long term relationship with a woman. However, I think identifying them can be very useful for deciding how to order the importance of your plates and additionally as a good evaluation system to see what sort of schedule from meeting to sex you can expect with this chick.

Red Flags.

More Red Flags.

Even More Red Flags.

I would also add to these any chick with bright coloured hair, lots of piercings, tattoos, used to be a stripper/camgirl at any point in her life or is generally a bit of an attention whore. These things scream "I love to take my clothes off for strangers. And oh whoops, it just happened where he fell into and out of me several times by mistake. I'm totes not like that really."

Also, we must never forget the standard public service announcement: **Do not stick your**

dick in crazy. If you're new and you find that crazy chick to be hot... go search for a few of the horror stories on the sub. It'll change your mind pretty fast.

Green Flags.

More Green Flags.

Green flags typically show a woman who is likely to treat you better and a woman who's going to hang around. Better plate material. Better LTR material. Generally much more pleasant to be around. I'd advise you to pump and dump any girl who doesn't display at least one green flag. This is because she's likely to be a nightmare to manage, even as a plate.

- The ASD (Anti-Slut defence) and LMR (Last Minute Resistance.)

These two are linked. The Anti-Slut Defence can be both Last Minute Resistance, or it can be a pre-empt that shows she's already eager to fuck you. (While [this post](#) shows multiple layers of meaning, I also consider it to be a form of ASD pre-empt. i.e. "I don't do that. Oh, it wasn't planned, it just happened, so I'm still not a slut.") In my opinion ASD is just a combined shit/comfort test. She wants to know you're dominant enough to take her, while also comforting her hamster and ensuring that her sluttiness won't become public knowledge.

From my experience, I tend to either

get a variation of the shit test "you sleep with all girls on the first date?" (which I always respond with a disinterested "gentlemen don't kiss and tell. What about you?" She typically doesn't respond to that. She's satisfied her sluttiness will be kept secret.) or I'll meet the ASD later. For all modern sex-positive feminism shouts and screams that sluts are nothing to be ashamed of... most women are still ashamed and embarrassed when people know they are sluts. Late ASD would also count as LMR and should be dealt with in the same way as LMR.

Further reading on ASD.

LMR is something that I am convinced

is a final shit test, thrown out if she's not 100% certain of your high SMV in order to double check at the last second. From my experience, it comes out much more often when my frame hasn't been solid or I've made a misstep or two earlier, but then recovered. The essential attitude underlying the methods to overcoming LMR are IDGAF combined with a healthy abundance mentality. Her token resistance of "we shouldn't have sex" is just that, it's token resistance. Typically a girl won't end up naked and alone in her bedroom with a guy she doesn't want to fuck. (No matter what the blue pill idiots say, that's just not a sensible thing for a girl to do and there is no amount of rationalising which will change my view on this.)

There are two methods which come from the attitude to bypass the last minute resistance. Personally I favour the latter because of the modern day rape hysteria which goes on, but both are good. Firstly, you can pay very close attention to her body language and continue doing things which will turn her on that are not penetrative sex. Playing with her nipples and then putting her hand on your cock is a solid move which typically leads to sex. Keep turning her on until she's all but begging for you inside her. If you want to take this method, I strongly advise using the "If you say stop, I'll stop." line. It establishes a very clear safeword and allows her to submit to you if that's what she wants.

The second approach is to really channel your IDGAFOS to level 2.0 by beginning to leave and looking completely unphased. Most women will have experienced the beta reaction to their LMR a few times. (Beta reactions being things like getting pissy at her for being a cock tease or starting to beg for sex.) As a result of this, she may be a little confused at first until she realises what she's almost done and scrambles to recover and satisfy her tingles. An alpha does not care, he can pull on his pants, walk out the door right now and go get sex elsewhere. You have to believe this or else you risk this not working. She will reinitiate in some way to get you back. Begging you not to go and you can escalate again. This

can be done with small talk, but one line I've had some good success with is "I'm not certain I'll be able to control myself if I stay. You should make me go." It leaves a little ambiguity for her while making your intentions very clear. She lets you leave or she gets you to stay for sex. With good eye contact and silence I've seen multiple ravenous reactions to this. A less direct (and more methodical) approach to the same method is covered in the book Bang by Roosh V. But I'm impatient and women can tell this, so they tend to make up their mind faster.

- Walking away.

It is better to cut your losses and walk

away, than risk further losses. Walking away is **always** an option for you. ALWAYS.

I've found [this field report](#) to be one of the best examples of walking away even when the value is high and you've invested time and effort. The moment you won't walk away, you've surrendered the power in the relationship and/or the interaction. You are willing to walk away from **anything** if circumstances show that you've lost control or it will do you damage to stay. You need to be effortlessly dominant and consistent. Sometimes this means you'll have to walk away from a situation where you can't be these things.

If it's a relationship, the option to walk away is always there. If it's an interaction and it's going down in flames, just walk away. Ultimately, your time on this earth is short and that time is valuable. **Don't waste it on shit that isn't going where you want it to go.**

LTR Game

by OccamsUsername

Part 1: Maintaining Frame

by OccamsUsername | December 23, 2013 | [Link](#)

You will be the calm. You will be the calm before the storm, the calm at the center of the storm, and the calm that inevitably destroys the storm.

As is often said here in every context with regard to women, maintaining frame is crucial to the stability and enduring attraction in a relationship. This will be a subjective account of my thoughts on the topic. If you are cynical on LTR's or don't desire one yourself, feel free to move along.

Otherwise, feedback and discussion is greatly encouraged.

I'm a big supporter of LTR's for myself. I've never lacked in success with women and never had a thick set of beta traits that hamstrung my goals, but I also didn't always succeed. Some of the ways in which I absolutely failed before was maintaining frame. A man needs to be perceived as strong and immovable in what he wants, at all times, even if this sometimes ruffles feathers. The discomfort a woman may experience over your stubbornness is almost always temporary but comes down to the issues you're being stubborn about, don't be a stubborn jackass over anything and everything like a

temperamental child. When your partner gets a feel for how single-minded you are in procuring and protecting your genuine interests, she will eventually link this to your desire for her. As an aside I wouldn't advise telling your partner how seriously dedicated you are to them unless you also detail the consequences for shattering your expectations with things like disrespect, cheating, and good old mutiny. You are the captain, and if your crew attempts to subvert your authority, you will decisively correct and/or obtain a new crew.

This actually begs a metaphor that I've enjoyed and may help you understand relationships a bit better. You are the captain, and each of your two dozen

crew members are different aspects of your partners personality. You encourage some to work harder, correct any of them that get out of line, and you work as a team to achieve your goals. This said, if there is a failure in your crew, then you have failed them in some way. For those who believe that women have no honor, are immature in their mindset, that they can never truly love you- then you should agree with me more than others who don't. You are 100% responsible for the ships successes and failures. If you fail to have a clear mission, to be seen as a successful and competent Captain, to look after the needs (not necessarily the wants) of each of your crew members, and reward your crew commensurately-

you should not be surprised if you find yourself vying for control, or they leave entirely.

As is also often said here, you must establish an accurate image of what you want early on in the courtship process. This usually includes a heavy emphasis on sexuality as that's partially a requirement for men who agree to be tied down even if they actively seek a long term partner. It's easy to find a bad relationship with an unpreferable woman, I'm sure a majority of us have experienced this, but it's much different to find an appropriate or near optimal partner and be sure she falls in line to the tune of your desired relationship structure and goals for it.

I'm a stoic man, not a lot phases me, and I find this to be CRUCIAL to success. Consistently pulling and keeping your partner inside the frame of your expectations is great, but maintaining your own frame is of the UTMOST. You don't always need to be leading explicitly or trying to nudge your partner into compliance, you need to be put together well enough on your exterior that she desires to follow and doesn't need implicit or explicit nudging to meet your needs and desires- you want the crew that wishes to honor all the strength you show and give to them by association. Stoicism does not mean you have to be unemotional, but my expressions are strictly constrained to positive and neutral emotional states. Stoicism

consistently exhibits a quiet strength that people notice, and it has subtle effects on the people around me. If you slip into more neutral behaviors like being quiet or slightly withdrawn, it's taken very seriously by people who respect you because they KNOW by experience that you're not given to emotional displays. Without much expressive effort on your part, your partner or anyone else who knows you will begin to think about what may be going through your mind, and will often seek to address.

As I said, the biggest way I've failed before was because of losing my frame, and dropping my stoicism as well as my leadership out of weakness was an enormous hinge to why my

partners had lost respect for me because they had come to rely on that strength. When I stopped exhibiting only positive and neutral emotions, this consistently ruined the feeling that our relationship was a net positive, she had little patience for the new contrast. Even if this was not at all true in an objective sense, the feeling that I was failing meant I was a failure. The feeling that I was weak meant I was weak. The feeling that I was acting unnecessarily emotional meant I was unnecessarily emotional. If, as this sub posits so often, the feels dictate the actions of women and form the content of their opinions (see: rationalization hamster), then anything she thinks or feels of you is YOUR responsibility to inform by example.

Don't think women can be objective?
Then you already accept that EVERY
failure is yours.

You have to be immovable so that she feels safe when her emotions roam, and to heed your guidance. She will be tied to your centered disposition, and you can always tug her back toward you to limit her stress and emotional fallout. I've insinuated myself so well that I don't have to do much in order to have this effect on my current relationship. Something as small as "Stop it." or "This isn't a big deal" is enough to encourage my partner to venture back toward the center, and reduce negative emotional content. In my relationship I always get her to ease up, and to rely on my strength

and reason to help her every single time.

Maintaining frame is a dynamic thing, one can't be told PUA like steps to making sure you're on the straight and narrow. There are two primary points I want you to keep in mind at all times.

TL;DR

You are a man.

You are her captain.

Treat your crew well, but do not tolerate insubordination. Your behavior matters first and foremost, you are 100% responsible. Failure anywhere on the ship is your responsibility. Once negative behaviors are largely

curtailed in favor of mutually constructive actions and respect, you can navigate and achieve much more successfully as a unit.

Part 2: Building the Foundation

by OccamsUsername | December 31, 2013 | [Link](#)

Elements outside your relationship (as well as within) can assist in creating a solid interpersonal base which will ensure the success of your partnering. However, establishing a weak foundation will prime your efforts for critical failure. The quality of materials you're working with and more importantly, how precisely you measure and calibrate your foundation all contribute to creating an enduring relationship.

This will be a subjective account of my thoughts on the topic of interpersonal foundation building. If you are cynical on LTR's or don't desire one yourself, feel free to move along. Otherwise, feedback and discussion are greatly encouraged.

In this post I'm going to skip over extended details on screening candidates (ie Daddy issues and the like). I may cover them with more depth in a later post. I think most of us know a bad deal when we see one, and if you don't think this is true for you, stay out of LTRs.

Recently you have decided that you want to build a future, and part of that vision includes a monogamous

relationship. Perhaps marriage and/or children are in the cards for what you want, but that's immaterial at this point since we're starting at the beginning of your story. The tone of your relationship is determined at a few critical stages, and most of these stages occur within the first three months. At the end of this period is where you should have enough information to see if everything (her personality, temperament, etc) is on a trajectory you find acceptable/preferable. You are building a mutual, interpersonal foundation where you learn what to expect from (and what to respect IN) one another. Early discussions are crucial part of discovering your compatibility with one another on

ideological levels. What is important to you? Religion? Family? Politics? Your mission in life? Children? Does she respect her father, why or why not? I say this separately and with emphasis because we can all identify the importance: Does she in any way identify as a FEMINIST? Note that belief in equal legal freedoms is different from third wave social change rad-fem nonsense. I may even go so far as to say that anyone who knowingly identifies as a feminist would require a lot of investigation to find subversive, malignant character traits, like a distrust or disrespect for men as a whole. I would also be suspicious of things like rape hysteria, and a seeming disinclination toward more traditional gender roles.

Similarly, if she had a matriarch as head of household growing up, or exhibits any sort of overt battle of the sexes "girl power" vibes.

During the introductory stages, it's difficult to get people to be honest, let alone participate in fully disclosing their history to you. Women are usually motivated to gloss over any situations that paint them in an undesirable light. I was direct in every way the last time I was single/spinning plates. I made sure to detail my thoughts on men and women, relationships, marriage, children, as well as all my desires and intents. If there is a CORE part of you that you never want compromised or disrespected, you must be up front

before you invest too much time or effort into any one woman. Hate feminism? Don't hide it. Disgusted over legal treatment of men? Don't hide it. Don't want children or marriage? Be absolutely explicit, even if you have to joke a little to take the pointy bits off of your statements. Lead with your disclosures in the first few weeks and months and she will be more likely to follow suit and share with you as well.

Hold firm on what you want for your relationship and for yourself. There are certain things that you know are important to you. Do not allow those values to be changed or belittled by your partner. Sex is an important ingredient for a majority of men, and

why many men find TRP in the first place. Absent of illness or personal tragedy, there should not be no legitimate excuse for a monogamous LTR partner to cast aside your sexual needs and desires "just because". If you find that you're getting this line of intent from a partner, make sure they get curb rash from your thorough kicking. You have agreed to exclusivity or marriage, you never agreed to be in a sexless union. You need to be direct by any method you think makes your point clear and ensures the best reception. You need to be indifferent regardless of the outcome.

Never tolerate disrespect. Ever. You won't always make good on this, but respect should always be one of your

primary considerations. This will help to reinforce leadership, feminine deference, put down shit tests, and stoke attraction ALL AT THE SAME TIME. It is an invaluable practice. You must think on your feet and recognize when anything is unacceptable, deft execution won't always be possible. You don't need to be aggressive in any way, but you must be decisive. You won't demand respect, but you will never tolerate disrespect. I can't inform you on what to do or when to do it, you must feel this out on your own and let your standards inform you. Try never to make negative emotional displays when addressing this. Be simple, calm, and direct. Be firm and fair.

Saying things in a confident way implicitly reinforces your status over the long term, and will imply your status in the foundation you build with any woman. You never have to tell a woman that you are the leader if your actions imply this and they fall in line. As long as you do not go about explicitly stating "I wear the pants, lul", you have maneuverability and plausible deniability until the dynamics are solid. I would advocate calibration on this, as you want to be the **RECOGNIZED** leader on a conscious level eventually. Bringing your leadership up for any discussion too soon can immediately make you look weak and seem like you're on the defensive. When you decide to go more explicit, you take risks in

encountering greater fitness testing that on her part is also much more explicit. You could go so far as to actually discuss the desired structure in abstract, introduce evo psych concepts you agree with in natural conversation, and you could even introduce a partner to something like RPW or the Captain/First Officer concept. I took a big risk here and after carefully screening my girlfriend's character, I decided to blatantly introduce her to TRP and RPW. It paid off. She actually cried when she read and understood RPW, because it matches her mindset so well, and she'd always felt exhausted by the struggles in relationships that were more egalitarian. She had felt she finally found women who

understood her, because the outspoken feminists in her life never did. Typical feminist shaming was overwhelmingly common. We've started over/under betting pools for every feminist we know that gets married.

Introducing or leading a woman into a structured relationship can surprise or rub the hamster the wrong way initially; this is likely because you're breaking from common experience as well as modern societal norms. As evidenced by the concept of shit tests, candidates you find worthy of an LTR may not relent and accept interpersonal leadership effortlessly. Effortless deference on her part would not be a good evolutionary strategy

for finding strong mates and discriminating against weaker partners. I would be wary of a woman that is too deferential too soon; this can speak to ulterior motives. I don't want to be the man that cried "sperm jack!", so consider it a friendly but grim warning.

Each woman is somewhere different on a submissive scale as an average for her personality, but this is ENTIRELY different from a woman being submissive to you. How she treats her equals or men prior to you is no indicator of how she will acclimate to your foundation. It takes the right frame, and a well calibrated and consistent show of benevolent dominance to make women feel safe

in deferring. You can show benevolent dominance on entirely social levels. Be sure to always pull your intended partner onto the foundation that you're building, the footing she is afforded should always make her feel that you are a strong and confident leader that can provide and protect.

On the subject of protection, I do not advocate abuse in any context, so do not mistake me here when I say physical prowess displays can be powerful in influencing your partner. In my current LTR, my girlfriend is quite tall at 5'11", but since I am relatively well built it was not a problem to demonstrate to her that I'm much stronger than she is by picking her up. I carried her and placed her where I

wanted her as a strong but light-hearted gesture. I showed her that I could handle her. It's not always easy to find avenues to prove your physical prowess in typical dating scenarios, and this method is less effective with smaller women as they've probably had the experience before. I am mentioning this because it is important that you show her you are capable of being a strong protector. I would say that flexing your muscles or asking her to feel your biceps alone will probably come off cheesy, unless you're extremely well built and you don't mind the possible blow-back from an obvious "jock move". Wear well fitted clothing to show your build and always carry yourself with confidence. If you're already having sex, showing

physical prowess is much easier. There are NUMEROUS ways to show strength during sexual activities that will get your partner all a titter.

TL;DR

You are the man.

She is the woman.

Lead by example; be direct in your desires and display hard limits on your intended relationship. A show of strength is helpful, but not always needed. Confident execution of your opinions and desires will filter out women who are unwilling to live in a structure you wish for your relationship. You will see and discard unacceptably red flagged candidates.

Behaviorally unsuitable women take care of themselves by shit testing their way out of your life. Be unrelenting, you have outcome independence. If your current focus isn't working, then perhaps the next will. She learns how to treat you by your earliest experiences together. You must be the recognized leader, and perhaps someday she'll call you Captain. The only pedestal she deserves is the foundation you want to build.

Part 3: Unicorn Hunter Checklist

by OccamsUsername | January 3, 2014
| [Link](#)

Make no mistake. There is no myth here. The designation of Unicorn given for what amounts to "an ideal woman for relationships" may be quite rare, but they exist. More importantly I find the expectation around TRP that perfectly formed and preferable women just aren't in supply is relatively accurate and should be assumed **ABSOLUTELY TRUE**.

Unicorns are not born and remain perfect, they are fostered and developed. First, and ideally, by their

environment during early childhood to early adulthood, and a rare woman is likely snapped up and kept by a high value man early on, realistically reducing the existing and available Unicorn section of the sexual marketplace to what you should consider N/A. This, however, does not mean you cannot foster a more preferable partner from a woman who is less than ideal. She takes her cues from you. Consider what you show potential candidates and how you lead them before you conclude Unicorns aren't attainable. This post will focus on raw qualities that can make an enduring relationship.

This will be a subjective account of my thoughts on the subject on the elusive

Unicorn. What to look for as natural character traits you can foster, and use as signs that someone may be worthy of your time investment. If you are cynical on LTR's or don't desire one yourself, feel free to move along. Otherwise, feedback and discussion are greatly encouraged.

I'd like to start with a quote from [/u/PhantomDream09](#) who frequents RPW.

I fully believe that any woman can become receptive to a Captain/First Mate dynamic with the right man. It is all about building a foundation and setting expectations. Occam never asked "this is

what I think, is it all right?" I either had to fall in line or get out, but the way he did it never made me feel pushed or bullied. It was more like gently coaxing an injured bird closer to you with food so you can mend its wing.

This hints to something very significant. Women these days are not as adjusted to interpersonal leadership as they once were, which I find to be a very natural dynamic. In fact, as we know, Western culture has a disdain for most behavioral masculinity. Your average Joe is expected to yield for "social awareness" that don't benefit him in any direct way, and your Joe's are typically miseducated about how

to handle attraction, women, love, and the like. This is widely spoken of on this sub, but it gives us a solid base to say that BOTH sexes are given a lot of misinformation about what would be effective, rewarding, and sustainable. The information has been lost or forgotten to the public consciousness, and other than attaining information from a mentor or places like TRP, we try and repeatedly fail to understand why our education hasn't matched up with reality. Women are as miseducated as men about what is effective and what they should want. The delusion is pervasive, and any woman won't fully know she wishes for a strong leader until she feels this leadership first hand, and that's your job. You are a Captain. It's your job to

inspire loyalty, trust, and devotion. The "natural Unicorn" has these things, but they can otherwise be developed in a good, reasonable woman. I'm not suggesting you snatch up an attractive feminist shrew (a sort of Unicorn in its own right) and expect good results, but I'd be stunned to see the transition and result. This would be TRP on Nightmare mode and would be worthy of... So. Many. Field reports.

Working on the understanding that both sexes are generally taught poorly on what to expect and how to act, it's your job to first filter out a good woman, and encourage her to be great, to inspire her to rise to a level where you would never willingly hand her over, or prefer spinning plates to

running a ship with her.

Some criteria to look for in a good woman would be:

Low partner count

This is talked about a lot, and for good reason. This number is never an absolute certainty, but you need to trust what seems like a trustworthy woman. Her other interactions with you will verify how honest she is in other arenas. If she's willing to lie over something meaningless, then you should not think she isn't willing to lie on the partner count. This ideal can differ depending on age, but let's use a guideline of "Single Digits" as a standard for a woman who is mid-twenties. We have to understand that

the climate we live in will influence women into having sex, perhaps too early or with what you may consider too many partners. If you find a woman as described above who has had sex with, say, less than 5 partners- I would call that ideal.

Predominantly LTR's

Most of (ideally, all) the sex your intended has had should have been within the context of an actual relationship, with some form of commitment.

Sex

Look, I know this will be a hard one. Women who respect themselves and their futures just won't want to put out

too soon. This does not mean they're controlling you or that they'll never give up the ghost. It's your job to push the boundaries as well, and most women expect the man to make the moves. I have been capable of acquiring sex and decided not to. Being too aggressive, too early, can spook the unicorn. You're in this for a relationship, not for instant gratification. Control yourself, evaluate the situation evenly, and INTUIT her pace, do not let her absolutely dictate or schedule. Make your move when you feel it's right, but don't go for the whole act all on the first opportunity. This will show that you respect her boundaries while she's also honoring your intentions. If she is resistant too long, she may be not that into you, or

worse, she has hangups about sex in general. Regardless, the latter can be true and you can still do your job of attraction so well that you assist her in ridding herself of her boundaries, but only with you.

Diet and Fitness

Ideally, she should show that she respects herself, her health, and her attractiveness.

Strong, positive relationship with her father

When she talks about her father, watch her body language. Look for positive cues. Ask about things she and her father did when she was growing up. Find out if her father was

more of a leader rather than an egalitarian or supplicant member in the marriage. Ask how her mother fit into the picture. Find out if she was more concerned on what her father thought over her mother. Divorce is a tricky one here, as that can cause all kinds of complications in younger children, but she could still have a more than healthy respect for her father.

Empathy

This can best be seen if she talks about any negative situation organically. Secondly, if she seems to have empathy (or even sympathy) for men as a whole, this is a strong indicator that she won't resent you for,

you know, just being a man.

Tendency toward traditional gender roles

This also should be fairly self evident. This lends itself to the precise structure you desire as Captain.

Crafty

Not in the shifty eyes sort of way. Maybe she quilts, likes to draw, enjoys making things. Sewing, quilting, fabric toys, whatever. Things that you would identify as a creative hobby she engages in for fun and personal (rather than professional) reward. Big bonus if it's something you consider feminine in nature.

Respectful

Observe how she talks to you about strangers when you're together, or how she talks directly to people in service positions like waitstaff. If she has disdain or entitlement when dealing with strangers or employees of any establishment, she's giving you a clear warning.

Interested

A lot of men talk too much, or not enough. You need to seed conversation, and branch logically to get a dialog going. When you're talking, observe how she holds eye contact with you. The first few dates (if it's going well) her eyes will be wrapped in attraction for you. You

need to observe as things move forward the way in which she pays attention to you when you speak. Interruptions can be a sign she's excited and wants to chirp something back at you eagerly, but derailing you or changing the subject or other evasions shows that she may not respect you enough, even if what you're saying is outside her knowledge and experience. Address as necessary, but be calm and kind. This all boils down to basic politeness for both herself and you.

Positive game

Unicorn candidates aren't likely to be receptive to disruptive game, like negging. It may have the desired

effect to create attraction, but there is a big difference between insults and teasing. If you need to get into disruptive game, make it light and brief. You're setting a foundation for her. She should be more receptive to positive game, like amused mastery. She should be receptive to confidence, but not so much to cockiness. Since you are setting the stage for all future expectations, do you really want to have a woman attracted to you because you can be an asshole? Is that the type of woman you want for yourself?

Eager to please

If you're doing your attraction job right, she should be very eager to

spend time with you. Try not to play the slow game with attention, you need to balance your behaviors and calibrate what type of leader you think a stable and happy woman wants most. Perhaps she offers to pay for a meal and/or split the bill. Consider if you'll allow this or not up front, I did not allow it but clearly demonstrated my appreciation. After a few dates, if she brings you a token of some kind, this is a big indicator.

Conservative values

These can be a plus. I am neither conservative nor liberal. I find women that had a semi-conservative household growing up helps to instill more constructive ideals for young

women.

Religion

Moderate religious upbringings can be in line with being raised in a moderately conservative household. This helps to instill values. Though I was raised Catholic and now no longer have any faith, I can say that many values have stuck with me, and the initial structure actually encouraged me to expand my personal values beyond this. The same can apply for women.

Introversion

Being more introverted than extroverted means that a person is less likely to gain a lot of validation

from others, and is less likely to be an attention seeker. Your mileage may vary, but in my experience, extroversion can lead to a lot of problems that get the hamster to spin up.

Responsibility

This is difficult to investigate, but find out about her background. If she did well in school with her grades, this shows responsibility. As does adherence to work expectations, fulfilling personal responsibilities to family and friends, and honoring your requests or expectations that she's agreed to.

Slight to moderate OCD tendencies

When a attraction is established, and commitment follows, you begin to establish routine with her. The more a woman has tendencies toward what I'd consider functional and healthy levels of OCD, the more she will adopt structures you set. If you're consistent, she will WANT to fulfill what you set forth.

Edit to address nonsense: I'm in no way addressing clinical OCD here, I believe this was evident from my description. I'm simply addressing a predilection toward and pleasure in structures and patterns, not absurd behavior like toggling the lights eight times when entering a room or washing ones hands until they bleed. If you really had to have this explained,

you are an idiot.

Typical feminine anxiety

Somewhere around average for women, maybe a little more, maybe a little less. This trait can be in your favor. If she is given to worry, and cares about you, she is given to thinking about you more often than a woman who is not anxious at all.

Edit to address nonsense: Obviously I said typical feminine anxiety, not clinical anxiety.

Demure fashion sense

If she respects herself and is not advertising sex every which way, she's going to dress conservatively. Think

classy, but well fitting, and feminine.

Note: These are all behaviors that you evaluate her to have without significant structure or an enduring relationship with you, these are raw materials to make building a partnership easier, more ideal, or more stable.

I encourage people to post additional insights on what they consider to be traits a man should look for in a good woman. These should be traits that foster a relationship, how she views her Captain, or how she may grow in a trajectory you would not find sustainable and preferable.

TL;DR

I can't help you this time. The wall of text has spoken.

Part 4: Positive Masculinity

by OccamsUsername | January 8, 2014
| [Link](#)

This will be a subjective account of my thoughts on the topic of Positive Masculinity. If you are cynical on LTR's or don't desire one yourself, feel free to move along. Machiavellianists should also skip this thread; I am disclosing details on the benevolent Patriarch for greater relationship harmony and overall life quality. This post is about setting conditions and exhibiting traits that encourage people to behave themselves, and honor you in turn, not pervasive and

unscrupulous exertion of control. Otherwise, feedback and discussion are greatly encouraged.

As the Captain, you must establish that you act as the map, compass, and sextant for your ship. Your intuition is sharper than any equipment. You have clarity of vision, and calm that dominates all storms. You are firm, fair, and patient, but you never compromise your mission or your dignity to achieve goals. You are worthy of the trust you expect to be given, and you earn respect without seeking it.

Outer value is discussed a lot on TRP, and I agree it's quite important to be fit and professionally successful in

order to leverage a better quality of woman, but you must have inner strength to match this to lend stability and happiness to a dedicated long term relationship.

Positive Masculinity could also be thought of as being simply “a good man”. Being “good” could be seen as either a strong, composed man who does right by those he cares for and interacts with, or verge on areas that lack self respect, like displaying supplicating beta behavioral traits. Usually I find that a man of strong character that is also regarded as good is called “a good man”, and a man of weak character that is also good is called “a good guy”. “Good guy” is also used impersonally a lot, as

though calling someone a “good man” is a higher, more personal compliment. This appears to be subconsciously applied, and it seems as though using the term “guy” within this context implies something softer than being a man. Many men have either the instincts or the conditioning to be “a (supplicating) good guy”. This (in part or in whole) is what gets them rejected, emotionally abused, disrespected, or betrayed by women. You must transition from guy to man. Your mission is priority one, your self-respect and dignity are priority two, your first mate is priority three. Never forget this.

We commonly regard traits that increase women's attraction to be

"alpha". I recognize how dark triad traits can imply status and stoke fires in the feminine nature, but your primary concern as Captain is not pure attraction. You must inspire loyalty and confidence so that you can lead effectively and decisively. This post will focus on a hierarchy of sorts. I'll be detailing internal traits that feed into practices and practices as they relate to game concepts. This is by no means complete, and I advocate adapting any information here to who you are, or who you wish to be. This is a core list of neutral or beneficent attributes I have employed to encourage the growth and success of my monogamous relationships, my social connections, and my professional life.

Masculinity in general is discouraged in our society. One thing I don't see often talked about is positive masculinity, which I find to be my general state of being. There is strategic advantage in never having to go into a negative realm to deal with problems. Often all I need to do to address behaviors or express discontent is a brief silence or a stern gaze. These are my primary "weapons" when dealing with people who know me, because they have already learned to respect me. If I was in a less civil situation, I would have to embrace some negative actions and traits, but this is only in the case of dire emergency. If my first mate were to be threatened by unavoidable violence, I would become a different

person temporarily as fight instincts kicked in. Composure is for your day-to-day success, and is used to avoid danger whenever possible, but it won't solve the issue of physical aggressors.

Women that have well adjusted relationships with their father figure will relate the fondness of this experience to positive masculinity. Women that have poor relationships with their father figures will relate this experience to more disruptive game. Maladjusted women make relationships volatile because where they should have a strong, positive influence in their life filled by a paternal figure, they have nothing constructive. They have only tragedy, abandonment, and/or scars (perhaps

maternally fabricated) in regards to father figures, and they carry that darkness inside of them, always.

Positive masculinity is applicable in nearly every aspect of your life, with almost no need for changing your aura of authority or your expressions. It can cover friendships, family relations, intimate connections, and your professional life. You need not even change your attitude for superiors in the workplace, because you are in no way displaying your status and values in a disruptive manner. When these traits are embraced and displayed consistently, you needn't change your social tact contextually.

By displaying positive masculinity,

you're displaying character, attractiveness, and leadership without having to engage in a bevy of contradictory methods that include a mixture of positive and negative practices.

Positive Masculinity LTR Constants

Game concept *Practice* Primary traits

Descriptive Body

Extremes to avoid:

Above is the format each of the descriptions that follow. Here is a chart to help visualize the connections I intend

A lot of these items supplement one

another, are interrelated, or the traits that support the practice and game concept are more diverse than listed. I wanted to make a simple, easy to understand model and in some places I've kept it intentionally simple. The overall message is what should shine through, and be understood by men interested in Positive Masculinity.

Outcome Independence *Stoicism* Calm Strength

Never tolerate disrespect; you are always willing to move on.

You don't need her. Your first mate is value added to your life, you find her to be an ideal choice and someone you embrace because you work well together, but you don't need her and

she should be aware of this on some level. You do not put her above yourself or your mission in life. You can show all manner of love and kindness, but this does not mean you should make her into a fulcrum of your happiness. If things turn south or she becomes unacceptably different, perhaps she adopts persistent disrespect or commits betrayal, your first step is to explain your thoughts. If there is no change in behavior or practices you find unacceptable you drop her with swift, resolute self-respect. When she knows and remembers this, she knows that she has to tow the line or you'll simply move on to something that is better for you. You are the concern with this practice, not her. This balances out all

manner of other supportive items in this outline, because your self-respect is never to be compromised.

Stoicism is a good way to think of Outcome Independence, regardless of the reasons that lead you to the act. You are not moved by negative outcomes, you are unconcerned about your decisions possibly being right or wrong because you always make choices to the best of your knowledge and to greatest mutual (sometimes self) benefit. Recognizing failure means you have the potential to learn from a mistake, and you will adapt.

Extreme negatives: Petulant ultimatums, indifference to your first mates condition, negative emotional

flairs.

Amused Mastery *Nonchalance*

Knowing Calm

You've seen it all before; you disarm, defuse, or display experience with a knowing smile.

Your first mate qualifies herself to you, not the other way around. Your inner stance is that you are wiser to the ways of the world, and it can be charming to see her retrace steps you've already taken in former opinion, in life choices, or even in thought. You have foresight and it's always enjoyable to walk alongside her as she begins to understand or figure out what you already know, what you already see, and what you've already

decided to do. The phrase "I know."
With a wry grin works wonders here.

Nonchalance and Amused Mastery go hand in hand, they're fairly well synonymous. You have a positive indifference. Flashing a knowing smile, laugh softly, maybe a light sigh. Your smile, brief laughter, and maybe even a light dismissal can show status and an "I've seen all this before" attitude.

Extreme negatives: Impatience, mercurial sensitivities, emotional over-investment with external criticism, patronizing impertinence, reductive and insulting criticisms.

Frame *Decisiveness* Consistent
Knowledge

Never tolerate detected bullshit; none can compromise your sense of self.

This is your world. This is your life. You pursue your mission. You have built the foundation on which both you and your first mate operate, and your stance must be firm. There is no time for weakness, weakness in your expressions or your decisions is not an opportunity, do not delude yourself. You will make mistakes, but your true opportunity is in leadership, not in failure. You will keep things directed and along the lines you determine prudent. Your first mate wants a Captain. I would speculate that all women want a leader in their lives unless they have some serious problems or severe, destructive

conditioning. It is a natural state. Frame is the most important element of being a Captain. They story premise, the cadence, the prose, and the metaphors (also the euphemisms, nudge-nudge) are all yours. She is a participant on your stage. Always remember that you can course correct, but if anything takes a significant or sharp turn, you may be dooming yourself to failure. You must have solid ideas for who you are and what you want before you enter into a leadership role. How your First Mate gets to know you and who she begins to love, this is who she'll always want in essence, and ideally you'll just improve upon your strengths and diminish your weaknesses from there forth.

MAINTAIN. FRAME.

Extreme negatives: Compromising your ethics, accommodating another's mission at the expense of your own, inconsistent character.

Internalization *Mental muscle memory* Brave Consistency

Practice self-discipline at all times; you are in a constant state of self-refinement.

The means to success with all other traits outlined here requires practice and self-discipline. Mastery over oneself, the ability for you to maintain control of yourself, and your expressions is powerful. Always doing and saying precisely what you mean

can be a difficult thing. You should live without apology, but only when you know that your actions are calibrated and just. You must do right by those you care for and love. Change is hard on the individual, and the practice of changing oneself is even harder. It's been said better before, and I hold this as a personal mantra, so I'll conclude with a quote.

“We are, each of us, largely responsible for what gets put into our brains, for what, as adults, we wind up caring for and knowing about. No longer at the mercy of the reptile brain, we can change ourselves. Think of the possibilities.” -Carl Sagan

I reiterate a crucial summary: Be

brave. Be consistent.

Extreme negatives: Laziness, complacency, any thought that leads you to thinking you are done evolving in your role as a man and Captain.

Confidence *Rectitude* Integral
Bravery

Your benevolent intentions and actions reinforce your certitude; you are right and just.

Because you know that you're constantly doing your best, you should always be confident in your decisions. Gather all the information you can when there's an important decision to be made, and trust your instincts otherwise if you need to rely on reflex

in any circumstance. You won't always be right, but you should always be confident. Failures will happen, but unless you've failed in any of the key tenants outlined here, you should feel assured that you're deciding on and building a future with your first mate to the best of your capacity at any given moment.

Confidence is a major cornerstone of all game, as it's a cornerstone marker of attraction for women and makes you internally self-sufficient. You know your worth and it reinforces you from moment to moment.

Extreme negatives: Insecurity, overt and disruptive cockiness, narcissistic superiority, externalizing worth.

Captain/First Officer *Leadership*

Strong Integrity

Your strength and ability inspires others to follow you; you are a leader.

You want a woman to be submissive, and to support your vision for yourself. For a woman that is not naturally submissive in expression or when relating to men prior to you, this is most easily achieved by displaying leadership attributes. Always remember that wants are different than needs, and not all wants should be met. Her valid emotional needs, however, must always be. Maintain clarity of vision and execute plans after hearing what your First Officer has to say about it. If you have

internalized righteous traits, there should not be risks of power abuse on your part. You love, support, and guide your first mate to the best of your ability. You would sabotage your own happiness with her if you were to abuse your power, discard her needs, or to make the relationship entirely self-centric. There is a big difference between not tolerating bullshit, and engaging in selfish bullshit.

Fair leadership requires strength and integrity, if you are to establish harmony and a well working team. Leadership is an opportunity as well as a burden. You are enabled to pursue goals and objectives, but you shoulder all responsibility for failure, and share all victories. You are responsible for

everything, never forget that.

Extreme negatives: Tyranny, callous disdain to input, unadulterated selfishness.

None of this means you have to be something like a priest or a White Knight™. I have a wicked and deplorable sense of humor in person (as a for instance), and it's entertaining to be disruptive with that at times. I promote calibrated approaches to all of these things, there are no hard and fast rules about the degree of each of these items. You learn, do, adapt, and become. However, these items of Positive Masculinity should be undercurrents to all the relationships you have as it will

be the base of all other understandings of you as a person, and certify that others think of you as, truly, “a good man”.

Part 5: Love and Power

by OccamsUsername | February 4, 2014 | [Link](#)

For Men: Love tempers power

I've never seen or heard of a happy matriarch with a happy, supplicating husband. Love, it seems, does not thrive long term when a woman is given power, and this consideration is thrown out immediately as a viable strategy. Contrast this with "50/50" or "equality-based" relationships, and what you have built in is a systematic struggle for control, waged by one or both partners depending on the

context at hand. They both tend to seek what it is they want, and seek to impose that on their mutual structure. This leads to a lot of unnecessary strife, indecision, unhappiness, and a constant, vague sense of who may be temporarily or contextually wearing "the pants", so to speak. Since, as we have seen, the efforts to be equal and lacking an acknowledged hierarchy is fraught with negative possibilities, we here at TRP know better than to fall in that trap. This is why I support the Captain/First Officer model first and foremost.

As the Captain, love hones the greater instincts of your leadership. Love can make you too weak, it can bring you low and pitiful if you do not have

mastery over yourself, but when well calibrated, a woman will feel a hopeless gravity toward your love tempered leadership.

Every man is on a spectrum of his instincts to bond, and to protect. This is in concert and in contrast to the instincts to lead and acquire. When a man both loves and leads a woman, both sets of instincts are brought to bear, and love tempers your leadership.

Love naturally rolls downhill. Men love women, women love children. Love flowing upwards requires more strict conditions, namely respect. You must understand that the responsibility to love, and the capacity of others' ability

to respect you have the same origin. You. You are responsible for sending love down this hierarchy and giving women what they need. You also must be a respectable man, giving an avenue for reverence to flow upward, and for deference to resonate into shape alongside her respect. You must generate conditions where both are possible. If you cannot be respected, then you cannot be loved. If you cannot give love, then you don't deserve the respect of your first officer.

You earn respect by being a good man, showing strong leadership, by putting your mission in life first on your list of priorities. You give love by showing preference, providing,

guiding, protecting, and making the best possible decisions you can in every context. You seek to do right by your first officer, always looking to the long term.

Imagine a child for a moment. Imagine this child has absolutely zero respect for its parents. Now, imagine how this child acts toward and treats its parents. Can you imagine a single scenario in which a child with zero respect for its parents can actually display or feel love toward them? If your child never respects you, it will never even have the OPPORTUNITY to love you, and this is the fault of the parent. This is precisely the same for women who establish a relationship with men. Respect is the foundation

for a woman's love and attraction toward any man. She will never truly respect you if your relationship revolves around deference toward her. She will never truly respect you if she leads, and you expect her love to roll downhill onto you with any degree of beneficence. A woman who manages to love you when she has asserted herself as leader will treat you like a child first, and a partner second. This is why not respecting men is easy in this sort of relationship organization. Most people take no issue with lying to children or withholding the truth from them. "It's for their own good" most rationalize.

If you do manage to find (or accidentally make) a woman who does

not *need* your leadership and your frame control to "love" you, then you've effectively found a woman who *doesn't need you*. A woman who doesn't need you will show this, and if you're not already out of consideration for sex or continuing a relationship, mutiny is in the cards.

If you are a woman and you are reading this, I just want to explain that you need to drop the NAWALT mentality. You are not a special snowflake and the concepts of women discussed here should be taken as valid, especially with concern to yourself. Understanding and controlling your nature to greatest self benefit will do more for you than resting on your laurels as you sit in

denial of reality. You kneecap yourselves by misunderstanding what natural factors act on you. Men are raised to beat back a great number of their instincts by their family and society. Men are aggressive, men are much more overt in seeking sex, men engage in overt (rather than subversive) intrasex competition much more often than women, and men are given to acquire means to benevolently provide resources and skills for not just themselves, but for their families. As an example: men are naturally aggressive, but there are a number of fairly stringent consequences that exist for indulging in our more basal, violent natures. For women, the majority of their natures are actually excused, taken to be

empowering, or encouraged on a case by case basis. As a woman, knowledge of some of your underlying frameworks can help you prevent problems in your own life and assist in securing long term interpersonal happiness. If you compete with or confront a man long enough, he will treat you (in all the negative ways) like a man. No man wants to do this with a woman he loves. No man wants to compete and debate with what is supposed to be his supporter, cheerleader, and lifelong ally.

Women have more fluid morality. Women are more emotional on the whole. Women are not encouraged on a social level to temper their natures for the sake of love and stability.

Women cannot be trusted as leader interpersonally, too much can go wrong and there are innumerable ways they can unknowingly sabotage the happiness of both partners due to their natures, much to their own confusion and discontent. I've seen so many of these examples in my own life and TRP has been rife with them over the history of the sub. Summarizing observed patterns with "Welp, people are shitty" is disingenuous, unconstructive, and exhibits palpable denial. Women become destructive and act shitty instinctually because they're not getting what they want or need out of a relationship. When a woman leads her man, this does not help her to feel safe, it does not add to her comfort. In fact, this exposes HER

to things she otherwise would be insulated from by being second in command and not the leader.

As Captain, your relationship happens on your terms, and this explicit realization gives you the GREATEST advantage in mate retention. Most men stumble about blindly, and wonder why they can't attract a woman. Those who do manage to attract a woman, they tend to stumble about blindly inside of a relationship, and eventually the patience of their woman wears thin, and abandonment or betrayal is not far behind. Once there is a critical slip and you begin to establish habitual patterns of destructive behavior to your mutual foundation or your own frame,

consider yourself to have 5-10% of the total duration of your relationship (up to this point) to correct and reestablish leadership. If you've been together for three years, you have around two months minimum before there could be irrevocable damage and the realization that there's been a dynamic change can (and very likely will) result in mutiny.

TL;DR You must encourage her to put you first in the hierarchy, and to show you respect on all levels.

Women and men alike, remember, there is no silver lining to The Red Pill itself. The silver lining doesn't come in the information we provide, it comes in knowing how to live a more

successful life, and how to cultivate stable, healthy, rewarding relationships.

Part 6: Egalitarianism and Ownership

by OccamsUsername | March 12, 2014
| [Link](#)

I don't want disharmony in my intimate relationships. Neither party benefits from conditions that create negativity, nobody benefits from frictional struggle against one another in any kind of relationship, and intimate relationships don't benefit from a woman's reluctance to follow. Egalitarianism does not create harmony, it creates discord unless both parties always perfectly agree on every decision, and this is impossible.

Most relationships, due to modern societal urging, begins with a foundation of egalitarianism. This is not an ideal arrangement for many reasons. If a man relents power to "equality" at the very foundation, this creates a "level playing field". Women instinctually love a level playing field because when a power gap is closed between them and men, they have a much easier time of wresting control from whatever system they're a part of. They won't fight for superiority at the outset of any struggle. Superiority for them is a subtle, long term plan using indirect aggression and subversive means. They will, however, fight for "equality" even if they don't realize it's not what they want. You need to show your woman that she

does not want what she thinks she wants. The pretty, idealistic lie of egalitarianism does not work within intimate relationships.

My basis with most friends and peers is one of egalitarianism, and this is for many beneficial reasons. If we disagree, or if we have different plans, it is effortless and never considered disrespectful (by anyone, ever, on any level) to go and do as we see fit separately. There is little to no fallout or struggle in seeking what we want. When we align, great. When we don't, that's fine too. The arrangement is one of pure mutual interest or fun, and our life decisions are never expected to be altered to suit the needs of friends. We are never urged to act against our self

interest, and the best friendships operate on giving mutually where and when each individual feels it's appropriate. Long term, monogamous relationships with or without cohabitation do not work this way.

Within intimate Egalitarianism, there are always situational winners, and the more your woman wins out over you, the less she is likely to respect you over the long term. In most relationships there are often struggles on what to do, and how to do it. The idea or reality of "compromise" is only acceptable and beneficial to you both if you've arrived at that juncture with the final say, and it was 100% your decision. Doing otherwise submits to her whims, and admits to her power

over your decision making on some level. “No” should not be part of her vocabulary with you. You listen to her concerns, and decide for greatest mutual benefit or need, never her strict wants. Egalitarianism fails many when employed within an LTR on this very persistent level alone. It creates disharmonious situations systematically.

Remember that delegation of tasks or responsibilities still places you in a position of dominance, even if you are admitting to a measure of her superiority in a skillset. If you determine that your woman’s skillset is indeed superior in an area, and you’ve found her advisement to be superior to your own understandings

when you've made decisions in the past, elect to delegate responsibilities to her that are best matched to her abilities that you recognize as outstripping your own. Otherwise, delegating responsibilities using "traditional gender role" as a guideline can be a good, reflexive tool to make sure that you continue to show authority, and you're both acting appropriately. I do the heavy lifting, I set up and fix anything electronic, I make structural changes to the apartment, and I put together furniture. I plan and execute enhancements that I deem as being beneficial to one or both of us. When a man does "manly" things of his own accord, and with an interest in maintaining either your own nest the

nest you're both a part of, it shows investment while clearly staying in a masculine role.

Staying in your masculine role gives her the tingles. Something as simple as putting together a piece of furniture or reconfiguring a room has quite excited my woman in the past. She feels in these moments that you are capable, and it shows initiative on your part. You have a result to show for your efforts. The same applies to working out or consistently treating her as a sexual object with things like innuendo and ass slapping. She becomes the object of your sexual interest, and women love to be treated benevolently as a sexual object by men their attracted to.

My woman is my subordinate, but more importantly, my woman is my object. Detractors may think that a truly strong Captain/First Officer arrangement is dangerous or harmful, rather than natural and mutually rewarding. They're wrong on all levels. I maintain control of my woman and our lives to be sure that we're both on a track that rewards us, and harms neither. If I were to go too far in any behavior that others could legitimately term as dangerous/harmful, I could undermine all the investments I have made in her. If I were to consistently do anything less than what she needs, and to benevolently decide to give her what she wants (not what she merely thinks she wants) when appropriate, I endanger the relationship. I have to

know her better than she knows herself. I have to interpret and act dynamically. Reading non-verbal communication is key to doing so, and learning any individual woman's habits and predilections is a journey unto itself.

I have a defined sense of ownership, as do many men. We all have our pet interests, hobbies, and property. The things good men care about, we treat well and with respect. Why wouldn't we? It's our property. We expend time, energy, and resources to responsibly foster both the investment in the property and bolster our personal enjoyment. Egalitarian women expect all the benefits of a man with a SENSE of ownership toward them without any

of the structure and responsibility to the man who considers himself her owner. Like feminism, they expect all the benefits of being a woman (leaning on our strengths, access to our resources) and of being a man (being given power, being paid deference to) within this context.

Women are not objects, but my woman is my object. My woman is my property. She is the object of my affection, my time, my sexuality, my trust, and my resources. She earns this with her role, her behavior, her deference, and her respect. She is my treasured investment, and though I have all the power, I have every reason to never abuse my power.

Part 7: Permission and Privilege

by OccamsUsername | June 5, 2014 | [Link](#)

As Captain, you do indeed have many privileges, but you also have a lot of responsibilities with respect to both parties. In fact, you have taken on these responsibilities eagerly, recognizing how important it is for you to be the one to take the reigns. You control your own expressions, the direction of the relationship, your First Mate's emotional well being, and many other elements. You seek or have been given these privileges so that you can be an effective leader,

and to provide for the interests of both parties. One responsibility you may not have considered is providing permission to your woman for the things she wants that are valid and for the things she may not know that she wants that are also valid, not to mention mutually beneficial.

Women need permission to feel like they're making the right decisions. They can get this from family, religion, social institutions, the herd, etc. This can take the form of encouragement, or obtaining yes-men/women to agree with whatever nonsense they THINK they want. Without proper direction from a man who loves and is responsible for her, a woman is as likely as not to want things deleterious

to her happiness.

Permission in a female only social climate where decisions (or opinions) are being made takes the form of consensus. Consensus on larger scales has a tyranny of the majority bent to it, and feminism very much capitalizes on this process. Consensus and shaming have been used to close power or “privilege” gaps between men and women. This persistent consensus installs the shrieking herd in many a feminine brain (both men and women, more on this later) to give permission to women to do practically whatever they want without regard to consequences. Any backlash is termed to be oppression or sexism. Any suggestion that women take

precaution and engage in defensive decision making is termed victim blaming. This is a digression, but bears mentioning.

As the leader in your relationship, you provide valuable functions for your woman. Something many of them don't know until shown is that they want your permission. You may have experienced this with prior sexual partners, many women are afraid of sex or of men. You can open a woman up sexually by showing her it's not a bad thing to enjoy sex, be sexual with you, or to provide for your sexual desires. This permission you give her is powerful to her, and useful to you. This can also happen with virgins, and part of why they can be so stuck on

their first sexual partner. They are given permission to enjoy all the things male sexuality brings them. Primarily: emotional desirability, physical pleasure, and psychological approval. Whether these things are true or not are irrelevant, it's what they feel that matters as feelings will overthrow logical processes when they're strong enough.

You must be responsible with both your own privileges and your dispensation of permission. You should not be giving permission to your woman to engage in behaviors that would undermine your relationship. You should always give her permission to do things that you find are neutral or positive to the happiness of both

partners.

Ask yourself the following questions, and figure out if you should EVER be giving her permission explicitly or implicitly:

- Why, precisely, is it a good idea to let her spend “alone time” with another male?
- How does her unfettered complaints and emotional ravings about something you consider a non-issue a benefit to either of you?
- Why should she ever speak

disrespectfully toward you, in any context?

Ask yourself questions like these if your bullshit alarm seems a bit fuzzy, especially while in an emotionally heated moment. Taking a moment to think, and composing yourself will not look like weakness of any sort as long as you are decisive following this. Take this moment to think so you can be sure of what you decide, but remember that inaction when she is having a fit or engaging in destructive behavior could always be morphed into implicit permission. Set your boundaries and enforce them, part of making sure that your boundaries are respected is that you never provide

her with anything close to permission for them, she should think of your stance on things you consider important to be black and white, grey leaves room for consensus. Since a congress of women doesn't live in your head, you don't need consensus, your RELATIONSHIP needs decisive conclusions. Her wants are not always to be observed, you must consider how decisions will help or hinder your relationship. Your boundaries and expectations are requests, demands, rules, laws- however you wish to phrase it be sure they're clearly understood and observed. If you do not intervene when she compromises your boundaries or expectations, not only is that implicit permission, but over time, this becomes something

she presumes, she thinks of it as a privilege.

A closing thought you should remember:

A woman's consistent presumption (through implicit or explicit permission) of how she can mistreat you swiftly become abuse privileges. I imagine many of us have seen this in our lives, and the lives of those around us. Men are much more eager to settle into a social hierarchy than women, and this can be a problem in LTRs if he eventually kneels to shit testing. Never take second place in your relationship, when you give her the lion's share of privileges, she will abuse you with them.

Part 8: Leadership and Support

by OccamsUsername | August 14, 2014 | [Link](#)

The vast majority of men who come to TRP need to bring their “alpha” index up to secure or improve their success with women. They need to solidify assertive behaviors that show women that they are not so flexible to their nonsense and testing. No man is pure alpha or beta, but the modern western male is overwhelmingly a doormat to the western woman. The solution is not to find and import some “home grown” Eastern European or Asian woman who has “real patriarchal

values". This is something I've seen circulating in the last year or more of this sub, and it's ASININE. Once the context for for a woman's good behavior is gone (which in this case is her former society), what incentive will she have for behaving with you? European, Asian, American- it doesn't matter, they all need YOU to run a patriarchy for two in order to be happy, functional, and sane.

If you consistently and supplicatingly go along to get along, or become indulgent in the fact that you do not have to assert rules or boundaries and get the *fuzzies* for being "nice" to your woman, you will be primed for failure and your relationship will collapse. Remember that **WOMEN NEED MEN**

well more than men need women, we in very literal ways provide them operational sanity. The hypoagency and sloth of women left to their own devices should never be underestimated. Most women will not have the perspective to realize their needs consciously, and during entitled little fits, they'll block this subroutine from directing their behavior entirely. The difference is, you know that she **NEEDS** you, and you will be assertive about your needs and desires regardless of what she decides to fit about.

NATURAL CIRCUMSTANCES

There are two major reward centers women have to determine value in a relationship with a man, and these are in accordance with her needs. These centers work to ascertain which masculine behaviors constitute support and which constitute leadership. There are others not included here, but just a few examples:

Support: Affection, loyalty, empathy, generosity, material means.

Leadership: Assertiveness, courage, judgment, status, social means.

Leadership and support as concepts

are similar to alpha and beta, respectively. When you take a look at what makes the overall best (socially constructive) types of leaders, it is not someone with purely alpha traits, it is someone with a good deal of traits from both leadership and support categories. Given the choice, every woman wants a strong man with a soft side, but the inverse is not nearly as attractive. This is a problem in our society as it stands today.

ASSERTIVE POSTURE

A man treating a woman as though

she is less than him (see: negging, agree and amplify, amused mastery) displays that she does not have power over him. This forces on her the perception that the man has authority, the proof never needs to be made explicit, it is displayed in his behavior from moment to moment. In the interest of remaining attracted, a woman does not want to fully comprehend you and she does not want a power leverage in the relationship if she is attracted to you. The realization that she is the leader or that she has you all figured out leaves her feeling as though she's exposed to greater risks, and must be assertive when in a leadership vacuum. This situation will leave her discontent.

Being assertive is uncomfortable for a lot of men who have been brought up a bit soft. They equate bluntness or assertiveness with being a jerk, but these are not synonymous. Our culture has been conditioning men to provide and protect at all levels but does not encourage being assertive and refusing to put up with feminine nonsense. These men are maladjusted to the needs of women. You must lead and love, you cannot do one to the exclusion of another in an LTR.

Getting into fights with women shows that they are on your level, that they are a peer. This, combined with the emotional flood that swells in them from any source of drama, can result in things like makeup sex, but do not

be fooled. This is a slow trickle, and bit by bit your status in her eyes is corroded and it loses enough structure until it all falls away. Fights in and of themselves don't make women unhaaaappy, you losing status and becoming a peer, or a subordinate to them- this will make them unhaaaappy. Even if nothing is structurally wrong with the relationship, becoming her peer or subordinate is the primary cause of a woman's interpersonal unhaaaappiness.

SUPPORTIVE POISE

I see the fallacy thrown around TRP quite a bit that any “beta” behaviors is equal to supplication. This should not be as popular as it is, because it’s nonsense. Some degree of support (NOT supplication) is NECESSARY for the comfort and happiness of a woman, and if you want to have a successful LTR or family, your woman needs to be comforted to make the sailing as smooth as possible. This is not the same as saying you should supplicate. Never tolerate her bullshit, and evaluate your feelings as they come to you.

Supplication would be tolerating all of your woman’s behavior with quiet

desperation. Feeling angry because you see your woman being full of shit, or acting like a bitch? Try to temper the expression so that you're responsible in disclosing your thoughts, but don't ever hide them because your woman will not understand that she is doing something disagreeable or unacceptable. Remember- any time she misbehaves and you don't speak up is a missed leadership opportunity.

You do not ALWAYS have to be overtly assertive, being assertive is simply the most direct route to both a clear understanding on your woman's part and to acquiring whatever it is that you want from her. Ambiguity is one of the more subtle, but still powerful

stances you can use on women in any context to still show status in the absence of overt assertiveness. This works in both positive and negative directions- dread and amused mastery both have elements of ambiguity that allow women to make their OWN associations. In the case of dread, they know they're in some trouble (even if the realization has a slow onset) and they begin, perhaps randomly, making ambiguous assumptions to what the trouble could be. The more potential associations they make, the more powerful your attempt at dread is in this instance.

When you force your woman into becoming an emotional crutch rather than allowing her to occasionally

perform emotional support- this is an abuse of her nature and desires because she is NOT YOUR MOTHER. Supplicant betas want a mother, and they live in eventual misery when their women intuitively live into this role.

Women don't want to look down on the men they love, but if your behavior forces her to look down on you, it's easier to not love you than it is to forget your lower station.

DICHOTOMOUS BALANCE

What essential elements does the

usual dichotomy of alpha/beta provide a woman? Survival and happiness.

- Leader (alpha) is the means to a woman's survival and happiness. It is a set of behaviors that gears a man for success, and inspires others to do more, which includes performing his will.
- Support (beta) is the security of a woman's survival and happiness. It provides an overall umbrella that makes a woman feel secure, and this makes her comfortable.

Absolutes on each end of the usual alpha/beta spectrums are negative and dysfunctional. All of these extremes will cause severe anxiety, bridging on insanity:

- Too much alpha, and she is never secure. Forcing an uncalibrated will on your woman creates a shell of a person.
- Too much beta, and she comes to resent you. Forcing the need for more agency than a woman is comfortable with makes her feel like she is exposed to too much risk.
- Too little alpha, and she feels uninspired. Uninspired women become lazy, slothful when it comes to your needs. She suffers without direction, has very little ability to recognize what would please you, and she rarely feels interpersonally accomplished.
- Too little beta and she feels isolated. Unprovisioned women

don't even have a temporary sense of security. She cannot hang on to positive states

I will discuss pure examples of four different archetypes.

Leadership and support should be considered individual, absolute binaries when reading the below descriptions.

Functional Leadership/Dysfunctional Support

Inspires/exploits

- Example: Thugs. Sociopaths.

This archetype has all the assertiveness he needs to be a leader, but without supportive traits, he is irresponsible in wielding his influence for the benefit of all involved, and is thus quite short sighted with regard to the long term effects of his actions. Dark Triads belong in this category as well. People inspired by this archetype will not feel security in the relationship.

Dysfunctional Support/ Dysfunctional Leadership

Lazy/exploits

- Example: Omega male. Forever

alones.

This archetype is composed of failures without positive masculine traits. Even if the omega were to be attractive/successful enough in physical ways, behaviorally his fate is sealed. Women will be repulsed by him, and men will not respect or like him.

Dysfunctional Leadership/Functional Support

Lazy/protects

- Example: Supplicating beta.
Typical western male.

Has adequately functional support, but has few (if any) leadership traits. Will not be assertive enough for either party in the relationship. His woman will grow to resent him after repeated failures during leadership opportunities.

Functional Leadership/Functional Support

Inspires/protects

- Example: Patriarch. Head of household. This is what you must strive to be. You functionally wield authority and support for self and mutual benefit. Either

for your LTR, your marriage, or
for your whole family.

The overall lesson here should be that most every man needs to increase his assertiveness, but a measured degree of support or "beta" is not IRRESPONSIBLE and is necessary for the stability of an LTR, and will increase the quality of living for all involved.

Beta tempers alpha, the degree to which it should temper the alpha should be what you would conclude makes the best (and, ideally, most functional) leader, boyfriend, husband,

and/or father- whatever your goal happens to be.

CorporateLand: Rat race survival guide

by VasiliyZaitzev

CorporateLand: A Rat Race Survival Guide For New Rats

by VasiliyZaitzev | 18 November, 2015
| [Link](#)

TL; DR: Survival guide for working in a corporate environment, i.e.

“CorporateLand”, where a lot of you will spend at least some of your time.

As a guy who has worked for three Fortune 500 companies and two Fortune Global 100 companies, here's some advice about playing the corporate game. N.B.: This is going to be fairly long. If you don't like reading long posts, there are other posts to

read. [EDIT1: I still suck at formatting.
EDIT2: Added 'Rant' flair. EDIT3: Added
the bit about System Admins, and not
flipping guys for no reason.]

Body: A Guide to the Rat Race for New Rats.

Make friends with HR.

HR is the Elephants' Graveyard for people with No Fucking Talent. There is, inevitably, one person (and usually only one) who does not have their head completely up their ass. Buddy up with her (and it's always a 'her') and make sure she handles all your HR needs, because otherwise whatever you need done will get fucked up by girls and/or AA hires who are just there

for the numbers. The last thing they want to do is actual work. They want to enjoy their 9-to-5 coffin, collect their paychecks and go home. Sure, there are talented women and minorities...but not in HR.

Make friends With IT.

[Editing to add [/u/redpillbanana's](#) excellent suggestion.] IT sees you when you're sleeping and knows when you're awake, and the Eye in the Sky Doesn't Lie (as we used to say back in my football days). They know what sites you visit, etc., etc. Thus you need to be a believer in the Separation of Work and State. My work laptop history (and I mean that thing that can't be erased by 'private' browsing,

or whatever) has entirely mundane shit on it. Sites that are for work or work-related (research, travel, etc.) I visit other sites (personal business, news, TRP, etc.) on my other devices and never the twain shall meet. I don't use company wifi for personal devices, either. I keep two mobile phones: work and personal. The joke around work has always been that it's my "bat phone".¹

Where I work, now, I have a good relationship with the CIO (or whatever his title is), but also his underlings. The CIO is big into getting feed back abt how his dept performs, and I always send him an email to the effect that his guys did a great job for me, which they usually do. If I have a problem

with a guy, I handle it with the guy. It costs me nothing and buys me some goodwill. You might need a friend in IT someday. IT is never going to land a \$20M contract with a new customer. They're like the CIA; you only hear about their failures.

Don't Flip a Guy For No Reason

You're going to be working with some people that you don't like. Maybe someone's just having a bad day, or maybe he's an asshole. Equanimity should be the rule for noobs. Don't let yourself get pushed around, but realize you will not always have the whip hand.

Once, a guy stiffed me on a referral fee. It would have been two grand,

maybe a bit more. Less than \$2500 for sure. And he screwed me on it. I reached out to him and he didn't respond. Not only did he never got another referral from me again, and I also drove a few hundred thousand dollars away from his firm. I hope it was worth it.

Sometimes, it pays to acknowledge the elephant in the room. I worked with another guy who was a salesman. The problem was, he couldn't sell. What he could do was blame other people for his failures. Anyway, I came out of my office one day, and there he was coming down the hallway towards me. "*Great*", I thought, "*This asshole.*" So I said to him, "*Joe, the thing I like about you, and it's the ONLY thing I*

like about you, is that it pisses you off MORE to see me coming than it does me to see you coming." Inexplicably, we got a long a lot better after that.

Hide in Plain Sight

Sort of like being the "Gray Man". Do your job, get paid, and enjoy your life from 5pm to 9am. Nobody is working in CorporateLand because it's so fucking cool and awesome, not even the folks at Google (ok, maybe Google, but not 99% of the rest of everyone else). We're there for the paycheck.

But Can You Bang The Hotties at Work?

No.

Don't Mistake Your "Work Friends" for your "Real Friends"

Sure, there are some cool people at work, and some of them will cross over into the "real friends" category, but not as many as you think. You're there to do your job, and get paid.

But really, Why Can't I Bang the Hotties at Work?

It's work not a singles bar. And there likely won't be a ton of hotties. You're not in University any more. There will be the occasional hot secretary or secret slut over in accounting.

Do.Not.Bang. If you do bang, try to bang someone with more to lose than you do, so you don't find yourself on an ice floe.

Sure, maybe it will work out fine. Or maybe you will have to explain how a rising star such as you got tossed out of ABC Widgets in your next interview. I used to fuck a 23 y.o. admin over lunch a couple of times a week. Until her fiance figured out that she was getting some strange. They have three kids now. I don't think any of them are mine. Anyway, do as I say, not as I did. I'm smarter now, and you should be, too.

Secure the Perimeter

Whether it was business or personal, I tried to make sure that nobody came to my boss with anything that was a surprise. If anyone asks your boss a question about you, it's better for him

to know the answer because he heard it from you first.

Don't Get Overdrawn at the Favor Bank

There will be times when you will need a friend. It's ok to do favors for people, take on a project or two, because someday...you will need a friend. I covered another person's region after they moved on, and kept everything afloat. Since I work for a corporation, they didn't pay me commensurate with the work I did, but I regarded it as sweat equity. A good reputation is a powerful shield.

Containment

Contain your enemies, as George

Kennan advised in The Long Telegram. Do not escalate into a hot war if at all possible, while not suffering any loss of prestige.

At a former job, I had an issue with a female co-worker. The issue was that I didn't want to do her work for her, and she needed me to, because she wasn't very good at it. She also complained that she "had kids" and couldn't stay late and do it.

I value my free time. Also, my name is not Rumpel-fucking-Stiltskin, and it's not my job to stay late, for no extra pay, to do someone else's work for her because she got promoted into a job she lacked the talent for. Now, if someone needs my help and *asks* for

it, and has been an ally in the past, etc., I will probably do it on a one-off basis. It can often be useful to have a positive balance in the "Favor Bank".

She started screaming at me one day that I 'had' to do thus and so for her, and I told her to get stuffed (not the exact words, but that was the subtext). She freaked and went to her boss, who went to my boss. What a cunt. That was my boss' assessment, after I had given him my side of the story. And he was right.

So what did I do? Having explained shit to my boss (and I had a story to tell, how she tries to dump her work on me because she can't do it, and how I solved a bunch of shit because it's

easy for me, and I'm willing to take one for the team once in a while, but I'm not simply going to be her bitch because she has a vagina and feels entitled.) My boss handled it with the other guy. Then he brought it up again two days later. I was able to quell it (I think she was still yapping; I had dummied up about it).

So what to do now? Two things: First, I went to HR. I had cultivated the Powers That Be in HR, so I had a built in Firewall. The best part was that the HMFIC in HR loved me and HATED the chick who was giving me shit. So that was that.

The second thing I did was start looking for a new job. They can't fuck

with you when you have options. So I found a better job and make 50% more than I would if I had stayed put. So fuck her. I also let other work she tried to dump on me stack up and then gave it all back to her on my way out the door. Muhahahahahahahahaha!

Make Yourself Indispensable, and Then Disappear

I basically work from wherever I want to and don't have to go into an office anymore--it is Fucking HEAVEN! I do go in, from time to time, but only to renew connections and to see if they've hired any new talent, by which I mean 22 y.o. girls with tight 22 y.o. asses. (N.B. Don't shit where you eat, of course.)

Remember the 'sweat equity' part?

That helped. Go read "*The Four Hour Work Week*" by Tim Ferriss and "*How to Relax Without Getting the Axe*" by Stanley Bing. Bing has a whole section on doing what I do, pretty much.

How do I get away with it? I perform at a high level, I am always reachable, I have a unique set of skills and my employer understands that he pays me for PERFORMANCE not for attendance.

Have a Plan For When Shit Goes Bad

Always have two escape routes. Eventually, you are going to want to move up or move on. If I didn't like what I do for a living, I could walk

away and still make six figures doing what I do on the side, and by leveraging my contacts. Someday, I will do that, anyway.

Most people in CorporateLand are not curing cancer. That's fine. AFAIAC, my job exists to fund my lifestyle. Nobody on their death bed says, "*I wish I'd spent more time at the office.*" As the Christians say, be in the world, but not of the world. Or something like that.

A word about lifestyle: The only reason to work in a corporation is to make a shit-ton of money. If you are not, then go do something else. And whatever you do, don't outspend your paycheck. Save Crowns and Pounds and Farthings. You will need a war chest

someday.

Look, I got over. Sure, the economy sucked ass when I got out and I fought back and found a way to prosperity. Kids today are getting factored to a fare thee well. Think long and hard before taking the CEO's shilling.

¹ This is exactly what Tiger Woods should have had. If he'd had a second phone that (a) was identical to whatever phone his caddy/major domo/little helper guy had and (b) HAD A FUCKING PASSWORD ON IT, he wouldn't have wound up being chased down his driveway by his golf club-wielding wife. Dumb, dumb, dumb. When his wife found it, he could have said, "*Oh, that's [name of sidekick]'s*

phone. I'll take that and return it to him, thanks." I think that he gets busted eventually, anyway, b/c that guy was fucking half the women in America, but who knows.

LESSON 1: Be Loyal...To Yourself.

The days of walking into IBM or GM or GE at 21 and walking out at 65 with a fat pension and a gold watch are Way Long Gone. It's every man for himself these days, BUT....it need not be "*Lord of the Flies*".

Every article you see titled "*Gen X and Gen Y Have No Work Ethic*" should be titled "*Gen X and Gen Y refuse to be Treated Like Commodities; Boomers OUTRAGED!*"

Why the Boomers expect loyalty when they offer none is beyond me. The RP Man in CorporateLand should have loyalty to (a) his paycheck and (b) those of his colleagues who have proven themselves worthy. That's it. The assholes in the C-Suite would just as happily fire you if it would make their stock go up a nickel as look at you.

LESSON 2: Have Options. Learn a trade. Be able to do something so you aren't dependent on a CorporateLand paycheck. I think the modern trend is going to be away toward entrepreneurship. One of the difficulties we face as a society is, "where will the jobs come from?" That is why I recommend that men have a

trade. If you have a trade, then you won't go hungry. Sure, technology is disruptive (yes, I am looking at you, Uber) but nobody in China or India or on the internet is going to fix your plumbing.

LESSON 3: Avoid Debt. The LAST fucking thing I would recommend is piling on educational debt to the tune of \$500k to get a BA and JD or whatever. It's a disaster. The generation behind me can't buy houses because they're getting ass-raped on tuition and debt service thereon. It's fucking INSANE. And the degrees people get, now. Gender Studies? I'd rather my daughter was a hooker; at least she'd be giving VALUE for her pay. **I sit on our hiring**

**committee and I ding everyone
who has a shitstain degree.**

Women's Studies? Best case she's merely a lazy cunt. Worst case, she's a lazy cunt who sues the firm. Fuck that. Same thing with anything else that's fucked up.

Good luck, now go forth and SLAY!

CorporateLand: How to Kill it in Your Job Interview

by VasiliyZaitzev | 21 December, 2015
| [Link](#)

TL;DR: A guy who interviews candidates tells you what he looks for in job interviews, and how not to fuck yours up. Based on the reaction to my last two "CorporateLand" threads, I thought this might be useful for RPMen navigating the interview process.

Introduction:

So here is my view from the "hire" side of the desk. What I will tell you

will have general application, but I work in commodities, so for tech (as an example) somethings will be different, I'm sure. This, like all my articles and posts, is the product of my own, meandering experience and may be worth what you paid for it (free on the internet).

People get fucking weird in job interviews. And I mean interviewers. They ask weird ass fucking questions, posit bizarre scenarios and attach massive over-emphasis to things that they never would in the real world. I've never understood why. Probably I should have taken more psych classes.

What to do Before:

Tailor Your Resume to the

Company Don't overdo it, but tweak it here and there. That said, some people cannot cope with a resume that is not chronological. I have no idea why, but that's the case.

Research the company. And do more than just go to our homepage. Listen to the last few earnings calls, and read the last few 10-Qs. I mean, don't bother if you don't really give a shit about the gig, but nobody does this, so when someone says, "*I listened to the last earnings call, and I was impressed/blown away/scared shitless by...*"

Research the Interviewer. Many folks are easily accessible online, such as at LinkedIn. That's fair game. Don't

make it awkward by discussing what a big fan you are of their daughter's Jr. High soccer team.

Best Days. If you have any input into the weekday chosen for your interview

AVOID MONDAYS & FRIDAYS.

Mondays everyone is busy as fuck. I have three standing meetings on Mondays. The last gawddam thing I want to do is interview someone. The problem is that HR sits around with their thumbs up their asses all day, every day, so they don't think about that shit. I'm perfectly fine with Fridays, personally. I like to avoid afternoons, because I come into the office for interviews, and I hate the commute. Other people have checked out completely, so best to avoid. If you

can pick a time, shoot for 10am or 2pm. We do all-day interviews, so no need to avoid lunches, because we're either bringing it in, or taking you to lunch.

Clean up your social media. I don't give a shit how you spend your free time, what your political views are (mostly; if you're a freakazoid who can't shut up about politics, I'm not going to like being around you), or that you pop bottles and get high on the weekend. I'm not going to go looking. You know who is? HR. And they're petty little fucks.

What to do During:

Show up 15 minutes before, and be prepared.

Be polite to the receptionist. I am friendly with ours, and if you're a dick to her, she'll tell me.

Stay calm. Just like with women, think "**Abundance Mentality**". Maybe you get the gig, maybe you don't; take your best shot at it and it comes out how it comes out. Learn from the experience. I got out of school during a recession and I went on a shit ton of interviews. It got to the point where I was more relaxed and better prepared than basically every interviewer I met with.

It's ok if you bring a leather portfolio. Don't bring a briefcase. You haven't earned it yet. Have at least 3 - 5 extra copies of your resume with you, as

well as a few copies of your references sheet. I doubt anyone will ask, but if they do, you look smooth. Also, sometimes I get sent in to interview people I would not otherwise, and I might not have been given your stats.

Oh, and don't have a stupid email address. "Huggy-Pooh(at)numbnuts.com" is just not a percentage move. And this seems obvious, but I've seen some weird ones. Again, I don't judge, but HR does.

When we meet, shake my hand. Your handshake should be firm—but please, Jesus, God, *DO NOT* be one of those guys who feels like he has to try and crush my hand—and dry. It's ok if you

have to surreptitiously wipe your hand on your trousers first. I prefer that to a clammy handshake. Three pumps, no more, and then a clean release.

While this has mostly gone away, there used to be rules for shaking a lady's hand, which I still observe.¹ I had one woman call me on this in an interview, and I explained my rationale, and she was fine with it. She was a lady lawyer, and I think her icy, black heart actually warmed up, slightly. Still frozen of course, but moved off of zero, Kelvin.

It's totally ok that you wore a suit. I will be in jeans and a polo, and loafers without socks. On a Monday.² If you express discomfort about it, I will tell

you it's ok to take your suitcoat off, if you want. It's not a trap; I don't really give a shit whether you do or not. I'm not inherently a mean guy and a lot of folks are nervous in interviews and I prefer them calm. I also like to put people at ease, so they think "*Hey, this guy's cool! I can tell him anything!*" and then either (a) show me they are cool, too (win!) or (b) fuck up by telling me shit they shouldn't, so I can ding them and not waste my time or theirs.

Try and maintain good eye contact. Not the no-blinking, "*yes, I'm a total coke fiend kind*" but the normal, good kind. While I do not overtly look for your body language, it will register, subconsciously.

Only accept my offer of water or coffee or whatever if you can drink it without shaking like you have cerebral palsy. Unless you actually have cerebral palsy. Then it's ok. If you have to use the can, that's ok, too, but try to do that beforehand. If you're in an all-day interview, the best time is either at lunch or in between interview sessions. Unless you have explosive diarrhea, in which case I will totally understand, and I will be your blocking back on the way to the restroom, if only so I will be in front of you, and not behind.

We are going to start by talking about what I want to talk about, which is you. I always lead with "Tell me about yourself" because people have no

filters these days and they will say stuff they shouldn't.

Some other tips:

Be honest. If you lie, I will figure it out, and it will sink you, even if we otherwise would have hired you.

Be Concise. I'm on the right side of the desk to tell long stories, where I seem to lose the point, but then tie it all up with an nice bow on top at the end. You're not. Don't be abrupt, but don't make me lose the plot and have to go hunting for it.

Have examples. If you tell me you're awesome, I will want you to prove it. If I ask you to walk me through your resume, be able to do it and also tell

me some things/skills/anecdotes that aren't on your resume, but are relevant.

Show me that you are employable.

One of the best ways you can do that is to tell me how you would go about doing the job that you are interviewing for. It's rare that a candidate does this. Usually they're more passive. When you're more experienced, you can lay this Awesomeness Grenade down:

“Let me tell you how I would do this job. I've done [all/part/something similar to] it before. My skills are portable.” If

you get it right, it's a total win.

Remember, though, people get massive OCD about shit people say in interviews, so you may need to couch

it terms of ascertaining the firm's risk tolerances/corporate culture.

What to do After:

Unclench. It's over. You can relax now. Right after you send a "thank you" letter to everyone you interviewed with. You can print them up, but try to change the middle paragraph at least.

Para 1: *"Thank you for the opportunity to interview with Spacely Sprockets/Perfect Booty Gentleman's Club/The Strike and Spare...."*

Para 2: *"I enjoyed our discussion of the aerodynamic nature of Sophia Vergara's tits."*

Para 3: *"I think I can be an asset to*

your firm because....”

Questions: Like Guns, They Should Be Treated Like They're Loaded

Tell me about yourself. As I noted, I will ask this as an opener because people offer up info they wouldn't otherwise. I also do this if I'm coming into the interview cold, which sometimes happens.

What do you know about our company? I don't really give a shit what you know about our company. This is the equivalent of a shit-test. It's not even difficult. Just visit the fucking website. That said, if you haven't, I know to ding you because you're either stupid or lazy. Research Earnings Calls, Quarterly Reports and

Blog Posts. That will impress the hell out of me.

Why should I hire you? Being able to count off a bunch of reasons with relevant examples is a fucking homerun. [See discussion further down]

Tell me a joke. This is a curveball question, designed to see how you handle weirdness, apparently. I was asked this once, and I happened to come up with one off the top of my head and it worked out fine. I wouldn't do it to a candidate, but some people will, particularly old guys who think they're way funnier than they actually are.

Do you want the job? This is another

“old guy” question. They’re trying to see if you will betray a lack of commitment by equivocating.

Tell me about how you manage projects/time Maybe you have a better way to do it than I do. I keep a worklist. I used to have a whiteboard and it would go up on that, and later I just kept a file on my PC. Just show me you can manage time and you’re not a fuckhead.

For “Problem Solving” Questions, Think Out Loud. This sort of ‘left field’ question (“Fermi problems”) sometimes comes up. *“How many dogs are there in the United States?”* Who the fuck knows? And how is it relevant? But rather than thinking for

45 seconds and blurting out an answer, say something like, *“Well the population is ~300 million, and let’s assume 3 people per household on average. That’s 100 million households and let’s assume that 40% of those households have dogs. So there’s 40 million dogs. But some dog owners have more than one dog, so let’s say 1.8 dogs per household, which gives a figure of 72 million dogs.”* I never ask these types of questions but sometimes you get them.

What is your biggest weakness

Come the fuck on! Do people actually ask this question anymore? And whatever you say, don’t say *“I’m a perfectionist.”* I would ding you for

*that. If you use that *"honesty"³ joke that's been floating around recently, I would at least respect you way more. "Redheads" would also be acceptable, but dangerous. So how to answer? Well, lead with a strength, then discuss a weakness. For example, I'm a deal guy. I am good at building rapport, and very good at getting people to do what I want them to do in negotiations. You know what I suck at? Regulatory bullshit. I would rather watch old people fuck, or stay at home chewing aluminum foil and learning about the metric system. So here's what I say: "I'm a deal guy. I'm very good at getting to agreements. I need to improve on the regulatory side of things. I view the opportunity here as a chance to do just that because..."* I

can say this, and make it sound believable, because it's true. And everywhere I would ever possibly work is going to have a Compliance Department, so all I have to do is be smart enough to spot an issue, and walk it over to them.

Incidentally, the Compliance folks where I work love me b/c I set the land-speed record for reporting reportable shit to them.⁴ Not because I give a shit, b/c a lot of regs are total bullshit, but b/c I want it to be Not My Problem. Sue me. [In actuality, I'm not really *quite* that lazy, and I used to know a lot about the FCPA and the UK Bribery Act back when that was important to me. They're both largely stupid and overreaching, but you know

what? Violating them can get you jail time, and I'm allergic to prison, so I comply like a motherfucker and then go back to making deals. And don't get me started on FATCA, which should be called "FUCKYA" b/c that's what it's about.]

Questions You Should Ask Me:

Why should you hire me? If I haven't asked you this, this is a KILLER question for you to ask me. The more reasons you can count off on your fingers, the better I will like it. Done correctly, this is a show-stopper. I've had interviewers (when I was the candidate) tell me they dug this questions. The next one also.

What you will close with: *"Based on*

our discussion today, is there anything about my candidacy that you perceive as a weakness? Is there anything I can provide a fuller discussion of?" Here's why this question is awesome: either (a) there's nothing they perceive as a weakness in which case they hear themselves say that, or (b) there is something, and you get to address it, and get your side of the story out. Q: *"Tell me why you withdrew for two semesters."* A: *"My father died and I had to go run the business for a year, just like Jimmy Stewart in "It's a Wonderful Life". The board voted down Mr. Potter, but only if I stayed and ran the Building & Loan."*

Secrets of the Temple.

We will talk about you. If you show you are fucking weird in any attackable way—bad B.O., picked your nose in front of one of us, something else douchey—it will be discussed. So best behavior, and use your indoor voice.

Sometimes, I try to hire women. I really do. And not just the hot ones with big tits. And by “try” I mean on a ‘straight-up’ basis, but they manage to fuck-up the interviews at alarming rates. And when we find one we can make an offer to, they can’t make up their fucking minds. This happens no matter what. In one instance, the woman in question was, literally, the last person in her department at a company that had just filed for

bankruptcy. Not only is the writing on the wall, it's on the floor and the ceiling and it's in LARGE FUCKING PRINT. She couldn't put it together.
/shrug

Another one actually had the temerity to ask us to keep the job open for her for six months. Six months? I understand if you've got a couple of other interviews you're going on, but Six.Fucking.Months? Sorry, princess, we're not going to hold the job for you while you shop for a better offer. Oh, and you know who is hardest on women candidates? Other women. As I mentioned in a different "CorporateLand" post, I had to drop into HR to pick up a copy of the interview schedule for a candidate and

the HR chicks went off on the woman's choice of shoes for the interview. Like I would possibly give a shit.

I Really Care About Two Things:

First, can you do the fucking job, or am I going to have to continuously correct your stupid mistakes? Second, are you going to be a team player, or a whiny bitch? We don't need to be best buds, but I need to be able to count on your to do your job, and not be a tool.

I go with my gut. My instincts are finely-tuned. I trust them. My armor bears the scars of many an internecine war, and I am a goddamn survivor. I am the fucking honey badger of CorporateLand, only without the gay guy doing a voiceover of my daily

activities. Once, I was the only person out of 10 or 12 who dinged a guy. I didn't like him. I mean he seemed nice enough, but there was something about him. Anyway, for whatever reason, the head of HR wanted to plow the road for him, and she offered me the 'chance' to change my vote to a 'yes'. I declined. Four months later we fired him for trying to punch out two vice presidents at a party. In fairness, we also fired two other guys for being drunk and disorderly, but they didn't show up at work the next day—still drunk—to continue the fight. That's got to be a tough one to explain to your wife and in-laws later.

**If You Are an SJW, I Will NEVER
Fucking Hire You.** Not much to worry

about in TRP, but I mention it anyways. The last thing I want is to have to listen to some twat drone on about her political views. We have an intern like that, and I can barely stand her. She has this idea that she is entitled to be included in every conversation everyone has and we're supposed to gape in wonder at her stupid ideas. Ugh. Anyway, this is why I love "Gender Studies" or "Oppression Studies" degrees. They are Big Giant Fucking Signs that say, "*Don't Hire Me! I'm a Fucking Loser!*" I don't care if you are a double Ivy with an M.A. in French from Stanford besides, if I get the slightest whiff that you are an SJW, I will ding you. I will find a way to do it surreptitiously if I have to, but you will never darken my door again. Happily,

SJWs have stupid degrees and experience that is off-point, so it's not difficult. Also, they're more likely, in my estimation, to sue the firm b/c they got their *widdle feewings* hurt somehow b/c they overheard guys talking about pussy, or they never got promoted because they suck at their job, etc.

Good luck and the floor is open for questions.

¹ **Rules for Shaking a Female Interviewer's Hand.** This is an 'old school' rule, and most modern businesswomen aren't going to mind, however, I always wait for the woman to extend her hand. Why? Back in the olden days of covered wagons, or at

least back before color TV, the thought was that if you offered your hand to a lady to shake, she might not want to shake your hand. That would put her in the uncomfortable position of either an unwanted touch—women were previously thought to be delicate flowers, during both the Victorian and Reagan Eras—or of refusing, and looking like a cunt and/or embarrassing you. So I wait. And when she puts out her hand first, I am also clued in to whether she's offering the dainty lady-shake (palm parallel to the floor and I gently take her fingers) or the standard 'man-shake'.

² My traders once decided that the measure of value one had to the firm was how badly one abuses the dress

code, and I won. I also don't bother to show up at the office. /shrugs

³ Q: *"What's your biggest weakness?"*

A: *"Honesty."* * Q: *"I don't think of honesty as a weakness."* A: *"I don't give a shit what you think."*

⁴ Not in a *"fuck somebody over for no reason"* way, but in a *"Keep the firm the fuck out of trouble"* way.

CorporateLand: How to Handle Salary Negotiations.

by VasiliyZaitzev | 1 December, 2015 |
[Link](#)

TL;DR: If you are working in CorporateLand, read this. If you are not, good for you, but read it anyway. This also applies more to moving from one job to the next and less so your first gig, b/c you will have more leverage when you are already a CorporateLand resident. Until then you are basically an illegal alien with no rights.

Note 1: If you are a total noob, like

fresh out of school, they may ask about your 'other offers' which are, of course, none of their business.

Everyone has a pretty good idea how to value fresh talent, or at least what the going rate is for noobs, so you're not going to have a ton of leverage

Note 2: I was going to write a longer piece on interviewing, generally, but then saw an askTRP question that DEMANDED that I Strike Back in the Name of Justice, immediately, and that reply formed the basis for this piece (which is, to the candidate, the IMPORTANT part of the process, anyway), which I thought I should get out there.

[EDIT1: There isn't an edit yet, but

there will be. I'm good for about 4 each time, b/c I suck at formatting, I suck at adding flair, I want to add pertinent information, or I commit some crime against the English language so heinous that it requires correcting.]

Body:

Once you have established yourself in your first job (note: that's job, not career. Nobody really has a career anymore), you will eventually decide that the time has come to make more money. Or you're going to decide that the toxic environment¹ at whatever Corporation you are at has become too much for the amount of cheddar they are willing to trade for it. Either way,

it's time for you to at least test the waters and see if you can jump ship. The best time to find a new gig is while you are employed, b/c when you're unemployed, you might as well have some horrible contagious disease that someone might catch from you b/c that's how you will be treated.

Nowadays, the best way to not get *totally* ripped off on salary, once you have outgrown your current position is to bail. It's that simple. Either take their '~~merit pay increase~~' shitty 3% "COLA"², or pack your bags. If they give you something more than a COLA it probably means that you should have bailed a long time ago. Most people will put up with known "medium shitty" over unknown

anything and CorporateLand knows it.

There is always the possibility that you *might* find a company that does not have its head COMPLETELY up its ass, but that's not very likely. Forward thinking just isn't rewarded all that often, b/c of the tyranny of quarterly reporting. Quarterly reporting rewards "Results: Now" and squeezing every bit of ~~value~~ life out of employees, or as they are sometimes called "cost centers".

Okay, on to Salary Negotiations: Here is one Total Hard and Fast Rule, No Matter What Anyone Tells You:

Never Ever, EVER tell them what you are making now. Never Ever, EVER tell them what you are

making now. Never Ever, EVER tell them what you are making now.

Got it? Good. Now repeat that to yourself a thousand million times. If you are asked this in an interview imagine that I am sitting next to you telling you that I will bash you over the head with a fucking sledgehammer until you are dead, thus taking your worthless self out of the gene pool. Then I will piss on your corpse. And I will be right.

Whatever Reason The Give You For 'Needing' to Know Your Salary History is Bullshit

How so? First, **the motherfuckers you are dealing with have already budgeted for the position and**

thus, they already know what they're willing to pay for it. So fuck them, they're just trying to screw you.

Oh and it's going to be the people who don't want to tell you what their proposed salary range is that are the most insistent that you tell them, blah, blah, blah. Fuck them, they are just trying screw you (are you sensing a theme, yet?)

Sometimes you get some story about **“managing equity in the department.”** In other words, they expect you to be bound by someone else's shitty negotiating skills, life problems (i.e. the got someone who desperately needed the job, has a shit-ton of alimony or child support, or was

otherwise defective). This is **NOT YOUR FUCKING PROBLEM!** Keeping some simp who took less than he was worth happy is their problem, not yours. Your job is MAXIMIZING your own income so you can pop bottles and bang broads on the weekend.

Another variation is If they give you some bullshit about how **“We need it to evaluate your candidacy.”**

That's bullshit--they are just trying to get you to give away all of your power and let them know how cheaply they can get you. I asked an HR drone how exactly they needed it to evaluate my candidacy? Tell me what they have budgeted for the position and I will evaluate my candidacy for them. What they need to evaluate your candidacy

is your resume, an understanding of your talents and accomplishments, and a face to face interview to see if you have a Second Evil Head growing out of your shoulder. That's it. Oh, and a background check to be sure that by "graduate school" you didn't mean "prison". It could happen.

Also, they probably think that **your previous employer had your value pegged about right**. Why they would think this when they suck at it is beyond me, but I can tell you for sure that HR departments are hardly overflowing with talent. As I said in my initial "CorporateLand" post, they are basically the "Elephants Graveyard" for people with No Fucking Talent.

"But Uncle Vasya," you say, "What if they ask three times and won't continue my candidacy if I don't tell them?"

DO NOT TELL THEM. And don't ask questions that make me look around for my sledgehammer!

Here's the deal: any place that is this insistent is going to suck to work at. How can I tell? Because even their HR drones suck more than usual. Oh, and here's another rule: **Any place that demands W-2 or 1099 verification is going to suck so bad that they might as well have an "Arbeit Mach Frei" sign over the entryway.** They probably will follow you around after hours to see if you're

violating the company's "no sluts"
rule.³

[EDIT2: A commenter who is in HR posted that this is now a compliance thing for government contractors. I've always been a private sector guy, where what I posted is still likely true.]

And don't give them a range, either. It can work out badly for you in a number of ways.

"Three things can happen and two of them are bad." -- Maniacal Football Coach and Pugilist Woody Hayes, on the forward pass.

Let's say you are making \$160K (I know, but the numbers are made up and the points don't matter)

comprised of \$90K salary and a \$70K bonus. Assume that the company where you are applying has budgeted the position you are applying for at \$120K-\$140K. If you say *"I earn a package worth \$160K"* then you've priced yourself out of it (which is probably a good thing, but maybe you're willing to take a \$20K pay cut to get away from your soul-destroying boss, or something. This is just an example to keep the OCD under control). If you say *"I earn a salary of \$90K not including bonuses and benefits"* then you are some loser who isn't qualified enough for the position, otherwise you'd be making more.

Now, should they ask what your bonus is? Well, this is a trick question,

because you never should have told them your base, but the secondary answer is “yes”, but HR is not known for having creative thinkers. It’s known for having “check the box” morons who just want to be done with you and go back to the 9-to-5 coffins.

Now, at some point, you may run into a hot chick in HR. They’re usually *very* junior and will do things like show you to the conference room where your interview will take place, or fetch coffee for you. They should, of course, be out locking down a man and having babies. What they are doing instead is working in some worthless job, doing nothing of real value, and complaining that they aren’t paid enough. They’ve bought into the “Big Lie” about “GRRL

POWER!” and will work that shitty gig until, around 28 or 29, the first stirrings of rebellion escape from their uteruses (uteri? Who cares, the Romans are all dead b/c they fucked up by rotting from within) and lay siege to their brains. Why these chicks don't figure out sooner that all of the women telling them how wonderful being an “Independent Career Wymyn!” (read: loser) is so awesome are all single, post-Wall, no-man-having Cat Colony Owners is beyond me. But I digress....

How to Handle the “Salary” Question.

As an initial matter, if you are applying anywhere that requires an application

(and some corporations are still stuck in the 1950s in this way), leave the “salary history” bit blank, or put a “-” there. It’s none of their fucking business.

When you get asked in an interview, answer this way:

Once you have decided, I am the right person for the job, I am sure we will arrive at a number with which we are both happy.

Really, this should be the start and the end of it. But it likely won’t be.

Nevertheless, you should stick to this position, i.e., that discussing salary is premature at this stage. If they want some comfort, tell them to tell you what they have budgeted for the

position, and then you can decide whether it's worth your while to continue with the process.

Alt (early in the process): *"Let's keep an open mind on that for now."* If they press, use the line above.

I had someone say to me once, *"I understand what you're trying to do."* "Good," I thought, *"that means you're not retarded."*

You can also point out that *"If you and I were playing poker and I said "Hey, how about you show me your hand, while I keep mine hidden?" would you? I am going to go with "no" on this. And you'd be right."*

Things I Have Actually Said

"I negotiate for a living" [which I do].

"If I actually answered this question, you should disqualify me from further consideration."

"I am not interviewing for my last/current job; I am interviewing for this job, which has more and different responsibilities."

"I'm a lawyer...how much do you have?"⁴

"Do I look like a beautiful blonde with big tits and an ass that tastes like French vanilla ice cream? No? Then why are you trying to fuck me?"⁵

Good luck. And go learn to be an entrepreneur. I need the consulting fees. If I ever get into consulting, that

is.

[EDIT3: I have stuck to negotiation of salary, here. There can be other elements of compensation, of course, but in my biz, the bennies are going to be relatively the same, and I view the *raison d'être* of my corporate job as funding my lifestyle, i.e. letting me bang bitches and pop bottles on the weekend, or in some exotic locale.

Everywhere has a 401k, I doubt a dental plan would be a difference-maker, and guys getting stock options don't need my help. You can always ask for more time off. That's the only other thing I care about but in my case, I stopped going into the office about 7 years ago, and haven't been

fired for it, yet. /shrug. They pretty much let me do what I want, so long as my work gets done. Also, for some folks, titles are important. Since the Phoenicians invented money, there's only one thing I care about in terms of compensation.]

Footnotes

¹ If I were less jaded I would wonder about why fewer leaders, er, excuse me, I meant CEOs do not try leading through something other than fear and terror and why they undervalue employees that would be painful to lose. Then I remember we're talking about CorporateLand and I drive that hopelessly naïve thought from my head.

² These are even more awesome when they're less than the published rate of inflation. Like the government doesn't lie about the rate of inflation anyway. My personal favorite is *"Excluding food and energy costs, the core rate of inflation is..."* What do people spend money on again? After housing, it's food and gas. Maybe something else slips in there, but come the fuck on.

³ I think Ross Perot used to have this done. Didn't like anyone getting more tail than him, and just have a look at that evil little hobbit. Money only makes up for so much, even if you can put a "B" in front of your "-illions"

⁴ I actually am a lawyer, by training, although I do different stuff a lot, now.

I sometimes describe myself as a “reformed lawyer” or “Mary Magdalene, 2nd phase” although you and I both know that’s not true. Usually people get it and laugh. Sometimes you get a particularly dense drone who doesn’t. Under no circumstances should you say *“My lawyer says to ask how much you have”* In job interview situations, the slightest innocuous remark, even one intended as humor, will often take on an “IMPORTANCE” vastly disproportionate to its merit, ESPECIALLY if some hugely negative and completely unwarranted inference can be drawn for it. In this case, they will start wondering about whether you will sue the company someday. So not a whisper about lawyer jokes. Except

maybe how you've hated lawyers ever since you found out that your lawyer was fucking your 2nd ex-wife during the middle of your divorce proceedings. No, save that one for Reddit.

⁵ Ok, I didn't say this one. It's from *True Romance*. I did, however, say it in a negotiation for a client, years ago, when I was young and impetuous. As soon as we sat down in the meeting, someone from the other side said that "*they'd been thinking*" (never a good sign) and "*they wanted to tweak the deal a little*" (ALWAYS a bad sign). They then proposed a rework that took all the benefit away from my client and shifted a lot of the burden to him. I could tell he was going to explode, so

I did it for him. For some reason, they weren't anticipating that we'd freak out when they tried to rip us off, so we actually made it out of the room. They chased us down the hall and to the elevator. I hope that bitch got fired. Oh, whenever someone "thinks about shit" overnight and the next day wants to change 95% of things that are all settled and done? That person invariably has a vagina.

Conclusion Do not ever disclose your salary history, do not ever mention a range, always make them put the first offer on the table and go from there, or I will hunt you down and kill you, and everything you love.

CorporateLand: How to Ask For a Raise

by VasiliyZaitzev | 4 October, 2016 |

[Link](#)

So I've been asked to write about "How to Make More Money, Without Leaving Your Current Job".

The Short Answer: You won't. The best way to move up, is to move out.

The Long Answer: You can, but....

Corporations are not good at determining employee value. And they're not really incented to. What they are incented to do is get you to

work the most hours they can, for the cheapest price they can, and fuck paying your more.

There are a couple of reasons for this. First, a lot of guys who run corporations are douchebags and it's not enough that they "win" by being overpaid, it's that someone else must "lose". That someone, dear reader, is you. Second, it's just too difficult to figure out how to value you in the market place. Remember, HR is mostly populated by losers. It is the Elephants' Fucking Graveyard for people with No Talent.¹ Where are we gonna stick the "affirmative action hires"? How about HR were they can't really fuck things up? Yeah, good choice. Srsly, I can't remember the

last place I worked at that had a male head of HR. Or a competent one.

/shrugs

The difficulty of valuing you is one reason why HR always wants you to tell them, in the interview, how much \$ you are making. The assumption is that your last company got it right, and fuck paying you \$10K more if they can get you for \$500 over what your last job paid. You're not a human being, you are a "cost center".

The economic environment is such that companies have to squeeze the fuck out of costs and the number one cost is employees. This doesn't apply to the C-Suite of course, which is why the C-suite still pays themselves a

gazillion dollars while cutting the rank and file.

Some firms, particularly larger ones, will permit employees to transfer, internally. Some of them make it easier, some make it more difficult (the dreaded "Backfill" problem), and some required 2 years in your current job, whereas someone from outside can simply walk in and apply. Thus, I'm not sure it's objectively better, even where internal candidates are "preferred" -- right up until the candidate's boss kills it because the person is too valuable in situ, or just because.

When To Ask For A Raise

If your job responsibilities have

changed, whether substantially or enough to warranted it, particularly if you're underpaid already. I just answered a question for /u/DominantDesign over in askTRP where he got hired at a low rate, successfully demonstrated his value, and had been asked to give presentations on moving the firm over to the new methodology. The time to Get Paid is *before* he does all the work they want him to do, when he really has them by the short and curlies if they fuck with him. And he should NOT be negotiating off of his current, crap rate, as his responsibilities have changed etc.

If you have closed a shit ton of sales, or if you have developed a new line of

business, ask for a bigger cut. **Really, though, you need to find a “justifiable reason” for them to “make an exception” to whatever lockstep progression that they have going on.**

Why?

Because if Clorinda McSmellypussy or Jack Mehoff find out – and they will – that you’re getting a big bump, well, they’re going to want one, too, because they were “hired at the same time” and they get all their work done, and don’t steal office supplies any more. Never mind that you come in at 7:00 and have landed 4 new ‘national accounts’, and they roll in at 9:20 because there was a line at Starbucks.

So better if the firm has some
“plausible deniability”.

How To Ask For A Raise

Look, if you stay in one place, they're going to try and give you a shitty 2-3% “merit increase” COLA because even HR knows that “inertia” is one of the most powerful forces in the universe. Most people will put up with known “medium shitty” over unknown anything.

Battles are won or lost before they are even fought.² So before you go have a sit-down with your boss, you need to do a few thing:

A. Figure out your worth in the marketplace. Use Glassdoor (or

whatever), talk to headhunters, and/or go on interviews – that last one gives you the best intel, but you run the risk of burning some bridges.

B. Timing is EVERYTHING. Don't ask for a raise in the middle of layoffs, or right after you just had a raise.

C. You should be tracking your accomplishments in your current gig, and why you add more value than Wilma Fingerdoo or Hugh Jass-Wanker (without naming them by name, of course; that would be gauche). Be ready to make your case. Also, talk prospectively, not only about what you've already done. Point out if you will be taking on new responsibilities in the future.

D. Never Negotiate Out of Fear.

This is why it's better to have a firm offer from somewhere else that you actually wouldn't mind going to before you commence negotiations. You don't have to reveal that you have an escape plan, but Have An Escape Plan.

E. Handle money first. If you get a lot of resistance on more cash, or don't get as much as you want, think about non-cash "compensation". If you're up against a hard cap on cash, ask for something else, like an extra week's vacation. Fuck, you should be asking for this, anyway, because, really, time is the most valuable commodity you have. You can always make more money, but once you spend your time, it's GONE.

Some “Don’ts”

Let’s imagine that I’m your boss. Let me tell you what I’m thinking:

I **DON’T** GIVE A SHIT why you “need” a raise. Organize your shit better. Get your fucking bitch wife to SPEND LESS. She’s your problem, not mine.

Don’t tell me WHAT you “deserve”, tell me **WHY**.

Don’t give me an ultimatum; I might fire you if I’m in a bad mood.

Don’t get emotional, or raise your voice. Be cool, calm and collected. Rehearse this convo 100 times if you need to, to get there.

When To Bail

If the company you're at isn't showing you the love you deserve, then pull the ripcord and move on. *"But wait Uncle Vasya,"* you say, *"what if they make me a counter offer to stay?"*

Fuck them.

Up the ass.

With a red hot iron poker.

Besides, the "fishing for a counter-offer" strategy really only works once, and thereafter you will always be a bit suspect. Beyond that, why weren't they showing you the love all the way along? Why did you have to threaten to leave? They had plenty of time to

take care of you and they only waited until they were going to lose you. Too little, too late, fuck them.

Big Rock Candy Mountain

There is always the possibility that you *might* find a company that does not have its head COMPLETELY up its ass, but that's not very likely. Forward thinking just isn't rewarded all that often, b/c of the tyranny of quarterly reporting.³

The other way is to work for a cool place that promotes you, or at least finds a way to pay you more money. Even if you put in a lot of sweat equity, it's not going to translate in to \$ in a scalable way. As an example, some years ago, I did my job all year and

someone else's job for half the year.
Do you think I got 1.5x my salary?
NFW. I did get a nice bump in my
bonus, which then became the
baseline for my bonus the next year,
but in theory I left thousands on the
table, **although it did ultimately
pay off over time.** It's just way
easier for the HMFIC to take care of
me at bonus time.

Similarly, I did my boss' job for four
months while he took some time off.
Again, no increase in my base for it,
but the CEO really took care of me at
bonus time. It's easier for them to do
that. Also, I get away with a lot of shit,
like not showing up at work, ever. And
I could have expensed an elephant
that year. I did expense a \$300 bottle

of wine at lunch and nobody said a goddamned word because the CEO signed off on my expense reports.

The company I work for operates under the “Michaels Model”.⁴ They find talent, pay above market and then reap the rewards of having skilled, intelligent people who have a lot of “institutional memory” because we’ve all been here for ten years. They also promote from within—I actually got a promotion I didn’t ask for earlier in the year. I don’t actually give a fuck about my title. I prefer that my employer demonstrate its appreciation in 50s and 100s. It also helps that they pay me more than I could likely make on the open market doing what I do, and in better working conditions (i.e. more

freedom).

Bottom Line

A. The best way to get a salary bump
it to change firms.

B. You can get raises that are worth it
where you are now, but it is generally
hard as fuck.

C. Prepare, have options, don't
negotiate out of fear and be ready to
walk.

**D. Remember, the Most Valuable
Currency in your Life is TIME.**

Notes

¹ HR is an important function, but

seldom is it held in high esteem.

² Sun Tzu, or some guy like him.
Maybe that German guy or some dead
Roman general.

³ I used to work at a place where a
new CEO came and started cutting HQ
staff to “demonstrate” to the field that
HQ would make sacrifices too. What
he “demonstrated” was that he was
willing to fire people “just for show”
and that if you were working in HQ and
you had options, it might not be a bad
time to exercise them. Thus, both the
talent level and morale went down the
tubes there. But I’m sure he thought it
was “good business” or some other
bullshit.

⁴ Or whatever I’ve been calling it up

until now.

EDITS: Fixed some shit. Mostly
formatting.

CorporateLand: Restaurant Lockdown for Sales Guys

by VasiliyZaitzev | 26 January, 2016 |
[Link](#)

Introduction: Just a short CorporateLand post, primarily applicable to sales guys, but also helpful for others.

EDITS: Extensive. I added some info at the end about how to taste a wine, etc. This post got long in a hurry.

Body: So when the economy is in recession, guess what industry gets *nailed*? Well, trick question, because

there's more than one, but restaurants, *especially* fine dining. Back during the "Great Recession" high end restaurants were begging for business. Fleming's in Boston would pick you up in a Merc anywhere in the city, give you a discount on wine, and drop you off afterwards. Times still aren't great so there's plenty of opportunity out there.

So how does this advantage the RP sales guy? Simple. If you are the kind of sales guy who gets to wine/dine his clients, you should be able to capitalize. How?

Pick a high end restaurant or two. And no, not Applebee's. Pick a place that you can bring multiple customers, so

you want to pick something with fairly broad appeal: Steak, French, Italian, yes, Indian, Vegan, seafood {exclusively}, no. A locally owned one is probably going to be more open to it, but sometimes you can get a GM with a brain in his head. Go in during non-busy times, ask to speak to the GM. Introduce yourself, give him your card. Explain to him that you are in sales and you often have occasion to take your clients out to dinner. You can drive business to his place, but you want to feel comfortable there.¹

Ask for the following things:

First, you want to be greeted by name by the Maitre D', without introduction.

Second, you want to be shown to your

table, immediately. It should be waiting for you. You know how you go into a place and they have a little "RESERVED" sign on different tables? That's what you want. Indeed, they should be perfectly willing to let you choose your table, since you're there already.

Third, you would like the chef to make a visit to your table during the meal. This may not always be possible, but if it's not busy, and you're a VIP, they will make it happen. Alternatively, they might suggest a kitchen tour, because it's easier for them. Other places will say "*Fuck, no!*", and well, you can either forgo that bit, or pick another place.

Fourth, another option is a kitchen tour. I have been in more NYC kitchens than I care to, but I have a customer who *loves* that shit, so I've been in kitchens where they don't actually have a tour, but made one up for us on the spot. One included their very dramatic wine cellar, and another one made us up some cocktails involving liquid nitrogen {there's a reason they have 3 Michelin stars}.

The above cost the restaurant *zero* dollars, and they should be happy to accommodate. If not, take your business elsewhere.

Now for the nitty gritty: things involving money

Fifth, ask for a discount on wine. The

mark-up on wine is fucking *enormous*, like 200 or 300% or more. Ask for 30% off, go down to 25% if you want. If they get a bottle for \$85 {the vineyard price on some very good pinot noir I favor} and sell it at \$270 and you get \$90 off, they still are making nearly double what they paid. **You might also ask for this discount when you come in on personal business, i.e. with the wife/girlfriend/primary plate and/or out of town guests. This is more akin to having a restaurant on "lockdown", as one reads about from time to time in the Manosphere.** What you do on this is up to you. The only real benefit is if you are trying to keep expenses down for your own benefit. To wit, we have a

client who sends us 8 figures a year.
That guy we go long for. DRC? No
problem.

An aside about wine.² If you can, ask to meet the Sommelier, and the Captain while you're meeting the GM. In fact it's not a bad idea to ask to see the kitchen at the initial meeting. If you can meet the chef and/or sous chef then, great. I realize this seems like overkill, but it's nice for people to be able to put a face with a name. A word about the Som. When you are at a restaurant and either are not familiar with the wine list or you are in the mood for something new, ask to speak with the Som. Explain that you have \$50 or \$100 or \$200 to spend on a bottle of wine that night, and you

would like him to recommend something. If you have likes or dislikes, let him know. For example, I might say *"My price point tonight is maybe \$150. I like Central Coast and Oregon pinot noir, but would not be averse to trying a different varietal. I dislike Australian wine³, but I like Tuscan reds, for example or things that have some heft but aren't so big that I have to eat them with a knife and fork, like a big Cabernet."* ⁴ People become soms b/c they're really into wine {if your som isn't then you need to start seeing other restaurants}, and therefore will knock himself out to get you the best bottle of wine at/near your price point, and using your parameters.

Sixth, you can ask about being billed at the office on 7-14 days. It would be highly unusual for a restaurant to agree to this, but sometimes it's easier to give them one thing they say 'no' to. One thing you do want is to end the meal without the customer seeing the bill, or having it presented at the table. You can either make arrangements in advance, or simply get up after dessert/coffee has been ordered {but not delivered} and excuse yourself, taking care of the bill on your way to the Gents. It adds to the impression that you're a baller, and this restaurant is like your private club.

Seventh, do NOT cheap out on tipping. My firm won't bat an eyelash at a 20% tip. If you can get away with tipping

more, do it. You're investing in the relationship. It's also ok to send the chef a brief note of thanks/compliment on the back of your business card. When I'm dining on my own dime, I prefer to tip in cash. Nothing says "great job" like new, crisp Yankee greenbacks.

Eighth, your job is to be a gracious host, the restaurant's job is to help you. If anything goes wrong, address it privately if possible, and do not blow your cool. As an example, I once had a n00b server at a high end joint accidentally spill wine a small amount of wine on me {I had turned to talk to the person on my left, and when I turned back, I startled her, accidentally, as she was pouring and

she flinched}. It mostly hit my skin {hand}, and then some on the tablecloth so it's not like my suit needed dry cleaning. This was a non-big deal to me but, unluckily for her, the Captain had arrived at exactly that moment. I *insisted* it was All My Fault and handled it with aplomb. I see her now and again at the same restaurant, where she's moved up in the ranks and she never fails to come over to my table {if I'm not already in her section}, greet me by name, and extend courtesies to me. It never hurts to have a friend....toward that end....

Ninth, if warranted, review the restaurant online. For one of my regular joints, I wrote a review titled, "*If Heaven Has a Restaurant*". Why?

The food and service warrant it, and it also buys a shit-ton of good will. I emailed copies to the 2 Maitre D's I deal with and they told me that it was read out loud at their staff meeting by the HMFIC, who then added "*This is how people should feel after they eat here.*" The review cost me nothing beyond the time it took to compose {less than one hour, on company time, anyway}, and you had better believe that the red carpet comes rolling out when I go there. N.B. if I am going to a restaurant where I am, as I like to say, a "known guy" {my own slang for being a regular}, and there's some sort of special occasion involved, then I mention to the Maitre D. Oh, and if there's a food allergy in your party. Fucking tell them. First when you

make the reservation and second at the table.⁵

EDIT: Adding information about how to taste wines at the table, as inspired by [/u/TheFalseKnave's](#) comment.

How To Taste a Wine

The bit where you taste the wine is mostly theater. You're really checking to see if the wine is corked or otherwise not in proper condition. This rarely happens these days, but is still possible, when natural cork is used; a bottle with a screwtop or a synthetic cork *cannot* be 'corked'. It may have other problems from improper storage, but it won't be corked.⁶ So does your wine have have an 'eau du musky basement with notes of wet dog' scent

about it? Then it's corked. Not likely, but possible. If this happens to you, put the glass down, and ask the som to taste it. He will pour himself a bit and investigate. If it's really corked, the restaurant should have no problem making amends.

So the wine will be brought to table and presented. Make sure that it matches what you ordered. Mistakes are rare, but possible. When you are ordering, it's also perfectly fine to include the bin number, as in, "*Let's start with the Peter Michael Moulin Rouge, 2008 {if they have more than one vintage}, bin number 8342*" It's not necessary, but they won't toss you out for it, and it makes it easier for them. I will typically do this with

French wines, because my French pronunciation will someday land me in Language Jail in Paris for Crimes Against The French Language.

Once the wine has been presented, assuming it is the correct bottle, simply nod your head, or ask them to pour it. The cork will be removed and placed on the table. Leave it where it is. Sometimes I crack a joke about how I'm tempted to screw the cork into my ear and say "*Sounds good! Pour it!*" Diners at my table will laugh because they've never heard that, and the som or the waiter will laugh because, well, they pretty much have to.

The som will pour a small amount of wine into your tasting glass. Swirl it

gently so that the wine swirls around the glass no higher than half way. You can do this holding the stem or by using your hand on the base of the glass without it leaving the table. Your primary goal is to keep the wine in the glass, and your secondary goal is to aerate it a bit and see how it will taste when it opens up. The lines that trail down the glass? Those are "legs" or "tears". They used to be deemed important by some, but really it's a function of the alcohol content {or viscosity} of the wine, and it has nothing to do with quality, but if someone thinks otherwise, don't ruin the illusion for them.

Next, smell the wine. Get your schnoz deep in the glass and take a good,

deep whiff, but only one. First, you are seeing if it's corked. Second, as smell and taste are closely related, you are gathering information about the wine.

Take the wine into your mouth. Some people will draw air into their mouths, and the sound will be similar to someone getting that last bit of soda or shake out with their straw. Again, this is to see how the wine will taste when it opens. Get a sense of the 'heft' of the wine.

Lastly, swallow. Hold for a second. That's the wine's "finish" or aftertaste. If the wine is acceptable ask the som to pour it.

When can you send a wine back? I have a rule for this. If there is

something actually wrong with the wine, i.e. corked, improperly stored, otherwise damaged, sending it back should not be an issue. If you just don't like it? Hmm. For me, that's a "no". If I fuck up, that's my problem. This is why I recommend scouting the wine list in advance, and looking for old friends. Why? If it's a business dinner, I want it to go smoothly, and I want to stack the lineup with winners.

A couple of other notes:

Some places will have a 'reserve list'. This is the "Big Boy" wine list. It's going to {or should} have excellent wines on it. They are also going to be costlier than what's on the basic list. If there's a reserve list and you know

about it and your guests don't, and you casually ask to see it? That will make them feel warm and special, and people who feel warm and special like being around you, and they like buying from you.

What if there's someone who is more experienced with wine at the table? Don't be afraid to ask their opinion. Indeed, this is the very reason I am invited on customer dinners, to lay the lumber down on the wine list. Also, customers over 40-45, especially the long-marrieds, want to hear all about my travels to exotic locations and my banging of women half my age, so they can daydream, later, about being half as cool as me. *Puts on Wayfarers.* More seriously, if there's someone at

the table, it's always fine to include them in the discussion. For example, I sometimes dine with a guy who is much better than I am with French reds. Guess who chooses the French reds? Exactly. If that guy is at the table, he's in charge of France, and I'm in charge of Italy and California. It's a great way to learn about wines outside of your usual neighborhood.

Finally, wine tasting is far more art than science. It's about the experience. "*Black currant, red cherries, forest floor...with notes of toasty oak*" If my wine glass had pine needles in it, I would fucking send it back to be strained. I didn't develop taste for wine until my late 20s. But I do know what I like, so I will usually

describe the nose, heft and finish of the wine. Great wine is meant to be shared, and properly deployed it can help build camaraderie and relationships.

Conclusion:

1. With economic crisis, comes opportunity.
2. Locking down a restaurant can DHV in both SMV and BMV (business market value), often for little or no cash outlay beyond the meal.
3. People like cool people, and

clients are no exception.

===+++===

¹ If you have an idea of how much, I'd mention.

² I know a lot about the wines that I like to drink. I thought I was going through a Pinot Noir phase, but it turned out to be my life. West coast (USA) wines are home for me. I am also fairly comfortable ordering French wine and Piedmont or Tuscan wines, and non-Pinot California reds. And don't believe that bullshit in *Sideways* about Merlot. People drink Merlot b/c it's like drinking a Cab, only without the punishment. Oh, and speaking of which, I also sometimes drink South

American wines, although the experience is like being punched in the mouth, except you sort of like it. Chilean wines used to be \$6/btl before they got 'discovered'.

³ I do. Australian wine makes me sweat like it's 105 in the shade on a humid day. At least both times I had it. After the second time? Fuck Australian wine. For me, I mean. I'm sure it's fine for other people. Australians, for instance. Maybe kiwis, too, but none for me, thanks. Also, if you have a wine allergy, then don't drink wine. If you want to anyway, try having a Claritin and an Ibuprofen before you drink. Why? Claritin will work for most people, and the Ibuprofen will help if you get ill ("red wine headache" for

example) while not reacting with the alcohol like aspirin or Tylenol would. If Claritin doesn't work, try something else, or stick to vodka. Incidentally, some folks can drink Italian red, but not California, or vice versa. It's just a matter of finding what you like.

⁴ I might name specific wines to the Som, but I'm trying to write it in a way that might help neophytes. If you have some favorites, it's ok to share them, but you're going to wind up with something that tastes a lot like them, which is fine if that's what you're going for, but not if you really want to expand your horizons.

⁵ Food allergies. If anyone has any food allergies, by which I mean *actual*

real food allergies, like celiac disease or something else, as opposed to a food "preference", such as "*I'm low carb*ing it to get cut" or whatever. For example, I don't eat certain shellfish (bivalves) because experience has taught me not to. If it has legs or a face (crab, lobster, arthropods) then its ok, but bivalves? No. If you have any food issues in your party, tell the restaurant, first when you make the reservation so they can note it and second when you are at the table. Restaurants do NOT want diners to become ill. Help them help you.

⁶ There are many good wines that come with synthetic corks or screw top. Erath is a highly drinkable PN. Not my favorite, but nothing wrong with it,

and yes, it's screw top.

CorporateLand: The Department Department, or How to Behave

by VasiliiZaitzev | 8 October, 2016 |
[Link](#)

TL;DR: How to stay out of trouble in social situations at work, plus some other random shit.

Alcohol

The Number One way to fuck up your otherwise awesome career. It used to be we'd all go out, get hammered, misbehave and there was an unspoken

agreement that, the next day, everyone would pretend it didn't happen, even if a late night call for bail money had to be made. Sadly, those days are Way Long Gone. Now, you will get fired for that shit...or even the *appearance* of that shit.

How, then, not to get too drunk and behave like an asshole? Happily, there are a number of ways. Read on.

First, I read somewhere, once, about how the father of [famous person whose biography I was reading] always had a glass of alcohol in his hand at parties: the same one he was handed by the host when he arrived. He would simply nurse that one for hours. Fine if that's what you want to

do.

Second, if you set a limit based on your tolerance and comfort level. That limit should be 0-2 drinks, inclusive. After that ask for a glass of soda/tonic with a lime wedge. Nobody will know the difference, and, after a couple pops, you won't either.

Third, if all else fails, never be drunker than the 3rd drunkest person there. You do not want to be on the medal stand. The gold medalist will draw the most shit on the next business day and the silver and bronze guy will catch some heat, too, but if you're 4th or lower, you *should* be mostly ok.

Holiday Parties

These are joyless affairs that fit nicely

into Hobbes' description of life: Nasty, Brutish and Short. Well, except for that last one. They are often interminable. And the plot comes down to, as Chinese Gordon said, *"People who don't like each other standing around uncomfortably, eating food they don't want to eat, drinking things they don't want to drink and talking about things they don't want to talk about."*

So what to do? I treat holiday parties like I treat family reunions: get in, tell a couple of jokes, relive the old times, and then get out before it blows.

Typically these things are structured as dinners. Fine. Eat, drink (a little) and be merry (but not too merry) and then get out. If it starts by 7 or 8, your

goal should be to get out by 9 or 10pm. Your mum was right: **Nothing good ever happens after 10pm.** If you have a date, and someone doesn't want you to leave, then it's because she's not feeling well. Men (older men like bosses) will never question that because what if it's, um, 'female troubles'? Exactly, we treat that shit like kryptonite. Or you can just leave.

A couple of cautionary tales.

I used to work with a guy we will call Jack MegaDouche, because that's what his name should have been. Jack was a great guy. He was a great guy even when he was drinking. Until he got to "a drink too far". Then he became Evil Jack. Seriously, it was like a

Jekyll/Hyde thing. He'd go from being your best buddy to getting the evil "Private Pyle" look from *"Full Metal Jacket"* and taking a swing at you. It was like he'd dropped off a cliff.

So at the office Christmas party, I see him by the bar, and I stop and say hello, just as the Telltale Drink arrives. About the point that shit was going to get bad—like he was going to take a swing at me for no reason, and I was going to have to step out of the way so his follow-through carried him past me—one of our co-workers arrived, and I took that opportunity to beat feet. So anyway, two guys tried to put him into a cab, because he was hammered and he took a swing at them.

Oops.

So the next day at work he had a shot at saving his job, but he came in Still Drunk and started arguing with his boss, who stopped the meeting after 5 minutes and fired him on the spot. Don't Be That Guy.

We also have a guy who brought a couple of escorts last year. He has a \$100M book. They were *actually* discussing firing him.

Let me repeat that: **he has a \$100M book.** That used to make you bulletproof. As in taking a dump on the CEO's desk would probably be forgiven. No longer. Now, we *didn't* fire him, but that doesn't mean it can't happen.

Gifts

The Sphincter Police—you know the type... *“But...but...but that might look bad!!!”* ...the kind of turds you want to punch in the face for being turds—have ruined corporate gift giving. So basically when it comes to gifts and (more commonly) business dinners, everyone ass-rapes their corporate policy and STFU about it. We also have a “per person” cap on business dinners, so what happens is the guy running the dinner just adds people.

Business Dinners

Another thing the pencil pushers have tried to ruin. The third of fourth time my current firm got bought, the new

owners put in a per-person limit on dining expenses. The solution? Suddenly, there are twice the number of people at dinner. I asked a VP once if he enjoyed dinner last night at *Maison Trop Chere*. He demurred that he had not been at it, to which I replied, *"Oh, well...you're going on the expense report."* This was in front of the CEO, who chuckled.

Your enemy in all this is the Evil Expense Goblin. They are little pinheaded morons who think they have total scored by disallowing an expense. They beat off at night at the thought of catching someone charging an in-room movie. It's that bad.

The best thing you can do to up the

quality of your meals is have a VIP customer with you. We have a guy who sends us 8 figures a year, and that first number isn't a "1". He gets whatever he wants. If he wanted to go to a French restaurant, *in France*, I am pretty convinced we would find a way to make it happen. The more unassailable your companions are the easier your reporting life will become.

I used to have a friend at Amex who would jump me ahead of people on short notice at hard to get into restaurants. The kicker was I'd have to use my personal Amex because he knew my account backwards and forwards and if he ever caught shit for it, he needed to be able to pull up the numbers, show his boss that we'd

dropped a lot of \$ on wine, etc. The Expense Goblins no likey. Why? Because we had gotten corporate cards along the way and it was thereafter *VERBOTEN* to use personal cards for corporate expenses thereafter. ¹

So what to do? This is one case where I asked permission first, rather than begged forgiveness, after. I am the “go-to” guy at the company for the upper right-hand part of the country. If it happens north of DC and east of Indiana, it’s got my fingerprints on it. I shot a note off to our CEO, Daddy BigBalls and he approved it. I forwarded this note off to my admin and everything was cool. The dinner went great, client was happy, and my

expense report....

...got rejected. That was Five Large on my personal card. Fuck. Now, the Expense Goblins are not known to be creative thinkers. That's why they do what they do. So my poor admin had been trying to get this approved and kept getting nowhere, mostly because she's a sweet girl. So I have her forward the email chain to me, and sure enough, all the way at the bottom was the approval. So I shoot a note back to the Goblin in Chief with the following note:

"Pls. scroll to the bottom where you will find the following message: 'Approved. Daddy BigBalls'. That's who my next phone call is going to.

Let me know how you wish to proceed."

Translation: "Hey, fuckhead. I realize that you have a brain the size of a walnut...a very small walnut...that has never been used, but you have ten minutes to get your head out of your ass or you're getting fired. I'm counting backwards, starting now...."

5 minutes later, I get a note back *"This is approved"*. No shit it was approved. Now go back to gazing at your navel, or whatever losers do when they're not fucking up.

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¹ Most corporate rules are fucking stupid, but this one actually makes

sense. Why? I could, conceivably charge up a lot of shit, get reimbursed for it, and then return it. Is that fucking stupid? Sure. Yet people do it.

Sex, Religion, Politics

Topics to be avoided.

Sex

It's work, not a singles bar. Sure, it'd be fun to nail Amanda in Accounting who plays tennis all summer, has a savage tan and superbly toned ass. Maybe it's worth it to you to nail her, I don't know. OTOH, all it takes is her feeling "weird" about you one day and your ass is grass.

If you do want to fish off of the

company pier, it would be better for you to pick someone who has more to lose than you do. I used to bang a 23 y.o. Admin. She pretty much had the "Rear of the Year". Dat Azz was *PERFECT*. Anyway, she also had a fiancé, so the last thing she was going to do was rat me out. We had a fun time, then she got married, and it was hands off. I am pretty sure he's the father of all of her kids. Pretty sure.

Note: Engaged women seem to go through a phase b/w Acquisition of Engagement Ring and Wedding Day where they need constant validation of their continued appeal to men who are not their future husbands. Maybe not every one of them, but it'd definitely a trend. So you might score or you

might have her pull a *"What?! You KNOW I am engaged to be married!"*
Just be careful.

Oh, and here's how crazy women can be. I know a woman who works at a Famous Wall Street Bank. If you name the first four of five big financial institutions you can think of, it will be one of those. So she's an admin and starts fucking a guy at work. And she's totally cool about it. The guy's wife finds out and raises Holy Hell. She basically *forces* the guy--who is, as it turns out, a total pussy--to make it a work issue (she also rats out my friend to her husband; they were amicably separated and in the process of divorcing and he couldn't have given a shit, but that's how vengeful this bitch

was).

So what happens? The guy was actually on track for big things. HR calls my friend in and asks "*What do you want?*" And pretty much what she wanted was going to happen. Think about that for a bit. She basically said that she wanted all the bullshit to go away, and to keep working there, and she wasn't going to complain and would basically be a good citizen.

They transferred the guy from HQ to an office that was maybe 45 minutes away, but it might as well have been Alaska. Or the moon. He was going to make the \$ he was making, but his fast track career ended the day he let his crazy ass wife start making work

decisions for him.

So yeah, there is a >99% chance that you can bonk a chick from work and nothing catastrophic will happen. But it's like a kidnapping; it's a low frequency/high impact event. And Bob MegaStar might survive it, but you, noob, are not yet Bob MegaStar.

As the Italians say, "*Don't shit where you eat*" (only they say it in Italian.)

Religion

If you've found God, great for you. Ask him WTF is up with cancer in children and why he seems to send tornados to destroy trailer parks, and finally: Women. Massive design flaw or did he do that shit on purpose?

Then ask him if He can make a rock so heavy even He can't lift it and watch him vanish in a puff of logic.

The only acceptable mentions of religion are *"the wedding is at 'Our Lady of Perpetual Responsibility' parish in June,"* or *"The baptism will be held at St. Trinian's Church for Wayward Girls"* or *"The funeral mass will be at 77th Baptist on 76th street at 7pm."* Otherwise, nobody gives a shit, and those that do will be "offended" about it.

Politics

This is also a no-go these days. It used to be that if you disagreed with your neighbor about politics that was ok. You'd make fun of each other and go

back to being friends. Now everyone gets their Man Panties twisted up over it.

I was out with a hard core right wing evangelical that I work with, who quite sensibly understands to keep his opinions to himself, for the most part. The two guys on the other side of the table were from a consultant, and one of them chose to lead off with his deep abiding hatred of George W. Bush. He even knew he shouldn't have, because he said so, all while his partner was looking at him like *"Will you, for god's sake, STOP FUCKING TALKING?!"* So I waited for a pause and said *"Yes, but on the other hand, I understand he has a fine singing voice."* So the guy looks at me like, *'Wut?'* and I say, *"Oh, I*

have no idea if he does or not, but you were clearly trapped in some sort of death spiral and I was trying to spring you out of it” that broke the tension and the conversation moved on to business.

You never know what the beliefs of your customer/counterparty/business partner are and these days you don't want to find out in the wrong way.

How to Recover if You've Stepped in it

A few months ago, I was out with a business partner, and this time it was me who had too much wine and we really got into it about some or other politics thing. In the context of our long relationship, this was “ok” but not

great. All within the realm of civilized society, of course, but still. Neither he nor I 'punish' other people for having different views. So anyway, the next day he rang me to ask about some things he already knew the answer to, but really he was taking my temperature to make sure I wasn't still hot about whatever it is we were arguing about. It worked out fine, and at the next dinner I made some crack about going easy on the wine lest some of my more obscure views escape out of my mouth and everyone laughed. But you can't count on people being cool anymore.

The one office lib decided to wax poetic about Bernie Sanders win in NH - and no surprise, everyone in

CorporateLand regards Bernie Sanders as something between a joke and a bacillus – and you could just see the collars heating up. So I interrupted the guy and said, *“My biggest concern about Sanders is, if he’s here, who is going to help Marty get Back to the Future?”* Dumb joke? Sure. But it killed that particular assbattery and the conversation moved on.

If you get juiced at an office function, you can expect to have to spend the next 4-5 such functions sober as a monk, unless everyone else was juiced, also.

CorporateLand: Working With Working Women In The Modern Corporate Environment

by VasiliyZaitzev | 25 April, 2016 | [Link](#)

Introduction:

Working with women in the modern corporate environment. It's not as much fun as it used to be, for both men and women, mostly b/c of SJW thundercunts. I had a question about this a couple of weeks ago, and I expanded it into a "CorporateLand" post, for the benefit of guys who will

spend at least part of their careers in CorporateLand.

Body:

There are two types of women in the office: Pre-Wall and Post-Wall.

For the Post-Wall/Mother Hen types, utilize "classic" Western chivalry. Hold doors, offer help if they are carrying something heavy, etc. They've become (or are in the process of becoming) unused to attention from men. You aren't gaming them, at all but just being helpful & nice, like your mama taught you. Like a bluepill. But you don't care about banging them, you just want them to like you, and say "*He's such a nice man*" and such.

Ex. Years ago, at a different gig, I happened to come into the office in the early evening as I sometimes do - nobody around to pester me, so you can get three hours of work done in an hour - and the HMFIC's admin was working on some huge project. So after just dropping by to alert her that I was on the floor--women working alone at night can be a bit jumpy -- and exchanging pleasantries, so I wouldn't scare the shit out of her accidentally, I went about my business.

As I was leaving, I noticed she was preparing what appeared to be a rather heavy box to be used at an off-site the next day, so without really thinking about it, I offered to carry it

down to her car for her. Turns out it was a *really* heavy box, but I hoisted it on to my shoulder and off we went. Anyway, that was enough to get me onto her VIP list, and I didn't realize the extent that she had the ear of her boss, the HMFIC. Also, although I didn't know it at the time, as I was still something of a plebe at that point, she's an office politician in something of a "Griselda Blanco" kind of way, and good at rewarding her friends and punishing her enemies.

For the Pre-Wall/Baby Chick types, you want to run *light* game, but never give the impression that it's anything more than "in fun". Because HR doesn't have much of a sense of humor. Keep it light and fun, and

stylish, not overt, and NO KINO. **A lot depends on who you are.** I had a former boss who was a total perv towards women in the office, but he would get away with it b/c he was a white-haired, grandpa type. You could see women doing the math in their heads and he always fell above the age line; i.e., a younger guy would have gotten nailed for it. I'm late 40s so I can easily camouflage myself as a "Kindly Uncle" {N.B. as opposed to the "Creepy Uncle; it's important} when need be. Also, at this point I've been a "known guy" at work for nearly a decade. N.B. Eventually, gramps toned it down because he didn't want to get set adrift on an ice floe.

There are of course, exceptions. If the

young chick is an SJW or otherwise psycho, maintain a perimeter, and keep interactions to a minimum.

Oh, and a final point: the young hottie types, even the marginal ones, are going to have “young hot chick privilege” rocking. They’re used to it, and they don’t want to give it up. Too many young women spend their time being Too Cool For The Universe only to arrive in their 30s, wondering where all the male attention went.

Some Sample Interactions:

I work with an older lady, in her 50s who you can tell was smoking hot back in the day, and who many guys in the office would happily bang now. Even one of the gay guys. Or so he told me.

Anyway, she and I have a very friendly relationship as we're both natural extroverts, and I'm good at greasing her deals through. A lot of the younger women in the office look up to her as a role model, thus she provides me with a TON of social proof as she's very flirty, touch feely with me in social (like after hours) situations.

Similarly, I used to work with a woman named "Maria", who was well-past the Wall, had four kids and had never lost the baby weight and had packed on a bunch more besides, and likely hadn't been railed out by her hubby since the first Clinton Administration. So as it turns out, I'm a singer, and she walked into the coffee room one day while I was pouring a cup and I sang the first

few bars of "*Maria*" from "*West Side Story*". Now, clearly I was just being amusing, but it did make her whole day.

Do I do this from a Machiavellian perspective? Not really. I was happy to make Maria smile, and I enjoy the sales chick's company, in addition to the social proof she provides. Life is short and work sucks. Why not have fun? And if the fun pays dividends, so much the better.

What To Do When You're The FNG

When you're the FNG, keep your mouth shut until you learn the terrain. These things will be revealed over time. Some people leave obvious clues in the cubes/offices, others do not.

Listen more than you speak, and proceed from there. Find out who is reliable and who isn't. Avoid having a female boss if possible. If not, an older one who gets it is ok. There is a very senior lady boss where I work who I would go to war with 7 out of 7 days of the week. Why? Because she totally thinks like a dude. I'm convinced she can't wear miniskirts because then everyone could see her balls.

The real problem is communication style. Women tend to be more obtuse and say things like "*Oh whenever you get to it*", when they really mean "*By noon, tomorrow.*" So with a lady boss, emphasize clarity. Ask for specific milestones/deadlines/etc., and things will go more smoothly.

Oh, and it's not just us. You know who else prefers having a male boss? Women. More than we do. By a lot. Why? Because women *understand* other women, and they hate each other. And male bosses are more predictable, mood-wise, etc.

Regarding direct reports, women are going to have more problems/drama, come in later, leave earlier and take more sick days. Those are just the facts. It's part of the reason we get paid more - when we do get paid more.

From the "hire" side of the desk, I will hire old, ugly and skilled over young & big tits, because Y&BT, even if she has talent, will have *DRAMA*. **You will**

**wind up doing, or delegating,
Y&BT's work.**

Women You Will Meet At Work

The Lazy Ho'. I had a CA once who was a total pain in the ass. She'd had her last boss wrapped around her finger, and was lazy as fuck. Always agitating for more money -- she knew that the last woman who had the job before her got paid way more. Of course that woman had a shit-ton more talent.

So this chick was also rocking the 'rocker chick slut look', and she did have a nice body, but was something of a "butter face", etc. If you ask me, she needed a good scrubbing—and that vag had seen more sausage than

a butcher shop.

She would complain a lot and I finally told her if she put as much effort into doing her work as she did trying to get out of it, she wouldn't have any problems. So when we hired her - it was the HMFIC's call, not mine - the Hens thought I would go easy on her, but when I didn't they were happy—because women *hate* other women, and, well, the CA was a lazy ho'. And when she tried to make a move on me with the Dept Chair, the Hens locked themselves into a phalanx around me, and totally had my back. Verdict: The Rebellion was CRUSHED, mercilessly. Another reason to cultivate the hens....

You are going to find some good citizens, though. You just have to understand who you're dealing with. If you think someone is a bit sketchy, leave the door to your office open or have a 3rd person present in the meeting, if possible. Or meet in a conference room, preferably the "fishbowl" kind.

The Nosey Parker Once upon a time, my department had an intern who was always nosing her way into conversations that didn't involve her. So I took to closing the door to my office when I had the other intern, who was a chill guy, in so we could talk about sport, politics and pussy without "Little Sister" eavesdropping on everything.

Evidently, this counted as “intentionally excluding her”. Or so the chick from HR said. When she asked if I was intentionally excluding her, I said, *“If you mean am I intentionally excluding her from conversations that are none of her business but that she wants to overhear because she’s nosey? Then yes, yes I am.”*

So I started giving her work. And when she was done, I gave her more work. And more. Maybe she even did some of it, but I didn’t care, because it was nonsense, busy work but it made her feel important and keep her out of my way.

The Sick Girl Women take more sick days. They come in later and they

leave earlier. And when they have kids, they get sicker, because, evidently, there are things called “schools” or “kindergartens” in which disease ridden children play with each other in close quarters and make sure they share all of each other’s germs. The mums bring that shit into work with them and then infect everyone else through the miracle of HVAC.

Oh, and when they are out sick or taking some child to the doctor, they will expect you to cover for them. Free. And don’t every expect the favor to be returned because of Briffault’s Law and because there will be some sort of dance recital or cub scout meeting that gets in the way.

The Girl Who Can't Do Her Job I

hate this cunt. HATE HER. I left a job over one of these. Really, it was time for me to move on to bigger and better things, but this chick Could.Not.Do.Her.Job. But she knew that I could. In fact, the extra work would have been easy for me, and would only have marginally added to my workload. She also had this fucked up idea that she could *order* me to do it, and when that failed, resorted to *screaming*. Like I'm Rumpelstiltskin and I'm supposed to stay late and spin straw into gold for her...for free.

So I bailed and found a gig with fewer issues and a substantial salary bump. And when I left, I turned back a project she had managed to get her boss to

assign to me (which he could, in fact, do), with a note to the effect that I was leaving the firm, and wasn't going to get to it before I left. It involved approximately 7 thousand pages of review and I made sure to hold on to it, and then return it on the Friday before a holiday weekend. Because fuck her, that's why. /grin

Little Miss Selfish Women will often wind up wanting something because someone else has it. Any time I hint that I'm taking a vacation week, I've had one co-worker consistently chime in that she was "might" take some days that week. Even if she would have just gotten back from vacation. It's a reflexive response or something.

I'm not averse to changing up, with enough notice, i.e. before tickets are bought, and I try to avoid school vacation weeks that my co-workers might need. In one case, I flipped the week before Labor Day to the week after because school was starting or some shit, and one of my co-workers wanted to spend the last week of the summer with her kids. It wasn't a problem, and she *asked*, so no biggie. But now I just take the days I take and everyone else can deal. Seniority, muthafuckas. RHIP.

The Flirt

Y'know those Attention Whores on Instagram? Yeah, well, a lot of them have jobs and you might wind up

working with one. Don't fall for her "who, me?" flirting and come-ons. She's just looking for validation. It's not worth your gig.

And yeah, "*But lots of people bang co-workers!*" I did, too. I used to have a regular thing, long ago, with an admin I worked with who pretty much had the Rear of the Year. My flat was close and she was DTF, so we'd bop over to my flat once or twice a week and have some fun, always leaving and arriving back separately. **Important Point:** if you must bang someone at work, pick someone with more to lose than you have. My "work plate" was engaged. There was an understanding that the Fun Would End before her wedding, and it did. Now she's married and we

both work at different places and AFAIK, her kids were all fathered by her husband, who is a TOTAL betbux. He was also worried about me, big time. She told me about it, once, after sex. So I said, "*What does he have to worry about? I'm only fucking you. He can have you back when I'm done,*" and she giggled.

Even the "Good Girls", fellas...even the 'good' girls...

The Queen Bee - Often the admin...excuse me... *executive* admin for the HMFIC, such as the one I referenced when introducing the concept of the Mother Hen. She might also be the Office Manager, or another senior admin. Ex. At the place I left

because of the chick who couldn't do her work and expected me to do it for her, there were two Queen Bees, neither of whom were the CEO's admin - the CEO's admin was untouchable, but didn't participate in office politics. She was sticking around to retire when the CEO did, so she could play golf full time instead of part-time. How powerful was she? She *named* the fucking company. So she was too busy up on Mount Olympus to be bothered.

Meanwhile down among the plebes, there was the Office Manager - she had a swankier title which I don't recall - and the admin of the 3rd or 4th ranking guy at the firm. I'd put him at #3, but depends on how you rank the General Counsel, who was a cagey

guy, but more like Templeton the Rat - a survivor, for sure, but outside of the power structure. Anyway, she was Employee #4. Their battles were *epic*. I had a cordial relationship with the OM and was tight with the other Queen Bee, so never had a problem. On the rare occasion that I got crossed up with the OM on something, I just had the other Queen Bee take care of it, because she always loved twisting the knife.

This Is Important

Determine which are “good citizens” who can be counted on. Take care of the admins - someday you are going to need a friend. You always want to keep a positive balance in the Favor

Bank.

I used to joke that, if I ever announced that I cut off my girlfriend's head {plate, really, but not a distinction I made at work} then Suzanne {my admin} would appear with a hatbox of the appropriate size, dispose of the evidence, and never speak of it again. You can't buy loyalty, you can only inspire it.

Conclusions

-Identify the "good citizens" and cultivate them. Reward your friends, punish your enemies.

-The Mother Hen types often have more power than is evident on the surface.

-The Baby Chick types are susceptible to game, but keep it professional.

CorporateLand: Holiday Parties

by VasiliyZaitzev | 1 December, 2016 |
[Link](#)

Now that the calendar has turned over to December, it's time for the CorporateLand Guide to "Holiday Parties". Some of this will be review from "The Department Department" but you delinquents need to sometimes hear things twice, so...

Holiday Parties

These are joyless affairs that fit nicely into Hobbes' description of life: Nasty, Brutish and Short. Well, except for that

last one. They are often interminable. And the plot comes down to, as Chinese Gordon said, *"People who don't like each other standing around uncomfortably, eating food they don't want to eat, drinking things they don't want to drink and talking about things they don't want to talk about."*

Or, as Sartre more succinctly put it: *"Hell is other people."*¹

So what to do? I treat holiday parties like I treat family reunions: get in, tell a couple of jokes, relive the old times, and then get out before it blows.

Typically these things are structured as dinners. There will generally be a "cocktail hour" first. Fine. Eat, drink (a little) and be merry (but not too merry)

and then get out. If it starts by 7 or 8, your goal should be to get out by 9 or 10pm. Your mum was right: **Nothing good ever happens after 10pm.**

Some Tips.

Arrive within 30 minute of the start. This is one time when “on time” is ok. Observe the dress code. Typically it’s going to be semi-formal for guys (suit/blazer and tie).

If you’re there for some face time with the boss, or HMFIC, get it done within the first half hour or so, before people are starting to wish that they were somewhere else. Get in, exchange some pleasantries and then move on. You’re going for Quality, not Quantity.

And no serious convos about business, or updating your “work list” with your boss. Save that shit for the office.

Keep the boozing under control. One or two to loosen up, after that, drink a soda water with a lime wedge. If you have more, alternate them with ‘spacers’. This doesn’t apply to your enemies. Fuck them. Keep feeding them doubles.

Glass goes in the left hand, so if you run into the chairman, you can offer your right hand to shake, and your right hand will be body temperature and not cold and clammy from holding your G&T.

That was a trick; you should be holding a soda water with a lime wedge.

If you do get a bit out of hand, try not to be drunker than the third drunkest person there. You don't want to be on the medal stand. When shit is discussed at work, you want to not be a target. Let them hose the medal winners, who will have to spend the next 6 months sober at all office functions to live their shit down.

No picking up women at the function. That's for later. Except for the CEOs young, hot trophy wie. That's for *NEVER*. Rumors will be started regardless. I was photographed—there was an official party photographer—with three women in my dept who choreographed themselves around me in some sort of “James Bond” diorama, with me as Bond, and them hanging

off of me. That was enough for rumors to be started that I was fucking the dept. secretary. Or the paralegal. Or both. The third chick was ugly, so nobody gives a shit about her and so no rumors about the two of us. Bear in mind that I had done nothing untoward w.r.t them.

The bar will be open and it's generally ok to tip the bartenders, even though they will tell you not to. I put down a \$20 with the first drink.

Speaking of photos, do I *have* to tell you not to Instagram (or whatever) anything?

Wake up with a clear head, and get into work on time the next day (holiday parties are typically not on

Fridays to keep people in line, plus Friday night presents a problem for observant Jews).

Get out while the getting is good. After dinner there will typically be some sort of entertainment. Stay long enough to be polite and then bail. If you have a date, and someone doesn't want you to leave, then it's because she's not feeling well. Men (older men like bosses) will never question that because what if it's, um, 'female troubles'? Exactly, we treat that shit like kryptonite. Or you can just leave.

Drop a thank you note to whomever organized the party. Office manager, Boss' Admin, whatever. If you can thank her, personally, at the party, do

it, but otherwise, shoot her an email.

Bonus Tip: Admins and Assistants fucking know EVERYTHING. And they communicate with each other through jungle drums or female intuition or some other shit. They know who is fucking who, who is on the rise and who getting fired. They know which way the wind is blowing, and how the various chess matches are unfolding. Cultivate them, and pump them...for information. But don't create resentment.

A couple of cautionary tales.

These bear repeating.

I used to work with a guy we will call Jack MegaDouche, because that's what

his name should have been. Jack was a great guy. He was a great guy even when he was drinking. Until he got to “a drink too far”. Then he became Evil Jack. Seriously, it was like a Jekyll/Hyde thing. He’d go from being your best buddy to getting the evil “Private Pyle” look from *“Full Metal Jacket”* and taking a swing at you. It was like he’d dropped off a cliff.

So at the office Christmas party, I see him by the bar, and I stop and say hello, just as the Telltale Drink arrives. About the point that shit was going to get bad—like he was going to take a swing at me for no reason, and I was going to have to step out of the way so his follow-through carried him past me—one of our co-workers arrived,

and I took that opportunity to beat feet. So anyway, two guys tried to put him into a cab, because he was hammered and he took a swing at them.

Oops.

So the next day at work he had a shot at saving his job, but he came in Still Drunk and started arguing with his boss, who stopped the meeting after 5 minutes and fired him on the spot. That's got to be tough to go home to your wife in the middle of the morning and explain how you got fired from you 6 figure job for being a mean drunk. Don't Be That Guy.

We also have a guy who brought a couple of escorts last year. He has a

\$100M book. They were *actually* discussing firing him.

Let me repeat that: **he has a \$100M book**. That used to make you bulletproof. As in taking a dump on the CEO's desk would probably be forgiven. No longer. Now, we *didn't* fire him, but that doesn't mean it can't happen.

Conclusion

Go. Have fun...but not too much fun, then make good your escape. Don't let a night of indiscrete drinking ruin a hard-built reputation. Remember, nobody ever got promoted at the holiday party, but plenty of people have gotten fired because of them

¹ And really, Sartre should be made an "honorary Anglo Saxon" for that line.

CorporateLand: Negotiations for Business

by VasiliyZaitzev | 9 October, 2016 |
[Link](#)

In light of it being “Endorsed Contributor Weekend”, I’m going to take advantage and post this CorporateLand piece, which is a bit more specialized than usual. I hope people find it useful.

Introduction

So this piece is on Commercial Negotiations. It assumes some relative bargaining power - in examples I will

use, typically I have superior knowledge, but the customer has the power to say yes – so in that way it's like at TRP man trying to get a girl to spread for him. /grin.

I negotiate for a living, and this is a specific example of a very important point: **On any given day upwards of 85% of what I do is psychology.** The rest is facts and education about those facts. The “psychology” bit may be the most important thing anyone tells you about negotiations.

While this may not be applicable for everyone in the specific, i.e., commercial negotiations, it is my hope that guys will find it has applications in their daily lives, and you all negotiate

in your daily lives, whether implicitly or explicitly.

Lastly, I am basing this on negotiations in the West, America particularly. There will be difference across cultures. I sometimes handle things in other nations of the Anglosphere, but our cousins are not so different. In the past, I've done deals in Russia, where I have a bit of an advantage over other westerners - I carry the Anglo-Irish last name of my father's family, so I can be a bit of a surprise to Slavs, but they eventually come around to a moment of candor that typically takes the form of, "*Vasiliy. You are not like other Westerners. You are deep, like us.*" I'm always amused, but in a sincere way.

The Basics:

You have to understand who you're dealing with, if they have the power to say "yes" or if they are just the gatekeeper, and whether or not they come from a negotiation culture and what that culture is.

What is your risk tolerance? What is your counterpart's risk tolerance? What are your "must haves"? What are the counterpart's "must haves"? When are you figuring all this out? That leads me to my first point.

Preparation.

"Failure to prepare, is preparing to fail." - Winston Churchill. If possible, I try to spend the 30 minutes before a

negotiation session preparing. Going over the open points, going over any previous concessions by either side, etc.

I'm lucky if I get 15 minutes b/c inevitably someone will interrupt me. /shrug.

That said, I'm good with paper. I know ours backwards and forwards and can quote it from memory. In another gig, I was so familiar with a primary counterparty's paper that I could tell you where the typos were. So I don't feel at a disadvantage if I don't have as much time to prepare as I'd like.

Control the Paper

This isn't always possible, but when it

is, use it. I let our customers redline the fuck out of it. I love it when they do that. It lets me see into their minds, what they want, what they're afraid of, etc. No worries, though - I Use My Powers Only For Good, And Not For Evil.

90% of the time, I dealing with someone I have superior knowledge than - my industry is specialized and I've been in it a long time. I usually try to establish myself as the "Kindly Uncle", who isn't out to screw them. And you know what? Usually I'm not out to screw them. Why? In an industry that is extremely price sensitive we retain a ridiculously high percentage of our customers, and you retain customers by keeping them

happy. I've had guy go chasing a nickel or a dime, but odds are 6-12 months later, I see those guys again b/c the guy that gave their business to fucked them. My goal is to be "Steady Eddie" - make my margin, return client phone calls, and no surprises on their bills.

Never Negotiate out of Fear/Weakness

The best time to buy a new job or car is when you have a job, or car that runs. Sales guys get itchy when we're down to the end, because their loyalty is to the deal. I've had them get all spun up about a customer asking for something stupid and me saying no. *"But what if they walk over this?!"* I

wish I had a dollar for every time I've heard that. If I'm in a cruel mood I reply, *"Then you don't get paid. But I do."* What I usually go with is, *"When was the last time we had a client walk over [whatever]? Would that be 'Never'?"*

Incidentally, I have never once had a deal collapse at the end because I didn't give in on a customer's nutty last minute request.

Know What Your Risk Tolerance Is.

If you don't want any risk, simple, don't do any business. That said, you don't have to be crazy either. Proper risk controls have saved more firms than they've cost, although you will lose deals from time to time.

Think About What the Other Guy Needs

This is particularly useful when it's something I don't care about, because I will attach a concession to it. If it's that fucking important to him, then there should be some juice in it for me.

That said, be as Fair as You Can, Within Your Parameters. It will keep your customers coming back. I remember guys who did me a solid. And I also remember guys who didn't.

Negotiation Culture

Middle Easterners, Russians, Guys who are afraid they're getting ripped off, lawyers who think that any idea

proposed by the other side's lawyer is automatically bad.

There are also gender differences among lawyers. Women are the worst. They are also often the best. There are 3 women I deal with regularly who are pure joy to work with. They know what ask for, what not to ask for and their "emotional intelligence" in dealing with their clients - and with me - is quite high. OTOH, I've also had women attys - and I have never ONCE had a male attorney do this - come back to the table after 95% of everything was finished and say, *"I was thinking about this last night, and I want to reopen discussions on [fucking EVERYTHING]..."* That gets a *"HELL, no."*

Don't Be Afraid to Say "No"

If you don't like the deal, and you can't get it on terms that work for you, then walk away. It's seldom the end of the world.

This is, incidentally, how I treat car buying. The dealership will be there tomorrow, and they will have cars to sell, as well every OTHER dealership. So if I don't like a deal, I walk. I also establish my street cred, first, i.e., I'm the sole decision-maker (i.e. I don't have a wife telling me I can't have a Porsche or whatever), and if I get the deal I want, I'm dropping the hammer on it. I also fall in love with deals, not cars (or houses, or horses or whatever).

Don't like the deal? Adjourn and reconvene later.

Don't Make a Guy Lose Face Unnecessarily

One of the worst things I, as a lawyer, can do is force another lawyer to say "*I don't know*" in front of his client, so I don't do it, if at all possible. Usually, I prepared a point by point response in one or two pages so the guy can review it however many times. Words disappear into the air; you can read a memo over and over. But, on a related point....

Never Let The Dumbest Guy in the Room Dictate The Deal

This really sucks when it's the other

side's decision-maker, but sometimes that's how it is. In such cases I wind up dealing with our sales guys and have to drive two points home: *"I'm sorry Steve doesn't get it, but the next time I give on [term] will be the FIRST time."* I will often remind our sales guys that, *"Well I guess you'll have to, you know, SELL."* That can be a bit of a dick move, but our guys also know that when I refuse a term, there's a reason, and I'm not just saying 'no' because I'm afraid or because I don't understand something.

Don't Gloat

Many years ago, when I was just a young lawyer, I was trying to work out a deal for a client who had fucked

things up, royally. My position was bad, and there wasn't a "blow up" option that wasn't worse. It truly sucked. Even worse, the lawyer I was dealing with was a guy who was really full of himself. Not only was he an asshole on some of the terms where it was just unnecessary, but he made a point of rubbing my face in it at the conclusion. What could I do? I had a weak position and blowing things up wasn't an option.

But your Uncle Vasya has a long memory. How long? When the elephants forget something, they come to me.

So some months went by and, wouldn't you know it? I had another

matter with the guy. And guess who had the whip hand this time? I was an absolute *bastard* on every little detail. And then sometimes, on points that were settled, I would “change my mind” and ask for more concessions. I would always be very emotionless and surgical about it, and I never blew my cool. Why? Because never blow your cool. Let the other guy blow his cool, and look like a dick.

So, did I fuck him? Motherfucking right I did. Long and hard. My cock was so far up his ass it was bumping into the inside of the dome of his skull. Everyone knew about it, too. How? Dumb shit couldn't stop complaining about me to anyone who would listen. Now, discussing client matters isn't

smart to begin with, but why advertise a loss to your colleagues? If you want sympathy it's in the dictionary between "shit" and "syphilis". I also had a reputation as a dealmaker, so I had guys I knew calling up and asking why I had done what I did, which gave me a chance to put the word out myself.¹ That was important because...

A Good Reputation is a Mighty Shield.

Within my professional community and, separately, my social life, I can go places other people can't go, do things other people can't do, and talk to people other people can't talk to, all without arousing suspicion. Why? Because in those *milieus*, I am a

“Known Guy”. If I give you my word on something it's 24K. I'm particularly careful about it, because if you blow it once, things will never be the same.

Use of Humor

Humor can be a valuable ally, but you have to be able to pull it off. One of my favorite stories involved my C.A. fucking up the counterpart's address (Suite 100 instead of Suite 1000). So that was their first note on the phone and I replied, in a measured tone, *"Hmm. I think I can agree to that change."* For whatever reason, probably involving the counterpart thinking this call was going to suck, it worked.

Brutal Honesty

I had a call go on waaaay too long once. A more experienced me would have cut it off much sooner. It involved a middle eastern and an Asian counterparty making stupid demands. Finally, I said, "*Look. I live ten minutes from the office. I have nowhere else to go and nothing else to do today. You are NOT going to wear me down. Ten minutes after this phone call, I will be sitting down to a hot meal. We can either start making progress, or I can hang up and go have dinner. Your call.*"

This is another one where you have to be careful how you play it. I had a nervous client, but one who was mollified by me telling him, "*You can have a shitty deal right now, or you*

can have a good deal in 24-48 hours.

Tell me which one you want."

Conclusions

I'd put bullet points here, but you can just look at the bolded stuff, above. I probably missed some stuff, but at this point, a lot of what I do is subconscious. Once of our deal-makers told me that he sometimes listens to counterparties questions and wonder "*Wow. How is he going to handle that one? But then you just do.*" That's high praise because that guy is a long ball hitter. Sometimes his boss will call me, informally, and ask "*Do you think this or that deal with close?*" On his deals, the answer is very often "*If it were anyone else? No.*"

But that guy closes deals that nobody else closes, so I'ma go with 'Yes' on that one."

But anyway, I digress. I hope the above helps, and if not, there are other threads.

¹ Everyone got it. *"Motherfucker had it coming."* Lots of nodding heads and no damage to me.

CorporateLand: How to Live and Travel Like a Prince and Live Like a Maharajah, Part I

by VasiliyZaitzev | 26 April, 2016 | [Link](#)

Note: Some folks got butthurt about the title of this one. It's simply a "beginner's guide" to making business travel as tolerable as possible and leveraging that business travel to improve personal travel. It's not "humblebragging" because, rest assured, I am not humble.

TL;DR

Travel veteran explains how to use your business travel to maximize your lifestyle, whether at work or at play. I will assume little or no travel experience throughout, so experienced folks may find this article a bit simple.

This sort of article may be of interest to some, but not others, because of it's more focused nature. If it helps you, great. If not, there are other threads.

Fair Warning: This is going to be a long post. For real.

Body

I live on one coast and am frequently required to travel to the other coast {and sometimes Europe} at the

behest of my employer. I've logged over a million miles in the air, which, while it doesn't qualify me as a *true* road warrior anymore, I have learned a lot about making my life easier while up in the air and in strange beds. Here's a handy primer for you.

Note: this is an introduction, in which I will hit on some points that will require further study, depending on one's particular needs. There are entire travel IBBs dedicated to these subject and it wouldn't hurt to bone up on them there: Flyertalk, TripAdvisor, Oyster, etc.

Getting There: Planes, Trains & Automobiles

Up In The Air

I have a rule these days: either I'm in business, or I'm not going. Why? Because I like comfort, I like pre-boarding, and I especially like their free booze. I also have zero interest in sitting in steerage. Coach class seats were designed by *Tomás de Torquemada* Grand Inquisitor of Spain. And you don't want me there, either, if you have the misfortune of sitting in an adjacent seat. From the time I was 14 years old, my shoulders have been broader than a coach seat, so I either lean out into the aisle or my shoulder goes into the ear of the sad-faced, unlucky person sitting next to me.

So how to set about it? If you are going to be traveling regularly, you may have a corporate travel

department that makes arrangements for you. If so, you have my condolences, because they don't give a *shit* about your care and comfort. If you're lucky, they care about getting you to where you're going, when you get there, how many connections you have or where you sit - and believe me, the only reason to sit in the last row of an aircraft is because you have diarrhea or you want to meet people who do. I have only worked at one place that insisted that I use their provider. I would choose my bookings and tell them to book them. They wouldn't listen of course, but happily they were sloppy, so once I had demonstrated that I could find better routings at lower cost, I was exempted entirely. More freedom, more comfort,

all is right in the world.

Companies will often have rules about when you can fly business, otherwise, it's cattle class. Where I work it used to be coach only, until one of the poobahs had to fly a lot of transcons and suddenly if you were in the air for 4 hours you could fly business. I used to defeat this by booking a Y class {the most expensive coach fare} and then buying an upgrade {often for not very much} or use miles, and *voila!*, I'm in business, figuratively and literally. I'd make sure it was papered up, meaning I could produce a receipt for coach class, and then the expense gnomes could go back to sleep in their 9-to-5 coffins.

Air travel isn't as regal as the old days, unless you are on Singapore, Cathay, Emirates, Eithad or, lately, Turkish {or so I hear}, but there are reasons for grouping your travel under the aegis of an Alliance. ¹ Which one you pick is entirely dependent on what your destinations, both domestic and foreign, will be. If it's Atlanta, Paris and New York, welcome to Skyteam. Berlin, Chicago and Singapore? Hello, Star Alliance. London & New York? Congrats, you can pick just about anyone.

There are a few wrinkles. For example, I met a Brit once on KLM and thought it odd that he was on KLM, as he lived in England, but as it turns out KLM has a city hopper flight from AMS to

somewhere midlands-sounding {Norwich?} that drops him into an airport 15 minutes from his house. So all of his trips to the States are on Skyteam airlines. Go figure.

I am something of a Skyteam hostage because my transcons for work are best made on Delta, in terms of convenience and usually price. Most of my foreign travel is to Europe, so I try to route through either AMS or - and this surprises people - Moscow. Skyteam's other Western European hub, CDG in Paris is a bit of a clusterfuck. It's badly designed and it's run by the French. It's also considered to be a bit of a black hole for checked bags. Much better to use Amsterdam, home of the friendly, efficient,

America-loving {or at least willing to fake it}, and perfectly-willing-to-speak-English Dutch. London is more of a destination for me, so I fly either DL or Virgin – Virgin’s “Clubhouses” are always a delight.

So why do I use Moscow and a connecting airport? Delta formerly flew there non-stop, but now it’s Aeroflot. Aeroflot’s pricing is typically favorable, and I can flirt with the stewardesses in Russian. The food and accommodation is comparable to a big western airline, and it’s a 9-10 hour flight, which means I can have dinner, watch a movie and get 6 hours of sleep, which is basically all I need. Even better, when I bounce back into Europe from SVO, it’s on a plane with a proper

business class, rather than just a coach configuration with the middle seat blocked out.

Now that SVO has been built out, it's a modern airport. There won't be as many English-speakers, but if you're jammed up usually someone will happen along. On my last transfer the GAs didn't speak English, but I overheard a young American in line in front of me asking them for the location of the nearest toilets, so I leaned forward and answered her question in English. Also, the Russians aren't PC at all, so I breeze through security without even opening my laptop bag, but I suspect if I looked like Osama bin Laden's cousin things might go differently. The Russians

don't play.

¹ There are three major alliances: Star Alliance {United, Lufthansa, Austrian, Scandinavian, Swiss, Singapore, Turkish plus some others}, SkyTeam {Delta, Air France, KLM, Aeroflot, Aeromexico, Alitalia {sort of}, KAL, Czech and some others), and OneWorld {American, BA, Cathay, JAL, Qantas, Qatar, and some others}. There are some notable independents - Emirates, Etihad, Virgin Atlantic, Iceland Air as well as LCCs {low coast carriers} such as Ryan Air, Jet Blue, Southwest, etc. Virgin Atlantic is 49% owned by Delta and so miles can be directed to one's Delta account, and if memory serves, Jet Blue has some deal with Etihad, but unless you're

flying to the ME a lot or through the ME to India it's not going to matter very much. There's always someone trying to run an "all-business class" outfit between NYC and London and Paris, the latest of which is LaCompagnie.

Are You A Frequent Flyer? Or a Frequent Fleeer?

So once you have sussed out what airlines you will be flying, it's time to sign up for those airlines' frequent flyer programs. The only active ones I have at the moment are Delta and United. There is a distinction to be drawn between "miles" and "qualification miles"...the latter are what's important. They are sometimes

called “BiS” miles by road warriors, which is short for “Butt in Seat”. Those are the ones that count in determining ‘status’ with an airline, and with status comes perks. There are a few other ways to get “qualification miles”, but those are typically the result of spending exorbitant amounts on personal credit cards, or “topping up” at the end of the year.

Taking the ‘Dis’ Out of “Discomfort”

So airports are zoos now. The trick is to get enough frequent flyer swag to get to use the better-trained humans at the elite-priority-whatever counters. Generally, you have to be at least a “gold” or 2nd tier up from peons. You

should really be ticketing yourself at home, preferably by printing your boarding pass to pdf, so you can email it to your admin for your expense report. I also like to carry a paper ticket in case something goes wrong, as it inevitably will - dead phone battery, no bars, whatever.

So when you check bags - and try to avoid this, because it's a pain in the ass, now - leave them with the nice person at the elite counter, then head over to security. This is always much more of a hassle than it needs to be, but they're really putting on floor show for Ma and Pa Kettle from Dubuque or some other gawdawful place² The bottom line is, if some sand rat gets up and yells "*Allah akbar!*" it's basically

up to the dudes on the plane to make him eat their fists. Up In The Air, you're on what cops call "YOYO" time - you're on your own.

So a better way to handle security is to get TSA - Pre. The government already has a shit-ton of information about you, and always has...now they're just better at organizing it. So why not put it to work for you? Basically, you fill out a form, they figure out if you're a Wrong Guy somehow - criminal record, hang out with Sand People in Pakistan or some other shithole, etc. - then they either give it to you or not. I travel overseas and so it comes with my Global Entry, which lets me cut the line at immigration and customs and use the

kiosks, so, because I don't check bags, it takes me 15 minutes from the plane to landside, rather than being tossed about like a dinghy on a sea of third-worlders milling about like the fucktards that they are, plus the domestic dummies in the "Citizens" lane. The worst part is when there are cordoned lanes before you get to the arrival section because there's always some idiot who has to stop and think shit over and clog things up.

TSA - Pre probably comes with SENTRI also, which is for people who go to Mexico for whatever reason, and NEXUS with is the same thing, only for Canada. My understanding is that if you are GE *and* you bring your GE card you can use the SENTRI lanes on land

crossings with Mexico. I really only care about immigration at airports and also getting past security more quickly. The good news is, while the TSA ain't great, it's better than the fucking losers they had before, who were working airport security because they couldn't hold down a job at the 7-11. Ideally, the Pre line will be way shorter and quicker, because you don't have to take your shoes off, have your toothpaste in a plastic bag or whatever. Active duty military personnel who are in uniform can use the Pre lanes, which I'm totally fine with. If there's a nutter on my flight, I want him to think twice.

So once you are Inside the Wire, your next move is to have enough cred to

get into an airport club. While they don't have strippers and Beef Wellington, like back in the old days, there tend to be fewer screaming children, some kind of decent free booze and some snacks, at least. Delta now lets you pay for their "premium" booze - the stuff they charge for - with miles, which is nice.

You can get in by flying business or first on an international flight, or by having the right plastic, whether it's a club pass that you buy, or is gifted to you by the airline or because you have high enough status with one of their partner airlines or the right credit card, usually Amex Platinum or Centurion which got you into everything but Admirals Clubs, but now only works,

IIRC, at Delta's SkyClubs. Diners Club - which still exists, evidently - has a decent network of second-tier clubs, and then there is Priority Pass which is like Diners only not as good. Amex is building out its own network of clubs and the couple that I've been to are pretty good.

Clubs also often have the benefit of having agents who can tend to your travel needs for changes or rebookings etc., while the Great Unwashed are waiting in a long ass line at the counter. It won't be Misty and her Pneumatic Titties anymore, but the Golden Age has come and gone.

On the positive side, there are some airports that I have been in that are

little better than bus stations *but* which have great club rooms. Vienna used to be like that. It was either finagle a way into the club, and thus civilization, or watch the tick races on the gentleman of indeterminate origin sitting far too close to you on the outside. I went into the club and drank some Martel cognac in Charles Martel's honor.³

Another tip: Later in the year, I will have to be in Istanbul from time to time. With relatively little hassle, I was able to get Turkish Airlines to do a status match - they will match mid-tier and top-tier status from a competing alliance to their program. I don't care so much about upgrades but that mid-tier on Turkish gets me in to Star

Alliance clubs that I wouldn't otherwise be able utilize. To keep it for the next two years all I have to do is fly one international trip on Turkish in the next couple of months. Or whatever. I'll knock that out by April.

In The Bullpen

Down at the gate, try to arrive 5-10 minutes early. Whatever the boarding time is, it's going to be probably 5-10 minutes after before they board. If you are in business or have the right status, they will let you on the plane first, but try to stand to the side, because they let gimps on first and also families with kids. Then there are gate lice hanging about, because everyone thinks there's an

“exception” and everyone thinks that exception applies to them.

On board, stow your gear and relax. The serfs will be boarding after you, while you enjoy your PDB and settle in.

² Dubuque may well be fine. I don't know, I've only ever flown over it. I imagine it being really boring, with the primary source of entertainment being watching the tumbleweeds roll through town. Or maybe that's Tucson.

³ History geeks will understand that, from a historical perspective, I should have had some Sobieski Vodka, but I'm not really a fan. Of the eponymous vodka, I mean. The Polish king for whom it is named, John III Sobieski, is okie-fine by me, based on his

successful defense of Vienna against
the Muslim hordes alone.

Next Part, Turning Your Hotel Into a Vacation Villa

CorporateLand: How To Turn Your Hotel Into a Vacation Villa

by VasiliyZaitzev | 26 April, 2016 | [Link](#)

Part II of: How to Live and Travel Like a Prince and Live Like a Maharajah

TL;DR:

Travel veteran explains how to use your business travel to maximize your lifestyle, whether at work or at play. I will assume little or no travel experience throughout, so experienced folks may find this article a bit simple.

This sort of article may be of interest to some, but not others, because of its more focused nature. If it helps you, great. If not, there are other threads.

Note on “Humblebragging”, which popped up last time. First, I’m not humble. Second, I’m not bragging – If that’s what I wanted to do, I’d be on Instagram. I’m just helping guys in CoporateLand – and others – who wind up traveling a how to maximize the bennies. Think of it as a Red Pill “Lifestyle” thread.

Fair Warning: This is also going to be a long post, like the last one.

The Game

Your primary goal should be to make

your life as seamless as possible.

Conveniently, with high-end hotels, that's their goal, too. The higher-end the hotel, or the more socialist the economy in whatever country you find yourself, the more likely that you're going to people on staff who are in the service industry as a career and not because it's summer, and their university is on break. If you get to know the lifers, that is going to break in your favor.

Stay in the same place in each city, or failing that, same chain of hotels.

If you find yourself visiting the same city, try and stay in the same place each time such that they get to know

you and you get to know them. Also, just as airlines have frequent flyer programs, hotels have frequent guest programs. In the US, the biggest and most well-known are Starwood Preferred Guest, Marriott Rewards, Hilton HHonors, IHG Rewards Club, and Hyatt Gold Passport. The trick is to bunch your hotel stays such that you become a “top-tier” member of a particular chain’s program, which will then entitle you to perks when you use that chain’s hotels for personal travel as well, which is, for me anyway, the point. So all of those road-warrior stays at Marriott Courtyards can pay off when you’re traveling on your own and want to stay at the Ritz.

I use Hyatt and SPG, and sometimes

Marriot as well as Taj, which is big in India, but last I knew had only 3 hotels in the USA. I use Hyatt because it only takes 50 nights to get to the top tier. I then use the points I accumulate on business travel, for when I travel on my leisure time to places that have Park Hyatts, etc. They have nice hotels where I want to travel, and Hyatt's program also allows a Diamond member to book a suite upgrade 4x for up to 7 nights each time. Hyatt also lets you use the "Cash & Points" option in conjunction with the suite upgrades — typically with most hotels that's an 'either-or' - so instead of booking a \$300 room and upgrading to a suite, you're booking a \$125 room and upgrading to a suite, which is nice for when it's time for Fun in the Sun.

Other people prefer Marriotts or Starwood. Whatevs. Marriott is nice because they own Ritz Carlton...they are also about to own Starwood. If you are really into this sort of thing, there are plenty of websites-blogs about miles and points and about how you, too, can be as savvy as the Pudding Guy

Taj for me is a special case because I like their Boston property. It's the old Ritz and has an "old luxury in an elegant state of decay" feel to it. And a lot of the rooms have fireplaces. And it's right on the Public Garden. I used to have a plate up in the Boston area, so I'd book a suite on special and go up in the winter months, bring some wine with me, have a nice fire, order

room service, and do to her whatever I wanted to – feed her by hand while she knelt, nude, next to the table in the sitting room of the suite, While I had room service, etc. She was a very submissive girl and the Taj was the perfect atmosphere to use her in. Fire, wine, snow falling gently outside, naked hot chick at my beck and call. What could be better?

Ok, back on point. Once you know which hotel group you're going to be utilizing the most, it's time to learn the program and act accordingly. One of the reasons I so often get what I want from airlines and hotels is I make it easy for them to say yes to me. How? By not being a dick, and by understanding their program and what

they can do for me. Thus I frequently suggest options to them, in such cases where the need arises.

How To Choose A Villa

So how to decide whether you will like a particular villa or not?

Do you like the bar? Always a good indicator. One of my absolute favorite hotels has three bars and a lounge and a restaurant (with a great breakfast!) and a pool that I absolutely love, thus, it is my Villa of choice. Every time I arrive the guest relations manager greets me and checks me in herself unless she's not working that shift and then her deputy does. When I arrive in the room—and they know what room type I like—there will always be a plate

of fresh fruit waiting for me, as well as a bottle of wine, and some miscellaneous snacks – roasted almonds and the like.

There's another one I dig on the *Côte d'Azur* which has great architecture, the staff always treats me well, and they always put a nice bottle of the local grape in my room and when I have people traveling with me, in their rooms as well.

What You Need To Know On The Go.

There's the 800 line for Joe Everyone, and then there's the 800 line for Diamonds-Platinums-Iridiums-Kryptoniums. That number should be in your phone. You're more likely to

get to a human. And try being calm and pleasant. For whatever reason, people seem to think that *SCREAMING* at CSRs, threatening their jobs or whatever will get better results, this is seldom true and they may simply annotate your PNR as to what a dick you were, which isn't going to help you in the long run. Know the program, and maneuver the CSR towards the resolution that you want. If you can't get it, you can always say "*Thanks for trying*" then hanging up and calling in again. Remember what I said about Hyatt letting you use Cash & Points and suite upgrades together? I know they do, because I've done this several times, but sometimes I get a CSR who swears I can't.

Lots of travel firms have Twitter “ombudsmen” for lack of a better term, so some traveler will tweet an issue to the company and evidently get it fixed right away. Delta is known for this. I still prefer talking to a human being. *shrugs*.

If you want something, ask for it. Higher end properties, and, increasingly, mid-range ones, will often send emails ahead of your stay asking if there’s anything they can do to make your stay more comfortable. The Woodlands, north of Houston, once famously fulfilled a couple’s goofy request for three red M&Ms and a photograph of bacon that they had put in the “special requests” box as a joke when making a reservation

online. A bit funny, but when you get the pre-arrival email, if you want something, mention it. There are a couple of places I frequent where I specify extra towels and particular toiletries – the hotel stocks two brands, one of which I prefer. The GRMs both refer to my preferences as “the usual arrangements”.

Tipping

For heaven’s sake, service people are people too. I tip bellboys \$5 – this is for my rollaboard and computer bag. If I have other bags, which I never do, that would increase a couple of bucks per bag. And yes *“In Europe, blah-blah”*. I don’t care. Someday, you’re going to need a favor. I tip

housekeeping \$5 per day under ordinary circumstances, more if Keith Moon visited me. Bartenders and waiters as normal.

I don't tip desk staff except under extraordinary conditions. For example, typically I have a very high tolerance for alcohol. On one particular long haul, a young, attractive FA took a shine to me, and over-served me, as a result. Alcohol and high altitude don't mix well.¹ So by the time I arrived at my hotel I was really affected.² So I tipped the girl at the front desk. And I had a bell man show me to my room to make sure that I got there - it was one of those huge 'convention' hotels that one can get lost in. So I tipped him double. He asked if there was

anything I needed and I asked for bottled water – in California, they hand this out like candy. He disappeared to that floor's supply room and returned with a case of bottled water.

At any rate, all was well that ended well, and when I checked back into that hotel three weeks later, they both remembered me fondly, or were at least willing to fake it.

¹ Although if you like tomato juice, for whatever reason it opens up nicely in the air. *shrugs* Lufthansa did a study of what precise types of drinks they were handing out – evidently *ze Germans* like to know this sort of thing – and half of their non-alcoholic beverage requests were for tomato juice. When

you see someone order it, plain, in the sky, that's a hint that they know what they're about.

² Luckily I am a 'happy' drunk, and anyway, I had hit that point that one sometimes finds oneself in where one simultaneously quite drunk but extremely lucid out of necessity, such as when one is trying to recite the alphabet for a police officer. Or so I'm told.

The Doormen and Bellman.

Sure they hold the door open and they may ball hawk your bags for tips, but they are also an invaluable source of street-level intel, and if you, um, "order in", the doormen decide if the young lady {or ladies} gets past the

door. If I use a bellman, I tip \$5 for my two bags. In non-US\$ or Euro countries, if I don't have local currency handy, I use crisp, new \$5 bills. And they're cool with it. Money is money.

Concierge and Miscellaneous Front Desk Staff

The Concierge is your Aide-de-Camp - Man Friday. Need assistance with dinner reservations or theatre tickets or organizing day trips? He's your guy. Typically I don't need to use them, but on a couple of occasions I have had them arrange transportation - other than local taxis, which is handled by the doormen. Tip commensurate with service received, but I usually tip a concierge \$10 or \$20, more if

warranted. So once upon a time I had some friends who were stuck in the middle of the city with an impending snowstorm trying to get transportation home with no luck. They know I travel there so reached out, and I had them go to the concierge at my favorite “Villa”, who sorted them out with the tacit understanding that I would take care of him next time I saw him, which I did. I was a *hero* to my friends and all it cost me was \$30 and a phone call.

The other front desk staff are there to greet you, competently check you in, validate your parking and break bills for you, so you can tip the other staff, and, if female, smile and look pretty. At least that's what I use them for.

Housekeeping.

The maids, right? The ones that make your bed when you're not there? Right. But also the "evening service" folks and if you need something laundered or pressed. Take advantage of those services and feel more comfortable. One thing I do is send off whatever clothes I wore on the long haul TATL flight to get laundered. It just feels more civilized.

Sometimes, extras materialize. In a US hotel I stay in, a couple coupons turned up from housekeeping, along with a thank you note. One was for 500 points in their rewards program and the other was for a free breakfast at the little cafe place they have - like a

coffee and pastry joint. Now, the \$ value wasn't a big deal, but nice of them to make the gesture.

Having A Friend Is A Good Thing

So at the Taj, where they were a bit forgetful about some things, they totally redeemed themselves by helping me out with another Taj. I was a frequent enough guest that I got to know some of the staff³ and the GM sent me an *"if there is ever anything I can do for you"* email. Turns out, I was headed for London on leisure and staying in a Taj property there that was quite nice with a nice price also - London hotels are notoriously expensive and the bang for the buck isn't always that great. So I pinged the

GM the dates of my London travel and asked if he would be so kind as to contact the GM at the hotel there and mention that I was a frequent guest at Taj Boston, and would he extend every courtesy while I was in London. This was a huge win, as, once I arrived in London, the red carpet came rolling out. Probably the best stay I've ever had there. All it took was an email from the local GM that I had pretty much scripted for him.

³ Your goal here is “friendly” but not “BFF-y”.

Name Names

So what's the best thing you can do to help yourself? Praise can be better than money. Every time I stay at a

Hyatt property, I get an email from Hyatt asking about my stay. Evidently, they actually read them *and* share them with staff because I've had them quoted back to me in follow-up, thank you emails. So I have taken to writing out thoughtful responses and mentioning names. For example, I was trying, unsuccessfully to "shazam" a song at breakfast. One of the waitresses figured out what I was doing, and the next morning handed me a slip of paper with the song and artist. I mentioned it in my follow-up survey, and the next time I visited that hotel, she remembered and thanked me for it.

Folks in service industry positions who are there for the long haul are in it for

a reason, an affirmation, especially when deserved, is not only pleasant for them, but useful as well.

Once at a hotel in Toronto, I arrived late at night, and there was a long hallway between the front desk and the elevators. There was a guy polishing the floor near the elevators. When he saw us coming, he leaned over and hit the “up” button to call the elevator for us. When the idea of ‘customer service’ has permeated all the way down to the guy manning the buffer on the graveyard shift you are bloody well doing it right.

What if Villa Standards Have Fallen or Some Other Issue Arises?

If there is a problem, I will always, always, always try to handle it with the local manager. Better for them, and more immediate results for me. Just like with women, maintain frame, and don't blow your cool. So, as an example, I was once staying at a Hyatt where breakfast should have been free for me and up to three other people staying with me, in my room, such as wife, kids, or, in my case 2x22 year old girls. The restaurant staff seemed a bit confused over this. Not the girls; it's Europe, they get it - but that they weren't registered to my room. Why? Because in the US, nobody would have bothered about it, but in Europe, they actually have to be registered as guests.⁴ So I smoothed that over with the GM, no problems. Technically, I

was wrong, but it was really more of a difference between how things are done in the US vs in Europe and once I registered them, order was restored. Last time I was there she made some joke about the number and identity of women who might be staying with me at any time – which was ok based on the nature of our relationship – and I said something along the lines of *“It depends on who is in town this week, and what their curfews are.”* And we laughed about it.

If there is a problem with a room, or you just don't like it for some reason. Ask for a different or better one. My last stay in California, I arrived late and there was some sort of group party with a shitty band that was so

loud I could hear it 14 stories up. So I rang the front desk and asked to be moved across the hall to the other side of the hotel, *et voila!* problem solved.

OTOH, I know a guy who arrived late after a delayed flight and went to his hotel – this was in Philadelphia in the winter. The first room was a broom closet, the second smelled like someone's grandma had just died in it and the third room had some weird temperature thing – freezing cold in one area, boiling hot in another, that's how he described it. So finally, after three disasters, a room finally opened up on the club floor. This is Philadelphia, in the winter, after midnight. Who were they possibly saving it for? This also shows why you

want to be in a program. He wasn't, but I expect that even if he was just mid-tier there, that would have greased him through on the upgrade with much less fuss.

⁴ I had actually booked a room via the 800 line and the conversation got hung up on me asking for a king bed for 3 people and her asking me if I needed a cot and me saying "no, no cot." Eventually, I said "Look, I have a *'Vicky Cristina Barcelona'* thing going on. No cot," and her sort of getting it, but when I arrived, the # of guests on the reservation was 1, me.

Cars

Let us have a moment of silence for company cars. Like the apocryphal

“key to the executive wash room”, they just so rarely exist anymore. I don't think I've even had a car allowance in ten years. These things exist only as “sense memories” now of a better, distant time. Sort of how Democrats feel about the 60s and Republicans feel about the 80s, and how Detroit residents feel about the 50s. If I was sitting around a table with older guys we'd all fondly reminisce about the boss who got us our first car, even if he was otherwise a prick.

That said, there are three ways cars factor into life in CorporateLand now: rentals, town cars and Uber. For Rentals, pick out a firm you like - I prefer Hertz - and get into their “#1 Gold” program or whatever Avis has,

etc. It's easy to do, and you get better service and newer, lower mileage cars. In places where I rent frequently, it's nice to skip the line - we're going for *seamless* here people - and get rolling.

With town cars, if you're company lets you take town cars to the airport, fucking do it. Does anything suck more than being stuck on the Van Wyck when it's Hotter Than the Inside of the Sun in July? Let someone else drive.

Sure, if it's a short trip, fuck it, take your car if you want, but why? Better to ride in the air conditioned comfort of a town car. Chat with the driver if you want, or chill out listening to Spotify - Rhapsody's sexy, Swedish

cousin.

If I'm stepping off of a redevye, you'd better fucking believe there's a driver waiting for me, with a polished Lincoln or Caddy that still has that "new car" smell, just like an 18 year old still has that "new girlfriend" smell.

Intoxicating, but might make you a little queasy.

Pro Tip #1: Gratuity will be included, but an extra \$10 is fine, if warranted. Not necessary, but always appreciated.

Pro Tip #2: Limo companies often have "rewards" programs, such as "free airport transfer with every 10 rides". So I when I get to the free ride, I use it for personal travel.

Pro Tip #3: Specify “inside” pickup, rather than “curbside”. It might be a few beans extra for the guy to meet you at baggage claim, but \$10 is worth it to have him handle your luggage, and getting off of a long haul flight and then wandering around outside Terminal 1 at JFK looking for your driver in January sux. It typically costs \$10 more for the guy to meet you inside. If you can't find the guy, look near baggage claim, b/c that's where he's going to expect you. Ex. In JFK T4 there's an exit for people who don't have baggage to claim that's closer to the West Exit. When I can't find my driver, there, I know he's over on the other side near baggage claim.

Pro Tip #4: As with hotels, you can

specify things as you want them. Want the local paper instead of the New York Times? Not a problem. I specify temperature of the car. Limo companies clientele evidently trends older, so if you don't want the car's temperature set to "medium well" specify in the "Requests" section when making your reservation. I tell them I want the car between 66 and 68 degrees. Drivers are usually men, so they're fine with it.

Pro Tip #5: Be ready when the guy gets there, if he's picking you up for an airport run. They usually show up 15 min early. I hand over my bag, tip the guy in advance, do one last eyeball check of the house to see that electronics and appliances are shut

down etc., and we're underway 5-10 minutes after the guy arrives. They like leaving on time and you should too. If you delay them, after an interval, usually 30 minutes, you start to pay for the privilege.

Pro Tip #6: Leave Time For Trouble. I usually take all of Thanksgiving week off, starting with the Friday before. If for some gawdawful reason you have to travel on the Tuesday or Wednesday before T-Day, leave a shit ton of extra time. The last time I flew on one of those days, I gave myself 5 hours, meaning I left my house 5 hours before my flight. The ride to the airport took more than double the usual time, but I was chilling in the airport club an hour before takeoff,

stress free, because of the LTT rule.

Uber. Uber got around to setting up some way of getting your expenses directly into Concur, which is a popular expense software. I had already set up my corporate card as a payment option, so I just email the receipt to my admin. Uber has lost its initial “wow” factor now that everyone knows what it is, but back when it was new, I was out to dinner with a sales rep and a HUGE, IMPORTANT client – like tens of millions a year in revenue – and just as dinner ended it started to rain. Good fucking luck getting a taxing in NYC in the rain. Enter Uber. I think the multiple was 3.0, but given the client revenue the firm was 100% ok with it, and the client was amazed –

as Arthur C. Clarke once said, any sufficiently advanced technology is indistinguishable from magic.

Conclusions

Plan out your strategy so that you can reap the benefits of ongoing relationships and rewards programs.

Play nice with others.

If you're going to be away from home on a secret mission deep in enemy territory, you might as well be living comfortably.

CorporateLand Library: Uncle Vasya's Top Ten Books on Management

by VasiliyZaitzev | 26 April, 2016 | [Link](#)

Uncle Vasya's Top Books For Managers:

What Would Machiavelli Do?, by
Stanley Bing

The One Minute Manager, by Ken
Blanchard

The Prince, by Machiavelli

The Art of War, by Sun Tzu

Leadership Secrets of Attila the Hun,
by Wess Roberts

The 21 Irrefutable Laws of Leadership,
by John C. Maxwell

The Peter Principle, by Laurence J.
Peter

The Dilbert Principle, by Scott Adams

*Bartender's Guide: An A to Z
Companion to All Your Favorite Drinks*,
by John K. Waters

*Diagnostic and Statistical Manual of
Mental Disorders, 5th Edition*,
published by the American Psychiatric
Association.

CorporateLand: What To Do When You Get Fired or Laid Off

by VasiliyZaitzev | 4 February, 2017 | [Link](#)

So the first rule for this is to start making contingency plans ahead of time. The days of walking into IBM or GM at 21 and walking out at 65 with a gold watch and a fat pension are Way Long Gone. Once you land a gig in CorporateLand you should be thinking, at least in the back of your mind, what happens when the World Turns to Shit. And let me tell you, at any given time the World is at least 50% shit, most of

which is rat droppings.

So what to do? **Pay Yourself First.**
It's time to look out for **Numero Uno.**
You need to start feeding your war chest. I used to have a second bank account that every stray penny I earned went into. I referred to it as the "GFY" fund, which I put cash into in case I ever had to say "Go Fuck Yourself" to my boss. Direct deposit. Tax refund. GFY. Random stock dividend? GFY. Pay check from my second job? Direct Deposit to GFY. And that account gets fatter faster than you would think.

So why have one? What you really want is an "Emergency Fund". Start off with a goal of 3 month, then 6 months

then whatever makes you comfortable.¹ Sometimes, I'm a one-year guy. Lately, I'm more of a 2 year guy, because I'm older and more conservative. Because if I fuck up, I don't have the same time frame to make up for it that you younger guys do. You young guys have one thing in abundance, **the most valuable commodity in the world: TIME.** It is the true currency of life.

Ok, so kill off any debt you have—and do not carry consumer debt. Debt is to be avoided.² Save up in your GFY fund, kill your debt. Also, you should be developing a network. Someday you may need a friend. A lot of guys will take my calls. Why? Because I don't forget who they are the second things

get rough. Over time, you will find out who is cool, and who isn't. There are a lot of guys who will go to war with me. You hang on to the cool people, and you shred the assholes. But keep your contacts. Keep a positive balance in the Favor Bank. The second time I got laid off, I sent out an email to 75 or 100 folks that it was my last day, and probably 20% of those folks sent work my way, either their own or a referral. That day. (Back then, when I was doing a lot of sidework, I had a rep as the Lawyer Who Returned Phone Calls. Nothing pisses clients off more than being ignored. Sure, their work may not be a big deal to you, but to them, it is. No client ever gets angry at you for returning their call. I return all of mine within 24 hours, max. And I pick

up on the first ring. Happy clients pay their bills, and pay them on time. Even if the phone call I make is just to give a status update, why needlessly p*ss off the people who are your bread and butter? Whatever you do that's not being a lawyer? Same thing applies. Take care of your customers or someone else will.)

Back in the Day, my flat was month-to-month. I try to be the kind of tenant that landlords like. My rent checks never bounce, if something in my flat went wrong I'd typically fix it myself, and the cops never came looking for me. Thus they were never in a hurry to jostle me about shit. Stay lean, stay nimble. Be ready to move when it's time to move.

So what happens when you roll into BigCo and discover that the music has stopped and there are no seats left? You chill the fuck out, that's what you do. Usually, you can see it coming and in those cases, your personal shit should have been cleared out of your office already. And really, how much personal shit should you have at the office?

Step 1

First, take a deep breath and relax. Plenty of people get fired, and this isn't the end of the world. Think about some of the more shit aspects of your gig, and how they are Not Your Problem anymore. Where I first worked, there was an intercom

system, and when the owner, who was Not a Fun Guy would call in, he would get parked by the receptionist and then a page would go out. So the first morning after I got let go (employer went B.K.) I woke up and thought, *"Never again will I hear 'Vasiliy Zaitzev, Josef Stalin on 63...Vasiliy Zaitzev, Josef Stalin on 63."*

Step 2

Take a day or two to decompress. Sleep in, relax, treat it like a weekend. It probably will be a weekend because usually firings and layoffs happen on Fridays. It gives you the weekend to cool off and decide that murder is a Career Limiting Move. So take a couple of days. Do NOT take a week.

Step 3

Schedule your days so that finding a new job is your new job. Get your shit up and running, looking for a new gig. Put the word out on your contact list. Figure out how to manage whatever issue got you canned (I am treating this like it's a "canned", because if it's a layoff, well, shit happens).

Do some introspection. You might also think about what to do moving forward. Do you want to travel? Do you want to change locations? Maybe it's time you moved away from Asswater, Nebraska, and off to somewhere cooler. When you are young, and aren't tied down, that's the time to think it over.

The second time I got laid off I volunteered. You weren't, technically, allowed to volunteer, but I kept doing it. Every time my boss³ bitched about how he might get laid off, I would say "*Give me the big check and let me go.*" [They were giving us an insane package. I got something like 22 months. Since I was, theoretically, an exec by then, and I had the same algorithm as the mofo who ran the company. He didn't know shit about our business, but he knew how to take care of "Number 1", and so the rising tide that raised his yacht raised my Chris Craft.]

Step 4

Also schedule your time around the

above. Get up in the morning, work on employment issues - consider temping or bartending if you need \$\$\$ - after that get your workout in - and it is a good time to start (if you aren't already on one) an exercise program for better health and stress relief.

The last time I was without a primary job (usually I have a couple of additional income streams) was nearly 20 years ago, but here is what I did:

I would get up go to my fave local coffee shop⁴ and have a coffee and read the paper. I got to know the owner, and pretty soon they were clients.

Then I'd go to outplacement from 10 to 3 (adjusting the times as necessary,

but mostly I chose those to avoid traffic). This was a layoff, so they gave us 3 or 6 months of outplacement or whatever. I used their computers and phone and, in addition to job-searching, I basically ran an *ad-hoc* law practice from there and my home (although mostly from home....really I just needed the printers at outplacement). Then I would come home and work out. Every gawddam day. I was younger then, so the warranty had not yet run out on my knees. If you need to lose a few pounds, NOW is the time. The important thing is to Keep Moving Forward. Don't become a recluse, chilling on the sofa in your bathrobe at 3AM watching Informercials and narfing Cheetos.

Step 5

Never Stop Fighting Back. During the last recession, I remember a news story about a former CEO who was delivering pizzas. Sure, probably not the best use of his time, but at least he was fighting back as a man.

I got an interview, once, after my first layoff (employer went BK), one of my Landlord's buddies put in a good word for me. He lived a couple of houses down, across the street, and he told me, once, while he was over drinking my landlord's beer that he respected me because I was always out hustling and working every angle could find. People are watching you, even when you think they aren't.

Step 6

Cram down expenses. That can of soup that's been in your cupboard for 12 months because you don't really care for that type? Have that for dinner. Your goal is to survive. Expenses that are unnecessary are to be slashed.

Step 7

Enjoy life a bit. I had traveled a lot for work and had a lot off miles and points. I also had a couple of FWB, so if I was in Philly, Boston or DC, there was a warm girl with a warm bed waiting for me. If you want to learn an instrument, or a language, work that into your schedule. Think about shit you can improve and make better in

your life.

TL;DR: This is actually important shit.
Read it.

¹ And “*Blah, blah, blah, Cash is Trash!*”
Suck my dick. I’m not saying don’t buy
stocks or invest in your own business
or whatever, but Cash is an Option on
the Future. If I got booted out the door
from my gig tomorrow, I would not be
sitting around with my dick in my hand
wondering where my next latte was
coming from.

² For 95% of you. And I said
CONSUMER debt, cretins. If you’re
using debt to leverage cash-producing
assets to buy more cash-producing
assets, that’s fine. But that’s not most
people.

³ My actual cool boss had left, and the mothership unloaded some douchebag on us, just in time for him to get laid off 6 months later. They did it on purpose; it was "addition by subtraction" for them, but it fucked up my groove. He was a moron. I spent a lot of time fixing his mistakes, because he was in the habit of giving answers without knowing what the actual answer was, and he had a remarkable talent for Being Wrong. Eventually, he actually said to me, *"If I make a mistake, just correct it and don't tell me."* That's a great way NOT to learn, but by that time, I didn't give a shit. He was the second worst boss I've ever had. He's not #1 because he was only incompetent, not evil.

⁴ It was a spot near the theater and business district in that city, and this was before SBUX had arrived on the East Coast. I stopped by in the morning and it was a fan-fucking-TASTIC coffee & dessert place for late night pre-bang rendezvous. I was plating 3-5 girls at any given time then because I had to keep Feeding the Beast. The guy who ran it was Cool As Shit. He saw me come in with different girls and Never.Said.A.Word. Finally I came in with a buddy and he finally says, *“Duuuude. What is up with you and all those girls?”* A stand-up guy. Always kept my secrets.

CorporateLand: Promotions

by VasiliyZaitzev | 24 September,
2019 | [Link](#)

The Ugly Truth

So here's the ugly truth: Nobody has a "career" anymore. Well, some people do, but those folks went to Harvard or Stanford and then worked at GS or McKinsey or some other Third Reich-y type place, only without the conspicuous industrialized murder. They don't need me to tell them. You can still have one in finance/banking, ofc, for now. But most people are little worker bees who drive to their 9 to 5

coffins, then go home and talk about HELOC rates with their neighbors and complain about house maintenance and immerse themselves in their kids sports teams, or booze or whatever to mask the soul-crushing pain of their existence.

The sad fact is that the corporate overlords of your cubicle farm are going to pay you just enough, and treat you just well enough to get you to stay...it's like slavery, with extra steps. I've seen companies spend money on the most retarded shit...but their people? Fuck no. Why do that? There's a lot of psychology involved. Or psychopathy. Whichever.

And don't become obsessed with

titles. “Progression” only matters if you’re going to have a career, which you aren’t.

The Not So Painful Truth

For “aware” guys, your move should be to get into CorporateLand, should you so choose, use it for benefits,¹ make contacts and to build up a war chest (including retirement savings), get promoted from “Junior Assistant Shithead” to “Assistant Shithead” and then GTFO.

And don’t be afraid to move around. Why? Because you’re not going to have a career – in fact, you young guys are going to spend a fair amount of your future fighting sentient robots – so you need to look out for Numero

Uno. And if you don't move around,
you will miss out on loads of cashola.

It's different Above The Salt, ofc. The C-Suite can provide generational wealth if you do things right. But for the rest of us, we have to move on to move up. I've done it - and you may fairly ask, *"But Uncle Vasya, haven't you worked at the same firm for more than a decade?"* Yes, I have. So why stay? First my firm is on the "Michaels Model" (or whatever; I forget what we call it) where they hire talent, overpay it, and then reap the benefits of having both talent and institutional memory. You tend to see the same problems again and again, and you've either solved them before or you have seen other, smarter people solve them. So I

get paid substantially more by my firm than I would doing the same thing elsewhere in the industry.

Also, I have freedom, which is the real reason. Most of the time, I'm free to be where I want, at least within North American time zones (and thus, buy extension, S. American ones also, but I rarely visit.) I can be floating around in my pool after the weekly regulatory call, or grilling up some meat before the weekly sales call, and Nobody.Gives.A.Shit.² Why? Results. I'm good at what I do and talent comes with privileges.³ But you have to be able to deliver.

That said: Never take your eyes off the prize. You should be looking at

building income outside of salary,
creating multiple streams, and then
thickening those streams. Then enjoy
your life, roaming the world at will.

Goals

- A. Get experience.
- B. Build a War Chest.
- C. Make contacts.
- D. Get Paid, In Full, moving as necessary.
- E. Get gone.

¹ Incl. travel benefits – I have been on the road about half the year and raked on points and miles, so when I took a

week and a half in Europe earlier this year it cost me <\$40 for hotels that entire time, and that was in local tax which cannot be paid for using points. So I got PTO and free hotels. A week and a half in Europe for the cost of a plane ticket plus food, which, depending on hotel and status, you may get free (breakfast anyway).

² Well, a couple of people do. People who think they should automatically get whatever bennies I negotiate. Those people should focus more on not sucking at their jobs.

³ Talent also comes with limitations, but that's a different conversation.

Life After 30: How to Be an Old Guy

by VasiliyZaitzev | 8 December, 2015 |
[Link](#)

TL;DR

Late 40s guy explains how to pull girls, after 30. This assumes you don't get married (for guys who want to). That's a different thread. This thread is about what worked for me.¹ The beauty of being a man is for us, "The Wall" is coterminous with "Death".²

Body

From time to time, I see guys ask

“What happens when you’re done with college/over 25/after 30?”

Awesomeness, that’s what happens.
But it doesn’t happen by itself.

So, since, in John Maynard Keynes famous dictum, *“In the long run, we’re all dead”*, how then to maximize the post-college/20s years?

What to Do Now

Your Health Fucking take care of it. If you’re a young guy, now, it’s never going to be easier to get in shape and stay in shape. Lift, do something for aerobic fitness (jog/swim/whatever works for you), and eat clean. Stay away from bad shit. I know that stuff can be fun, but it’s not going to help,

except for some short term pleasure.
Put those gawddam Twinkies DOWN!
Don't become a fat slob. Stay as fit as
you can. Do it FOR YOU; as a side
effect, you will be more attractive to
women.

Rule Your Own World You want to
know the best way to fuck your life
up? If you stop making decisions
based on what's best for you, and start
putting the 'needs' (read: wants) of
others ahead of your own. Give up
your dream job at Google b/c your g/f
wants you to stay in Sucktown, Ohio?
That will feel great when she dumps
you a few months later. **Look the
fuck out for #1** (hint: that's you) This
is related to...

DGAF There are people who will not like what you do. That you are 'different' from them. Who want to have an opinion about your life, like they are *entitled* to tell you how to live it. Someone (particularly post-Wall SJW cunts) doesn't like how you live your life? They can go eat a bag of dicks. That also goes for Bitter Billy Beta and White Knights who are pissed that you dare to do what they do not. If there's someone in your life that you can't tell to fuck of b/c you're a young guy living at home, as an example, just say 'Ok', then shut up. You've acknowledged them, without agreeing. Don't waste your time arguing about shit.

Figure Out What You're Good At

This applies both work-wise and fun-

wise. You know what sucks? Working at a job you hate. So figure out what you like to do, and do that, if you can manage it. If you have to take a job in CorporateLand, fine. Go read my posts on how to survive there. You should always have an eye towards becoming independent. For some guys, that means living the life of a globe-trotting vagabond. For other guys that means becoming an entrepreneur. Doesn't matter, find what works for you. Then, as God said to Moses, "*Whatever thee settest thy hand to do, do thy damnedest!*" (quote approximate.)

Get Your Money Straight Pay yourself *FIRST*. Start with 10%. You won't miss it. After that, figure out what your needs are for what you

want to do, whether vagabonding or entrepreneurship or house in the 'burbs or whatever. Live cheap now, so you won't have to, later.

What to Do Going Forward

Pro Tip #1

Stay away from shit that ages you: drugs, smoking, too much booze and *especially* women your own age. You know what post-Wall bitches *HATE*? A man in their age cohort enjoying himself, and living life on his own terms. Double or Triple Hater Bonus Points if he's stuffin' young muffins. *"How dare that guy, my own age, that I'M ENTITLED TO reject me and bone that young hussy!"* Yeah, like that.

Pro Tip #2

Be exceptional at something. Or two or three somethings. I front my own band. I also play on a beach volleyball team in the summer, where I'm the 2nd best player behind a guy who was a scholarship player (who knew?) in university. That's two places for me to shine. It also helps that I make bank, but money is only useful in the right hands. There's a reason it's called Beta Bucks. Don't be that guy.

Pro Tip #3

Approach like a motherfucker. I am a natural extrovert, so it's easy for me. I have zero approach fear and haven't for a long gawddam time. Like decades. WTF is the worst thing that

happens? You get turned down? So fucking what? There are girls out there who really DIG older guys. But they don't wears signs that say "*Love Me, Daddy!*" so you have to approach to find them. And you know what turns young women on the most? That other young women like you. Pre-selection. Put it to work for you.

Pro Tip #4

Exert your dominance. Sexualize the conversation early, before you get put in the dad/uncle category. You know what I text a girl after she agrees to meet up, as my closer? **“Be sure to wear pretty underwear for me.”** It sets the tone (as if it wasn't clear already) that I'm not some pussy

orbiter. I can feel them get giddy. You want to know how many of them have ever gotten 'offended' by that? Zero. Almost all mention, in a moment of post-coital bliss that the loved it that I "took charge". A girl who is a candidate plate (have not banged her...yet) told me the other day that she likes it when I "*get all rough and tell [her] what to do.*" The Pussy Tingle Generator is ramping up....

Pro Tip #5

Don't Try to be Something You're Not. Don't try to act or dress like a young guy, b/c you're not going to be as good at it as a young guy, and you're going to look like a doosh. Your move is "studied cool". Other guys are

trying to be somebody; you already
are somebody.

Now go forth and SLAY!

¹ And really, if something else worked for you, your buddy, your uncle or your dad, then great. My advice, as always, is the product of my own, meandering experience. It worked for me. If you take a different path to the top of the mountain, great.

² And don't bother arguing with me about it. Guy who want to argue about how 80 year old guys can't pull 20 year old girls can't pull 20 year old girls themselves, now. (My youngest plate turned 20 yesterday, so I totally can pull 20 year old girls. At least one, anyway. And every one of you would

crawl on your belly through broken
glass to nail her. So there.)

Uncle Vasya's Guide On Dating Models

by VasiliyZaitzev | 26 July, 2016 | [Link](#)

Ok, so this has come up three times recently on askTRP and so I have decided to turn my response into its own post on the main subreddit., as one guy suggested.

Pull up your chairs, fellas, and let Uncle Vasya tell you a tale.....

In my time I've dated a few models and a (minor) TV personality (while officially too "short" to be a model she was a total smokeshow and was the "lifestyle" correspondent on a news

magazine type thing). She's also been on some magazine covers—not *Sports Illustrated* but hey, it was still cool.

Anyway, this will also apply to those of you who actually land your “one-itis” (although you will probably fuck that up), strippers (who present their own set of unique problems) and/or just an amazingly super-hot chick.

Oh, and before we get to the “*Where do I find...*” bit, you already know the answer. Your dating options in “East Booger, Idaho”, or “Asswater, Kansas” are already going to be pretty limited. Maybe you can get the former head cheerleader, or the ex “Miss Corn Blossom” or whatever. Beyond that, pack your shit up and move to where the hot chicks are. For me, that was

NYC, co-incident with me finding work there.

The Positives:

-You are banging a total smoke show.

-You will discover you no longer need reservations...anywhere.

~~-They usually have a line on where to get great coke, anytime, anywhere.~~
Probably shouldn't mention that one.

-A lot of them are totally cool, and *completely* dig it when a guy isn't fazed at all by them being models.

-Once you get one of them, you can usually get more later. Pre-selection in action.

The Negatives:

-Narcissism, Entitlement, blah, blah, blah. They get validated from the time they get up to the time they go to sleep. Then they get validated in their dreams. Then they get up and check Instagram, where they were validated overnight by an army of pussy-worshippers. You should not, of course, tolerate any bad attitude. When I get this from a girl, I tell her that I will "spank it out of her".

-They whine a lot about being "objectified"--until you don't objectify them anymore. As I sometimes advise guys in askTRP when their girls say *"You only want sex!"* card, play the *"Be worried when I DON'T want to*

bang you anymore" card.

-Lots of creeper guys hanging around, offering them cash, trips, drugs, whatever...and, oh, yeah, dick.

-Another variant of this is the White Knight who feels he must "rescue" her from your evil clutches, despite the fact that she has *zero* interest in being rescued. She clearly doesn't know what's best for her and he does. Why? Because he's a "creeper variant". White knights reason that women want men who are "Noble and Good" and sine he is more "Noble and Good" than you are, she "should" want him and not you.

-You will get a lot of "*Hmm. How did HE get HER?*" looks. Bask in it. I've had

guys ask me what was up, when my date went to the Ladies', and I generally say "*I'm a millionaire and I have a dick down to my knees.*", "*" or whatever gets them to go back to pondering the mysteries of the universe and not bothering me. OTOH, I have returned from getting fresh drinks to have one of my girls hand me a stack of business cards that she was given in the 10 minutes I was gone.
/shrugs

-People will tend to follow any conversations you have with her in public, which is really a function of (a) her being super hot, and (b) "*How did HE get HER?*" You can use this to your advantage, sometimes. To wit, once upon a time, I was at an airport with

an Uber Hottie, when it became clear that fucking EVERYBODY was listening in on our convo, because they all laughed when I treated her like a tardy child when what would have been “expected” by bluepills was that I should have bowed and scraped. So when she commented on it, I said, *“Yeah, first, it’s because you’re the Super Hot Chick at Gate 15 and there’s NOBODY in 2nd place. Second, they’re all trying to figure out How I Do What I Do, the answer to which is, I have Gigantic Brass Balls that go ‘KLANK!’ when I walk.”* So I acknowledged the situation, and then turned her focus back to the Narrative.

How to Make it Work:

-Stay Loose. If you try too hard, it's going to come off like you're...trying too hard. Don't be this guy. Srsly. Next thing you know, you'll be humping her leg.

-And you will also need **"Sean Connery as James Bond" level Amused Mastery.** Treat her like she needs adult supervision--TELL HER that she needs adult supervision.

-And **You need Solid Steel Frame and Industrial Strength "Don't Give a Fuck".** Like "The Outlaw Josey Wales" level DGAF.

-Expect nothing long term. Assume things will have a beginning a middle and an end, and that your job is to enjoy the FUCK out of the middle.

When the time comes to let go, let go.
Don't lose your shit and fall into the
Abyss. Float like a butterfly, sting like
a bee.

-Always remember **YOU are the Prize.** Presumably, you have made yourself exceptional in some way to catch her attention. Don't fuck that up. Ex. I front my own band. We used to have a guitarist who could totally shred, and was pure joy to play with. Then he got married—to a girl who was a 6 at best. Ultimatums were issued. He had to quit, he doesn't play anymore, he's miserable and his wife is unhappy, too, because the cool guy she married is a middling guy now.
Women kill your dreams.

-Possession of the Ass is 9/10th of the Law. One of my girls had the absolute Rear of the YEAR and would complain about nobody being interested in her IQ. So I started to refer to her ass as her IQ. When you see me with a woman, I will always have a hand on her somewhere. On the small of her back, when we're walking, on her thigh when we're driving, on her has when I want to feel her ass, etc.

-You ARE the Boss of Her. You take NONE of her shit. It's like catnip for them. You impose your will. One told me she was going to get a tattoo-- because really, go ruin yourself to show how edgy you are. So I told the ONLY tat she was allowed to have was

a tramp stamp that read "*PROPERTY OF: VASILIIY ZAITZEV*". She giggled, and *loved* it.

-Call Her on Her Bullshit. One of them shit tested me (sort of) by showing up to our first date (which was a blind date), wearing no makeup whatsoever. I saw through this in 0.00000002 seconds. She looked great anyway, but I knew what was up. She pulled that again, once, when the relationship was established and I told her she looked like shit (she didn't' actually) and to go put some makeup on, which she did. I have never seen her 'dressed down' since.

-You need to 'Force Multiply' your game. Girls who are 'next level' hot

get offered dick All Day, Every Day. You need to double down on gaming other girls¹ and you need to mix in some condescension, liberally. Enough so she knows what the boundaries are. **You LEAD, she FOLLOWS.** Never let a bitch run your shit. If you do, you've lost.

-Understand Your Quarry. At the end of the day, she's a human being, and just a girl...standing in front of a boy...asking him to love her. Gag! I know, but like I said, you have to understand your quarry. They don't think (at least always) like we think. If we were them, we'd be coked up and lezzing out with other hot models, all the time. Now, some of them do actually do that. But most of them

want every girl wants, they just have tyranny of choice. You are completely replaceable, unless you can get her to say this: "*No guy has ever [talked to me/treated me/done this to me] before!*"² And that's good news! Why? Because....

-You Need to be a Challenge For Her. Keep her a bit off balance. She has to think that she has to EARN your time, such as you spend with her. Like you might have half a dozen other, better options. The danger is to succumb to the dazzling radiance, but no, your eyeglasses must be the Deepest, Darkest Red.

-Create a Narrative. There is no substitute for game. Without it, you're

just another bluepill asshole who wants to drink her bathwater. Flirt. Tease. Tell her what you're going to do to her. Create anticipation. Other times, I just say outrageous shit, and let them figure out if I'm joking or not.

And enjoy the ride. It will all likely come crashing down at the end. Relations with women that age are inherently unstable and transient, (unless you get a severe introvert who just wants a boyfriend and then never wants to go outside again. One of my girls is like that. Two, actually.) Back on the the Walls Tumbling Down, one of my favorites was an Eastern European number that my friends nicknamed "The Hotness". And then they started calling her that in front of

her. It got to the point where they always *expected* that I would bring her and were disappointed if I didn't.

Once, early on, when we were out walking some guy at a cafe stood up, took off his sunglasses and tracked her like he was working for NORAD. I stared him down and when he looked at me, I said, "*Eyes on your own paper, son.*" I made some joke about it to her and she said--without a *trace* of irony--"*Oh, that happens all the time.*" Fu-u-uck. So that's what you're up against.

She wound up going to Europe for the summer season. As I knew that being the clingy guy who couldn't let go was a non-starter, I cut her loose (there

wasn't really another option at that point), met a semi-famous actor....who turned her into a coke whore. It was painful to watch, long distance. So you hit the "eject" button and start over.

So when and if it happens for you, enjoy it, but there's so much shit that can go wrong, just Live In The Now.

Good luck.

V/Z

¹ As appropriate. This won't be as necessary with introverted girls. There was one who I am sure would have burst into tears (or had a seizure) if I had gamed other girls in front of her. She hated other guys hitting on her and watched over me like a hawk so

that other women were *scared* to talk to me.

² Most recently I was chatting with a girl I flirt with and she was going on about how she wants to get away from her work, blah, blah, sycophants, blah, blah, and other bullshit. I have created a narrative with her and we have discussed her hanging out up at my place....where I told her I would put her to work in my garden. She was a bit nonplussed by that suggestion and asked what else she might do and I told her she would sunbathe nude by my pool and get fucked a lot. Now, that may never happen with that girl, but she didn't exactly run away, either.

Uncle Vasya's Guide to Submissive Women {NSFW-ish}

by VasiliyZaitzev | 24 November, 2015
| [Link](#)

TL;DR: A Field Guide For RP Men to
Identifying and Handling Submissive
Women.

NSFW if your HR Dept is way uptight.
Your call.

[EDIT1: Added flair. Evidently I suck at
flair. We now return you to your
regularly scheduled program.]

[EDIT2: I still suck at formatting. Let's

face it there will probably be another edit or two after this one.]

[EDIT3: See? I told you there'd be another one. Added stuff to the "*She's Introverted*" entry.]

Body:

As a young lad, I am sure I would have been perfectly happy with PiV Vanilla Sex. As long as I got my dick wet, it was a win. But what I discovered was, even from an early age, women want me to dominate them. That has manifested itself in various ways, from a shy, teenage girl telling me "*I like it that, when I'm with you, I feel like I can't just get away,*" to much more explicit statements from, um, less shy women.

So how does one identify such women in the wild? They don't exactly come with signs that say "*Tie me up and bone me!*" or "*Spank me, Daddy!*"

Here are some telltale signs:

She's Tall

Nobody likes being topped as much as tall girls. They love it because it makes them feel feminine. And the taller a girl is, the more of a lock it is that she wants to rollover on her back for you, spread her legs, and let you have your way with her. Above 5'8 it becomes noticeable and above 5'10" it's basically a lock (so 173 CM and 178 CM for you metric guys)

She's Feminine

She has long hair because she knows it makes her look sexy, and because she knows you will want to wrap your hands in it and pull it while you bang her, doggy-style. She wears skirts and heels so you can admire her legs and think very happy, very evil thoughts about her. She wants you to be the shot caller, not only in making decisions in everyday life, but in the bedroom also. She's the girl that the saying, "*A lady in the streets, a whore in the sheets*" was made up for.

She's Intelligent

Intelligent women are also likely to have High-Rev Hamsters. If you present as a CONFIDENT, sexually-entitled motherfucker with the SMV to

back it up, she WILL drop those
panties for you, and cross her wrists.

She's Introverted

That nerd girl over there? Underneath those glasses and frumpy clothes lurks a Sex Goddess. Still waters run deep. Trust me on this one. That quiet chick on your dorm floor? If you're walking by her room at the right moment when her b/f from home is visiting, you're going to hear her say *"Put your finger in my ass!"*

I recommend negging introverted girls less (although don't necessarily give it up entirely). Keep it to light teasing. She may be socially awkward as well, and your goal is to keep it fun, not make her feel bad about herself. The

wife of a buddy of mine is painfully introverted, but I've known her for 20 years so she's comfortable with me. She told me once that she loves that I will carry the convo and my jokes and stories are funny, and all "*{she has} to do is 'receive',*" to which I replied "*Just like God intended.*" So light humor that emphasized traditional male/female relations—she's a buddy's wife, so I'm not trying to bang her, but the reinforcement of traditional roles makes her feel more comfortable, as she is also Feminine (see above).

Finding introverts in the wild can be tough, as their preferred environment is an ecosystem called "Home" where they curl up with a book, play with

their cat, etc. When you see a group of girls on a GNO, look for the one on the edge of the action, maybe a bit uncomfortable with her friends drinking. If it's a bachelorette party, she will be the one NOT wearing any of that cheesy bachelorette crap. She doesn't want to be there, but she wants a boyfriend, like her friends have. And she will be happy to lock a guy down, so she doesn't have to go out and meet guys anymore. My 19 y.o. plate? Introvert. Met me, liked me, didn't care that I was older, just liked that I am good at "life" and that now she's finally getting hit right. She's happy if we just hang out at my place or, on those occasions when I travel and bring her with me, staying at the hotel and posing and modeling in

nothing but thigh highs,
Because.Daddy.Likes.

She's Feminist

I used to date a feminist professor (egad, I know, but bear with me on this). She happened to decide to leave her usual watering hole and wander over the road to mine. She found me having dinner and sidled up. We got to talking and drinking and I destroyed every bullshit feminist argument she made. That sent the Pussy Tingle Generator™ revving into the red zone. Why?

Because feminism is a Gigantic Shit Test.¹ How much of their crap are we going to take, and, regrettably for them (and happily for RP Men) society

is going Full Beta. Ever see a male feminist? They're either doughy guys with manboobs well into a program of food-assisted suicide, or they are sallow-eyed, chicken-chested guys with no looks and no game who hope they are going to simp their way into some pussy. And they are thirsty as fuck.

Now for some practical tips:

Practical Tip #1: When the time is right, which is any time from "heavy flirting" to "hopping in the sack", ask a woman what her fantasy is. You're going to get two recurrent themes: "*I wanna have sex with another girl,*" and "*Tie me up!*"

It was for that second one, evidently,

that I learned all those knots in Boy Scouts. {Note: If, like me, you like tying girls up, you need to learn to do it right, so there is no danger of loss of circulation, etc., and also establish limits and shit so you don't wind up with legal problems; all of this is beyond the scope of this post.}

Practical Tip #2: She's going to respond to kino more. A hand on her back while your standing and chatting, a hand on her upper arm, guiding her when you're walking somewhere she might slip (on stairs, on wet or icy pavement), especially in heels.

Practical Tip #3: She is going to shit test the fuck out of you. Why? Because she's going to be giving up basically

all of her power, once the panties come off. That has to be scary as fuck for a woman. So she has to make SURE that you are worthy of her submission. So your job must be to....

Practical Tip #4: Maintain frame. Unruffled, unperturbed, solid as steel. One girl I am plating, back before I converted her from a prospect to a plate, responded to some teasing by me by exclaiming (but not as a serious threat), *"I'm going to kick you in the balls!"* How to reply? This is how it went:

Me: *"While I'm pleased that you are thinking about my balls, you will not harm them. You will admire them, caress them, gently, cup them, lick*

them and kiss them. You will take them into your mouth and suck them. You will treat them lovingly, in all ways. Because your future is inside them.”²

Her: *“You know you have a way of taking something I should find disgusting and making it sound really appealing!”*

Practical Tip #5: Introduce the idea of her submission to you into the conversation—I do this anyway, because, as a late 40s guy who dates/mates/plates young women, I have to sexualize the convo early, blind them with ‘shiny objects’ as it were. I tell girls I am going to blindfold them and tie them up the first time we

have sex. I tell them I will caress them to near madness, until they are moving their hips in frantic little circles and thrusting up towards me, until they are BEGGING for release. And then, when I decide it, I will climax them until they BEG to be permitted to stop, or they pass out. I may also often add that once they are recovering, I will lean down close to their ears and whisper, "*And now I will TAKE what is MINE!*" and then take my pleasure with them.

Pussy Tingle Generator Level:
MELTDOWN.

Now, what actually happens is dependent very much on what the individual woman is capable of (75%)

and that the man knows what the fuck (literally) he's doing (25%), but submissive girls find this scenario incredibly erotic. It absolves them of any responsibility. They're tied up. They can be completely free with their sexuality, and let their libidos run amok. Anything that happens isn't 'their fault'. Is she screaming at you to jackhammer her through the mattress? Not her fault. You had her tied up, you brute, you.

Practical Tip #6: Set the right tone. This can be light flirting—after I set the time and coordinates of a first meeting (or second if I neglected it the first time), I will add *“Wear some pretty underwear for me.”* That invariably gets a giggle. I had some dates with a

6' model type. When the clothes came off, she was wearing some lacey thong confection for my viewing pleasure.

Note: Not only does she have the TALL indicator in spades, she was also feminine, not only in style but in behavior. She was demure and followed my lead, and starting from our first date, if she wanted another drink (as an example) she would ask my permission. This is a Good Sign.

Once a sexual relationship has been established, you can take it farther. Remember the feminist professor chick? I would sometimes be called upon to attend faculty functions with her as her "CISGender White Penis-Carrier Companion Person", or

whatever shit is in vogue with the PC liberal fucktard crowd.

Of course, I would keep my Neanderthal opinions to myself—not fair to fuck with someone where they work, etc. But before we would leave the house, she would present herself for my inspection. So I would eyeball her and then say, “Panties” and she would remove her panties, and I would put them in my pocket and I would walk around the faculty mixer thing with her panties in my pocket.³ It was a (not very) subtle remind to her Who Was Boss.

Incidentally, she did not, of course, believe most of the shit she had to babble at work. I never called her out

on it in public, but at home, once we crossed the threshold to the bedroom and she morphed into a submissive little sex kitten for me, I would tell her what a little fraud she was, and what would her leftoid co-workers think if they saw me railing her out and her loving it.

Pussy Tingle Generator Level:
NIAGARA FALLS.

¹ It is also a trade union for fugly girls, but since we don't want to bang fugly girls we can disregard that, for purposes of this discussion.

² She's 25 and is early-stage Baby Rabies. Not enough to be a problem, but enough that the merest suggestion that I might let one of my swimmers

get her makes her giddy.

³ Unless it was Shark Week. That would be wrong.

Conclusions

1. Submissive girls are fun.
2. Properly handled, they will be highly ornamental and a tremendous aid in relaxation.
3. If you watch for the signs and maintain frame through the snowstorm of shit tests, the rewards can be great. Read the body of this post for helpful tips.

Of Human Bondage - Uncle Vasya's Guide for Men Who Like To Tie Up Young Ladies.

by VasiliyZaitzev | 16 December, 2015
| [Link](#)

TL; DR: I like tying girls up. You should, too. Here's how and why.

Introduction.

Ok, so you've read **Uncle Vasya's Guide to Submissive Women** And you were hoping for a sequel. Here it is.

Some initial points:

First - **Consent, Consent, Consent!**

Do I have to explain this one?

Second - you, as the top, are responsible for the health & safety of the sub under your control, no exceptions.

Third - drugs & alcohol do not mix well with BDSM. That's how people get hurt. In ways they *don't* want.

Fourth - This piece is more about B/D or D/S than S/M. Sometimes, you get a Pain Slut. Pain isn't particularly my thing, and I don't derive pleasure from inflicting it, but I will do it if a girl wants it, under specific, well-communicated circumstances. The S/M

bits of BDSM are a topic for another day and, really, another author. *Shibari*, while certainly elegant, it outside of the scope of this essay as well. Like Baskin Robbins, there are 31+ flavors.

[EDIT: added the bit about having a girl write out her fantasies in the Q&A.]

Now that's out of the way....

Of Human Bondage.

So how did I get where I am? Back when I was a teenager and all I understood about sex was that I wanted to get my dick inside a woman. Or more likely a teenage girl. But I wanted my dick inside some hot, wet pussy. I was perfectly happy round

the bases as long as it ended with me sliding into home.

The girls I was dating had different ideas. Instead, I would get things that ranged from *"I like it that I feel like I can't just get away from you"*, and *"On most dates, I feel like I could at least defend myself, but with you, there's just no way."* This was followed by a giggle. Why? Because hamsters will ham and, more importantly **Because No Romance Novel Begins With "I said 'NO!' and he stopped.** ¹ So those girls were trying to communicate *their desire to submit*, albeit in an awkward, teenage way. Later, that turned into much more specific requests, from more sexually confident and experienced women.

How then, to get your girl to show you here true self? Ask, dummy, just not particularly directly. **Ask a girl what her fantasies are.** There will be some of the usual window dressing. “*I want to make love outdoors*”² or “*I want to make love on a beach*”³ But what it will really boil down to is “*I wanna do another girl!*”⁴ and “**Tie me up!**” It is this last one that is our topic.

How Can a Good Girl Get to Try On Being a Naughty Girl, Without Feeling Like a Slut?

When she's tied up and you're *making her*, you big brute, you. **Light Bondage allows a woman to express her submission to your male leadership in a 'safe' (and**

fun!) way. Done correctly and with the right 'narrative' created, this should spill over into your everyday relationship with the sub in happy ways.

Ok, so you read my previous article, [Uncle Vasya's Guide to Submissive Women](#), and you went out and found yourself a tall, feminine introvert who wants you to top her. What next?

Safe Words & Ease Words

Particularly where both of you are new to BDSM, you should give her a "safe" word & some ease words. They can be anything, but should be something non-sexual. So with a long-time sub I used to have, she would use Red ("stop, but leave me tied up until I'm

ok to proceed again"), Yellow ("careful") and Green ("all clear, go back to treating me like the naughty girl that I am"). There was also a "safe" word. I let the sub pick, so long as it's not "No", "Don't" or "Stop". One used "Oranges", another used "Crackers", other girls pick other things (I prefer them to be at least two syllables.) That results in, an all action stop, sub is released from restraint, scene ends. This can happen b/c a sub is legitimately injured, because there is some psychological problem (typically unrelated to the scene), etc.

Some subs don't want safe words, but really, have one anyway. And respect their use. I've had subs give me back their safe words, but that's only ok (for

me) in the context of a developed relationship with a foundation of trust.

Bear in mind, also, that there may be situations where a sub is physically or psychologically unable to use her safe word. You need to be tuned in to her mental state, and maintain responsibility for her health and safety.

Equipment

I generally do not use rope—there are the “Two Knotty Boys” video for people who want to learn that stuff. With rope, you have to be way more careful about circulation to extremities, etc. Leather cuffs have the advantage of being both secure and easier on circulation. Or a silk

necktie that you don't care much about. That's good for beginners also. And really, it's what old school ties and mattress handles are for.

I will also use a blindfold, typically a 'sleep mask'. It creates/accentuates passivity in the female, and also has the effect of accentuating your touch on her skin. You should also have some rope scissors handy (if you use rope/tape/etc.) and you want the kind with a rounded point that you're not going to jab her with.

Beyond that, the sky is the limit. Armbinders, collars, yada-yada. The more formal and intense you get, the more of this becomes involved. Or so I'm told.

A Few Questions:

“But Uncle Vasya, What if I Hit Her Too Hard, or Cross a Line?”

I had a girl, years ago, who really wanted me to beat the hell out of her. The only way to make a determination about what her limits are is to have a conversation about them, during non-sexy times. So with the girl in questions, she wanted it super rough, including face slaps, but did not want to be punched with a closed fist or have any permanent damage done. I don't really enjoy inflicting pain, but I will do it if that's what the girl wants, right up to the negotiated limit. This particular girl decided, one night, mid-scene, that she didn't really want to be

roughed up as much as usual (she was worried that bruises might be visible to her visiting mother. Once I reminded her of her safe word, she used it (the only time she ever did), and that was that. Once mom's visit was done, it was back to the rough stuff...just like she wanted.

Very often these things are contextual. Thus it's important to develop a good rapport with your sub.

What About the 'Smart-Assed Sub'?

Girls will, from time to time, do what is known as 'bratting', which is negative attention-getting in the hopes of being disciplined. Give her one *CLEAR* warning that her behavior is

unacceptable, and if she persists, she will go over your knee, skirt up, panties down (if she is permitted to wear panties) and you will warm her bottom up.

Another version is the *"Don't! Stop! Don't stop!"* girl, who might also say *"Whatever you do, don't make me [something she really wants to be 'forced' to do]."* One of the things that should be made clear is, when she has a safe word/ease words, "Don't", "No" and "Stop" will be ignored. Lots of girls want to be 'forced'. That way, they can enjoy all the kinky, dirty fun they want, but still be ladies in the parlor. She can resist all she wants...if she has a safe word.

How Should I Address My Sub, Both Physically and Verbally?

While some people prefer certain forms of address (“Master”, “Sir”, etc.), I have no objection to hearing my name on the lips of a beautiful woman, provided she is properly deferential. An aside here. Subs make themselves vulnerable. One thing you shouldn’t do is betray her trust. What happens between you stays between you. A couple of my close friends know my predilections in this regard, but I do not confirm or deny w/r/t particular girls, *especially* if they know the girl socially. Another aside: I once had a girl refer to me as “Master” at a dinner party, when she left the table. It got *really* quiet. So I adopted a faux-

innocent, sly look and said, "*Think of it as an honorary title.*" And the conversation moved on.

While I am not a big fan of humiliation (although some subs will want that),⁵ I prefer an attitude of light condescension -- **Amused Mastery**, as it is otherwise known. You are the master and she is your toy. She needs adult supervision and you know what's best for her. Verbalize that.

The first thing I might do, with a new sub is tell her, "*Struggle for me.*" Then I watch her strain against her bonds for as long as I want. You want her to understand the nature and extent of her situation. She's not going anywhere, unless you permit it.⁶

Physically, I prefer to tantalize a sub. Play her young and tender body like a Stradivarius. A light touch can have more of the desired effect than a sharp slap. Caress her in places where she is unaccustomed to it: behind her ear, lightly grip her throat⁷, the underside of her breasts, her belly, her inner thighs and, of course, more expectedly, but with a very light touch, her pussy.

I like to get a girl revved up, so that she's moving her hips in frantic, little circles, thrusting her pubis up at me and begging for release. Finally, I will climax her as many times as she is capable of, until she is begging to be permitted to stop, or she passed out, whichever comes first.

Once she is absolutely spent, her body jelly, and she is glassy-eyed from pleasure, I will lean down next to her ear and whisper, firmly, **“Now, I will TAKE what is MINE,”** and then use her body for my pleasure.

Do I have to play rough with a girl all the time?

All of this is individual to your relationship. She may not want it rough every night. It's all preference. For example, if it were up to me, my plates would wear thigh highs Every.Single.Time. And they pretty much do. Why? Because.Daddy.LIKES. Is it the end of the world if they don't? Nope. But I happen to like the feel of stockings on a woman's leg, then

hitting smooth skin, and then, well,
wet pussy. Sue me.

You might substitute in simple B/D or D/S, for all the rough stuff. Entirely up to you and the chick. I one of the girls I mentioned above I would hardly be rough with aside from some light-to-medium spankings (she would get *incredibly* wet from them, so big fun for everyone), but she'd be naked/tied when we were together at least 90% of the time, and the other 10% of the time, she was free so she could serve me in some way. When we weren't having sex, we might lay in bed and have an entirely normal conversation about life, mutual friends, etc. (we were actually long-term friends). During play, I would talk to her with

light condescension (as noted) b/c that made her pussy purr. She would even sleep while bound.⁸ Safety, in this scenario, was paramount. While she was blindfolded and bound, I was using leather cuffs, and there was *zero* danger of loss of circulation, and she could be freed from them easily (for folks who use rope, having rope scissors is a necessity, as discussed above). Also, I am one of those people who wakes instantaneously. So if there's an emergency, I'm up and going, full speed, within 30 seconds.

Uncle Vasya, In Today's 'Rape Hysteria' Culture, How Can a Guy Protect Himself?

Excellent quesiton. While it is unlikely

that your sub will 'cry rape', if she does, are White Knight cops going to actually believe that Suzie Snowflake wanted to be held down in a hammer lock and railed in the ass? Probably not.

So what to do?

One angle to play is have a girl write out her fantasies and email them to you. It's a good exercise for her, and provides cover for you in the event you need it. (So far, no visits from the cops for me....)

What About When We're Not Having Sex?

Again, this is contextual, depending on the relationship. With some girls, it will

be like a normal (“vanilla”) relationship, outside of the bedroom. Others will want a more subservient role. One absolutely loved ironing my dress shirts, and tidying up my house in the nude. Another one I would, from time to time, use as a ‘table’. To do this, I would sit on the floor, with my back against something (a chair, the wall), and have her on all fours. I would then eat a plate of food she had prepared for me, utilizing her as a table. Odd, I know, but she totally dug it. (Clearly, you have to be careful with any hot items.)

Upwards of 90% of this stuff is psychological. How much rough stuff there needs to be, or how far it extends outside of the bedroom, is up

to the two (or more) of you.

Now go forth and SLAY, you naughty lads.

Footnotes:

¹ Go read the 'consent' bit again, if you need to. The hamster doesn't want to submit to just *any* douchebag, it has to be one she's attracted to.

² Unless it's mosquito season.

³ Which really, nobody does, and if you do, bring a blanket, and even then, you're going to get sand in uncomfortable places. Sometimes friction *isn't* your friend.

⁴ *"Provided that there's a penis in the*

room, so I can say I'm edgy or exploring and not a dyke." That's just implied, of course, but the subtext should be obvious.

⁵ Recall from my previous article that I had a feminist college professor who loved it when I had her tied up and would tell her what a little fraud she was. She licked that up and asked for seconds.

⁶ If you fuck up somehow, and she actually frees herself, your SMV will take a hit. Like a -2. I am not making this up.

⁷ Some people are into breath play. If you are, learn to do it safely. Gasps can wind up with physiological issues. Here I mean gently grip, not to restrict

airflow, but so she knows who is Boss.

⁸ But not gagged. I seldom gag women, anyway, because I want their mouths free for other things.

Conclusions/Lessons Learned

Submissive girls are fun. Letting a girl express her inner slave girl will provide hours of enjoyment, and yield rewards both in the bedroom with hotter sex, and out of it, by having a plate/girlfriend who is happy and balanced. I'm sure I've left out some things, but that's what the "comments" section is for.

Of Human Bondage, Part II: Slave Girls Are Fun

by VasiliyZaitzev | 21 March, 2019 |
[Link](#)

One of my 20 y.o. plates came out with this recently, totally unbidden: "*I am glad you don't believe in that 'equality' b.s. It's just not natural.*"¹

Of course, she's 20, hot, and thus prefers benevolent sexism, because her sexuality is her currency in life, and her best hope for avoiding a barren, Cat Colonist future is submitting to a strong man, and

fucking him until his dick is black and blue.²

Her comment was the genesis of this post, because, given the narrative we are fed, it's important to remind young men who they are, and who they *can* be.

Some Initial Points

This is the Deep End of the Pool. You are either able to handle responsibility responsibly, or you need to GTFO. Toward that end:

CONSENT, muthafuckas. It's a real thing. And observing limits, which should be pre-negotiated during non-sexy times. Also *YOU* as the Master/Dom/Taller Person/Whatever,

are responsible for the health and safety of your sub and/or slave girl during play time. Ease words and safe words. Set them. **And understand that your sub may not be in the proper “head space” to use an ease word or a safe word when she should.** Also, drugs and booze do not mix well with BDSM. That’s how people get hurt, in ways they don’t want to.

Also, I should point out now, for all the folks hate-reading this, that all of my girls are volunteers. Nobody is being held against their will or is a victim of “human trafficking” or some other bullshit. They’re just kinky, and they like the feelings that I make them feel.

A further note: BDSM as it's seen in the media (e.g. "Fifty Shades of Rape") and worse, in porn (where it's basically abuse and humiliation), isn't shown in all its aspects. While some folks enjoy the "darker" aspects, it's not really about beating people up, abusing them, and yelling at them, at least typically. Thus, with my girls, it's more about power exchange, where they can safely submit without being abused or put in danger, and where they can relinquish responsibility. I get to watch them blossom, right in front of me.

Submissive Girls Are Fun.

So I have previously written about how my preference is for tall, introverted,

feminine submissive women. They are “home” for me. I like them, and they like me right back. Bonus: Fewer behavioral issues. What I have learned over time is that, while I don't derive pleasure from hurting girls – although I will inflict pain if that's what a girl is into³ – I do enjoy control, in particular tying willing girls up.⁴ Sue me.

A side-effect of being a Confident, Dominant, Capable Man who has Built Something in his life and Made Himself Exceptional at Something, or a couple of Somethings, is that you attract submissive, feminine women: **If You Build It, They Will Come**. Some of them are submissive to the point of craving absolute (or near absolute) submission to a Masculine Man. This

type of woman is our topic today.

What I am about to tell you next is
heresy in the modern world:

**Submission is central to the
female experience.**⁵

Congratulations, now you're a thought
criminal, just like your Uncle Vasya.

Inverse Hierarchies

The funny thing is, the higher up on
the food chain a woman is at work, the
more responsible a job she has, the
more likely is that she craves
submission in her private life. One of
my girls is an Ivy-educated doctor. At
work, she is a highly competent
professional who has the respect of
her peers and the gratitude of her

patients.

When she is with me, she is a collared slut who eagerly gobbles my cock and otherwise serves me, sexually and domestically, in any way I want. If her friends only knew, etc., etc.⁶ She gets a *frisson* of pleasure when I point that out. I can actually see it go through her.

Her Expression: *“OMG! Nooooo! Don’t make meeeeeee!”*

Her Pussy: *“YESSHH! THANK YOU FOR MAKING ME!!!
PURRRRRRRRRRRRRRRRR!!!”*

The even funnier bit is that she has about 7-8 orbiters – one who gets tongue-tied around her, another who

writes poems for her, another one who sends her dick pics, now that she has rejected him (he's blocked, now), and one who is an ex-bf who has half-way figured it out, and keeps suggesting that he tie her up. Last week, she jokingly proposed introducing me to him, so he can "*meet the guy who REALLY ties me up!*" I have a rather *wicked* sense of humor and evidently it has rubbed off. Must have been while I was fucking her.

Sometimes, she gets texts from them (she has to leave her phone on in case an emergency arises with one of her patients; I generally have them turn off their phones so they aren't distracted), and I instruct her how to respond. She took a Friday off to meet

me at a hotel. Work Orbiter Guy sent her an *"I miss you!! Where are you?!"* text. So I had her reply, *"Up in Manhattan, just fucking around"* - she was naked and in my bed at that point, having been freshly fucked. Another guy, who I call "Very Sincere Guy" (he's the poet) texted her on a Saturday, and so I instructed her to text back late Sunday that she was sorry she didn't get back to him, but she was *"All tied up this weekend."*

31 Flavors

The nature of your relationship with your sub girls are will be defined by your particular kinds. Some people prefer Daddy/littles, others prefer Master/slave, still others prefer

Dom/sub. Of my current girls, they are *ALL* submissive sexually - really, that's why they are with me - and some prefer a more formalized expression.

This usually comes in the form of a collar. Slave girls LOVE, LOVE, LOVE their collars. I make them *earn* their collars, so that they appreciate them more. **To a slave girl, a collar is a symbol of her value.** It means she is pretty enough, sexy enough, for a man to want to CLAIM her, and OWN her. It's *hot* for them. See that feminist fattie over there? No collar. Why? No man could want her. Eew. Slave girl? Collared, because men want her. That's what slave girls think about. And really, they're right.

Ritual

When I first collar a girl, there is typically a bit of a ritual, but not like this kind of ritual.⁷ Well, a bit like that, but without the cheesy music and masks. I have her strip naked, and then kneel, knees apart, wrists crossed behind her back, and then state that she wants to give herself to me in submission, and that she wants to be collared.

Once a collar goes on, three things happen:

A. Whatever I say goes. This is more of a mental thing for the girl. I don't suddenly turn into a monster. Or at least more of a monster than I already am. /EFG

B. All her safe and ease words are revoked.⁸

C. The collar doesn't come off until I either take it off, or it is removed with my permission. If I'm at work and she needs to take her collar off to be outside among the Vanillas? A text asking permission will appear on my phone.

After that, they stay naked and I put ankle bells on them, because I like to. They sound nice and every step reminds them that they are slave girls. They address me as "Master" or "Daddy" - for whatever reason the younger ones use these interchangeably - and, with permission, by my first name. I usually

have no objection to hearing my name on the lips of a beautiful woman.

There are certain other protocols that involved serving me domestically, and involve more mundane things, such as how I like my coffee, how it is to be served to me (from her knees, head down, cup offered upwards with both hands,) etc., etc.

Be her Darkest Sexual Chapter

Let her get her kinks out WITH YOU. Years from now, when she's in the arms of her betabux hubby, she will be struggling toward orgasm thinking about what you used to do to her.

Tell a girl how awesome and empowered she is and how much you

“rezpekt wimminz!!!” because of it, and you will likely get a pained expression that says, *“Thanks. Now excuse me while I go to the Ladies’ and drop a tumbleweed out of my vag, which you have dried up like the Gobi Desert. Or the Sahara. Whichever one is drier.”*

Get her talking about her fantasies. Have her write them out and email them to you - good intel and good rebuttal evidence on the off-chance you wind up with with a "regretted sex as rape" situation. Every woman has a fantasy, and still waters run deep. If you make her comfortable and get her talking, you would be surprised the info you can get.

Use imagery in your seduction of her. Harness the power of her fantasies and how you will make them become real for her. When I'm chatting up a new girl, I move the topic over to her fantasies, which will have some gay, frou-frou shit like *"I wanna make love outdoors!"* but at bottom, there are two common ones: *"I wanna do another chick!"* and *"Tie me up!"*

So I tell them, early on, even on a first date, that I'm going to tie them up and do what I want to with them, and (depending on the girl) make them my slave girls. I create imagery in their head about playing their helpless bodies like a Stradivarius, and wildly arousing them until they are moving their hips in frantic little circles, and

begging for orgasm. Then I will climax them until they are *begging* to stop orgasming, or they pass out, which ever happens first.

Her brain (verbally): *“No guy has ever talked to me like this before!”*

Her Pussy: *“YESSH!! FINALLY! SOMEONE WHO UNDERSTANDS MEEEEEE!”*

Pussy Tingle Generator Level: Niagara Falls.

Also, giving her skyrocket orgasms is going to do wonders for (a) her attraction and (b) your frame.

Years from now, wherever she is, when she decides to rub one out and

lays back on her bed and slides her hand down between her legs to rub one out, she should be thinking of that time that you “made” her do x or y thing.

Obligatory Reminder: Consent is a real thing, fellas. And it's perfectly ok to have a pre-bang convo about her (and your) likes and dislikes, even as part of foreplay. It keeps everyone's head in the game that way, and creates a better environment for all concerned.

It's 90% Mental

I used to bang a professor, who worked in some Marxist shithole of a department. When I would attend functions with her, I would make her take her panties off at the door and

hand them to me, so while I was making polite conversation with a bunch of commie faggots, she'd be walking around, commando, remembering with each step who the Boss was.

So anyway, when I would have her in the bedroom, tied up and doing whatever I wanted with her, I would tell her what a little fraud she was, and *"what would your colleagues think of you if they could see you tied up, panting for my cock and begging permission to come? Your career would be in tatters and you'd have to spend the rest of your life in my house, being my naked slave girl, getting fucked when I say, sucking my cock when I say and coming when I*

say." She had something of a "humiliation" thing going on because she would have *massive* orgasms as a result.⁹

I should add that, IME, subs and slave girls are often "acting out" something from their past. They may have had a "tormentor" of some type, whether it was a parent, a (usually older) sibling, or a bully at school and they are mentally doing a "pantomime" where they resolve this by "pleasing" their former tormentor for whom the Master or Dom is the stand-in for. This is frequently, but not always, the case. One of my current girls is just a 'natural slave'. Her home life was fine, good parents and such, but her desires are what they are. She repressed them

for a long time and then found me,
and, lucky for her, I am not a monster
and she can safely express that aspect
of her personality under my
supervision.

Aftercare {hat tip: [/u/FereallyRed](#) }

So what happens after a scene? My girls tend to be well-adjusted and sex-positive so the come-down back from subspace is usually pretty calm. I usually leave them tied up during this phase, with some light, comforting and generally non-sexual caressing, just to make sure the landing is ok. If there's something they want to talk about that went on during the scene, we talk about it. Or sometimes it just usual conversation, about daily life, except

they are naked and tied up.

Sometimes, my girls sleep while tied up. **It is important to again stress safety. I prefer to use leather or neoprene cuffs so there is no risk to the girl's circulation. If you use rope, or something similar, you have to be more careful.** Once I and my then-sub fell asleep that way afterwards, and she discovered that she liked it, so sometimes, I would tie her up before bed even if we weren't necessarily going to have a full blown scene.

They WILL Shit Test You.

Women want *Leaders*, not *losers*.
Feminine women *want* to submit to masculine men...but they will shit test

the fuck out him first because if he can't dismiss her shit test, how would he ever protect her from other, predatory males?

I feel badly for feminine women in the present age. The Accepted Narrative - "*Men BAAAAD! Wimminz GOOD!!!*" - has gotten so out of hand, particularly in the media, that they don't know where to turn to find what they *want* - Masculine men who can solve problems, handle life, and under whose dominion they can be safe and happy.

No matter what the *feministas* claim about being "*OPPRESSED!*" by the "*PATRIARCHY!*" the fact is that a lot of women think the Patriarchy is cool as

fuck, and *want* to be led by a masculine man. Ex. White women, when presented with a sexist, pussy-grabbing pig and a white female candidate, voted 53% for Daddy.

They know who the boss is and they *like* knowing who the boss is, because then their only responsibility is to be obedient. If there is one thing Hamsters *HATE! HATE! HATE!* it is responsibility. The "*PATRIARCHY!*" - which is awesome, of course - *exists* with the cooperation and approval of millions of women.

But for feminine women to find Masculine men, first there must *BE* Masculine men, and what we are seeing now is the rise of *Les Soi Bois*.

A sad state of affairs.

So they will shit test you like crazy because while the worst thing that can happen to an average woman is that she discovers that she gave her pussy to a beta, a slave girl who gives herself to a fake dom, who doesn't know what the fuck he's doing, can be in real trouble.

My girls know that, if they test boundaries too much or too often, that *"Naughty girls get spanked."* They get one clear warning, and then they go over my knee, skirt up, ¹⁰ panties (if any) down, and then discipline is administered.

Fortune favors the bold, gentlemen.
Think and act accordingly.

Now go forth and SLAY!

Takeaways

- Slave girls are fun.
- Be her Darkest Sexual Chapter.
- They want to fight you, they just don't want to *win*.
- Get her talking about her fantasies.
- Discretion is mandatory.

¹ Ofc, I don't care about what *other* women do with their lives, in general, as long as they don't whine about the consequences of their shitty choices, but my girls don't turn up at my house so I can treat them like my *equals*.

² The sooner attractive young women are reminded of this, the better for the country.

³ Ironically, pain sluts will give me broader range because there's *zero* change that I'm going to "go too far" because I get off on it, because I don't. It is what it is.

⁴ Go read those two and return.

⁵ *"But I know this one woman who is a CEO, and a total ball buster and..."*

Shush. Nobody cares. You also know deluded women who are going to die alone, in a 1BR flat, in the middle of her cat colony.

⁶ Discretion is, ofc, **MANDATORY**. I have changed the identifying information enough anonymize my girls. It's only fair.

⁷ There is a whole world of BDSM folks out there, and they write books and come up with acronyms and have munches, and "ceremonies" and websites and shit. That's fine for people who are into it. I just find it uninteresting.

⁸ This is a tricky one. I do it because: me. My girls have *absolute* faith in me, and I've had girls use the "All Stop"

ease word on me twice in the past seven years – Spoiler Alert: Both times I “All Stopped” – In both cases it had to do with something going on in their brains that they weren’t ready for, and nothing to do with what I was doing to them. I’ve weighed the eroticism for the girl of feeling *completely* helpless vs the likelihood that I will overstep, and resolved it this way, with their agreement.

⁹ I repeat, discretion is **MANDATORY**. I anonymize my girls, and I never fucked with them (figuratively and literally) where they worked or in other aspects of their lives. You don’t do that to other human beings. Plus it’s a bit sexy to have a secret like that.

¹⁰ No trousers or pants. Those are for men. My girls dress like girls.

Be her Darkest Sexual Chapter

by VasiliyZaitzev | 8 March, 2019 | [Link](#)

This is an excerpt from my forthcoming sequel to **Of Human Bondage - Uncle Vasya's Guide for Men Who Like To Tie Up Young Ladies.**

In the mean time, enjoy....

Be her Darkest Sexual Chapter

Let her get her kinks out WITH YOU. Years from now, when she's in the arms of her betabux hubby, she will be struggling toward orgasm thinking

about what you used to do to her.

Tell a girl how awesome and empowered she is and how much you "rezpekt wimminz!!!" because of it, and you will likely get a pained expression that says, *"Thanks. Now excuse me while I go to the Ladies' and drop a tumbleweed out of my vag, which you have dried up like the Gobi Desert. Or the Sahara. Whichever one is drier."*

Get her talking about her fantasies. Have her write them out and email them to you - good intel and good rebuttal evidence on the off-chance you wind up with with a "regretted sex as rape" situation. Every woman has a fantasy, and still waters run deep. If

you make her comfortable and get her talking, you would be surprised the info you can get.

Also, giving her skyrocket orgasms is going to do wonders for (a) her attraction and (b) your frame.

Years from now, wherever she is, when she lays back on her bed and slides her hand down between her legs to rub one out, she should be thinking of that time that you “made” her do x or y thing.

Obligatory Reminder: Consent is a real thing, fellas. And it's perfectly ok to have a pre-bang convo about her (and your) likes and dislikes, even as part of foreplay. It keeps everyone's head in the game that way, and creates a

CorporateLand: Rat race
survival guide
better environment for all concerned.

Uncle Vasya's Guide To Threesomes

by VasiliyZaitzev | 9 April, 2018 | [Link](#)

*And now, the quest begins, to nab the
Holy Grail of manhood*

*I'd love, to score hot twins, like any
hokey porno fan would*

*Although, that would be swell, they
just don't sell, that stuff on e-bay*

*And yet, still hope I'll get, to have a
three-way*

-“Threeway” parody of Frank Sinatra’s
“My Way”

So you want a threesome.¹ Well, you think you do - like the song says, they are basically the Holy Grail for heterosexual men from the time we become sexually aware - but the reality may be different than you think. Or not. Oh, and the worst part about threesomes is, after the sex is over, you now have TWO girls in the room asking "*So....what are you thinking about?*"

Intrepid readers, please continue.

¹ For purposes of this discussion, I mean the "Love Sammich" (FFM) threesomes; a "Devil's Threeway" (MMF) is otherwise called a "train" in my world. Because really, fuck that noise. There will be cries of "*No fair!*"

That usually comes from girls who aren't that down, or who want to extract something. I've never had a girl who legit *wanted* a 3way demand "reciprocity". They will almost universally specify a female partner. Also biologically, FFM couplings make more sense - they give women access to higher status men and they give higher status men more opportunity to propagate their genetic legacy.

The Typical Situation

The typical situation that arises that arises for men is, they have a girlfriend, maybe the girlfriend has hinted that she might be willing to do a Love Sammich, maybe she hasn't. How to find out? As I often

recommend, get girls talking, and you will find out all sorts of useful information.

I get girls comfortable, and I ask them about what their deepest, most secret, greasiest little fantasy is. There is the usual flowery bullshit that they put up as a smoke screen about wanting to “make love” on a beach at sunset² or on a bed covered with rose petals, and then there are two that recur:

A. **“Tie me up!”**

B. *“I wanna have sex with another girl!”*

So here's the thing: if your girl, at bottom, isn't bi-curious or doesn't want to have a threeway, then that's

how it is. Don't nag, cajole, pester or beg. Make a decision as to whether you're going to end the relationship or not. OTOH, if you a spinning plates, then, well, you don't have that problem, do you?

Whether you are looking for the second girl or starting from scratch (with a willing gf) the next question that arises is, where to find the 2nd girl? Recently I was asked in askTRP where to meet bi-girls. Well, first, there isn't typically a "bi-girl hangout joint" that you can google. OTOH, you meet bi and bi-curious women everywhere. You just have to gather information, and make the sale.

The good news: unlike men, who are

basically "AC" or "DC", many/most women are at least "bi-curious".

The bad news: bi-girls tend to be flaky as fuck. As in "have the stability of the high-numbered stuff on the Periodic Table."

² Nobody actually wants to do this. If they do, they don't want to do it again. Two Words: "sand" and "crevices". You can work out the rest.

The Hierarchy

I think it's actually better to find two girls at the same time, or approximately the same time, before the relationship (if there is or will be one) with one girl is more formalized. Why? Because once a girl is invested

in you, she has something to lose. The “girlfriend” is very often going to want to impose a bunch of stupid rules – do NOT let her do this because they are often designed to fuck you over, like not letting you screw the other girl. Don’t let her ruin your fun. One way to avoid this is to put Girl2 on her back have the girlfriend lower her pussy on to the other girls mouth facing *away* from you, who will be mounting Girl2. Or lay on the bed, have the girlfriend in reverse cowgirl and have Girl2 sit on your face. Or have the girlfriend sit on your face, and have Girl2 blow you.

The girlfriend is pulling this “hierarchy” shit because girls are very often insecure. That’s why she wants
....

A Girl who Looks Like Me

My girlfriend's girlfriend, she looks like you

My girlfriend's girlfriend, she's my girl too

-“My Girlfriend’s Girlfriend”, Type O
Negative

If you are in an established relationship with a girl who is exploring her bi-ness for the first time, don't be surprised when she says that she wants to lose her lesbo-virginity with a girl who “looks like me”. Girls who look like her will be less threatening. You're not going to dump her for a girl who looks like her, because you already *have* a girl who

looks like her. On the other hand, if she's a brunette and you partner up with a hot blonde, you ('her' man) may suddenly discover that you like blondes better, and dump her by the side of the road. For men, the big fear, in terms of biology, is being cuckolded; for women it is loss of resources, which in the Bad Old Days of the Saber Tooth Tiger, could mean death for her and her offspring.

The Mechanics

So you get them to own up to their lezzy desires, and then you get two of them together. Also, don't do anything like go on a "date" or some other dumb shit to "set the mood". They will want to do that. Do not. Get them

together, have anyone who needs a shot do one, and then get busy. You're dealing with two Hamsters. Elongating the time frame gives one or the other hamster time to hamster way and blow up your perfectly good 3way.

Get down to business, before shit slips away from you.

You Have the Right to Remain Silent

"When a girl wants to fuck you, shut up and let it happen." - Chris Rock

So I coached a buddy of mine through his first 3-way last fall. He had a FWB relationship with a girl who was sort of into the 3way idea, but was also pitching it as *"Hey, Ima do this for you,*

and then we're going to be exclusive, m'kay?" covert contract. He didn't make any promises, but went ahead anyway.

Now, said FWB had a thing about the other girl – she was a plate, and she was doing other people also – staying over, i.e. she very much did NOT want that to happen. Hierarchy and all that. Logistics dictated otherwise. He asks me if he should tell the first girl that that 2nd girl is likely going to stay over. Me: *“Only do that if you have decided that you definitely DO NOT WANT the 3way to happen.”* So a good time was had by all, but guess who left in a huff after when it was discovered that Girl2 was sleeping over? Exactly. Tell her that before? No 3way. Why

that mattered, I don't know, but it did.
Girls are retarded. He texted me after:

Him: *"You were right about everything."*

Me: *"That happens a lot. Like all the time. It can be a curse, really."*

Your Job is to Have a Cock

For a lot of bi-curious women, they want the comfort of a man's cock in the room so they didn't have to think, *"But...but...but what if I'm a Giant Lesbo?!"* Once things get rockin', she may forget about that bit and be more into the other chick. Don't worry about it. Encourage her, and then reap the rewards of being a chill guy later.

You Are the Director of Your Own 'Porn Film'

In our meat triangle, all tangled. Wow.

-“My Girlfriend’s Girlfriend”, Type O
Negative

So very often what happens with first timers is, the girlfriend turns out to be way into it and the guy starts feeling left out. So put yourself back in the game. Direct traffic, decide who is doing what to whom and when. And after they've had a shot at each other, get your double-team blowjob (see below). Never assume that the girls are going to know what you want. You're the leader of the pack, so *lead* them.

Fun Stuff

So the point of having a 3way is to do stuff that you can't do with just one woman.

You know what's better than getting a blowjob from one woman? Getting a blowjob from two women.

Have one work your dick while the other one gargles your nutsack or rims you. Just trusting me on the rimming part.

You are The Sherriff

As I have alluded to before, I like tying girls up. Always have, always will. I have also known from my childhood that I am crazy strong and I can hurt

people even when I don't mean to.
Lots of people turn into sadistic motherfuckers when they have control over another person - google the "Stanford Prison Experiment". There is (supposedly) a lot of violence in lesbian relationships and you have to be careful to not let shit get out of hand if you are using BDSM in your threeway, which is a distinct possibility because some girls will want to be tied up so they can hamster away the part where they are lezzing out isn't "their fault".

If you are using BDSM, the same rules apply as always: you have to understand the sub's limits and you can't let the other girl beat the shit out of the sub, or at least exceed the sub's

limits. One way to handle this is to tell the girl who isn't going to be tied up that you are going to tie her up later and give the sub a crack at her. That often keeps girls in the right frame of mind.

The “Household of Three”

Throw away your dad's morality, your mom's conventionality it's not for me

If it were me and you and you and her and her and me, we'd be so happy together

-You & Me & Her, -Itis

That's what *ménage à trois* actually means: Household of Three. While we typically think of them as one-offs, you

may find that you like the lifestyle, which is fine as long as everyone is on board. Previously, I was in a couple of separate relationships that were "households of three" as it were. In the first case, an ex-gf circled back around because she *really* wanted to have sex with her roommate - I could hardly blame her; the girl was *hot*. The ex also knew that the roommate was not going to be DTF unless there was a cock in the room. To the ex, I was a "known quantity" (i.e., if she fucks me again, she's still at "N+0") and she knew I'd be able to close the deal, which I was. So she basically set me up with the roommate, knowing full well that (a) I would seduce her, and (b) I would happily share, and once the girl got comfortable, she'd open up a

bit. Anyway, that lasted about a year and a half and was Big Fun all the way around.

In the other case, I was meeting a girl I was dating at a club and I ran into her "genetic twin" - they could have been sisters. So, knowing the girl I was dating would be DTF her, I established that Girl2 was down, and then the first girl showed up and soon enough we were in a relationship together. The two girls wound up becoming roommates later on, which made it convenient for me - I would refer to our sessions as "roommating". While I don't make a habit of it, I do throw in the occasional "dad" joke.

So you do have to be able to manage

jealousy issues, both inside and outside of the relationship. Especially at the beginning they will be conscious of being treated "equally" or sometimes the girl who you knew first wants some advantage, but you have to squelch that nonsense early on.

Anyway, time moves on, and things change. The roommate from the first story got married and has a kid, now. She seems happy, so good for her. The ex from that tale sort of went off the deep end. She posed in *Playboy* (so I can cross that off my bucket list) and moved to Europe where she's presently being used as a cum dumpster by her "sponsor" and has a well-developed drug habit.

Of the two girls in the other threesome, one became a chef, and the other one (that was the one I mistook for the first one) is a teacher now. She is still useful as a 'corner square' in 'girl-girl-Vasya' tic-tac-toe. It's useful to have a deep bench.

Of my two LTRs, the first is more “*NO WAY!*” than “*3Way!*” which is fine; that's her nature and her choice. OLTR2 has recently expressed an interest and, luckily, I know some bi-girls who would *LOVE* a crack at her – all of which will be carefully stage-managed by me, if and when it happens – this stuff is tricky, after all.

Managing Relationships Between the Girls

*She could help you cook & clean and
she'd know just what you mean,
(someone who listens)"*

*And as I snore away the night, she
could always hold you tight, (it's what
we're missin')*

-You & Me & Her, -Itis

The Ex and Roommate negotiated a rather complex treaty about managing things when I wasn't around (they were both young (early 20s) and had things like "parents", so there was some discussion about whose 'boyfriend' I was going to be at whose house, etc., if and when it came up.) It was kind of funny, because I pointed out to my ex, that, when I wasn't around, she "was the boyfriend" - the

other girl was a bit more of a girly-girl than she was.

The teacher and the chef were more independent - no pesky family nearby. The chef was more of the "boyfriend" in that situation, but it was less pronounced.

I also have a bit of an odd situation going on with a couple of plates - one is a dancer who is only down for threeways...BUT, she's in love with one of my plates. The plate is in love with me. The dancer is *terrified* that I will "take [my plate] away" from her." It creates an interesting power dynamic, but luckily for all concerned I'm a benevolent dictator. As time goes on, the dancer will either

acclimate and accept things as they are, or she will not.

Relationships With The Outside World

Her and me and her and she and me

An uncrowded couple; are we three

Hey we don't care what people say

*When walking hand in hand down
Kings Highway*

Two for one today

-“My Girlfriend’s Girlfriend”, Type O
Negative

This can be complicated. You run into

problems with judgy bluepillers, especially ~~“ladies of a certain age”~~ spinsters who feel “entitled”, and Bitter, Butthurt Betas™ who are miffed at the perceived misallocation of pussy-related resources. I prefer to opt for an “unapologetic” stance. *“Which one are you with?” - “Both of them” - “But there are two girls” - “Yes, I know. It’s nice.”*

There will be the occasional double-takes, although I find that when I’m in Continental Europe it’s less of a big deal. Once I have arranged a hotel suite for me and one of the pairs at a place where I sometimes stay on business in Europe. So in making the reservation by phone - I had to in order to get a suite (required because

3 people) - the (American) CSR couldn't get past that I had 3 people, but wanted a king bed and kept turning down her suggestion of a cot for the room. So finally, I was like "*Look. I have a 'Vicky-Cristina-Barcelona' thing going on. One king bed. No cot.*" When I showed up at the hotel, the Europeans understood right away. Very amusing.

Similarly, I was checking in to a hotel on the Côte d'Azur - the school teacher speaks fluent French - so I'm being checked-in - it was in a separate, seating area with the GM handling it - and the two girls excused themselves to the Ladies. The GM looked after them as they left, turned back to me, said, "*I offer you my*

congratulations” and then went right back to business without missing a beat.

Final Points

- Bi-girls can be fun, but they are typically flaky.
- You will get push back from “normies”. Fuck that shit, live how you want.
- If you engage in longer-term relationships, be ready to manage both women, as well as handle any outside interference and bullshit.
- Threesome ‘relationships’ tend to be transient in nature – of course so do most of your friendships and romantic

relationships - so relax and enjoy
them in the moment.

Older Men, Younger Women: How & When It Can Work.

by VasiliyZaitzev | 13 February, 2017 | [Link](#)

Older Men, Younger Women

So I've gotten a few PMs about this when it pops up in my comments and so I'm doing a top-level post about it.

I am and older [49M] man who prefers the company of younger women [20sF] in terms of romantic partners.¹ I like what I like. Sue me. If an older woman can sell the "cougar" bit to a younger man, then good for her. It's a

free country, and everyone cuts their own deal.

Anyway, for guys who are similarly situated, or for younger guys who want to be similarly situated when they are older, I can advise as follows:

When a man looks at a woman, her SMV in his eyes is largely - basically entirely - dependent on her facial and body symmetry, her waist-to-hips ratio and whether she has long hair or not, because you can tell a lot about a woman's health by the length and condition of her hair.² *"That law degree looks so sexy on you!"* said No Man Ever. Don't like it? Go argue with God, the Universe, Aliens, whomever.

When a woman looks at a man, his

SMV in her eyes includes his physical attractiveness, but also includes other things such as intelligence, confidence, status, etc., all of which is lucky for me.

Now, as a man ages, he will still have more and generally better options if he keeps fit, of course. But that's not 100% of the game.

The Important Bit

Really there are 3 types of young women:

A. Those that only want a man near their own age, and the thought of a guy more than four years older is "grody" or whatever the kids say. That's fine, they are perfectly entitled

to their preferences just as we are to ours, and you will NOT be getting girls from this group. Maybe as a one-off, but generally, it ain't happenin'. And that's fine.

B. Those that prefer a man near their own age, but are open to an older man. These girls can be fun, but in general, relations with them will be short term and then they (or you) will wander off. They can also cause problems, however unintentionally, if you mistake them for women from the third group.

C. Those girls that actively *prefer* an older lover. It is on this group that we will focus.

The girls in that third group have to

keep their preferences quiet because the girls in the first group shame them for it. So the trick for older men, at least those that prefer *Sweet Young Things*³, is to learn the signs to distinguish the girls in the third group from those in the second. You just have to watch for it, and the signs will appear.

The Signs

Everything will be 20% more pronounced. Her eyes will linger 20% longer, she's more likely to look down (showing submission) and will do so sooner. She is more likely to blush. She will seem a bit more into you than you would otherwise expect, and she will keep trying, shyly, to give you an

opening. She will find herself lingering in your presence. You may find yourself thinking, *"This seems is too easy."* Of course it does; she's plowing the road for you.⁴

How do I know? This group of girls is "Home" for me. Along with tall girls, introverted girls, submissive girls and feminine girls. Actually, very often, there's a lot of overlap with these traits.

Girls in this group are fond of order, structure, and ritual. They like calm. Maybe they had an absent father and they **Want a Daddy**. It's a cliché, but it has some basis in truth. Maybe she had a strict father, or an older father, and a "male led" relationship is her

“comfort zone”. It doesn't matter.
What matters is what is.

As an older man, your job is to LEAD and hers is to follow. Her preference will be to defer to your (wise) judgment. She likes you because you are a Known Quantity. She doesn't have to wait and find out if you're going to be successful or not, because you already are.⁵ You are also less likely to get emotional – particularly angry – and more likely to calmly solve problems, or know how to avoid them in the first place, because you have experience in life and your shit is wired tight.

But you have to be able to read the signs.

Ex. Years ago, before I had my 'Older Man' game completely down, I was at a wedding reception after party, hanging out at the bar, chatting with a group of younger folks. One by one they wandered off, except a tall, shy girl. At some point, I realized, "*Oh, right. Group C*" and suggested we decamp to somewhere more private (e.g. my hotel room), to which she said something that, on the subtextual level, meant "*I thought you'd never ask!*"

That's the thing about this group. You need to Solve the Puzzle to Win the Prize.

What About Shaming?

Expect it. Don't believe me? Google

“older men and younger women” and you will get pages of it. Pages and Pages of Dirty, Dirty Shame. When someone tries to shame you, it is Your Job As A Man to Shut That Shit Down Like It's Fukushima, whether it comes from post-Wall^{SPLAT!} hags, jealous younger men, or Group A chicks.

With post-Wall^{HellTo~} hags, any older guy dating, mating and plating younger girls means one *less* man in their cohort, where quality men are at a premium. Even if a woman is married to Billy Beta, she will more likely than not Support The ~~Spinsterhood~~ Sisterhood! Besides, she doesn't need you giving Billy Beta any ideas about dumping her and replacing her with a younger model, even if it's on a

“monkey see, monkey do” basis.

Younger guys with One-itis for the girl you are getting can try to puff themselves up and AMOG you, but that shit is easily handled.

Ex. Back in my Dirty 30s, I was driving down to Virginia and stopped off in DC where I knew a lovely, willing 20 y.o. She had just been there about two weeks (summer break) and was in a house share situation and one of the guys she was living with had developed major One-itis for her. He was drunk when I arrived, and it went bad. He tried to AMOG me, and I drove a shiv through his heart - *“Hmm. I remember my first beer.”* She giggled and he lost his shit. I spirited her off to

an **unknown destination** to do Uncle Vasya things with her. He woke up hung over and I woke up next to her.

Tip for Younger Guys: Your day with Group C girls will come. In the meantime, you should be **Thinking Horizontally, Not Vertically** and be off gaming multiple women, not getting One-itis for a that One Special Girl™ who isn't into you.

Where Shit Goes Wrong

If you accidentally wife up a chick from Group 2, who basically fucked up what she wanted. Or you wifed up a Gold Digger.

Or you let your Confidence go wobbly.⁶

Pro Tips

1. **Suit up.** For a woman, a man in a well turned out suit is the same as a woman in lovely lingerie is for a man. Do I need to tell you not to try to dress in baggy, boy band or fake rapper-type clothes? No, of course not.

2. **You lead, she follows.** Taking her out? She needs to know two things.⁷ Tell her the dress code, even if it is, *"I will be wearing {X}, so dress as women do when men are wearing {X},"* and the time you will be picking her up. Tell her to be ready.

- 3. Play to your strengths.** You are the wily old fox. You can show her things she will be seeing For The First Time, in places where Timmy and Simon back at the dorm cannot follow.

- 4. Don't Make Unforced Errors.** No 'dad jokes' or Aloha shirts. It's not a good look.

TL;DR: Young women who dig older men can be fun.

+++++

¹ As you might imagine, there are some people, primarily women who are post-Wall^{SPLAT!} but also sometimes

jealous young men who don't like it when an older man catches the fancy of an attractive younger woman.

² Because...Darwin.

³ I only use 100% *real* cheese.

⁴ Unless you're in Vegas. In that case, oddly, all bets are *off*.

⁵ "A-HAH!" cries the ~~jealous old hag~~ post-Wall^{SPLAT!} woman, "GOOOOOLD DIGGERRRRR!!!" This is, of course, a variation of "shaming". To whose disadvantage does the Older Man + Younger Woman coupling work? You should be able to name that tune in one note.

⁶ That's 100% real cheese.

⁷ I'm assuming a minimum level of competence, so I trust you will have pre-screened for food allergies and other weirdness, etc.

Older Men, Younger Women, Part II

by VasiliyZaitzev | 3 May, 2018 | [Link](#)

Good news on the "Older Men, Younger Women" front: A quarter of millennials are looking to date someone significantly older than them

"According to research from the world's largest dating app Badoo, many millennials are trying to find a partner who is significantly older than them. A sample of 10,500 people on the Badoo database revealed that 26% of 18-24 year olds would date someone over the

| age of 35."

26%? Actually, if one is an older man, it gets better - as you might well imagine, young women are significantly more likely to date older men than young men are to date older women.¹ Ten years? 1/3 of Millennials are ok with that: *"Nearly a third of women have dated someone 10 years older, and 9% of men would date someone 20 years older than them."*

| "Millennials are looking to date someone who is older; as with age comes maturity and also the connotation of having your life together," Moujaes said. "Dating someone older can be seen as a fast-track

route into leading a stable life, which for a lot of millennials is enticing."

Indeed. When my OLTR1 arrives at *Maison Zaitzev*, it is like an oasis for her. No parents, no little brother, no worries. She knows she will get to enjoy the tranquility of "Stately Zaitzev Manor", walk around naked, enjoy good food and wine, and get boned in pretty much every room in the house.

There is little scientific evidence that women who go for older men have broken attachment styles - known colloquially as "daddy issues." (Just in case that's what you

were thinking.) For example, one study from 2016, published in the journal *Evolutionary Behavioral Sciences*, found that women in couples with small and large age gaps were similar in both attachment style and relationship satisfaction.

This is typically used to shame younger women who prefer older men, but hey, I say: "*Come to DADDY!*"

Ultimately, the survey does suggest many millennials are looking for a relationship with older people, and the reasons for that are completely speculative. Some people

might just like the idea of dating someone with more experience - and dating sites are a really easy way to make that happen.

I prefer Day Game for this myself, but that's just a preference. The nice thing about dating apps, one imagines, for young women who prefer older men, is that they aren't going to be shamed online for their preferences.

Also, I imagine that bluepills have gotten the vapors and clutched their pearls early on - *"Noooooooooo! Average middle-aged guys totes can't have causal sex with 18-21 year old hot sorority girls! You can't do it, so you had better marry a tatted up bar slut*

*quick, before all the good ones are taken! No fair! No fair! Auuuugh! It's DAYLIGHT! Where's my COFFIN!!!"*²

The TRP prescription is: **Don't be average.** This is why we tell you to Lift. This is why we tell you to eat clean. This is why we preach to you to **Be the Best Version of Yourself that you can be.** Not everyone gets to be an astronaut, but there are at least a couple things that you can become excellent at.³ Do those, build your self-confidence, develop **abundance mentality** and go chat up some girls.

Why? Because **Faint Heart Never Fucked Fair Lady**

Now go forth and *SLAY!*

¹ As I have said before, everyone cuts their own deal in life, and if an older gal can sell the "cougar fantasy" to a younger guy, then good for her. But that ain't usually how that goes.

² This was actually the theme of a "CMV" post over on PPD recently. The structure of the question is designed to imply a particular answer which is why it's set up as "average" guys getting "hotties". All the better to maintain their bluepill illusion. Why? Because self-improvement is difficult; sitting on your ass watching porn, eating Cheetos and jacking off is easy. If the illusion is shattered, then the bluepills will have to work at shit, too.

³ I write and perform original music

and front my own band. When my OLTR2 found that out, she said, point blank and out loud, "*I'm going to have to re-evaluate how cool you are.*" You may not be a musician or whatever, but there is *something* you can do and be good at. I also play co-rec beach volleyball in the summer. It's good exercise and it puts me around young women.

For Online Daters, Women Peak at 18 While Men Peak at 50, Study Finds.

by VasilijZaitzev | 18 August, 2018 |
[Link](#)

From the [New York Times](#).

**For Online Daters, Women Peak at
18 While Men Peak at 50, Study
Finds. Oy.**

Imagine, gentle readers, the pain this
will cause the Hamsters of the world.
Lots of shrieking and gnashing of
teeth. The *Tout le Monde* who go

about, reading the 'right' books and periodicals, are seen at the 'right' places and believe in the 'right' things, express the 'right' opinions, and who believe in *SCIENCE!* have been betrayed by their god. *SCIENCE* delivers a shiv to the very heart of the Hamster.

If you haven't watched "Nanette," Hannah Gadsby's fearless comedy special on Netflix, do that now. (We'll wait.)

Don't bother, unless you like butch lesbian comics in horn-rimmed glasses. I mean, she might be quite funny, as Amy Wong is and Sarah Silverman used to be, but I can't be

arsed.

| In it, Ms. Gadsby takes on the
| fragility of masculinity

I am reminded that liberals and bluepills often project their own guilt on to others. Women hit their prime (supposedly) at 18, and men at 50, and yet when confronted with SCIENCE! it's somehow the MEN that are "fragile"

LOL. I don't fucking think so.

| and at one point drills into
| Pablo Picasso, who, well into
| his 40s, had an affair with a
| teenage girl.

How did Picasso wedge his middle-

aged cock into the very willing vag of a teenage girl? By making himself exceptional. Recall this is exactly the prescription of your Wise Uncle Vasya: **Older Men, Younger Women: How & When It Can Work**

Picasso, as a world-famous artist who *invented* Cubism. So he was an O.G. of the art world. That does make him an outlier, but still.

Ms. Gadsby, who has a degree in art history, recounted how Picasso justified the relationship by claiming that he and the girl, Marie-Thérèse Walter, were both in their prime.

Let's break this down, piece by piece.

First, Ms Gadsby has a *degree* in art history! *Sacre bleu!* And that qualifies her to criticize Picasso! That's like saying some Poli Sci major who works as a theater usher is qualified to gainsay Thomas Jefferson!

Now in fairness to Ms Gadsby, I do think that teenage pussy can be over-rated. I think women really blossom at around 20. Maybe 19. But 17? Nah. They just have more "potential" at that age because their rendezvous with the Wall^{SPLAT!} is a couple years further into the future.

Seething, Ms. Gadsby said: "A 17-year-old girl is never in her prime. Ever! I am in my prime." **She is 40.**

Let's watch the replay....

Ms. Gadsby: [Seething]... "A 17-year-old girl is never in her prime. Ever! I am in my prime." She is 40.

TRP: Good. Let the Hate flow through you!

Cut away to the Hamster, dying on its wheel

The researchers determined that while men's sexual desirability peaks at age 50, women's starts high at 18 and falls from there. In other words, not so far from the ages of Walter and Picasso.

Bloopers: ***"IT'S SUNRISE!!! WHERE'S***

MY COFFIN?!?!".

“The age gradient for women definitely surprised us — both in terms of the fact that it steadily declined from the time women were 18 to the time they were 65, and also how steep it was,” said Elizabeth Bruch, an associate professor of sociology at the University of Michigan and an author of the study.

OF course it “surprised” the researchers - the female ones, whose gender blindness makes them think that men value degrees and cellulite over soft, supple, young flesh. Were there any male researchers? They are

either maginas, or didn't want to wind up as the punchline in a #MeToo story.

| This study isn't an anomaly.

No shit. Why would it be? In women value fertility and youth (because it implies fertility) and beauty (because it implies genetic fitness to be the vessel of the man's seed.)The study results echoed data shared by the dating behemoth OkCupid in 2010, in which the service found that men from the ages of 22 to 30 focus almost entirely on women who are younger than them.

| “The median 30-year-old man spends as much time messaging teenage girls as he does women his own age,”

OkCupid wrote in a blog post
at the time.

Bloopers: *“SKREE! SKREE! SKREE!”*

“The male fixation on youth
distorts the dating pool,”
OkCupid concluded.

No, the leftoid fixation on *“Muh
Equalizmz!”* attempts to distort nature.
Darwin never misses a tackle.

Michelle Drouin, a
developmental psychologist
who focuses on technology
and relationships, was not
surprised by the new study —
in part because they “align
with evolutionary theories of
mating” in which youth

| suggests fertility, she said.

Feminist Grinchellas: *"HOW CAN THIS BE SO?!"*

Science Bish: *"IT'S SCIENCE, BITCH!"*

| Dr. Drouin pointed out, though, that there are also theories that suggest that "men are just less interested in earning potential or power, and more interested in physical attractiveness."

Did everyone see that bit of Hamster Trickeration? Science Bish just said the same thing in a different way, and pretended that it was different. Translation: *"It's not that men like young hot women, it could also be that*

they like hot, young women."

Women want brains. Men care less.

Men don't want brains because we have brains. Women want brains resources.

Speaking of earning potential, Dr. Bruch also found that a man's desirability increased the more education he attained.

Female Hypergamy: Confirmed.

For women, that benefit ended with an undergraduate degree — and postgraduate education, in fact, made them

| less desirable.

“That law degree looks so sexy on you!” - Said no man, ever.

Why? Because those post-grad bitches be OLDER. And they tend to run their mouths a lot, and not in the fun way, like if they wuz tawkin' durty.

| Dr. Drouin said that educational dynamic might also be related to “beliefs that higher degrees among women translate into more work commitment and less relationship and family commitment.”

Science Bish: *“Credentialed bitches be uppity and bitchy n’shit. No man wants*

that, so they are less valued.”

| People aim high (probably too high).

Well, women, anyway.

| “Little investment on the front end might pay out big on the back end — so why not opt for a chance at the biggest win?”

“Bet small, win small. Bet big, win big.”

-God Emperor Trump to then-Penthouse Pet Sandy Korn, who he had just nailed. But then again, the internet can't read chemistry.

| “In the real world, the woman

with a graduate degree who knows your favorite Kerouac passage, speaks a few languages or discovers new ways to cure disease might be undeniably attractive," she said. "Think of Amal Clooney."

Riiiiight. That was a life preserver tossed to the already-drowned hamster. Remember how I said that Picasso was an outlier? Guess what Amal Clooney is....

Fun Facts:

A. SCIENCE! motherfuckers....

B. Men age like wine. Women age like milk.

C. Really stinky milk.

D. Men prefer younger, hotter, tighter
babes; Hamsters rage

The Before Time...A TRP "Origin" Story

by VasiliyZaitzev | 5 February, 2017 |

[Link](#)

The Before Time...A TRP "Origin" Story

So this started out as a reply I did on AskTRP. A couple of guys asked me to finish it, and after a while, I felt like I owed it to the story. If it's not your thing, there are other threads.

+++++

Gather around the fire, children, and Uncle Vasya will tell you a story from the "Before Time", because Uncle

Vasya's long memory goes back that far. He will tell you of the Great War between the Pretties and the Fuglies.

.....

At an early age, the Fuglies noticed that the boys liked the Pretties, and did not like the Fuglies at all, unless they boys were Very Drunk, and there were no Pretties nearby, and the boys had, perhaps been on NoFap, or had not yet been instructed by the Fathers in the Mystical Art of Talking To Girls.

The Pretties, who liked the attention from the boys, knew this also, and they tormented the Fuglies, *"You are fat and gross, the Boys will never like you and you will never have a warm, safe home with a happy man and little*

kinders! You will only have cat-children and you will die alone in the middle of your cat colonies! Ha, ha, ha, ha-ha!"

And the Fuglies said, "Oh, yeah?" mostly because, deep down in their fugly little hearts they knew it was true. "Yeah!" said the Pretties, then then went back to feeding grapes to the boys and telling them, "Here, feel my booty. I've been working on my glutes and staying away from processed foods." And the Pretties thrust their booties at the boys.

And the boys and the Pretties were happy. The Fuglies were not. They went home and cried fugly little tears in their fugly little pillows. When their fathers tried to comfort them the

Fuglies screamed, "*GET OUT OF HERE, YOU CIS-GENDERED PATRIARCHAL SCUM!!*" The fathers didn't know what that meant, but they knew they'd been given an out and so they looked at their wives and said, "*This is one for you to handle*", and then cracked open a cold one and went back to watching the game between the New England Lovers of Country, and the Los Angeles Rutting Male Sheep.

So later that week, one of the Fuglies, who looked a lot like Hillary Clinton, called a meeting of all the other Fuglies, with no Pretties invited. She told the Fuglies that she had asked the Wisest Creature in the Forest, Grandmother Toad--who looked a lot like Andrea Dworkin; the Fuglies all

shuddered at that because even *they* thought Andrew Dworkin was a total hag--what to do. "*Grandmother Toad told me that, deep in the forest, there lives an evil witch who can help us. So we should go and see her!*"

And so the Fuglies did. They walked and they walked deep into the forest, until they were all hungry, and sweaty and complaining, and their feet hurt even though they were wearing Comfortable Shoes, and they were out of breath, even though it was only about 300 yards. They came up on a split level ranch. There was a woman living there who looked a lot like Betty Friedan. "*Are you the witch of the forest?*" asked the Fuglies. "*Yes,*" said the Betty Friedan-looking woman,

"Come in and have some cake." The Fuglies came in and saw there were two other women there. One who looked like Grandmother Toad and another who looked like Gloria Steinem. There were some noises coming from the kitchen.

The Fuglies poured out their hearts to the Betty Friedan-looking woman and the others, *"The boys don't like us! The boys only like the Pretties, unless they are really drunk, on NoFap and there are no Pretties near! Help us!"*

"There, there," Betty Friedan-looking woman said, as she offered them cake and tea.

"Help us!", said the Fuglies, *"Make the boys like us!"* The Betty Friedan-

looking woman looked a bit sad and said, *"It is in the Boys' nature to like the Pretties. It is part of their Source Code, from the time that the All-Father first breathed life into them. Not even my Deep Magic can change that!"*

Grandmother Toad--who the Fuglies realized actually was Andrea Dworkin--looked disgusted. The Gloria Steinem-looking woman looked wistful, and then a woman who looked a lot like Valerie Solanas came in carrying a platter. *"I just finished cutting up some sausages! Does anyone want any!"*

"Finally! You have returned!" said the Betty Friedan-looking woman. *"Now we can play bridge!"*

And the Fuglies were sad. The wise old

witch had told them that the boys would never like them as much as the Pretties. The Fuglies all began to wonder if they would wind up killing themselves, just like Sylvia Plath. Oh, it was so poetic!

"There is one thing", said the Betty Friedan-looking woman. "It doesn't help with the boys, but you can use it as a weapon against the Pretties."

The Fuglies' eyes brightened! Hurting the Pretties was *almost* as good as the boys liking them! *"What is it?!"* The Betty Friedan-looking woman took down a dust-covered jar from a shelf. *"It's called 'Feminism'"*, she said, as she cracked open the jar.

"By The Goddess! What's that AWFUL

"SMELL?" cried the Fuglies. The Betty Friedan-looking woman tapped the jar, *"I told you. It's Feminism. 3rd Wave. Extra stinky, and without any reason whatsoever. It won't hurt you, but it will destroy the Pretties."*

"WANT!", cried the Fuglies, *"WANT! WANT! WANT! WAAAAAAAAAAAAAAAAANT!"*

"It does have one side effect, though", said the Betty Friedan-looking woman.

"What?", cried the Fuglies.

"It will give you an unnatural affection for cats," said the Betty Friedan-looking woman.

"DONE DEAL!" cried the Fuglies.

So the Fuglies took the jar of Feminism back home, and they slipped it into the Pretties yogurt when they weren't looking, and what happened next became known as the Great Miasma (although for some reason the Fuglies called it the "Third Wave").

It had the most wicked effect. The sun turned gray and the sky became dark. All of the flavor went out of everyone's coffee and, worst of all, the Pretties began to act like Fuglies! "*Come,*" said the boys to the Pretties, "*Feed us grapes and let us feel your glutes.*"

"*No!*", cried the Pretties! "*Stop objectifying us you misogynist bastards!*" And the Pretties went away, and changed their booty shorts for

business suits, some with large shoulder pads. The boys were sad and the Fuglies were filled with glee, on their way to the shelter, because three cats weren't *enough*, right?

Worse, for the boys, about half of their mums were affected, and sent their fathers away using a legal weapon called "divorce". They didn't understand it, but they were sad without their fathers. Even worse still, there was no one to teach the boys to become Men.

And so it went. Most of the Pretties forsook men and worked in stupid, pointless HR jobs. Some of them still liked men, even older men, but most of them talked of "finding themselves".

Many of the boys grew depressed and fat. They subsisted on something called "Cheetos" and withdrew into caves and became hermits, seeking answers in electronic temples called "Stations" or "Playstations" or something. Others, called "Fappers", claimed that they had found hot, slender Pretties who were DTF. "WHERE?!" cried the other boys. "You know," said the Fappers, "On the internet." And the other boys were dejected and sad.

The poison that had worked on the Pretties wore off after about ten or 15 years, and the Pretties then realized how stupid they had been and then they went to the boys, but the boys said, "*We don't want you, now. You are*

no longer Pretties." And the Fuglies gave the younger Pretties poison each year, and so the Great Wasting continued. And the Fuglies were happy. They had won! They didn't have the boys but neither did the Pretties, except the ones who weren't affected or those who became something called "Cougars". The Fuglies celebrated by each getting a 4th and 5th cat from the shelter!

And the land was poisoned. The Boys were unhappy, the Pretties had lost all reason and sense, and the fuglies were each up to their 9th cat.

Until one day, the boys heard the sound of a conch, and they gathered at Castle Rock. They had never

gathered there before, but it seemed right. The boy who had sounded the conch spoke: "*Men*," he said. The boys liked that. They had never been called that before. They knew that the Fathers had been Men, before they had been driven out.

"*Men*," said the man who had sounded the conch. "*As you may have realized, a Great Pestilence has come upon us. The sun is gray, the sky is dark and the land is poisoned. All the taste has gone out of our coffee. Worse, the Pretties don't wear booty shorts anymore, or let us feel their glutes.*" The boys grunted in agreement. "*You may also have noticed,*" said the man, "*that some of the Pretties are unaffected, but they seem only to be*

interested in men named 'Chad', and sometimes older men also." The boys again agreed.

"So I went to see Uncle Vasya, because he is old and wise, and he always seems to have extra Pretties near him. We sat by his fire and he talked of "Abundance" and "Outcome Independence" and "DGAF" and killing of "Approach Anxiety" and how "Women are a lagging indicator" and such. And then the fire grew low, and he rubbed his chin whiskers and then he told me a story from the Before Time. It had legends about meals that were 'home-cooked'..." The boys gasped at that. Did not such things exist only in legends? *"...and how the Pretties would wear such things as*

'thongs' that showed off their magnificent glutes, and were interested in pleasing men and not wasting the flower of their youth as drones in cold, sterile cube farms. I didn't believe him, until a Tier 1 Pretty that I'd never seen before walked in carrying a platter with grapes on it. My eyes bugged out because she was wearing a thong and Her.Glutes.Were.MAGNIFICENT!"

The boys sighed at this.

The Tier 1 Pretty said to him, *"Shall I fetch Holly yet? Or do you need more time?"*

"Uncle Vasya looked at me, smiled and said, 'Too bad you can't stay!' and then he told me to go see the All

Father. I asked if he would show me the way. He looked at me sternly, held up his index finger and said, 'No. Each boy must travel his own journey if he will become a man! So I traveled for many days over hills and valleys, swam rivers and streams and climbed up to the mountain top where the All-Father's castle stood.'

The man told of standing at the gate of the All-Father's castle. The doors opened, but no one was there. He went into the Great Hall. It was empty of people, except for an old man dozing on the throne. As he approached, the man's eyes flashed open and he leaped to his feet! The 'old man' was thickly muscled and stood nearly 2.5 meters tall! *"WHO*

*DISTURBS THE ALL-FATHER'S
SLUMBER?!"* he bellowed.

"I seek your guidance, great All-Father! The Fuglies have poisoned the Pretties against us!"

The All-Father glared down at the boy, as only the All-Father can do. He pondered for a moment and then he said to the boy, *"Dude. Do you even Sidebar? You look awful. Very pasty and weak. Are there not Temples of Iron? Feel you no Fire in your Blood?"*

The All-Father's look softened. *"Come, lad...let me tell you of the 'Before' Time, before the poison of the witch's magic descended upon the Land, and what to do now...here, let me show you how to do 'preacher curls'...."*

.....

So the boy with the conch, the Man with the conch said next, **"So I learned from the All-Father. And I say to you now, 'Rejoice my brothers, that you were born male, and thus given the choice to be MEN--to dare great things, to achieve great things, to create, to invent, to think, to reason, to sing, to shout in joy and passion, to love and be loved. We must Lift and build and sing as we work. And hold up our achievements as beacons, so those women who are not poisoned can find us. And at night to sit by the fire and enjoy the Juice of Life with our friends, and the pleasures of our women.'"**

.....

The fire had again died down. The boys were silent. Uncle Vasya, who had arrived during the telling of the story, rubbed his chin whiskers. "You know," he said, after a long while, "The Fuglies have been poisoned, also." The boys looked confused by all this. "They have been poisoned by envy. It is the 3rd Most Powerful Force in the Universe. The first is 'Unconditional Love', but that one exists only in theory, although I think I have seen it in faithful pets, and the 2nd is 'Stupid People in Large Groups'. The Fuglies are bitter because they are not Pretties, and their bile and Envy hollows them out from the inside. They cry at night because they have

only cat children. But do not pity them. They chose their ways. And so now, dear lads, you must Walk the Path of War. A noble God Emperor rises in the West. Here is what you must do....”

Things My Father Taught Me: Advice for guys raised by single moms

by VasiliyZaitzev | 7 June, 2017 | [Link](#)

So in various conversations on TRP, guys raised by single mom's have mentioned that they'd like a list of lessons that father's teach. Here are a dozen that I put down on paper (or electrons) some from my dad, some from other dads, etc.

Best of luck to everyone.

Believe in Yourself. In order to reach

your goals, you have to *believe* you can accomplish them. Don't worry, there will be plenty of people around to tell you that you *can't* do something. Those people are talking based on their own limitations, not yours.

Take risks. It's ok to make mistakes. Learning from mistakes is important. Push yourself. Dare to do great things. And if you fail, get up, dust yourself off, and get back at it. Don't play it safe all the time. Columbus wouldn't have found America if he never left the harbor.

Face your problems. Call them by their names. Learn to solve them yourself. That's what brave people do.

Life is tough. You are going to be knocked down more times than you can count. It's not the number of times you get knocked down that matters. What matters is that you get back up, and keep fighting for what you believe in.

Work Hard. Work hard, and rest afterwards. Be responsible. If you do a half-assed job of something, expect to get called out for it. A lot of people miss out on opportunity because when opportunity knocks on your door, very often it's dressed in overalls and looks like "Work".

Always get the other guy's side of things. There are two sides to every story, and while those sides can be

“Right” and “Wrong” that’s not often completely the case. When you’re wrong, admit it. If you owe someone an apology, make it and mean it.

Make Your Own Decisions. Just because someone is more educated than you are, doesn’t mean they know what’s best for you. If you make mistakes, let them be YOUR OWN mistakes, not someone else’s.

Loyalty is Not a Character Flaw. People remember who was still their friend when things got rough. Hold on to those people, and shred the assholes.

Keep your word. Once you break it, it’s broken forever. The day will come when you need the benefit of the

doubt, and if you have a strong reputation for honesty and integrity, you will get it.

Respect is earned. It's earned through keeping your word, and doing what you said you'd do. You can't buy character, and money is a shit way to keep score.

Don't Quit. *Winners win; losers whine.*

Never Put That First Cigarette in your mouth Then you will never have a problem.

The Anna Karenina Principle and the Problem of Bad Relationships

by VasiliyZaitzev | 16 January, 2018 |
[Link](#)

*"Happy families are all alike; every
unhappy family is unhappy in its own
way."* -Leo Tolstoy, "Anna Karenina",
Ch.1, p.1

Tolstoy's meaning here is that happiness requires a number of factors, each one of which must be present for happiness to follow. Each is a necessary condition. If one is not

present, then the result is failure of the underlying system.

The classic example of the “Anna Karenina” principle is zebras. When Europeans first brought horses to Africa, they had a hard time surviving because of disease, the harsh environment, abundance of predators, etc. There did, however, seem to be a local option. Zebras could provide a serviceable substitute for horses, had immunities against local disease, and were accustomed to avoiding predation by lions. This made them the perfect substitute for horses.

Except....

Except that zebras are impossible to tame on the broad scale. They have

independent and nasty-ass personalities. They sometimes attack humans. It's a problem. So they were the perfect solution, *except for the one thing that ruled them out*. That 'one thing' is fatal.

People, unless they are severely broken, generally don't stay in awful relationships, where things are bad all the time, unless they are somehow defective people, but they do stay in bad ones. They cling to them, in fact. How do you tell you are in a bad relationship?

ECs and experienced guys can pretty much look at the questions posed in the titles of posts in askTRP and 95% of the time know the answer before we

click through. Yes, you should dump your drug-addled girlfriend, no matter how good she sucks dick. Yes, if she's cheated on you 45 times, there WILL be a 46th. Yes, trickle truth is a real thing.

Why do guys have to be told this?

Because they guys want the easy path to pussy. Dumping the bitchy or otherwise defective girlfriend - but who puts out - creates the problem of "no pussy". No guy wants to watch ONE WOMAN walk out the door with 100% of his pussy supply, because that means that they would have to go out, compete again with other guys, work through approaches, rejections, etc., until they find another girlfriend.

Guys stay in bad relationships because of lack of abundance mentality + thirst + competing is tough - especially that last one.

That's why you see married guys who let themselves go. They're married so they think they've "won", and they don't have to compete anymore. So they anesthetize themselves with sportsball, beer & chicken wings and blimp out, while their wives either never lose the "baby weight" or simply pork out on their own, and pretty soon they both hate each other and want to die.

There are Two Primary Solutions to the Anna Karenina Problem

No. 1 You find the *"Fuck, YEAH!"* girl.

The "Fuck Yeah!" girl, when you suggest going out says, "*Fuck Yeah! We are going out,*" or "*Fuck Yeah! We ARE going to 'Netflix and chill',*" or "*Fuck Yeah! I AM going to suck your dick!*" This lasts as long as it lasts, which won't be forever, so enjoy it while it does.

No. 2 You maintain sexual relationships with multiple women. 4-5 feels about right to me. For some guys it's 2. For other guys it's 6. Whatever, the point is, you aren't going to put up with psychotic bullshit because you need sex, when you are getting sex on the regular from 4 other girls. One girl is acting up? You got other options. You withdraw attention, and go bang another plate, or go game other

women. Generally, this is the more optimal solution.

In conclusion:

A. Make yourself exceptional in one or more ways. **Women are a lagging indicator of success - If you build it, they will come.**

B. Keep gaming women: **Always be closing.**

C. Once you achieve abundance, you will never again have to suffer the nagging, soul-crushing agony of putting up with some bitch who is just in it to create as much drama as possible and to kill your dreams, because it will be *easy* for you to walk away, and The Power To Walk Away is

one of your greatest strengths. Do NOT stay in a bad relationship just because you're getting laid. Chances are, you will keep banging the chick for a while after the break-up, because to her, you're a known quantity and she can fuck you for 7 more years and you don't raise her N-count.

On Hating Women, Especially For Guys in the “Anger” Phase

by VasiliyZaitzev | 18 February, 2019 |
[Link](#)

So, TRP and RP men catch a lot of shit for apparently “hating” women. **I don't hate women and I don't think anyone should.** Maybe some of us do, but in general, there is no reason to hate women as a group. They are not inherently evil, although some constituent members are, same as with men.

I rather enjoy the company of women, the value that they bring to my life,

and of course, they can be a tremendous aid in relaxation.

What men in the Anger Phase hate is not women, although women are often the focal point, but the fact that they have been lied to all of their lives about how to be successful with women. The Great Bluepill Lie is that if you do what you're told, and take what you're given, everything will be ok, and we're all going to make it, blah, blah, blah.

Except that's not how life works, and doing "movie shit" like showing up outside of someone's house, and putting a boombox over your head blaring "In Your Eyes" is more likely to end in a restraining order than her

falling into your arms.

Oh, and women actually loathe Billy Betas and White Knights. But the Great Bluepill Lie is propagated because the folks in charge only want betas who are just smart enough to run the machines and who otherwise will shut up, not ask too many questions, and be happy with their lot.

Do you understand that yet? Good, now you're a Thought Criminal like your Wise Old Uncle Vasya. Why do your eyes hurt? Because you haven't used them before.

In life, you're only going to make it if you make it work yourself. That's why we tell you to lift, and why I wrote "Become the Prize."

So for guys who are still angry, realize that, as much as you have been lied to, women have as well - 2nd Wave Feminist Betty Friedan described both men and women as "co-victims" of the same oppressive system. So women are taught that they can drink like men, fuck around like men, work like men, and so on, swing from the chandelier, etc., and then wake up at 31, meet the man of their dreams and get pregnant easily and with no complications and live a bi-coastal lifestyle etc. Oh, and I left out one of my faves: that even the most slender, petite woman is somehow a match for Arnold Schwarzenegger in fight...which lasts right up until there's a fight. But hey, "*GIRLS RULE!*" etc. Y'know, at least until they hear the conductor yell

"WALL STATION! EVERYONE OFF!"

There's This One Bitch

So what to do? Well, recognize that being angry isn't a positive emotion, even if *"There's that one bitch"* - which is typically how guys find their way here, as result of a bad breakup - who broke your heart, fucked your best friend and his dad, etc. Being angry is as useless as arguing with women. It's pointless and gets you nowhere, even MGTOWs. Forget her, and move on. You have so many better things to do with your time and energy. The sooner you are over it, the better. Do whatever you have to do to purge yourself of the rage - um, no killing anyone, though - do Monk Mode

or whatever.

Moving forward, do not rage that the world is how it is, understand how it is and act accordingly. How so?

Well for guys who want to get laid, and to otherwise enjoy good relationships with women, lift, develop your game, **learn DGAF**, defeat **approach anxiety** - because faint heart never fucked fair lady, and **maintain abundance**. Understand your quarry. Women want *LEADERS* not *losers*. So become exceptional at something, or a couple of somethings. **Learn to compete**. Have “backbone” while *les soi boys* have “wishbone.” Don’t let the bullshit get you down. Women are a lagging indicator: **If you build it,**

they will come.

Sharpen your sword, whistle a happy tune and be thankful you were born male. Ours is the struggle of our own creation. Great is the burden, but great are the rewards. Time to put down the anger, and get started on your own **Hero's Journey**. You will find that you had it in you the whole time.

The Approved Narrative: Why Dissent Must Be Crushed

by VasiliyZaitzev | 25 April, 2019 | [Link](#)

There is an Approved Narrative. The theme "*Yay, Vagina! BOOOOO! Penis!*" "*Girls RULE, Boys Drool!*" "*Women can be fit at any weight! Sexy at any age!*" The usual "*Women are Wonderful!*" stuff.

The Approved Narrative is evidently so fragile that anything that might undermine the Approved Narrative must be removed, dissent must be crushed.

Why?

Because the fact is that women are just our guests here. If men all stopped doing what we do, every day, Civilization would last until the first oil change. It would actually take about 15-30 minutes for things to start going wrong, world wide. Power plants would shut down, or melt down, anything requiring monitoring would go un-monitored, and so on and so forth.

They are the Eloi, and we are the Morlocks. There is nothing more privileged than a white, Western woman.

I don't say this because I hate women. In fact, I wrote a top-level post that **I don't hate women, and I don't**

think anyone should I am rather fond of feminine women who can keep their figures and show proper deference, but, at the same time, their primary value is the production and care of the next generation of men. After that, what? Some light housework and cooking, sexual gratification, other, similar tasks and ornamentation. Maybe some skilled work, like nursing, but everything else we can provide on our own. As Judy Bitch (PBUH) once wrote, *"If men wanted us chained up in basements, we'd be chained up in basements."*

And it is because men have this power that the radfems rail and screech at us, and demand that we be silenced, fired from our jobs, ostracized, our

wives/girlfriends raped, our kids
brainwashed, etc. Don't believe me?
Ask James Damore. Ask Tim Hunt. He
is a Nobel Prize winner, but he's also a
codgy old guy who made some
(admittedly) cringy comments. Doesn't
matter, he must be guillotined as if he
were Harvey Weingrabber.¹ Ask the
Duke Lacrosse team or the UVA
fraternity. Ask the guys expelled
during the current campus rape "moral
panic". No "1 in 5" women aren't raped
on campus, because if they were,
parents Would Not Fucking ALLOW
Their Daughters to go to university. All
the better to avoid the roving "rape
vans". "1 in 5" is true - in the Congo.
Where they are having a civil war,
evidently. Co-eds are more like 1 in
500 and they are safer than the

female population, generally.

And thank God my "bro of color" saw that Gillette ad and kept me from chatting up that girl. Even though she was probably down. I might have raped her.

And so it goes.

Now, in fairness, the GRRRRL POWER! Princess-culture shit is an absolute betrayal for women who only learn too late that their value was their youth and fertility. A woman I know sometimes talks of how she wants a "winter wedding."

It would, of course, be her first marriage.

She is 53 years old. She is a walking egg cemetery.

When she was younger, she was attractive in a preppy athletic way, man-friendly, good sense of humor. I don't know how she managed to fuck that up, but she did. Now there is nothing to be done. The Wall^{SPLAT!} is Undefeated.

Meanwhile the Cultural Marxists, who have rotted out much of what is good in society, need you to be isolated, ignorant and enslaved. They need betas who are just smart enough to run the machines and not ask too many questions. To say the words - *"War is Peace. Ignorance is Strength. Freedom is Slavery. We have always*

been at war with East Asia."

The LIES never stop. Google the "Dove Real Beauty Campaign". Spoiler Alert: It's a bunch of fatties in their underwear. It is NOT pretty. Back in the aughts, they tried to tell us that men only preferred attractive women because we were "socialized" to. Um, how about 'No'?

So What To Do?

While there is nothing more common than young, unaccomplished dick, the fact remains that there is nothing more valuable than a high value man. There are women who will submit, completely, to a HVM, domestically and sexually, just to stay in his life. So regardless of their Happy Talk, and

"The Future is Female" nonsense,
there is nobody among us who should
not be grateful to have been born
male.

Your task is simple: **Become the Prize**. You have one life. How will you spend it?

Rise, and shake your chains away like dew.

Rise, and make them feel the thunder of your strength.

Rise, go forth, and conquer.

Think **HORIZONTALY**, not **VERTICALLY**

by VasiliyZaitzev | 19 January, 2017 |
[Link](#)

Uncle Vasya here with your Thursday reminder: Think **HORIZONTALY**, not **VERTICALLY**.

This is especially true for n00bs, recovering 'Nice Guys', and guys exiting Monk Mode.

You should be doing multiple approaches and engaging multiple women (i.e. thinking 'horizontally'). If a girl is into you, great. If she's not responsive after a reasonable amount

of time or interaction, then move on. Any further investment is wasted. It gets you nowhere and can create a sense of “entitlement” that we sometimes see among ‘Nice Guys’ who keep investing and investing and investing in the same girl (i.e., thinking ‘vertically’) who “likes him as a friend”, but nothing more. Eventually, he will ‘win’ the right to become her ‘Orbiter-in-Chief’, which makes him the Mayor of her “Friend Zone”. If you start getting that from girls then withdraw your attention, and move on.

The problem we see with ‘Nice Guys’ is they build up some bluepill rom-com fantasy in their heads and think that if they Just Stick Around Long Enough, and Put The Work In, eventually, the

objects of their LURRRVE will each give him that 10th Stamp on his 'Nice Guy' card and then, according to the Rules of the Hottie Union, she will *finally* be able to give him All The Sex He Deserves!

Life doesn't work that way.¹ Whilst the 'Nice Guy' is busy with his 'Boyfriend Audition', the chick is off fucking some Outlaw Biker or Escaped Mental Patient. The difference is that those dudes made their intentions clear. If you're waiting for her to 'realize' that the two of you are 'perfect together', forget it.

Fun Fact: **Faint Heart Never Fucked Fair Lady**

If you're not getting "buy" signals or

IOI's or whatever, and those do not lead to you closing the deal, i.e., PiV, then it's time to bail. And it doesn't matter "why". If she gives you LJBF, you already have enough friends. She is really saying she wants you to orbit her, validate her, pay her way, and NOT have sex with her. Maybe she's involved with another dude. Fine, there are lots of women who aren't. Maybe she wants to ride the Cock Carousel for the next 10 years until the journey ends and the announcer bellows, "*Wall Station! Everybody off!*" Hey, if she wants to train to be an emotionally broken, future Cat Colonist, that's not your problem. Mosey on down the road.

Bottom Line: A woman doesn't "owe

you" her body, but you don't "owe her" your time, attention or resources. If you're not getting what you want it's time to bail.

Now go forth and slay.

¹ Well, it does, sometimes...15-20 years later. Once the chick has racked up a heavy N-count on the CC and needs a dad for her 4 kids by 3 different fathers, and her SMV has hit the Wall^{SPLAT!} head-on. But I digress. And you don't want that shit, anyway.

"Women are a Lagging Indicator" or "If You Build It, They Will Come"

by VasiliyZaitzev | 6 February, 2017 | [Link](#)

Women are a Lagging Indicator

So here's the deal. Life is about The Journey. You can go read about the "Hero's Journey" in Joseph Campbell's work, or in Michael Moorcock's, or even Mark Twain's, like in "Huckleberry Finn" where on their way to freedom, Huck and Jim are really already free.

This is why TRP tells you to Lift. So you can be in the best physical condition FOR YOU. Because being a fat slob is no fun, just ask any fat slob. It sux, and, secondarily, it keeps you from getting girls, too.

Look, I can tell you I'm a successful guy, which I am, or that I bang 21-22 y.o. women, which I do. I can share all the knowledge I have, and hope you **LURN** from it. I'm not running a religion and your faith is NOT required, but if you only believe ONE THING I ever say, believe this: **If you don't have your health, you don't have SHIT.**

So Lift, run, do yoga, swim (I recommend this, because when you

are old you can still swim), eat clean do whatever the fuck you need to do to be healthy. Because without it, you're nothing.

What is the best exercise for you to do? The one you will do EVERY FUCKING DAY. Ask Dmitri Young. He was a professional athlete baseball player. MoFo weighed 291 pounds...and it wasn't a good look. It was also probably a lie. I'd say 325. Either way, that dude was F-A-T, FAT. He's 205 now, and **looks like he should be in a Save the Children** commercial. Srsly, he looks like 50 Cent when he lost all that weight for his role in *Things Fall Apart*. Google it. It's a fucked up look.

So what about lagging indicators?

Women are a lagging indicator of success. WHEN you are in shape, WHEN you are successful, WHEN you have made yourself excellent in one or more ways, THEN the pussy will flow. You think I would be sliding my 49 y.o. cock in to 21 y.o. pussy if I was a fat slob with no game and nothing going on? Not.Gonna.Happen. Sure I look like I'm made up out of spare dinosaur parts, but I built my life, I put in my time in the House of Iron, I became Excellent At Something (a couple of somethings) AND I have game. That's why you never see me here whining about being a no-pussy-getting-MFer. Instead I'm dealing out solid advice to the young men. That shit doesn't just *HAPPEN*. S'allz I'm sayin'.

Don't worry about women. Be the Best
Version of You that You Can Be. If You
Build It, They Will Come. And they will
keep coming.

Five Minutes of Alpha

by VasiliyZaitzev | 2 February, 2020 |
[Link](#)

So many moons ago, Heartiste wrote this piece: Five Minutes Of Alpha = Fifty Years Of Pining, about some sad sack beta who wifed up an Alpha Widow and then literally became a monk (Monk Mode, Level 99) after they divorced.

Cue actress Rae Dawn Chong, who was quite attractive back in the 80s - although Lover's Vow kind of ruined it for me - but who has been decimated by age and The Wall^{SPLAT!} recently "let slip" on a podcast that, back when she

was younger, hotter, and tighter, she gave her 15 year old vag to a then-33 y.o. Mick Jagger. *Brown Sugar*, dontcha know. The age of consent in NY is 17, but RDC defends Jagger on the basis that it was a "different time" and, well, she was DTF. "*In {her} mind he was the same age as me,*" - behold the Power of the Hamster!

This happened in 1977 (she later appeared in Jagger's 1985 video for his song *Just Another Night*, probably because that's what she wanted). Fast forward oh *FORTY-THREE FUCKING YEARS* and guess who, three marriages and a grandchild or two later, guess who is still talking about her two day fling with Sir Mick?

The female hindbrain is a powerful,
powerful monster.

EDIT: So I remembered that drug-
addled actress MacKenzie Phillips had
similarly claimed to have been a
Jagger conquest, and went looking for
it.

Mackenzie: Papa's pal Jagger bedded
me

{The "Papa" bit in the title refers to
the fact that her father was John
Phillips of the Mamas and the Papas}

*"I'd known Mick since I was a kid, and
maybe most people think their
parents' friends are old and gross. But
this was Mick Jagger. Mick Jagger! He
was hot. He had the most perfect ass*

in history.”

.....

She says that sex with Mick Jagger is still a fond memory. “I was proud of my conquest,” she writes. “Or of having been conquered.”

.....

Her father was also a shitty dad:

From Mackenzie’s earliest days, her life was shaped by her dad’s self-absorption, drug abuse and neglect. When she was 10, her dad gave her her first adult job. “Dad said, ‘I’m going to give you a project,’ ” she writes. “Dad had a job for me! This was exciting. I was in. “I got really

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*good at rolling joints. I was the official
joint roller for all the adults."*

You Never Stop Competing

by VasiliyZaitzev | 7 June, 2018 | [Link](#)

This is one lesson you *MUST* understand to have the life that you want: **You never stop competing.**

The day you stop competing is the day that you might as well die. Guys who get married, think they've "won", get sloppy, anesthetize themselves with sportsball and beer to dull the pain of their bleak existence, and then never see the divorce rape coming? Yeah, they stopped competing. Their best case scenario is that they get to pay 40% of their gross income to their ex-

wife to fuck other guys and teach their kids to hate them, and their worst case is being the back half of a murder-suicide.

The OGs of TRP don't tell you to lift because we want to be stuck behind more skinny-fat guys down at the gym, or to tell them to wipe down the equipment and replace the weights, etc. Lifting is the First Commandment of TRP because the Body is the Temple of the Mind, and in order to become the Best Version of Yourself, you're going to have to do something with your physical reality beside just exist as a flabby bag of organ meat.

What next? While you are working on not being a slob 'wif no muscle tone,

bruv', you also need to do some shit to build your confidence. **You need to find something, or perhaps two somethings, to become exceptional at.** Something where you are the big baller and the shot-caller. What this is will depend on what your skill sets are and what you like to do. Now, if your purpose is just to get laid you are doing it wrong. You should be living your life FOR YOU. Women should not be the primary focus, but rather a happy addition: **Women Are a Lagging Indicator of Success. If You Build It, They Will Come** So have a cool hobby or two, and also add a couple of sports outside of lifting to your overall program. I generally recommend swimming because when you get to be older, it will be much

friendlier on your joints, etc. I also suggest one team sport and one individual sport, for development, i.e., learning teamwork and self-reliance. If you are a young guy and you think you might go into CorporateLand you might want to think about golf because a FUCK TON of deals get done on the golf course. Tennis, too, for that reason, but it's less important.

Remember, TRP is about self-improvement....so put together a plan to *improve* yourself.

"Okay, okay, Uncle Vasya," you say, *"but what about women?"*

You also have to understand that women (well some women) are not cuntty bitches who are put here to

deny you the pleasure of their loins.

Be a low-investment guy until you start getting buy signals. If a girl you are chatting up wants to put you in the Friend Zone, fine, simply **withdraw your attention** from her and go chat up other girls. The bluepills will bleat about how *"Women don't owe you sex!"* Correct. They do not. But the flip side is that you don't owe women your time, attention or resources, either. Doubly so if she actually is a cuntty bitch. **It's not up to you to run some sort of 'outreach program' for angry, bitter women.**

There is no "One Special Girl", so stop believing in that bluepill 'fairy tale' bullshit. It's a numbers game, so **Think Horizontally, Not Vertically.**

Over the longer term, you need to identify the pool of women who are attracted to you, and select dates/mates/plates from that pool. I know that I'm going to do particularly well with introverts, tall girls, and girls who prefer older men, so I vet women from those groups to find those I like. Try out what works for you. If you put in the work, you will optimize your chances.

You wanna know what guys get laid the most? The guys who get rejected the most, because they're the guys who approach the most. You are going to have a better shot at the women you want if are what? If you are the best version of yourself that you can be.

So get thee to the House of Iron, and whistle a happy tune on your way, and be grateful that you were born male, and learn to see the advantages, not just the disadvantages. Be grateful that your sexual success is not almost *entirely governed* by your looks - which are going to fade with age - and that you can only get turned on when someone treats you like shit.

The Takeaways:

- You Never Stop Competing
- Be the Best Version of You that You Can Be
- Find One or Two Things to be Exceptional At.

- Live for YOU; Women should not be the primary focus, but rather a happy addition to your life.
- Be Low Investment, Until You Get “Buy” Signals.
- If a girl isn't into you, or friendzones you, or is a cuntty bitch, Withdraw Your Attention From Her.
- Reward good behavior, punish bad behavior (withdrawal of attention, DREAD.)
- Identify the pool of girls you like and do well with and draw dates/mates/plates from that pool.

Become the Prize

by VasiliyZaitzev | 12 February, 2019 |
[Link](#)

So we often advise young TRPers to “Remember, YOU are the PRIZE.” But what does that mean? As younger men navigate the SMP, mostly by trial and error, and asking about “*What does it mean when she says [whatever]?*”, they tend to think *tactically*. But really, we want you to think *strategically*.

There’s a *reason* we tell you to read the sidebar.

There’s a *reason* we tell you to lift.

There's a *reason* we tell you to eat clean.

But really, we should be framing it as **“Become the PRIZE.”** Because by becoming the prize, you will have increased options in life, better choices, more freedom, younger, hotter, tighter women.

Being average is pretty mediocre existence. Do you want a shitty commute to a job you hate that you can't leave because you're living paycheck to paycheck? Yeah, didn't think so. You're not here because you want to be mediocre. You're here to become the best version of yourself you can be. Read on.

Goal #1: Become fit. If you don't

have your health, then you don't have shit. A lot of guys in my age category (50+) walk around all day complaining about not feeling good, or this hurts or that hurts and so on. I don't. Why? Because I work at it. I'm never going to be the stud athlete I was in my late teens and early 20s ever again. In fact, on my best days I will be pretty rough-looking, with a slight tilt towards "ugly" - I sometimes joke that I look like I'm made up out of spare dinosaur parts. But I will feel good, walking around, and my health will be rock-solid. Often, women don't care if you're a bit rough, so long as you're not a fat slob. If you're broke or can't get to a gym or whatever, fine. Google "body weight exercises" and go outside and walk.

Goal #2: Gain Confidence. How do you become more confident? You work and become excellent at something, or a couple of somethings. My former OLTR2 was a Hard 9 who, when I told her I write and perform original music and front my own band, said, point blank, *"I'm going to have to re-evaluate how cool you are."* Maybe your talent isn't music, but it's something else. Find it, and develop it. Maybe it's rock climbing. Maybe it's martial arts - and I highly recommend that you take up at least one martial art. Outside of music, I also play co-rec beach volleyball in the summer. I'm good at it, it helps keep me fit and puts me around young, fit women. With confidence comes Frame. Women want *Leaders* not *losers*.

Goal #3: Work On Your Game. I've written about Approach Anxiety and Abundance Mentality and operating at Level 99 DGAF. Guys find them useful, but really you have to Get Out And Do Things Yourself. Go approach 100 women. By the time you get to 50, you won't give a shit how hot they are, and by the time you get to 100, you're going to be thinking *"What's the most fucked up thing I can say to her and still pull?"*

Goal #4: Expand Your Horizons. Learn an instrument. Learn another language. Travel. Meet exciting new people, and have sex with them. Think things over. Not just the "what" but the "why". Travel improves both the mind and the soul, and teach

independence and self-reliance.

Goal #5: Understand The Matrix.

Once you can see the Matrix, everything becomes clear. The ECs can look at the title of a post in AskTRP and 95% know the answer to the question before clicking on it. "Lack of Abundance." "Oneitis". "Unicorn." Really, this shit gets easy, once you master it.

Conclusions

- Build your body. Become the best version of "you" that you can be.
- Build your mind. Develop your Frame.
- Confidence slays the ladies. Women want *Leaders* not *losers*.

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-Master your life. Become the Prize.

Approach Anxiety: Faint Heart Never Fucked Fair Lady

by VasiliyZaitzev | 4 February, 2017 |
[Link](#)

So you see a girl you want to bang. What do you do? Think *"There's a girl who wants to meet me,"* and Confidently walk over and introduce yourself? Or make up excuses, pussy out, and then tell yourself that "The Moment Wasn't Right". Because Confidence gets her number, and 'The Moment Wasn't Right' rides the bus home and jacks off.

Faint Heart Never Fucked Fair

Lady

-From "The Sayings of Chairman Zaitzev"

What happens if she tells you she has a boyfriend? What happens if she yells, "NO!" at you? What happens if she's bitchy after a bad day?

Nothing. That's what happens.
Nothing. And that's not even the worst thing that can happen.

If she rejects you, simply say "Ok" and move on. If she's really obnoxious it's ok to say, *"I apologize; I mistook you for a lady,"* and turn on your heel and withdraw. It will leave her sputtering. But only do this if she has it coming.

Women expect to be approached. They hope for it. Maybe not by you, but, yes, maybe by you. There is only one way to find out. Societal expectations are actually on your side in this. Why don't you? Because you are *AFRAID*? Afraid of what? Some half-naked creature that's half your size? Approach, chat her up, and be clear about your intentions. If she wants to be your friend, that's fine, but it's a rejection, so move on. You were fine before, and you will be fine after. Don't worry about it.

So what is the worst thing that can happen?

"Hope is a Powerful Drug."

-From "The Sayings of Chairman

Zaitzev”

The worst thing that can happen is that you do not make your move, and become her “gay bff”, only you’re not gay. You want to bang, but she has ‘no idea’. Probably she has some idea, but some women don’t. You say nothing, but you are definitely doing the ‘boyfriend audition’ in the HOPE that she somehow Figures.It.Out. That someday, after fucking her way through every thug, barfly, every Outlaw Biker and Escaped Mental Patient, after you’ve picked up the shattered pieces of her heart and, tenderly, put them back together for her, that she will finally “realize” how “right” the two of you are together. And then, all those nights of being her

emotional tampon, the times you took her to the VD clinic for chlamydia and gonorrhea, the times you canceled on your buds because “she needed you” will *finally* be worth it. Or not.

You see, the worst thing that can happen to you is this: You become a “Nice Guy”. What, you think she’s going to say, *Pull out your ‘Nice Guy’ Card! Today you have EARNED that 10th stamp and I’m FINALLY going to be able to give you All The Sex You Deserve!*”

Not gonna happen. And even if it did, if you had even a shred of self-respect, you wouldn’t want it by then.

Look. If you want to get ripped, you have to Lift. If you want to learn guitar,

you have to practice every day. If you want to get good at approaching women without fear, you have to approach women. And sometimes you will fail. And sometimes they will be polite, and sometimes they will be spoiled, entitled little bitches. And something else will happen: you will get numbers.

Now go forth and slay!

**TL;DR: Faint Heart Never Fucked
Fair Lady**

Abundance Mentality - Why It's Good For You.

by VasiliyZaitzev | 5 February, 2017 |

[Link](#)

So a recurring problem I see over at AskTRP involve a problem with a One Special Girl™ who is 'way specialer' than any other girl could possibly be! It's like she's the Last Girl You Will Ever Talk To.

Wrong.

Here's what's going on. You know who she is, and you already have an in with her, maybe you're fucking her already, or you were fucking her. Starting over

is difficult. Approaching other women – women who can NEVER be ‘Specialer’ than her – is difficult. It requires starting from zero with another girl, and that requires ‘work’. Work is Difficult.¹ We don’t like ‘work’...until we see it as the pathway to self-improvement and a better life.

I also get the sense that a lot of TRP guys actually have a bit of blue still in them, and they think about getting married and having a cozy little house with a patch of grass somewhere, with a picket fence around it, a tire swing and a screen door on the kitchen...an apple pie sitting on a window sill, cooling in the afternoon breeze.

Snap the fuck out of it. I get it, even I

wish it was true, but that shit only happens in **lemonade commercials** or if you're Mormon.²

The problem is, for men, more is better. If you commit to one woman, then you risk ONE WOMAN decide if you are having sex on any given night and ONE WOMAN can walk out the door with 100% of your pussy supply. That makes guys crazy and more willing to put up with ONE WOMAN'S crap, and leads to unhappiness and, in extreme cases, being the back half of a murder-suicide.

This is why we discuss "Plates" or multiple FWBs" or "open LTRs". With Abundance, stress for men goes way down, and we can behave more

naturally (for us). If a woman starts acting up and being a pain in the ass, with Abundance, you do what you *should* do and kick her to the curb. For example, once upon a time, one of my OLTRs is being a pain in the ass. So I dumped her, which she *never* saw coming, because, as she said, "*Guys don't dump me!*" For me, it was an easy choice, because, because I had another primary who had sex with me whenever I wanted, and didn't give me any trouble, plus a couple of other side pieces, as well. And guess who is knocked herself out, trying to fuck her way back into my good graces? Exactly. And that was fun, for a while, and when it wasn't I kicked her to the curb. Again.³

So the reality is that Abundance is good for your outlook on life and your mental health as well. No stress. And a Man With Options is a Man Who Cannot Be Fucked With. Once you master Abundance Mentality, your Approach Anxiety will vanish, and with that, Abundance become much easier, both in relation to each other.

Now go forth and Slay.

¹ This is, incidentally, why so many people pass on “Opportunity”. Because when Opportunity knocks, most often it is dressed in overalls and looks like ‘Work.’

² For the Autists and the AWALT dudes: AWALT. I’m just joking around.

³ And an Alpha Widow was born. The events I describe happened months ago. She texted me today around noon.

Uncle Vasya's Guide to Outcome Independence or Welcome to Level 99 DGAF

by VasiliyZaitzev | 8 July, 2018 | [Link](#)

I sometimes say that I operate at “Level 99 DGAF”, which is a more casual way of saying that I have Outcome Independence. Think of it as *opposite* of “One-itis.” What is it, how did I get here and how do you get here, too.

Something [/u/SirKolbath](#) recently posted in a comment resonated with

me. *"By the time you get to fifty {approaches} you'll stop caring about how attractive they are. By the time you get to a hundred {approaches} you'll be trying to see how fucked up you can approach."* I thought about it, and realized, yeah, that's true. I do that shit all the time. Not "fucked up" like autistic, but just telling them the truth, packaged correctly, as to what you want, and what you are going to do to them.

I like tying girls up - mostly because I learned that that's what women who like me seem to want from me and it puts me on the Express Train to Poundtown - so I tell them, basically, that (a) I'm going to seduce them, and (b) I'm going to tie them up, caress

and tease them until they are *WILD* with desire, and then climax them until they BEG to be permitted to stop...or they pass out, whichever happens first.

Of course, it works better if you pre-qualify your girls, then build rapport, and put things in the right context, but once you do, you have a lot more options than you think.

You can feed Hamster Chow to the Hamster. I'm giving the Hamster cocaine. And heroin. Mixed together.¹ I can't tell you how many times I get a tingly "*OMG! No guy has ever talked to me like this before!*" out of them. And a lot of them wind up "*tangled in my ropes*". It's fun, for me and for

them. And if a girls doesn't? So what?
Another girl will.

So evidently, a fuck ton of guys are terrified of approaching women. What if she says "No!" What if she laughs at you? What if she's a total cunt?

What if she does? What if she is? So what? Then, at least, you know. And you have eliminated variables, and you can carry on with other approaches. Girls are not evil alien creatures - well, most of them aren't - they understand that guys are going to hit on them, and the overwhelming majority aren't going to be bitchy about it. Some will be, either because their own social skills aren't developed enough yet, or, yes, because some of

them are bitches. That's how it goes.

You know what hell is, in the Matrix?
Hell is being a “nice guy” who continuously invests and invests time, attention and resources into a woman who “only likes him as a friend”. He's too terrified that she might reject him, so he hangs around, hoping that she will “get it” that they were “meant to be together.” As if she's some day going to say to him, *“After all the times you've held a door for me, gotten my coat, or carried my books, you've FINALLY gotten that 10th Stamp on your ‘Nice Guy’ Card™ and I can FINALLY give you all the sex you DESERVE!”*

You wanna know what I'm going to do

to Mr. Nice Guy – who, let's face it, ain't so 'nice'² – while he's mate-guarding his "One Special Girl"TM ? I'm going ask her, "*Oh, is he your boyfriend?*" like I give a shit that I might be hitting on 'his' girl. She's going to say "*Nooooo! {giggle}*"

And then I'm going to watch his balls shrivel up into tiny little raisins, and then disappear altogether.

Why? Because he's invested MONTHS if not YEARS of his time being 'nice' to Sexy Fiona, hoping she will 'get it', only to have me, or some other baller, walk up and crush his dreams inside of 5 minutes. How? Because he's got little gerbil balls, and mine are gigantic, made out of brass and go

“KLANK!” when I walk.

Women do not OWE you sex, just like you don't OWE them your attention and resources. Bluepills sometimes have trouble with that last bit, like we're supposed to fall down and worship the pussy and beg for it. Fuck that noise. **Women should never be the end goal, but simply a happy accompaniment to a life well lived.** Younger guys don't always get that right away because you want sex more than you want to stay alive, but you will come to realize its truth.

So how do you get from where you are to the Mountaintop?

1. **Stop Being Afraid of Shit.** You

approach enough women and you stop being “afraid”, although why should anyone be afraid of a half-nekkid 100# primate is beyond me.³ Faint heart never fucked fair lady.

2. **Always remember YOU are the Prize.** My OLTR2 is one of the hottest girls I have ever banged, 5'11", rockin' body, legs that go on forever, amazing cheekbones, DSLs and hair down to her (perfect) ass – srsly, I look at that ass and think *“That ass wasn’t born, it was made...in an underground laboratory in Switzerland...by my favorite Jewish doctor, Dr. Finetush.”*

She's 22, I'm 50. Guess which one of us is *terrified* of losing the other one? Hint: Not me. Why? She knows I'm confident, I'm a good mixer and, fuck, I got *her* so why would I not be able to get any of the other million pretty girls out there. I realize she gets offered dick 25 times a day, but I have abundance, amused mastery and I operate at Lvl 99 DGAF - in other words, I can see the Matrix.

3. **“Confidence” is the Key to Everything.** I basically piss out a quart of confidence when I get up in the morning. Why? Because I have made myself exceptional

at a couple of things. You can, too. Confidence is often expresses as “Amused Mastery”. Go watch the old James Bond films. They are a master class in Amused Mastery. Rock out with your cock out.⁴

4. **Abundance Mentality**. Stop acting like Sexy Fiona is the Last Girl You Will EVER Talk To. A man with options is a man who cannot be fucked with. Now go forth and *SLAY!*

¹ That's called a 'speedball'. It's what killed Belushi, Chris Farley, River Phoenix, Layne Staley, Phillip Seymour

Hoffman and one half of Kriss Kross.

So yeah, kids, don't do drugs. And stay in school, n' shit.

² Being a "Nice Guy" is an alternative pussy-getting strategy that doesn't work. Nice guys aren't "nice", they're trying to use covert contracts and creepy behavior to get pussy. Women want winners, not supplicating creeps. Women actually LOATHE White Knights. Now, in fairness to Nice Guys, they are taught shitty lessons by media and movies, etc. *"Be quiet, take what you're given and just keep being a nice guy and you will win in the end"* - when what they should be told is *"Look, you need to put YOURSELF first, and do what's good for you. You can either sit around bitching that girls*

always go for jerks or you can be the jerk that women go for." That's why we tell you to lift, fix your diet, dress better, etc.

³ And anyone who wants to go on about the vicious Macaques (or whatever) that live on Gibraltar and steal shit out of your car, if you're trying to *fuck* one of those, there is something seriously wrong with you. A couple of things actually.

⁴ Not *LITERALLY* with your cock out. Stop being stupid.

OLTRs: What They Are, And How To Manage Them

by VasiliyZaitzev | 19 February, 2020 |
[Link](#)

So from time to time, I make reference to an “OLTR” I have - there have been a few over my time posting here. OLTR is short for “Open Long Term Relationship.” By “open” I mean on my side only, otherwise, the girl would just be a plate. OLTRs are girls who give their commitment in exchange for something else, e.g. a higher priority access to your time/attention, or as a form of “covert contract” to try to get

you to commit to exclusivity by committing to exclusivity, and then trying to leverage that, or for other reasons.

Why Would A Woman Agree To An OLTR?

Women who agree to an OLTR will do so to have access to a higher status man than they could otherwise have, exclusively. There is an evo-psych argument that polygamy gives lower status women access to higher status men, and thus is beneficial to lower status women, from an evolutionary perspective.

Further reading: **Become the Prize**

Related: **Five Minutes of Alpha.**

Alternatively, a woman will agree to an OLTR because she is bisexual and wants to have FFM Threesomes.

Women are, generally speaking, crap at approaching and handling rejection. I have had relationships with bi-girls who ask how I approach our playmates about a threeway - they understand it intellectually, but the idea terrifies them. Put another way, if you think that YOU suck at cold approaches, I assure you that you are better at it than basically half the planet.

Further reading: **Uncle Vasya's Guide To Threesomes**

It may also be that you are able to provide the woman with something that other men are not, for various

reasons. Ex. I have a slave girl presents to the world as a “good girl” who is educated, cultured and with responsible job (double Ivy, plays the piano at an expert level, doctor) for whom I was the first (and only) person she could ever confess her secret desires to. Thus, when she is with me, she serves me, domestically and sexually – so at my place she wears a collar, is otherwise nude most of the time, and does whatever I want, whether it’s gargling my balls or playing *Moonlight Sonata* for me on a piano I inherited. She realizes that she got *reeeaally* lucky with me and bottom line is, she’s not going *anywhere*.

Further reading: **Of Human**

Bondage, Part II: Slave Girls Are Fun.

If she does, so what? I have abundance – and you should, too. In fact, let me drop some knowledge on you now: you should have a goal of **maintaining sexual relationships with multiple women.** Guys get into trouble when they make decisions based on “losing” their ONE GIRL who represents their pussy supply. Put another way, if one of my girls acts up, I put her on the shelf, because there is no ONE WOMAN who gets to decide if I’m fucking tonight. There are a lot of issues I see in AskTRP that would not be issues if the poster was spinning 3 plates. This is why early 20s girl-drama doesn’t phase me at all. There is no

One Special Pussy and if you have 2-3 on deck, ready to be plowed, then you would be surprised at how little shit you are willing to take from the One Girl. Fuck that noise.

Further reading: **Abundance Mentality - Why It's Good For You.**

How do you get into an OLTR in the first place?

It's easier from the get go, rather than trying to introduce it into an existing exclusive LTR - exception: bi-girls, who will be (or should be) down.

So I'm a strong extrovert, and I basically chat up every person I meet, in various ways, because I find it entertaining. It's beneficial to have

positive relationships in everyday life. When it comes to women, if they ask, I say that “*I’m dating*” or “*I keep a rotation*”. IOW, I have abundance, which keeps my decision-making epicenter in my brain and not in my crotch. I also *communicate* that to them because, while it’s possible that a woman will rule me out based on that, but it’s not likely insofar as I don’t “have a girlfriend” that keeps my balls in her purse, and women like men who other women like. It validates them liking you. If a woman isn’t down, that’s okay – I also have outcome independence.

Further reading: **Uncle Vasya’s Guide to Outcome Independence or Welcome to Level 99 DGAF**

Too many guys get caught up in the idea of the "One Special Girl" and keep doubling down on trying to crack that one clam and wind up becoming the Mayor of her Friend Zone. Instead, you should **Fish With a Net, Not a Pole**. Be the low-investment guy, until a girl starts giving you "buy signals."

But Uncle Vasya, What If She Doesn't Want To Be My OLTR? What If She Wants My Commitment?

Then you have a choice to make. I don't bring it up, other than mentioning that "*I'm dating*" or "*I keep a rotation*." If I'm asked why, I say "*I do what's right for me*." She can either accept your terms or she can walk.

Simples. If you have abundance, then this shouldn't be a problem for you.

In both cases where I had long term "threesome" relationships, the more "dominant" girls of the pair were *very* interested in me not fucking girls outside of "the relationship" - actually one was crazy jealous and the other one would have wanted to be with me, fucking the other girl, too, so I guess it would have been ok if she was there to "supervise" my extracurricular pussy. One the plus side the more dominant girls slipped into the 'boyfriend' role when I wasn't present (one pair started out as roommates and the other pair became roommates), which gave them a better appreciation for me: *"How you do it? Women are*

IMPOSSIBLE!" Me: "LOL".

Anyway, having OTRs shouldn't necessarily be a "goal" for a man, it's just a tool to help manage your women. Being an OTR is a form of submission, really, for a woman, and as it happens I prefer **submissive women**. Beyond that for an OTR you should enjoy her company and not simply be elevating her because she "put in the time." For example, while having a slave girl is as much fun as you would think it would be (as well as being more work than you think it would be), my current slave girl is also quite knowledgeable about medicine (ofc), business and, for some reason, precious metals. She's quite an interesting conversationalist - when

she's not tied up and gagged. /heh

On occasions when women have asked for exclusivity and been rebuffed, they sometimes say *"Well, I can go out and date other guys, then!"* Me: *"Yes you can. In fact, I recommend it; it will make me seem even more like a prince, by comparison."* This is generally greeted with "sour lemon face" by them. It's amusing, especially when it doesn't have the effect they intend - *"Oh, no, baby! Please don't leave meeeeeee!"* Ugh.

*Further reading: [/u/mattyanon's **Are we exclusive? Handling "The Talk."**](#)*

Takeaways

-OLTRS can be a useful way for girls to hamster away the fact that you are banging other girls.

-In order to pull them off, you need to **Become the Prize.**

-They can be useful in managing **Threesome** relationships, outside of the bedroom.

-Ultimately, it's better for most guys to spin ~3 plates to **maintain abundance** OLTRs can be a tool to help accomplish this.

Teachable Moment: Every Encounter is an Opportunity

by VasiliyZaitzev | 14 June, 2017 | [Link](#)

So as I was leaving my favorite caffeinated beverage purveyors this morning, a young-ish MILF (maybe early to mid-30s) was coming in. She got to the door about a beat and a half before I did, and held it open for me, with a big smile on her face.

She was dressed in workout gear that emphasized her boobs - her top had this "peekaboo" cutout thing to show her cleavage - and short shorts. I'm guessing she was on her way to spin

class because her hair was up and she had makeup on and wasn't sweaty and gross or whatever.

So I thanked her, made a bit of a show of walking through the door, then turned, looked her up-and-down - she was still, smiling, standing there with the door open, and hand turned towards me a bit, and then I said, "*Damn, baby, whatever you are doing at the gym, keep doing it, because It.Is.WORKING!*", and her grin broadened even wider. Why didn't she scream, "*STOP EYE-RAPING ME, YOU MISOGYNIST!!! I'M NOT JUST A PIECE OF MEAT!!!*" **Because, in general, women LURVE to be favorably assessed by a non-fucktard, masculine male.**^{1, 2} She was also

dressed to be assessed, and was not an unkempt slob wearing an "I {heart} Bernie!" t-shirt, and with purple hair.

And that was it. I turned and hopped in my car and drove off. "*But Uncle Vasya!*" you say, "*Why didn't you spread her and bang her right there on the pavement! Or at least get her number!*" Well first, because I don't particularly have any open slots in the rotation at the moment, and second because...well there really isn't a second. But I will tell you how I would have played it:

What NOT to do: Follow her back inside, slobbering drool and thinking "*Maybe THIS ONE will LIKE MEEEEEE!*" like a bluepill betafag. Don't approach,

just hope she picks up that I like her
from mental telepathy.

What Uncle Vasya Would Have

Done: [Mildly subversive vibe] *"So, look, I'd go back in and get coffee and strike up a conversation with you, but I've...already got coffee, so I'm just going to ask for your number."*

And that's it. Maybe she gives it to me, maybe she's married, maybe she's a lesbian, who the fuck knows? And really, it wouldn't matter because I have **Abundance Mentality**, zero **Approach Anxiety**, and I operate at **Level 99 DGAF**.³ If I see her again, she's primed to like me. If I don't, I DGAF, because I'm already tapping 3-5 girls on the regular at any given time.

Oh, and before I get a "*BUT YOU VALIDATED HER!*", no, I didn't. I didn't give her an "*OMG! Yerr so HAWT you could have 1 million guyz!! OMG! Can I drink your bathwater?!*" like Timmy Halfafag would do. Instead, I praised her for something she was *doing*, in this case working to keep her man-pleasing figure in as close to pre-Wall shape as possible.

Lessons Learned:

A. Every encounter is an opportunity to work on your game. Learning 'How To Talk To Girls' is a necessary life skill for heterosexual men.

B. Ladyfolk love to be assessed by a non-loser male. Use this to your advantage.

¹ "*But Uncle Vasya! My cousin Gertrude HATES that!*" Yeah, well your cousin Gertrude is a fucking landwhale who knows that there isn't enough vodka in the world for me to drink to make her attractive.

² The best thing for them is to be judged superior to another woman, but there was just her, so I went with what I had to work with, which was a hot MILF in skimpy clothes.

³ ~~Haven't written this one, yet.~~ Now, I have.

Confidence Above All

by VasiliyZaitzev | 23 September,
2019 | [Link](#)

So I've seen a couple *"OMG! I just met the perfect girl! I don't wanna fuck this up! Plz HALP!"* type posts, of late, and it's time for a gut check.

There Are No Unicorns.

Yes, I know, your new girl's special-specialness is way specialer than all the other girls who have ever-lived.

Except she's not, or it isn't or whatever. Now go punch yourself in the dick ten times.

Why? Because if you play it like *“Yes, pookiekins, you are the sweetest girl ever! I iz in LURVE!”* then you won't see the anvil falling out of the sky, and then you'll get flattened. Betafag behavior dries pussies right out. Like the Sahara Desert. Or the Gobi Desert. Whichever one is drier.

What then to do?

How Betas Fuck Up

This shit is important: write it down.

Guys fuck up by getting married or getting into an LTR and thinking that it's over, and they've "won." They anesthetize themselves with SportsBall and beer, quit lifting/exercising, chub out, and settle

into their lives of unknowing desperation, being bitched out at home, and working in a 9 to 5 coffin. Then, one day, they wake up to find that they're getting divorced because *"You've changed"* or *"I've changed"* or *"I'm not happy anymore"* or some shit. So much for "winning". They get kicked out of the house, have their assets strip mined away and get to see their kids whenever the ex feels like it. And she sits around bitching to her friends about what a loser he was while she's living in a house that he's still paying for, wondering when she's going to get her groove back¹ or when she gets to EatPraySlut her way into the bed of some sexy foreign man.² He's still trying to figure out "what he did wrong" when really just got the

realities of life shoved up his ass, 'wif no lube, 'bruv. The BEST CASE scenario is that you stay married, don't hate each other, but wind up dying anyway. Of cancer or some other nasty shit.

How To Not Fuck Up

You “don't’ fuck up” by doing what got you there in the first place. Amused Mastery. Abundance Mentality. Being kind of an asshole, but not like a REAL asshole.³ Like a 'funny' asshole. Be mildly subversive. If she says *“No guy has ever talked to me the way that you do!”* then you're doing it right.

Ex. One of my girls has like 7 orbiters – one actually gets tongue-tied around her, but stalks her on insta and ‘likes’

all her posts and photos. I told her to tell him that she has an owner, which she did – which I was pretty surprised but hey, good for her – and he just about shat himself at the thought. She enjoys teasing him – women *love* teasing betas – but there is zero chance he gets anywhere near her quim. Another guy writes poetry for her.⁴ PUUUUUKE! He is intellectualizing his desire for her pussy. Me? I just told her I was going to **tie her up and fuck her**. Guess which one of us is Nailing That Tail? Hint: Not Percy Shelley. When she mentions him, I ask if he's written her a sonnet or something. If you are going to write fucking poetry, at least be Lord Byron, or Dylan Thomas, only without the syphilis and alcoholism. *"The waste*

remains and kills” indeed.

Confidence slays. Keep her off-balance, like she’s balancing a chair on its back legs, almost tips over, but catches herself. Be cocky – if I am ever at loss for words, I usually go with the most sexist thing I can think of, and it’s like catnip for them, because the landscape is such a desert when it comes to masculine men. Oh, and if anyone mentions “toxic masculinity” near me, I correct them with either “traditional masculinity” or “heroic masculinity”, as appropriate. Don’t let the enemy use your own virtues against you.

What To Do About It

First, remember that women are never

the end goal in and of themselves, but rather a pleasant accompaniment to a man's life, which he pursues how he chooses.⁵

How do you gain confidence? **Become the Prize.**

How do you learn to approach women? You go out and do it. By the 25th approach, you won't be afraid anymore. By the 50th, you won't care how hot she is, by the 75th, you will be thinking, *"What is the most fucked up thing I can say to her and still pull?"*

Approach Anxiety: Faint Heart Never Fucked Fair Lady.

Stop thinking whatever girl you are obsessing over is the Last Girl You Will Ever Talk To. **Abundance Mentality -**

Why It's Good For You.

Stop being afraid of shit. **Uncle Vasya's Guide to Outcome Independence or Welcome to Level 99 DGAF.**

And never forget: **You Never Stop Competing.**

Now go forth and SLAY!

¹ The male lead in “How Stella Got Her Grove Back” was an obviously gay man using “Stella” for a visa to the US.

² The story of that story is pretty sordid.

³ Never go full asshole, unless it's in a “Total War” scenario.

⁴ In fairness, I did this once, also, but it

was limerick about the pulchritude of
her ass.

⁵ *“Men are here to DO shit. Women are here to make more men.”* - Napoleon Bonaparte, only he said it in French.

End Game or Handling Life on Your Own Terms

by VasiliyZaitzev | 18 September,
2018 | [Link](#)

So from time to time, we see questions about *"What about when you're older? Aren't you afraid of dying alone?"* All the older guys on TRP can verify that this happens. The heavy subtext from the questioner (IRL) being, *"Quick! Wife up one of these tatted-up, cankled single-mom bar sluts before all the 'good' ones are taken!"*¹ Sorry, not going to fall on that hand grenade for my "buddies" (meaning her ex, or

the government, etc.)

The first problem is an existential one: Nobody belongs anywhere, nobody exists on purpose, everybody's going to die. You may not be staring out at your grave every day, like Morty, but you might as well be. Why?

Because we're all going to die.

Someday, probably off in the distant future for most of you, the Norns will snip your thread, and the Reaper is going to tap you on the shoulder, and then you'll be gone. We all pay the Ferryman in the end. Wow. That was a lot of clichés. I promise I won't quote "The Shawshank Redemption". That would be too much.

In the West - which already has it's own set of problems - we live in a death-denying culture, and we regard people who have died as having somehow fucked up. We delude ourselves that perhaps there has been some clerical error in our case, and we're going to get out of life alive. That's not going to happen. Nobody - despite their best efforts and delusions - gets out of life alive. The sooner that you realize that, the sooner you can get about what you came here to do.

The question is not, therefore "*Aren't you afraid of dying alone?*" it's "**What will you do with your one precious and beautiful life between now and then?**"

Some people find Steve Jobs' 2005 Commencement Speech at Stanford to be useful in this regard, mostly because he was a famous visionary, and because he is also dead, and checked out a couple of decades early:

“Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Almost everything--all external expectations, all pride, all fear of embarrassment or failure--these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow

your heart.

Jobs died less than 5.5 years after he delivered this speech. My guess is, he probably wished he'd tried Western medicine sooner rather than later, and - write this one down - **talent comes with conditions**, and Jobs did tend to buy into his own infallibility. Turns out he was great with computers, mostly, but when it came to making healthcare-related decisions, he was pretty fallible.

With the end of the Fear of Death begins the Death of Fear.

Once you realize, and by that I mean come to terms with, the fact that you will one day die, that's when you're free.

I've written before about "Approach Anxiety" - when was the last time you think I had "approach anxiety"? Your guess is as good as mine, because I don't remember. Sometimes, I look at woman and think, "*What's the most fucked up thing I can say to her and still pull?*" AFAIAC, it's MY world, the rest of you MFers just live in it...

You have nothing to be afraid of, so stop being afraid of shit. Get busy living or get busy dying. I guess I lied about not quoting the Shawshank Redemption.

The Problem Of Relative Happiness

So, years ago, I read a news article about a study that I'm too lazy to try

and google about how people would rather make \$100K if others were making \$75K, than \$200K if others were making \$250K. That sounds dumb to me, because I don't give a shit about how others are doing, I just want to advance my own cause, but evidently it's a "thing" for a lot of people.

Evidently, it's not enough for some folks to "win" but others must "lose" at least in relative terms. In any case, once you stop worry about other people, life gets a fuck-ton easier.

You Need To Stop Letting Other People Define Your Happiness.

And while you're at it, stop making excuses. Sometimes things ARE easier

for other people. There ARE people who are way better looking, or richer or funnier or whatever. So what? Dwelling on that is just an excuse to be unhappy. Whomever you're comparing yourself too has their own set of issues. Develop your own strengths and move on from there.

If You Are Going to Make Mistakes, Let Them Be Your OWN Mistakes

Srsrly. That doesn't mean "*Don't listen to good advice*", but the things you will regret the most will be not trusting *yourself*.

How To Have The Life That You Want.

So, I'm pretty happy in life. If my life is cool, it's because I fucking PLANNED it that way. I don't mean planned it down to every last millimeter, and I certainly got plenty of shit wrong until I figured out how the world worked, but I've done a good job of putting myself in a position to do well. Also, as you get older your goals tend to be more basic, such as waking up in the morning and thinking *"Ok, Goal 1 for the day: Don't Die."*²

That said, I figured out where I wanted to be and then I developed a plan about how I could get from where I was to my goal and then I set about putting it into practice. If you think about the "impossibility" of your task, whatever that may be, you will surely

fail. If you think like the Dutch or the Israelis (or so I am told) that nothing is strictly "impossible" it's more that there are a series of obstacles that must be overcome, then you will have a greater chance of succeeding.

Fear

Fear is often disguised as "practicality". Lots of folks go into Law or Business careers because poverty sucks and trading dreams for "not being poor," because, let's face it, being poor sucks.

That said, for you young guys, NOW is the time to be FEARLESS. If you fuck-up, you still have time to recover. Go out, and take chances - Note I don't mean the kind of shit you see on

Jackass, but if you want to play music, or change the game of soccer, or invent a new type of French cooking, this is the time to do it.

I envy you guys your "optionality". Not too much, because I like how things turned out for me, but still. Oh, and, all things being equal, I'd like my 19 y.o. back, again. Take care of your back and your knees. It's important. I'm actually quite lucky, but really, strengthen your core.

Women are Dream Killers.

You've heard of the famous Wright Brothers, right? Reuchlin and Lorin Wright.

Wait, what? Something doesn't seem

correct? Don't I mean Orville and
Wilbur?

No I mean their older brothers
Reuchlin and Lorin Wright.

You've never heard of them?

Probably because they got married
and their wives nagged them into
getting jobs down at the lumberyard
or the tool and die and they didn't do
anything cool like INVENT THE
FUCKING AIRPLANE. That's why you've
never heard of them. Women kill your
dreams.

To be fair, I don't blame women for
this. It makes sense for them to play it
conservative, not take chances, and
rely on their hotness and reproduction

value. They also don't want to wind up widowed so yeah, that's why you have to sell the motorcycle prior to your wedding day. Have fun with that.

Women should never be your *purpose*, only a happy accompaniment to a life well-lived.

Other Issues

Self-doubt, drugs, politics, conformity. There are any number of reasons to quit on your dreams and go to a job you hate until they fire you, your wife divorces you because you've "changed" or she "changed" and then you die of heart disease or whatever, never having climbed Everest.³

The Takeaways

- Stop being afraid of shit.
- Stop worrying about what other people think.
- If you make mistakes, let them be your own mistakes.
- The time to take chances is when you are 21, not 51.
- Take a deep breath...and make it count.

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¹ Contrary to what people – particularly post-Wall^{SPLAT!} women and the media want you to believe, shit gets so easy

for men in their 30s (aka your “Dirty 30s”) provided you don’t do dumb stuff like get fat, get addicted to drugs or not ever develop frame. In my 30s, I was getting offers of NSA sex from married women. As in *“Come over, I’ll cook for you, and then we’ll bang”* offers. Generally, I didn’t indulge because I like to at least hope that I have some vestigial sense of morality that keeps me from doing truly shitty things, but yeah, that’s what life is for a RP man in his 30s. Also, if you’re getting single girls, that takes the edge off. So there’s that.

² I do, however, know what my “Why” is. Actually my life strongly resembles the film *Office Space* - a cult classic from the 90s, you should all watch it, if

you haven't seen it. More on that another time.

³ In fairness, I have zero interest in ever climbing Everest. A buddy of mine did it, but he's really into that kind of things. Was always an "outdoorsy" guy. Of course, in whatever room he's in, for the rest of his life, he will be The Guy Who Climbed Everest. /shrugs.

AWALT, a Valentine's Day Story

by VasiliyZaitzev | 2 March, 2019 | [Link](#)

So a buddy of mine, as my buddies often do, rang me up for some advice on gaming girls. In this case, it was One Particular Girl (yes, yes, Uncle Vasya told him she is not special), who he had dated, but she dropped out when he would not become exclusive with her - rather than simply maintaining the fuck out of his Frame, he tells them whatever they want to hear, and then cheats on them. But hey, some guys roll like that.

So she dumps him, and takes up with

some other guy of the beta type. My pal decides he wants her back, and calls me for my advice. My advice is, ofc, to forget about her and game younger (she's 32, he's in his early 50s) hotter (although she is hot for 32) girls.¹

In January he starts going to work on her. On Valentine's Day she goes on a date with her current bf, who drops her off around 22:00...at which point (AWALT ALERT!) she waits a bit and drives over to my homie's place where she is quickly de-clothed² and begging my pal to drop his load in her pussy. So to be clear, the bf got shut out on V-day, but my bud did not. She then breaks up with the bf...for about 3 days. Billy Beta begs her to take him

back, and, eventually, she agrees.
Stops returning my bud's texts, etc.,
and it was at this point that he rang
me for advice.

I helpfully pointed out that (a) he got
annoyed with her crapola last time, (b)
she cheated on her current bf with
him, and therefore is a strong
candidate to do the same on him,
later, (c) he would have to give up
other pussy, at least in the short term,
(d) in 2-3 months he will wind up
exactly where he was before, annoyed
with her shit, (e) his frame is now
completely broken, and (f) there were
certainly other, younger, tighter girls
out there .³

"She makes me happy," he replied, so,

much like The Giving Tree, I gave him what he wanted, even though it made me sad, and I told him what to say, and, sure enough, he got her back.

He texted me to let me know the good news, and I asked him how it felt to get what he wanted.

"She makes me happy," he said.

I waited a bit and replied, "And the Wise Man said 'We'll see'..."

I predict that this does not go well.

Takeaways

A. AWALT.

B. No matter how hard you think you

are, you can always backslide.

C. Never trust a cheater, or take one back (which both men in this story have done.)

¹ The only reason to keep a 30+ year old woman around is because you married her and/or had kids with her, or she (a) does EVERYTHING you want her to do, inside and outside of the sack, and (b) does so with zero complaint or hassle.

² That's the one part of this I approve of. Get them naked, keep them naked. One of my college gfs remarked, from time to time, "*I come to your room, and 'Wham!', suddenly I'm naked!*"
Me: "*I prefer you that way.*"

³ In 2 or 3 months, when he has come full circle, I will, of course, remind him of what his Wise Old Uncle Vasya told him.

Chatting Her Up: Beta Bait, With a Side of Nuked Hamster

by VasiliyZaitzev | 24 December, 2018
| [Link](#)

In fairness, this was more of a tactical nuke, but the message conveyed was important.

So was out with a dancer this week.¹
She comfort tests me with some beta bait.

Her: *"Will you still love me if I get fat?"*

Now, the beta move is to offer her loads of comfort about how, ofc, you

would always wuv her, forever and ever, no matter what, yada, yada, even if she devolved into some form of Bridge Troll.² Because that's what Billy Betafags and Nice Guys™ do.

But, ofc, I didn't do that. I could have gone with something more abstract like "*Still love you? I don't love you now,*" but that would have been less to the point. So with a look of half-disgust and half-confusion, I said:

"No."

I don't think a man had been that direct with her before. Plus I was looking at her with an expression of "*surely you can't be that retarded?*" on my face. She was a bit (only mildly) shocked, and I waited for it to pass

and said, "*Men care about this*" and I made an hourglass shape in the air with my hands. "*You have a lovely body. Don't waste it by getting fat.*"

This was met with a rapid-fire torrent of her qualifying herself to me about how she'd never get fat, and I shouldn't worry about it, etc., etc. I replied, "*Good girl,*" and the conversation moved on.

The point here is that you should (a) maintain frame, (b) reject beta bait, and (c) set proper expectations. That last thing is important and carries more (pardon the pun) weight that you would think. My OLTR1 mentioned in a conversation that I'd told her once that by 26 her beauty would have faded

and the bloom would be off the rose, as it were. Now, I said that to her more than a year ago, but it stuck with her, and has helped guide her behavior - I said it in the context of her drinking more alcohol than she "should", etc.³ so I effectively "dreaded" her, but I did have her best interests in mind. Mine also, ofc, because I like her pretty, and don't want her to waste it, stupidly, on things like too much booze, cigs or drugs (she neither smokes nor does drugs and understands that either of those would be an immediate "dumpable" offense.) Women should be taught to fear the Wall^{SPLAT!} and to do all that they can to forestall their arrival at it.

Am I a mean or callous guy? Probably,

but my girls don't turn into fatties because I've given them too much comfort, either. If that makes me a bad guy, I'm fine with it. Also, it's in their interest, not just mine, for them to maintain their looks. So that makes me a giver. /s

Takeaways:

- Reject "beta bait". If she says stuff that's clearly designed to get you to tell her how pretty, or smart, or charming she is, or is "fishing for compliments", then that's beta bait.
- Maintain frame. You lead, she follows, no exceptions.

- Feminine women respond to, and do better under, masculine leadership. Set proper expectations. Praise proper behavior. Impose discipline when necessary.

Now go forth and SLAY!

¹ Ballet. Not strip.

² There is also the Blooper/naggy feminista *"But what if it wasn't her FAULT? What if she had kids? What if she got infected with some kind of Space AIDS that made her gain weight, huh? What about that you misogynist bastard?!"* To which I reply, *"Men like what they like. If that upsets you, go argue with God. Or Nature. Or*

aliens. Or whomever put us here. Also, there have been zero reported cases of 'Space AIDS' that cause women to pork up."

³ There is an age when only "too much" is enough and she was 21 at the time. Also - and men are well advised to heed this, also - you can't "out-exercise" cigs, drugs, shitty food, etc. All that stuff shows back up on your face and body when you're 40. And use sunscreen. No lie.

Chatting Her Up: So I Met A Nude Model

by VasiliyZaitzev | 3 December, 2018 |

[Link](#)

So I met a girl this past week who turned out to be a nude model – kids, it’s just my life. She was cute in a “slut pretty” kind of way, i.e. over processed, but would still bang – think Ariana Grande (only normal height and with tits) or Faith Goldy.¹

How do you open a nude model? Well first, you stop giving a shit that she’s got a rockin’ body – which, for obvious reasons, she does. What you don’t do is drool all over her hotness, like a

betafag would - *“OMGEEEE!!! Ur so PREEEETEEEEYY!!!”* Have some dignity. Don't compliment her on her hair or eyes - on those occasions when I compliment a girl, I do it based on something she's chosen or did on her own rather than her looks. Also, the best thing to compliment her on is when she does something or engages in some behavior that I want her to repeat....such as cooking me dinner or giving me a blowjob. If a girl behaves in a feminine way, give her a treat, and girls *love* compliments.

So back on chatting her up. Your move is to flip the script. Even “normal” girls get offered dick a dozen times a day. Hot girls get offered dick a dozen times an hour. The thing is, this is

usually done badly by supplicating guys who tell them how wonderful they are and how the guy isn't worthy.

This is NOT attractive. Bear in mind that girls have their own set of existential problems and coming off as a weak loser doesn't improve your position - *"OMG!!! You're so beautiful! You could have a thousand guys!"*²

So your move is to flip the script and **get her to qualify herself to you**. How? The most common technique involves a compliment followed by a mild neg, so something like, *"You're cute, but do you have anything going on besides your looks?"*

To me that sounds canned, so I go with something more direct - and

minus the unearned compliment – such as, {with an expression that’s half conspirational had half skeptical – remember, I am going for a “mildly subversive” vibe} “*So...tell me Your Story.*” In this case, I’ve essentially given her a command, so I’m really speaking to her subconscious female brain, which understands that (a) I am not intimidated by her looks at all, and (b) expect compliance, which her “submission” wetware DIGS.

So now I have her telling me all about herself, giving me angles I can use, etc., and she’s qualifying herself to me in terms of what she has going on in her life and, by implication, what value she has to offer, rather than the other way around.

Then she let drop that she's a nude model. I'm sure she doesn't want to lead with this, but has to slip it in as a way to get rid of guys who would object to her line of work, e.g. prudish or insecure guys. Actually she said "topless model". To this I replied "Really?" and ofc, this gave me the opportunity to ogle her to my heart's content - I had her stand and do a turn for me. Once she re-seated herself, I said, "*Hmm. Perhaps you meant 'nude model'?*" - whatever angels are made out of, her ass was made out of the same thing, and there was NFW that, having monetized nudity that she was going to leave her real moneymaker out of the equation. She shyly admitted that yes, she was in fact a nude model. So I carried on the

conversation as normal, never judging her – I'm sure this happens a lot – so by and by she got to thinking I was a chill guy, and so my seduction of her continued.

Takeaways

Do not supplicate. It's not a good look, and puts you in an inferior position to your quarry.

Remember that YOU are the Prize and that she should qualify herself to you, not the other way around.

Whatever comes your way, always keep your cool and the rewards can be great.

¹ I love me some Faith, but you know

she'd be a wildcat in the sack. You just *know* it. Plus you would actually bang Faith, as opposed to Lauren Southern, unless you really *really* had a blonde fetish.

² One of the hottest girls I ever banged told me that some dude attempted to come on to her with this line once. She continued (to me), "*But I only need one.*"

Subversive Humor: Nuking the Hamster

by VasiliyZaitzev | 22 October, 2018 |

[Link](#)

Just a fun tale of Nuking the Hamster.

So in addition to its usefulness in chatting girls up, Subversive Humor can be weaponized.

Bear in mind that Frame is Everything. If you use humor without frame you are just a dancing monkey.

So many years ago, in a bar populated by 20-somethings in pre-Financial

Crash Manhattan, it was about 8 to the bar an some entitled girlie tried to Bogart her way past me, because: vajayjay entitlement.

As you might imagine, gentle readers, I was having *none* of it.

Me: "*There's a line.*"

She proceeds to unleash a tantrum, during which she demonstrated her extensive knowledge of Anglo-Saxon curse words. Because, y'know, how dare I have the temerity to exist?

In such situations it's best to treat the tantrum-thrower exactly like the immature teenager she's behaving like.

Me: *"You're terrible at flirting!"*

Her [cool completely blown]: *"I wasn't flirting with you! I wouldn't date you if you were the last man on Earth!"*

Of course, by the time she saw my smirk, it was already too late.

Me: *"If I was the last man on Earth, you wouldn't even be allowed in line."*¹

Hamster Nukeage Level: Hiroshima

I get the impression she had a reputation for being something of a bitch, because her friends seemed a bit overjoyed at her receiving her comeuppance - *"OMG! Did you hear what that guy said to Ashley!"*² It also helped that I was a semi-regular at

that place and so some of the other regulars and the staff were suppressing laughter (and not very well).

Really, at this point, it was all over but the shouting. Her brain couldn't keep up with her mouth, and she only succeed in sputtering and making herself even more ridiculous.

The Aftermath is that, after not too long, I was fending her away from my group, and, as she drank more and contemplated her complete and total defeat, tried to crawl onto my lap and me shooing her away, until her friends eventually asked me, "*Will you just take her number so we can leave?*"

Lessons Learned:

Frame is Everything.

They want to fight you but they don't want to win.

If a girl wants to act like a child, treat her like she's a bratty kid sister. Sometimes the most devastating thing you can do to a woman is look at her with disgust, like she just gambled on a fart and lost.

¹ This is actually the punchline to a joke by 80s comedian Emo Phillips. I saw him tell this joke on Letterman. It bubbled up from my subconscious at exactly the right moment.

² Or Brandy or Jennifer or whatever her name was. She did have one of those Basic White Girl names. Although now

she's no doubt shopping at "Forever
XXXIX" instead of "Forever XXI"

Chatting Her Up: Using Subversive Humor

by VasiliyZaitzev | 16 October, 2018 |
[Link](#)

So I sometimes talk about keeping a "mildly subversive" vibe, when chatting up women. Like you (or you both) know something that others do not, or to use humor in a bold way.

Here is an example of what I mean: In the past couple of weeks I went on an impromptu date with a young woman who, as it turns out, owns her own business. She kept asking me - in subtle and inoffensive ways - about my finances, but eventually, I called her

out on it and she explained that men she dates find out that she's well off and suddenly they expect her to pay for everything, etc. Now, she's young, and not experienced enough to see past her own solipsism yet, but I saw an opening:

Me: *"Oh, don't worry....I only want you for sex!"*

Verdict: Killshot.

She erupted in giggles. I spoke to her a few days later. Her: *"I told my friends about you! That I met a man who only wants me for sex!"*

This accomplished a few things. First, I disarmed her biggest fear - never mind that she hasn't figured out that,

as an older, successful man, I have no need for her \$\$\$ - Second, I established myself in a sexual frame. That it made it far easier for her to give in, when the time came. Third, it also established me as a clever, witty guy.

Takeaway:

Quick on your feet is quick to the sheets.

The Importance of Implementing Game

by VasiliyZaitzev | 21 December, 2019
| [Link](#)

So my slave girl was up for a few days this pas week and related the following to me, which illustrates the importance of developing skill at approaching women and gaming them.

She is committed to fitness and spends a lot of time in the gym. She also has a tendency to wear leggings and other tight clothing that shows off her figure. And ofc, in the gym, she wears gym clothes and there is no

shortage of thirsty guys staring at her, offering to help her with weights, asking about thus or so exercise she's doing, etc.

I don't blame guys for looking at her; she has a rockin' body. When we are out together, it is not uncommon for men to look at her, longingly, and then realize that I've busted them and then get that "*Oh, FUCK!*" look on their faces, like I'm going to kick their asses - fear not, I just smile and wink.

So one guy has been coming to her gym for 5 months.

Five.Fucking.Months. That is *waaaaay* too long to wait to approach a girl.

And his move? "*I really want to touch*

you."

That, dear friends, is a man who never learned how to Talk To Girls. Ever. And her estimate was that he was between 35-40 years old. He might as well have said, *"I think about you when I masturbate."*

Now, the guy had no shot - she has a particular set of needs, i.e. a strong desire to be a sex slave, and she is painfully introverted, and has thus only been able to confess this to one person in her life. Luckily for her, it was me. But still, that guy needs to make a stronger effort if he's ever going to get laid.

So the take away for you young guys is this:

- Don't be afraid to approach women. The worst thing they can say is "no" and you are no worse off than you were before. 95% of them will be polite about it, and if not, then just turn and walk away.
- There is no "One Special Girl." Don't obsess over that girl you see at the gym, or at Starbucks or whatever. Make your move. Stop giving a shit about outcomes.
- Go over the game film after. What worked? What didn't? LURN.

50 Shades of Red

by IllimitableMan | July 17, 2015 | [Link](#)

50 Maxims on the nature of women and man's relationship with her. Easy-to-read and broken down, I'll share the first 10 with you here:

IM MAXIM #1: “The tougher the men around her, the softer she is. The softer the men around her, the tougher she is. The toughest woman is the fatherless woman, for the fatherless woman seeks a surrogate by whoring herself.” [See here for more.]

IM MAXIM #2: “A woman never wants you to need her, only to want her. The moment your want becomes need – she no longer wants you.”

IM MAXIM #3: “Women’s love is admiration built upon respect. Women are drawn to men of experience and power. Man’s love is respect built upon desire. Men are drawn to women of innocence and vulnerability. When a woman no longer admires, and a man no longer sacrifices, love is lost. It is a delicate balance, for respect is lost when either fails in their capacity. Man sacrifices, woman admires, that is love.”

IM MAXIM #4: “Women love children how men love women.”

IM MAXIM #5: “The feminine wants a guardian and the masculine wants to guard. The problem is, neither can happen without trust. The sexes have never trusted each other much, but courtesy of feminism, they have never trusted each other less.”

IM MAXIM #6: “There is an immutable animosity between the sexes that serves as the conduit for all distrust. This animosity flows from the inability of the sexes to reconcile their fundamentally opposed sexual strategies. For a man’s optimal sexual strategy to thrive, the woman’s must suffer. For a woman’s optimal sexual strategy to thrive, the man’s must suffer. Each sex is determined not to suffer, and so both inflict suffering on

the other in a perverse determination not to suffer themselves. This is the battle of the sexes. This is reproductive war.”

IM MAXIM #7: “The sexes desire to trust one another, but they wish to actualise their sexual imperatives far more. As such, trust is predicated on the degree of one’s control far more than it is any sense of blind loyalty.”

IM MAXIM #8: “Women are followers, not leaders. They follow trends, status and power, not a sense of innate loyalty.”

IM MAXIM #9: “The average man is ignorant and misled. His mental construct of women is far greater than anything the typical woman aspires to.

This is not his fault, his biology deceives him, society lies and so the deck of deception is stacked. Nevertheless, the reality remains.”

IM MAXIM #10: “You conflate her beauty with good character. These things are distinct, but mesmerised by beauty, you think they are identical.”

If you want the rest:

<http://illimitablemen.com/2015/07/17/fifty-shades-of-red/>

Enjoy.

50 Shades Redder

by IllimitableMan | July 23, 2015 | [Link](#)

Another 50 Maxims on the nature of women and man's relationship with her. Here's the first 10:

IM MAXIM #51 - "Women are mercenary. They do whatever it takes to win. They will switch sides or outright lie to secure the man they deem their best option. That's what you are to a woman. An option."

IM MAXIM #52 - "Society claims a woman shown your deepest fears will appreciate "your true essence." This is

a myth, a grandiose lie. The average man naively expects a woman to treasure his vulnerability in much the way he does hers. She cannot. Presented with such a burden, a woman will plan her exit. Your vulnerability will not be tolerated. Such a man's error is conflating his innate attraction to female vulnerability with a reciprocal attitude. There is no reciprocal attraction. Pre-sexual revolution, men knew this acutely."

IM MAXIM #53 - "Superficial vulnerability from a position of power is attractive to women, this is what it means to "open up." Substantive vulnerability, eg: being insecure, is not.

IM MAXIM #54 - "You think sharing your weakness demonstrates trust and love. You believe you can bond over your pain. You believe wrongly. All she sees is the repulsiveness of your weakness. She does not respect your weakness, your pain, or how difficult it was for you to share your pain with her. Women do not care. They can admire your persistence in the face of such, but not your need to express it."

IM MAXIM #55 - "Money is makeup for men. Money on a man looks like makeup on a woman."

IM MAXIM #56 - "Money is more important than women. Chase money, not women. You are more likely to get women chasing money than you are to

get money chasing women. Without money or godlike genetics, you're playing on hard mode. Money makes everything better, the quality of woman you can get is the epitome of such, not the exception."

IM MAXIM #57 - "Men control an interaction by being non-reactive. Women control an interaction by being hyper-emotional."

IM MAXIM #58 - "Women feed off excess emotion, men tire from it, with the exception of anger indulgence. Woman's emotional nature thus makes her highly histrionic. Corollary: men with cluster B personality disorders are histrionic and thrive on emotion. In this way, they are similar to women."

You will see many similarities between women and dark triad men (particularly narcissists) if you look closely enough."

IM MAXIM #59 - "Women thrive on drama, it allows them to weaponise emotion and push an agenda. Starve them of emotion, and they have nothing to fight with. A woman starved of emotion will become desperate to sustain her psychological onslaught. As such, she will attempt to pry it from the dead, exaggerating observations and manufacturing issues in order to sustain the indignance necessary to maintain her psychological assault."

IM MAXIM #60 - "Women are psychologically violent."

And probably my favourite one:

IM MAXIM #63 - ""Always protect the core of your essence, should you choose to let her in, never let her in completely. See yourself as a castle, let her into the castle, but do not give her the key to the heaviest door. She will notice the door is closed. She will ask you what's behind the door and if "you can let her in?" Ignore her protests and manipulations. Never open that door. Not a woman alive other than perhaps your mother is worth opening this door for. If you believe love entails "sharing everything," you don't understand love."

If you want the rest:

<http://illimitablemen.com/2015/07/23/fifty-shades-redder/>

Once again, enjoy!

50 More Shades of Red

by IllimitableMan | March 31, 2016 | [Link](#)

50 Maxims on the nature of women and man's relationship with her. Easy-to-read and broken down, I'll share the first 10 with you here:

IM MAXIM #101 – A woman's charm comes from her happiness, a man's, from his confidence. An inconsolable woman's as unattractive as a timid man.

IM MAXIM #102 – Men must earn value, women must preserve it. It is

because of this very reason a woman's age is taboo whilst a man's is not. The passage of time fares man better than woman.

IM MAXIM #103 – If you're pining for a girl, next her. You've already lost, for it is she who should be pining for you. Be the prize, not the contestant, prizes never lose, contestants often do.

IM MAXIM #104 – Women play men like Mozart played piano. Men manipulate nature, women manipulate men. Civilization is man's project, man is woman's.

IM MAXIM #105 – Narcissism is a suit well-worn by a man, but one ill-fitting on a woman. Male narcissism is attractive to women, but female

narcissism is not to man. Corollary: men with dark triad mothers are attracted to narcissistic women.

IM MAXIM #106 – A man must be more narcissistic than a woman to attract her. In cultures which worship women, the average woman is more narcissistic than her male counterpart, where this occurs, great swathes of men are deemed unattractive.

IM MAXIM #107 – A difference in narcissism (female gratitude and male arrogance) is the great equaliser between the beauty of the feminine form, and the lack thereof common to men. When women are equally if not more narcissistic than men, such an equaliser vanishes. Being grandiose

never hindered a man's chances of getting laid.

IM MAXIM #108 - Give a woman less attention than she wants, and she will desire it. Give her as much of it as she wants, and she will not. Women quickly devalue the attention of a man who would attend to her every whim, so be frugal; it is easy for a man to be too generous, but near impossible for him to be too frugal.

IM MAXIM #109 - In matters of women, entitlement and worthiness is a matter of false equivalence; her level of entitlement almost always exceeds what she is worth.

IM MAXIM #110 - If she can find a way to blame a man for her decisions,

she will. If she can find a way to avoid guilt, she will. Oft these two intertwine, for women are allergic to responsibility and loathe to be held accountable.

If you want the rest:

<http://illimitablemen.com/2016/03/30/fifty-more-shades-of-red/>

Enjoy.

This is part 3 in my maxims series.

Part 2 can be found here:

<http://illimitablemen.com/2015/07/23/fifty-shades-redder/>

Part 1 can be found here:

<http://illimitablemen.com/2015/07/17/fifty-shades-of-red/>

Will there be a part 4? Never say never.

OmLaLa

by OmLaLa

"Cubic v. Diamond"

by OmLaLa | 30 April, 2015 | [Link](#)

Red Pillers,

I've learned a lot from the mistakes others have posted here and I feel that it's about time I bring something to contribute. Now that I'm learning to live with the betafaggot decisions I've made in the past, I want to share the worst BB event of my life (or, quite possibly, of anyone's' life that you've ever met).

I call this field report **"Cubic v. Diamond"**

And look fellas, I know it's long. It's a story I feel needs to be told in its entirety to fully appreciate and getting it out will help me come to terms with it. Hopefully some newcomers can learn from it and elders can get a kick out of how truly and utterly beta this story is (it's extremely brutal and not for the faint of heart). If you find it too long, go chop wood, meditate, lift something and come back when you're ready to learn. I'll sure you'll get something out of this one.

Again, you've been warned.

Background:

I was 21, 6'1", 210lb and I'd just returned to the states after studying, working and boxing in the Far East. I

would bed different girls every night with no effort (tall, fit, and confident in the east kills), I'd had my first threesome, foursome, I'd been swinging (partner swap), went to a fetish hotel on occasion ("Love Hotels", as they often call them, are kinky yet lavish suites usually built around popular night spots. Really convenient.) I had come back with the biggest ego imaginable. I'd walk up to girls after classes like it was nothing and bed them that night, the same type of girls I'd never get attention from before my trip. Life was great and I was deluded into thinking I was in my prime. I was a beta in alpha's clothing.

Then Chad Thundercock became my

roommate. The first true Chad Thundercock I had ever met. Let's name him D.

Now, I knew that I was attractive at the time (I'd easily have given myself a 8.5) but THIS guy blew me out of the water. He was almost literally a cleaner, fitter, more interesting, more socially inept version of me. He played football in high school, was greek (but didn't use that as a crutch i.e. never told women about it unless he was pressed) and truly DNGAF about what people thought about him (especially women). He was 25 and a grad student in a special program our college offered. He came late in the year due to family issues, so my apartment was the only one available

(I came late in the yer too due to traveling).

Before meeting D, I'd seen game, I'd seen charisma, I'd seen PUA, but I'd never seen anything like what this guy would accomplish in one night. D was new to the area, so he would come out with me and my beta pack and go out to clubs. We'd watch him successfully make out three different girls in the same proximity, take home and fuck a fourth, then he'd bed the other three throughout the week between classes. He'd go to the gym, see a girl he liked, talk to her for 15 minutes, bang her in the handicapped bathroom, then come work out with us like it was nothing. D would invite the two girls over to play PlayStation, take one to the bedroom,

smash her, she'd leave and then he'd smash the one he left waiting. D had banged two of my friends GFs on multiple occasions (he had oneitis for this HB9 and he was super weak, so he "forgave" her and D and we all continued to hang out. D and the GF continued banging, they just got better at not getting caught).

This is where it gets bad.

Cubic v. Diamond:

I had a TON of plates before D moved in. I thought, "yeah, D's got game or whatever, by he's no OmLaLa. OmLaLa is a legend at this school". I got cocky/jealous, so I tried to compete. Bad, bad move. Bad, bad, bad move. I was waaay the fuck out of my league.

On average, this guy would bring home 8s and 9s consistently (almost daily, thank god our apartment was big) while I would bring home 6s and 7s if I was lucky. At first, we would go to a party and attempt to bring home the same girl and I'd always lose OR think it was a sure thing until right at the end of the party where I'd catch her leaving hand-in-hand with D. I'd successfully bring the girl ALL THE WAY TO THE LIVING ROOM and he would stroll in, sit down at the other end of the room, not say a word and SOME FUCKING HOW get her to follow her to his room on eye contact alone. Women I really wanted he'd fuck in the living room so I'd have to walk by them to get to class in the morning.

I'll never forget the day I walk past them both fucking on my coffee table while eating toast and watching the news. Fucking toast. (To those that say 'OmLaLa you pussy faggot, why the fuck didn't you move out?' Trust me, I tried. The leasing office wasn't having it without some legal recourse that I couldn't afford.) And to make matters worse, because he had such an IDGAF attitude about it all, he would inadvertently steel plates from right in front of me.

One of which was Sarah.

Sarah the Unicorn:

There was one girl (we'll call Sarah, because Sarah is my default woman name) I met at a soror party and we

really hit it off. Sarah was a solid 8, thin, pretty, down-to-earth, mixed (Black and Asian I think), big tits, and we liked all of the same things. We exchanged numbers and would talk for the next couple of weeks working towards a LTR. Now, although I played alpha on the outside, I was still just a beta. I began getting heavy feelings for this girl thinking she could be the one. I had oneitis bad; I'd blow up her phone, send her gooey emotional bullcrap and talk about how much I cherished our time together (ALL before actually fucking, mind you). I'd buy her things, take her places, pay for everything, etc.

I just had one rule: she could never come to my apartment and she could

never meet D.

“Whose D?” she would often ask. “Oh, just my roommate. He’s a jerk.” I’d vaguely explain. At this point I’d been so emasculated, simply knowing what would inevitably happen if I invited her over. I’d lost so many plates by this point (only the loyal ones remained) that insecurity began to set in, making me even more beta than normal. And she smelt it on me like bad cologne. We’d talk less frequently, she’d flake, something came up, test got rescheduled, you know the deal. Then, that fateful day occurred.

D was out at some frat party one night and I thought now was the time to finally fuck Sarah. It’d been weeks and

I felt the time was right. I eagerly hit her put inviting her over to watch a movie and order some pizza. "I've got an exam tomorrow morning, so I think I'm calling it at night." She replied. I was pissed, but I forgot, forgave, said some weak shit like "whenever you're ready I'll be here waiting ;-)" and went to sleep.

I woke up to D drunkenly fumbling with the door around 3 AM. Big surprise, I heard him and some chick giggling in the living room. I normally don't think anything of it, but this was different. I recognized her voice. It was Sarah.

I saw red. I busted out of my bed room and began yelling at her. I don't

remember the exact words, something like “how could you”, “why would you do this to me”, you know, beta shit. She responded with this cold indifferent glare I can't to this day forget.

Sarah said, “You never told me which D, I didn't know D was your roommate, I'm not your girlfriend, I want to fuck him so why does it matter?” She then took him by the hand, went in his room and fucked. Loudly.

That was the end of what security or manhood I had left. I was broken.

If only that was the end of it.

Bridget the Little Plate That Could:

I hated D, I hated Sarah, I hated everything and everyone. I validated through women at the time and now all validation was out the window. I was at the lowest of the low version of beta imaginable. This'll be important in a minute.

D, realizing that he might've taken it too far, wanted to make amends (shocker, honestly). He agreed to two things: 1) he would rarely girl back and just stay at their place and 2) would be a surprise. I was too apathetic to care at this point so I just brushed it aside.

One the last day of my finals, I came stumbling into my apartment after a night of binge drinking (came this close to becoming an alcoholic over

this shit. The other Chad I met after all of this really saved my ass). D was out somewhere and didn't care to do anything else that night, so I went to bed.

And there she was. Naked. Sleeping. In my bed. Mother fucking HB9 Bridget.

I don't know how to describe how she looked, so just imagine what you're version of an HB9 would look like. Now granted, I was at a pretty low point then, so she may have actually been an HB6.5, but semantics. She was for a popular sorority on campus and I'd seen her in passing before, but never expected this. "I thought you'd never get home." She'd whisper. "I've been waiting all this time."

I want to tell you all that I jumped in the bed and fucked her brains out that night, but I couldn't. Just knowing that D had coaxed some girl to sit here and wait for me made me sick. It made me sick that someone ran game for me. She wasn't here for me, because she liked me, or even wanted to be. She was here because in her mind, if she fucked me D would validate her. That's what I woke up. I began to understand what was really at play here. It took a month of agonizing mental and emotional torture but it all began to make sense. This was my first glimpse at the RP way.

But, as beta as I was (it was really fucking pathetic), I drunkenly fell asleep on the floor. I woke up, she was

gone, I packed my things the next day, and moved in with my beta pack (40 minute commute to class, but I could take it another day). I told my beta pack my story and they gladly let me stay for free (I had to keep paying on the lease and my job paid for shit).

TL;DR- *D the one true Chad Thundercock fucks his plates, fucks my plates, fucks my unicorn, fucks my friends' unicorns, fucks half the girls on our damn campus, and fucks a damn plate on my favorite coffee table while eating my toast. My fucking toast. Tries to reconcile with a naked co-ed peace offering that teaches me the beginnings of RP.*

Epilogue:

I tell this story online to total strangers for your benefit and mine. You'll say I was pathetic, you'll say I was an idiot, and I'll agree with you. But the thing I take away from this is that's not me now. I've held onto this story for so long and it's been such a burden on my psyche that just by posting this I feel a heavy weight lift off of my shoulders. By posting this, I can't truly come to terms with how beta I was and how alpha I can become.

If you take anything away from all this, let this be a lesson that unicorns are a myth, oneitis is a bitch, MGTOW, AWALT, don't judge your value on validation and nothing you do matters in the grand scheme of things. So live life and be the best you you can be

because not a damn person you know or love will do it for you. You're on your own. Take pride in that and never settle for less than you deserve.

Women are like Bowling

by OmLaLa | 1 May, 2015 | [Link](#)

Red Pillers,

If you're a typical guy like myself, your not an avid bowler. Sure, you may go bowling from time to time, and that's swell. But tell me, do you ever go out of your way to go bowling?

No, you fucking don't.

Do you prioritize bowling over things like work or time with your family/friends?

No, you've got a ton of shit to do. When has fucking bowling ever been more important than you doing your shit?

Do you constantly go broke because you're always spending your money at the bowling alley?

No. If you're going broke at a fucking bowling alley, you're fucking bowling wrong.

Do you praise bowling daily as Gods greatest gift to sports?

God, I fucking hope not. Not when there's football and boxing.

Do you donate large sums of money to the bowling alley just for being a

bowling alley?

No, because your not the fucking bank or a fucking saint.

Do you judge your value as a man by how talent a bowler you think you are?

Does your fucking dog judge how much of a dog he this he by how many cats he's chased? Fuuck no, that dog don't give a shit. Happy as fucking July, just licking his damn balls on the carpet.

Even worse, do you judge your value as a man by how talented at bowling OTHER bowlers think you are?

Fuck. No. Fucking Fred Flintstone and "The Dude" don't need your

damn validation. Why the fuck would you need theirs?

Do you lie awake at night with nightmares of a seven-ten split being in another bowlers lane?

**The fuck does that even mean?
No.**

Do you constant stop by the bowling alley just to make sure other bowlers aren't tossing their heavy huge black balls down YOUR lane?

Fuck no. You can't get tied down to one damn lane! Especially with that lane two over wide open. You fucking crazy?

Do you care what the bowling alley

thinks of you?

Why the fuck would you care about some stupid shit like that? No. You just need it for bowling, not its fucking opinion on your "favorite color" or "spring cleaning". It's a damn bowling alley for chrissakes.

Do you waste away your day and your time calling up the bowling alley to talk about that one bitch Tessa that bowls down every lane on Friday thinking she's all that but they heard that blah blah bowling shit?

No, you ain't got no time to put up with Tessa's fucking bullshit again.

When the bowling alley breaks down, has a leak or runs into debt, do you suddenly become a repairman, a plumber and an accountant?

Fuck no, who are you, some kind of fucking "save-a-bowl"? You fucking leave and go to another damn bowling alley because this ones got a metric fuckton of issues.

When it's obvious the bowling alley needs some work done and is worth a lot less than the asking price, do you spend your every penny buying it from the bank because "it's the inside that counts"?

Do you look like some effeminate fucking pussy-handed builder

from HGTV with a hammer in one hand and fucking rainbows, pixie dust and the fucking power of friendship in the other, come down from Planet Sparkles & Glitter to magically fix up some run-down piece of shit past-it's-prime real estate? No? Didn't fucking think so.

Lastly, are you afraid to bowl at another bowling alley? Do you even have to give it thought?

Fuck no, you go out and you bowl every fucking alleys' lanes out. You glorious fucking bastard.

Bowling is a distraction. You can't become successful in IT, or Finance or fucking Carpentry if

you're always worried about bowling. Plan around the important stuff and bowl when it's convenient to your schedule. Your wallet, health, happiness and future will thank you.

DISCLAIMER: if your an avid bowler or if that's the lifestyle or hobby of your choice, no ill will towards you. This is just a long-winded metaphor.

"Pavlov on Plates"

by OmLaLa | 4 May, 2015 | [Link](#)

Red Pillers,

I've been conducting a type of "social experiment" on my current favorite plate (a.k.a. my "Fine China") Ashley for a little over a month now and I've decided to share the experiment and it's results with all of you RP bastards as objectively as I possibly can. It is a long post fellas, so go chop wood, meditate, lift something and come back when you're ready to learn. I'll sure you'll get something out this one.

Lastly, if you find this experiment, it's procedures or OmLaLa too amoral or

too objective, please skip to the disclaimer at the bottom. Let's begin.

Hypothesis

Ashley and I met roughly once a week to fuck and hang out, but I don't want to drive the 20-30 minutes it takes to see her. While we do smoke separately, we would smoke like chimneys while we are together. Although the smoking doesn't bother me, I believe that I can play at her insecurity towards her smoking habits to my advantage and get her to come to my place more often by using two forms of **Operant Conditioning**.

The idea behind my experiment would be to condition her to believe that her smoking upset me without telling her

directly (learned reflexive response) to establish a long-term **“escape” negative reinforcement conditioning** (i.e. remove the undesirable result by exhibiting the correct behavior), then to implement **positive reinforcement conditioning** of the behavior under certain guidelines/requirements (i.e. establish a positive reinforcement stimuli under the guidelines set by the escape negative reinforcement conditioning).

Subject

Ashley, HB9, 21, black and Middle Eastern ethnicity. Smokes Black-and-Mild cigars daily, roughly 2-4 a day. Her high need for validation stems

from being unattractive at an early age and “growing into” her attractiveness. It also explains why she subconsciously keeps less attractive friends and is on Facebook/Instagram/YouTube/the mirror longer than your average attractive woman. She has roughly 4 male beta orbiters as well that I’m currently aware of (she’s told me). These details may prove very beneficial for this experiment.

Stage 1 Negative Conditioning

I began conditioning her with light dread game every time she smoked without me. If she left the room and went outside to smoke, on her return I’d turn a bit colder, more distant or be

on my phone more. Just enough for her to notice. I made no scene of it, said nothing about her smoking too much, and didn't make any clear or distinct signs that my distance was relative to her smoking habits.

Of course, she would follow up with shit test like, "are you okay?" or "Is everything alright?" which informed me that her hamster was indeed running. Good sign. It was when I heard her say "Did I do something wrong?" that I knew her hamster was running in the direction I wanted it to be. **She was becoming introspective, meaning she was attributing my change in demeanor towards something she was causing.** I pause slightly before

dismissing it to give the impression I had more on the topic than I was willing to say. I then knew it was time to move on to Stage 2.

Stage 2 Negative Conditioning

While I made no DIRECT distinction between her smoking and my change in demeanor at this stage, **I aimed to begin my dread game in the presence of OTHER female smokers.** When we watched a movie where the woman began smoking, I became slightly colder and more distant. Whenever we went out and passed a female smoker I would respond in the same way. Also, the amount of female smokers we encountered would affect the degree

of my dread game/demeanor change (i.e. a group of 3 smoking females illicited a stronger response or lack thereof than 1 smoker).

Again, I continued these dread games until Ashley began to shit test again and then I listened for the proper shit test. “What’s the matter?” or “You’ve been acting different lately” were the common shit tests Ashley began with prove her hamster had begun running again. I dismissed these. Her follow up shit test were along the lines of “I need to go to the gym more often” or “I really should eat better” which was Ashley’s hamster turning more self-reflectant and introspective in its search for the cause of my discomfort (moving in the right direction), but it

was generally just grasping in the dark. I needed Ashley's hamster to connect my situation discomfort and women smoking naturally (i.e. feel like she did it on her own and it wasn't orchestrated), so I kept the dread games going and dismissed these shit tests as well.

I waited until I heard her say, "I really should to quit smoking soon" and "I think I need to stop smoking" to inform me that her hamster's determination to discover **the root of my discomfort (the result) was introspective (something she's doing or has done i.e. the cause) AND she connected the actions she observed during Stage 1 Conditioning I'd established**

earlier on (i.e. smoking is the variable). We're on the right track now. I left a large gap of tension-building silence before succinctly stating that wasn't the reason. Her hamster takes that pause as a yes and she's ready to go. Time for Stage 3.

Project Analysis

At the last stage of negative conditioning I had to be careful. I wanted to invoke an "escape" negative reinforcement around smoking (i.e. doing smoking the right way or at the right time removes the stimuli of me being distant) to which I'd build a positive reinforcement around (i.e. after fucking, smoking becomes acceptable for a finite period

of time). I DID NOT want to invoke an **"active avoidance" negative reinforcement** by mistake (i.e. stop smoking and remove the stimuli of me being distant). I did not want to stop smoking altogether, I just wanted to benefit from it. Plus, I'd be very difficult to build a **long-term** positive reinforcement around active avoidance (quitting smoking could only illicit a one-time reward, in this case fucking, at the time of quitting) **Fucking also can't be the reward because it doesn't rely on dependency nor does it effectively play to an insecurity as much as smoking** (I know this sounds amoral, bear with me). The idea is to turn smoking into her reward through the process of fucking.

Stage 3 Negative Conditioning

This stage would be the most blatant approach towards the connection of my dread tests and her smoking, but I had to make other changes in preparation. First, during this stage, I stopped smoking freely or randomly. Secondly, I would only smoke after we had sex and I'd smoke a lot. This added a visual stimuli for Ashley of what was to come and what I'd expect (Preparatory Conditioning). **During this stage. Every time she'd return from smoking or we would get into her car, I'd comment on something that RESULTED from her smoking.** I'd comment on the way her clothes smelled, the way her car smelled, the empty wrappers and

boxes in her car, her breath, her teeth (not really much of an issue, but still), the smell that stuck to her hands, whatever I could. I NEVER flat out said that I have a problem with the act of smoking and I never commented on anything smoke-related after sex.

It didn't take long for the correct shit tests to come forward at this stage. It started with Ashley hamstringing on extroversive causes. "Why didn't you say something earlier?" or "You smoke too!" or "You're making a big deal out of this!" Then she began to hamster on introversive causes. "Does it really smell that bad in here?" or "Can you really smell it on my clothes?" or "Is it really that big of a deal?". Then, surely enough, she began to retract how

often she'd smoke around me. If I had an issue with her smoking, I'd stop here, but I have a bigger goal in mind. Time to begin positive reinforcement.

Establishing the Positive Stimuli

The following night, I sent her a text clearly stating my parameters: it stated that we both needed to cut back on smoking, and we could only smoke after fucking. This does two things. It turns the negative reinforcement into a positive one under certain guidelines and it gives the subject (Ashley) incentive rather than functioning purely on prevention (something I feel is better suited for social experiments, as people tend to plot and rebel when pressed). **Her**

incentives (outside of fucking) are the ability to limit smoking (long-term escape negative reinforcement) and removal of my change in demeanor/dread game (short-term escape negative reinforcement). The only thing left to do is monitor maintain the scarcity of the positive stimuli (i.e. make sure she doesn't cheat and smoke alone).

Maintaining Scarcity of Positive Stimuli

This wasn't too difficult. I followed up with how happy it made me that she was willing to try to limit smoking with me and continued on how unattractive habitual smokers are. Ashley highly values my opinion because I speak on

it so rarely (Law 4: Always Say Less Than Necessary, 48 Laws of Power). She had only tried to cheat on our agreement once, which I caught (wrappers in the back seat) and she immediately came clean. This scarcity cannot be completely monitored, however, so a great deal of it will rely on trust in the subject.

Conclusion

Needless to say, the experiment was a huge success. I get phone calls at all hours of the day, she always comes to see me, she only stays around just long enough to fuck and smoke and then returns to her days as usual.

What's even better, it requires no additional work on my end;

because she's now conditioned to connect smoking and fucking me, so long as I stay attractive (i.e. remain someone worth fucking) my day-to-day is unhampered.

Better still, because she reflects positively on smoking and it's a direct result to fucking me, she reflects positively towards just the act of fucking me, making our sex amazing and abundant. She comes to me roughly 5-6 times a week and any location is fine in her book, so long as we aren't caught.

Result

In the end, what I've learned is that using and understanding RP theologies and through the use of some simple

Pavlov and Miller Conditioning strategies, plates can be subconsciously influenced into following guidelines to the benefit of the user.

TL;DR- *I used techniques discussed in Operant Conditioning (and a few from Classical Conditioning) to teach my best plate (a.k.a. my "Fine China") to connect her smoking habit and fucking me. She then attributes good fucking with smoking and becomes subconsciously conditioned to fuck harder, longer, more often and less discriminately.*

Disclaimer: *I am not a scientist nor do I pretend to be. My understanding of Pavlov and Miller is very basic and*

was simply used in junction with RP theology.

Disclaimer Part 2: *Some people might read this and the objective way I've presented it in as completely amoral. They are correct, it is. But that's the point. Presenting subjective details is presenting the chance of bias. What I have listed is my experiment, the steps I've taken and my results. I am long past the "morality" of the sexual free market. Sex is war and war is amoral.*

Disclaimer Part 3: *Some may ask how this is different from women who use sex as currency for drugs. I say to them that they are failing to see the bigger picture. Women who use sex*

for drugs do so because they have no other option to quell their dependency. Their options are expertly crafted to bottleneck to the point where having sex with the dealer is her only option.

This is much different because there are clear and present alternatives she can choose from to quell her dependency. She chooses the route of fucking me because out of her other options, this one has the highest benefit (possibility to quit smoking, fucking, removal of dread game). If she were to find a greater benefit from another option, she would take that route. AWALT. Until then, I'll reap my own mutual benefits from the route she's chosen.

Disclaimer Part 4: *I know that Miller was the developer of Operant Conditioning and not Pavlov. "Pavlov on Plates" had a nice ring to it so I chose catchiness over correctness.*

"Dopamine"

by OmLaLa | 7 May, 2015 | [Link](#)

In recent years, life has become easy and comfortable.

Want to watch a movie? You've currently got more movies in your living room on Netflix than Blockbuster's had in their prime (what, roughly 1998-2003?).

Want to listen to music? Because of apps like Spotify and iTunes, you no longer have to go into a Best Buy (and deal with their quasi-sales customer service bullshit, but to each his own) to buy a physical copy of a CD. You can reach any song or genre or artist

anytime, anywhere through your phone or tablet (Anyone else remember walkmen and CD players? What a fucking pain those were.).

Are you hungry? What was once a market dominated by Asian food and pizza (I was Papa John's man, myself. Phrasing.), in recent years the food-delivery market has opened up to subs, sandwiches, Italian, cheeseburgers, hot dogs, etc.

Bored in line at the doctor's office? Why not play one of the hundreds of games you've got on your iPhone (or Android, if you're a really cool guy like OmLaLa) that you've downloaded like 3 months ago and never touched? (I'm willing to bet you

still have Angry Birds on your phone but you haven't played it in months. Why?)

Need to go shopping? You can browse Amazon or Ebay for whatever obscure items you need (you can buy a full suit of armor on Amazon for like \$3,500 dollars right now. No lie. Go look it up. Now you can buy it for that one special white knight beta friend you've got as his Christmas gift. The ladies'll love it.) and have it at your doorstep the next day (usually our Amazon delivery guy is either high or dealing drugs, so if that's your thing it's an added bonus).

Want to spin a plate from the comfort of your home? So long as

you're moderately attractive (no beer gut + receding hairline combos), there are dating sites (aside from Tinder, because honestly Tinder's the 'final boss stage' of the dating site world) filled with desperate/wall-hitting women just waiting to be boned by a quasi-alpha/alpha like you (POF and Badoo are, to an RPer, like shopping at the dollar store with \$500 in tow. Sure the merchandise is cheap, expendable, mundane, brittle, dusty, expired/outdated and will probably be trashed it in a week, but where else can you get a pack of 50 plates for \$1? Costco? They have good prices too if you willing to pay \$100 a year for a membership. It honestly pays for itself though, unlike Sam's Club. Wait, what was I talking about?)

Need to chop some wood and you've got no plates on speed dial? Porn has evolved to the point where even people with the most obscure, odd and questionable fetishes imaginable (like chopping to Scrooge McDuck banging out Ms. Incredible in BDSM uniforms covered in maple syrup while Scrooge's nephews triple team Sasha Gray and that chick from Twilight in a '98 Chevy Colorado with Blue by Eiffel 65 remixed by Skrillex playing in the background) can have their disgusting needs fulfilled (I'm looking at you Kevin. I know that you're reading this. Yes, I've opened that "New Folder" you've got hidden in your Downloads section).

*It all boils down to two things about our day and age that have turned even the most rugged, robust men into betas: **instant gratification and complacency***

If I were still a beta (there are still a few things beta-esque I'm working on, but progress), I'd say these are great and comforting luxuries that we're fortunate enough to enjoy.

But I'm not and these aren't.

What these "luxuries" have done to a great deal of us (some RPer are included too. You know who you are. Kevin.) is made every asset of our lives way too damn easy. What an easy life does is it removes the necessity to have to work for anything

because it's all within an arm's reach.

Dopamine is our brain's natural rewards system (do something good, get dopamine, feel good about it), but because of instant gratification through these luxuries, most people have become addicted to dopamine. That addiction is not natural; our brains were not designed to handle the current ease of dopamine access. It's also the cause of multiple levels of depression (the more dopamine you access, the harder it is to access it, so "happiness" becomes further and further from reach). Dopamine addiction is the main cause of complacency. Complacency makes you seek out and stick to what's "convenient". What's "convenient"

runs contradictory to RP ideologies:

You may be an RP head-nodder who agrees with a lot of things you've read on RP and the side bar but only utilize the ideologies in the short-term because focusing on this new mindset isn't "convenient" for you right now. *(i.e. as long as you're here reading TRP and MAYBE a few hours after. I was guilty of this in the beginning)*

You may subconsciously be on RP looking for PUA advice and as soon as you begin to receive female validation from your frame and higher SMV, you'll abandon RP in pursuit of pussy because Pussy-Focus™ is "more convenient". *(Pussy is nice, but like Netflix it's a luxury. You wouldn't live*

your life in the pursuit of watching The Big Lebowski on Netflix, would you?)

You may only agree with some RP teachings and you've chosen which teachings are "more convenient" to follow. *(i.e. you agree on frame and abundance mentality, but you may seriously still think NAWALT as you unknowingly kiss the post-ejaculate from Chad Thundercock's midnight emissions off of WonderTits™ lips. Kevin, I'm sorry you have to find out this way)*

You may follow RP ideologies religiously all the way through Monk Mode, depressed state, angry state, nihilism state, and awakened state, only to fall back into your same beta

habits because they're "more convenient". *(this has happened to me multiple times, if I'm being honest)*

If any of the above cases are true for you, you are a dopamine addict like so many others. Complacency through dopamine addiction has been the downfall of all of your beta friends (scarce mentality, complacency, NAWALT and oneitis all go hand-in-hand) and will be the downfall of you if you're not fully aware of it and actively preventing it. Everything in moderation.

Discipline is hard. Discipline is the antonym of complacency. Discipline is severing your ties with things, places, people that make you comfortable,

complacent, and weak. Discipline is always going against your very human instinct that constantly seeks out order and predictability and comfort (Bernard D. Beitman, MD, Professor, Department of Psychiatry, University of Missouri-Columbia). Discipline is going for years striving for a goal knowing there is no instant gratification and you'll never truly be complacent with what you have. Discipline is always wanting more because you deserve more.

Discipline is the basis of The Red Pill. You don't just swallow the Red Pill once. You take your medication daily.

"Poker with Black Widows"

by OmLaLa | 11 May, 2015 | [Link](#)

Hello Dear RPer,

I met an attractive woman online on PoF a few months back (a subject I'll be going into great detail about later on this week), but because she'd become a notorious last-minute flake (the kind of woman that shit tests by cancelling on you 30 minutes prior; you know exactly the type I mean), I gave her a soft next and completely and utterly forgot about her (abundance mentality fellas, it does wonders for your game and your skin

tone). Turns out she hadn't forgotten me.

She called me yesterday completely out of the blue, asking what I had planned for today (uh oh, we all know where this is headed). I gave her the specific time and place I planned to be so that if she flaked (as she was prone to), it didn't affect my schedule. She *actually* showed up (I know, I was honestly completely stunned too) and she was much hotter than her pictures led on (again stunned, but more physically stunned than metaphorically stunned, and only stunned around my penis. It's an erection joke).

My frame has gotten pretty

impenetrable over the past few months (making a killing on dating sites after I got used to the type of approach it takes; again, I'll go into greater detail on that in another post), so I wasn't too worried about the shit tests that were coming (after a while, you kinda know what to expect from the first encounter). Oddly enough, her shit tests were slim to none. I could feel something was different about her compared to the previous women I'd dealt with; she rarely spoke, and when she did, she was very calculated in her response. She showed little to no emotion and revealed very little about herself. What she did reveal was purposely vague and open-ended, which I recognized as her trying to gauge where I was at/how I thought

based on how I interpreted it. Her frame was solid and she was playing the game well.

Diva (who we'll call this woman for reasons you'll learn soon enough) is what I'd describe as a **"strong framed woman"** or (for the sake of this post's title) a **"black widow"** female. By that I mean she was accustomed to (and thoroughly enjoyed) controlling any relationship she was involved with (sexual, platonic and romantic), she fed off of beta and alpha alike (bend the alpha to provide her sex when it was convenient for her, bend betas like all women bend betas, etc.), held a firm and unwavering frame (I've yet to see a woman so difficult to read; she's even

got some men beat), and knew both what she wanted and how she would get it.

I was upfront with what I wanted from Diva (sexual relationship only, not looking for commitment) and Diva replied in turn (wanted a relationship, exclusivity, no fucking other people while we “courted”, no fucking until official). Diva absolutely refused having sex with someone she wasn’t dating and I don’t hang out with girls I haven’t fucked (girls really eat that “brash honesty” shit up). Diva believed sex was this special magical wondrous thing that only people who truly cared deeply about one another could enjoy and that she valued herself too highly to have sex with just

anyone. I believe sex is an act two people who're attracted to each other just do and, just like kissing or holding hands or jogging, sex doesn't mark against anyone's "value" by enjoying it.

Part of me really wanted to just drop Diva all together and hit up Plate #3 (whose back in town for summer vacation; I'm sorry Kevin, but I think your GF is cheating on you for some unrelated reason), but the other part welcomed the challenge that was being presented (plus Sunday was a pretty slow day for me and I had some time to kill). We had reached a stalemate; neither of us were willing to divulge too much about ourselves, yet it was very clear by the fact that

neither of us had walked away that we were both attracted to each other. I decided to test this to its fullest extent.

I would be as distant and outright blunt as possible and see if it shattered her frame. I silently vowed to not be the first person to leave that table and to see if I could push this "strong-willed black widow" so far that she got up and left.

It became a game of Poker™ between OmLaLa, The Machiavellian Alpha-in-Training and Diva, The Black Widow.

I started by talking about my plates. I told her I was fucking 4 other girls (only 4 are reliable enough to be

consider “plates”) She didn’t flinch (damn, thought I’d get her with that one) so I tried to gauge how long it took her to calculate her response. A long damn time. She responded by telling me she also had 2 other guys besides me (probably true, considering how often her phone vibrated in her purse) but that she hadn’t had sex with them yet, given the reasons she’d listed earlier (again, not sure if it was true, but it honestly that didn’t matter to me). That was her counteract.

I told her she would continue to talk to these two men even after we started fucking. She flinched. I’d assume the confidence (balls) she thought it took to predict that fucking was in our near future seemed to mess with her

“absolute resolve” (and by absolute resolve I mean her vagina). Chink in the armor. Time to prod.

I told her we were fucking tonight.

I stared straight through her and told her she'd be coming to my place tonight, she'd wear lingerie, we'd fuck, then we'd watch Netflix. I expected a rebuttal of shit tests about how “she wasn't that type of girl” or how she “only had sex with people she dated”. Instead, she asked me when was the last time I'd fucked one of my plates (from damn left field; the balls on this one). I told her two nights ago, outside, on top of my car hood (all true; I was very proud of this one). She paused (a glimmer of intrigue behind the poker face of hers) then she

counterattacked by saying if we were to fuck in a few months (as if I'd wait that long), I'd have to cut off all of my plates because she's selfish (now *this* is a shit test I can deal with). I respond with (in my calmest and sternest tone):

“What makes *your* pussy so special? Why would I give up fucking four women that'll fuck me whenever I ask just to fuck only you when you're too afraid to fuck on the first night?”

That did it. Proud women hate being called cowards, hate being compared to other women and most of all hate losing to other women. I'd become a challenge by becoming someone she

felt determined to prove herself (sexually) valuable to; to prove that her pussy (as she'd been told by other guys) was worth more than the 4 of my plates combined (ambitious girl, gotta give her credit). Game set.

She started to ramble on and on about all of these kinky, debaucherous things she'd done (I almost felt remorseful for her father as she happily recalled some of these past "events"). I laughed these off as being part of an amateur/rookie-level sex game (amused mastery, fellas). As the lack of my validation began to frustrate her (I was actually impressed and excited to fuck this woman, but I couldn't let her see that), she asked what crazy sex stuff had I done. I made some fake

sigh with a pained expression (as if it was so bad and kinky I just couldn't put it into words) and told her she'd simply have to find out tonight for herself

She was curious and determined. "Okay." She stated simply. "I'll be there tonight at X. I'll let you know when I'm on the way." She then stood up, turned way and unflinchingly walked out the door.

That following evening, I'd assumed she bailed and that'd be the last I'd hear from her. But, as sure as sure can be, there she was on the doorstep in her Abercrombie sweats and light pink lingerie. We fucked all last night (I'm seriously half asleep while I'm typing

this; worst time to try and quit coffee), and the whole time during she'd ask girly things like, "am I better than your other girls?" or say things like, "I bet Plate #3 doesn't do this for you (and she was right, Plate #3 never did that for me. Now I know why Kevin seemed so repressed)". **She was fucking me to prove a point to herself and I was just along for the ride.** And what a ride it was.

Several hours later, as we were clumsily getting dressed at 3 in the morning, she announced something along the lines of, "I bet that was the best sex you've ever had. If you would cut off the other girls, I'll do that and more for you." Now, I could've just lied and given her some false possibilities

where if she did X or Y, I'd consider dropping the plates (just to get a few more sessions out of her), but that all sounded like way too much effort/work for one girl. I told her how I felt:

“Your pussy was alright, but it wasn't worth giving up the 4 I have in queue. I like chocolate, but I like vanilla and strawberry more.”

As Machiavellian as I am, looking back, that seemed a bit too deep of a stab to make unprovoked after all we'd just done I could've said little to nothing about it, but she just kept prodding me for validation on her pussy value and I was exhausted/spent.

She told me to keep my vanilla and

strawberry or whatever. Then, in her most calm and unwavering tone, she called me “the coldest man she’d ever met” and said she was terrified by the fact that she liked me because I didn’t care about her at all. She walked out the door on that note.

The worst part about it is that she was right. I’ve become cold and brutal when it comes to the sexual agenda. What I once worked on by reading RP blogs and books has now become a part of my very being. I felt nothing for this woman, no remorse as she left and I wouldn’t care if I never fucked her again. And that’s just who I am now. It’s eerie; I can hear my past self whispering in these types of situations, but it’s like listening to a child

comment on what he thinks he knows while looking over the shoulder of a man working. It's both calming and terrifying, and I know that she felt it.

"Local Sexy Single Women" Part 1

by OmLaLa | 15 May, 2015 | [Link](#)

Sites like Instagram, Tinder and Facebook always seem to show tons of “local sexy single women” living in your area, yet you rarely seem to see these “beauties” in any of your common public venues. The way your local area is represented on sites like these, you’d expect to pass hot and single women all the time, but on a good day you might pass maybe one or two attractive women (and usually with a Chad or beta in tow close behind them).

Some of you luckier fellas might've had the opportunity meet one of the local sexy singles after weeks of online shit tests, validation donations, comfort testing picture ratings, last-minute flaking etc. And I'm willing to bet 5 cents that you were disappointed with the result (I'm not a rich man).

These "local single sexy women" (which will be referred to as LSSW for the remainder of this post) are rarely as attractive as they are in their profile pictures. They'll try (keyword here is "try") to hide all of their stretch marks, boob sag, rotten teeth, incorrigible bodily stench, excessive body hair and sudden morbid obesity while shit-test as if they were the WonderTits™ they

pretend to be.

Unless there's some Ugly Stick™ wielding (The Ugly Stick™, and please don't go beating sexy people with it) BP vigilante that strikes in the night (i.e. "The BP Bandit" or the "The MGTOW Marauder"), these LSSWs are knowingly and skillfully portraying a façade of former selves to garner validation, attention, admiration, reassurance, the list goes on. And we as men have allowed them to get away with it (shame to all you dick-wielding members of society, your ancestors would not be pleased).

So then why do these LSSW go through all the cropping and photoshopping and filtering and lens

flares and brush touch ups to pretend to be an HB9 then ACT like an HB9 when meeting in-person when it's so (very, very) clear that, in reality, they're unattractive?

These low SMV LSSW behave, act, pose, and shit test with the same ferocity as an HB9 because the current online landscape has effectively deluded them into believing their real SMV is as high as their online SMV (An SMV, I might add, that is solely based upon a façade of false/inaccurate representations of the LSSWs' current physical appearance and endless validation from those who've fallen prey to said façade).

Simply put, the online LSSW mindset is

synonymous to the “princess effect”; when women were little girls they were told they had some non-existent intrinsic value just for being alive and female (i.e. “my pussy deserves to be on this pedestal because I’m different from everyone else because mommy, daddy and my beta buddy said so”).

Also, because of the woman-catering online landscape, these women are provided an endless supply of betas and alphas alike that’ll give up validation by the barrel-full just for the slim chance she might open her Pearly Gates™ (His mind: I’ll keep chatting until she agrees to a date, Her side: I must be so incredibly attractive and valuable to society, all these guys are chatting me up all day). It gets to the

point where the woman becomes unreceptive to all real or obvious outside negative stimuli that may require her to change or better herself (“what do I care what OmLaLa thinks about my obesity? I have 55 messages from guys on Tinder that tell me I’m beautiful this way” “Big is beautiful”).

Today, I’ll be discussing the delusions of the “sexy, local singles in your area”, the cause of this delusion deriving from a multitude of anonymous and endless beta support, how this delusion pans out from the online dating landscape and I’ll end with a guide (with examples, because I love you all so much) detailing how to best capitalize within the online landscape knowing everything this

article will discuss.

In order to make this argument as fluent as possible (these are very large theologies that I'm trying to incorporate), we will begin by defining the foundation of basic TRP principles at play on the online landscape (onetis, abundance v. scarce mentality, SMV, validation v. sex), then build towards how these principles interact on a grand societal level when introduced to elements exclusive to the online landscape (anonymity and collective influence greatly separate online social interaction from personal social interaction, but more on that later).

The key factors that we will cover to

explain the basis and continuation of the “LSSW delusion” are female abundance mentality (the limitless online validation condition), female perceived SMV, the abundance of online BP scarce mentality, and anonymity. We will first build a character archetype to better illustrate the average LSSW and her rationale behind her decisions or lack thereof.

So then, let's start with Brenda, the Post-Wall LSSW who, on her dating site profile, neglects to mention her 4 kids, jealous husband, cardiovascular complications, Type-2 diabetes, a sudden 60 pound weight gain (from no fault of her own, of course) and a Netflix/Burger King addiction.

"Brenda the Overweight Post-Wall LSSW"

Once upon a time in a land far, far away (let's say Virginia), Brenda was an attractive woman. In her prime, she was roughly an HB8 (as her profile picture clearly showed) and she had garnered tons of male validation and reassurances due to her high SMV. She had several male orbiters who would buy her food, pay for her gas, with one of the poor suckers even buying her a car (a 98' Subaru Legacy, but a car's a car when you're broke and sexy). What she had -and what a lot of high SMV people have- was minor social influence.

Social influence runs parallel to the

concepts behind the “halo effect”; the more attractive you’re perceived to be by others the more people will want to follow you, the more trustworthy you’ll seem to them, the more interesting you’ll seem, the better you’ll smell to them (sexy people just smell better), regardless of whether or not you’ve actually changed at all (this is why your Adonis-blessed, chisel-jawed, Hercules-of-a-friend ‘Butch’ and you could tell the exact same joke in the exact same way and WonderTits™ always laugh harder for Butch).

It’s not that attractive people ARE smarter, funnier, more interesting, or smell better; they are simply PERCEIVED that way (like all those times back in high school where you’d

sit across from the WonderTitsTeens™ and every stupid comment they made about their stupid cat “Fluffles-or-whatever-the-fuck-they-named-it” seemed like the most interesting moment of your lifetime).

In Brenda’s case, the social influence she controlled would be considered minor because she only influenced a small amount of men within a much larger society. Keep this in mind, it’ll be on the mid-term.

Unfortunately, Brenda hit the wall at an early age and at the top of her prime. She had her first kid (by a Chad) at the tinder age of 22 with a new kid following each consecutive year (all, not surprisingly, by Chads).

Almost overnight, her SMV had plummeted (in the same general direction as her nipples). Her beta orbiters, not yet ripe and ready for “picking” (marriage, also considered the harvest day at the Beta Orchards), they ran off to orbit circles around the next HB and left her stranded and de-valued.

Normally, a post-wall woman in her condition (the “lazy, broke, 330 lbs with 4 kids” type of condition) would normally scoop up the most desperate, frumpy, bottom-of-the-bargain-bin-in-Walmart beta male she could find (the type of beta that’ll listen to some cheap “it’s-been-inside-of-you-all-along” motivational crap like “The Secret” by Rhonda Brynes) and settle

down in mundane, frumpy bliss.

But no. Not Brenda.

A common phrase you'll here echoed down the great halls of TRP is "past value does not guarantee future benefits". As an RPer, it basically boils down to "just because WonderTits™ thought your glorious dick would make a great choking hazard to quell her sudden and grown need for oral affixation last year doesn't mean that she's going to babysit your unborn children in the rocking cradle that is her throat the following year". Brenda was fully aware of her recent decline in appearance (more like cataclysmic landslide, but semantics). What kept Brenda from frumpy bliss -despite

being post-wall and desperate- was that she had found a source of HB9-level validation that required little to no work on her part.

Brenda could manipulate her past value (using old pictures to represent her “online SMV”) to capitalize on future benefits (male attention/validation based on false online SMV). She then rationalizes (hamsters) all of this attention as something she’s deserved because the pictures her betas are orbiting online are still pictures/representations of her.

And so, Brenda creates a Tinder profile using her outdated HB8 pictures to attract a collection of helpless and

desperate betas. The result of combining mass online scarce mentality and the betas'/LSSWs' anonymity leads to the delusion we discussed earlier.

Let's move on to Kevin, the "nice guy" beta-male who desperately attempts to hook-up with the random LSSWs he sees on Tinder/PoF/OKCupid, but always seems to get stuck in mundane and meaningless conversations about work, world news, weight and the weather.

"Kevin the "Nice Guy" White-Knight Beta Male"

For Kevin, dating sites were a god-send. The only girls he'd ever dated had either approached him, he'd met

them through one of his friends, or he'd meet them by luck or circumstance (these encounters Kevin cherished the most, for only fate could've brought them together in Taco Bell that Wednesday night). Kevin was single and didn't want to wade through another 3 months of expensive dates, drinks and gift-giving just for a glimmer of hope to row his rowboat down some girl's *Tunnel of Love*. He'd heard from Chad and Butch about the ONS they were have on a regular basis using these sites, and Kevin wanted a piece of that action.

Kevin posted the most sincere pictures he could find (he didn't want to give off the wrong impression to these LSSW) and spent hours typing in great

detail his entire life summary in the dating site's "About Me" section (they'd want to know how intelligent, witty, emotionally deep and caring a guy he was beforehand, Kevin thought to himself).

Kevin wasted hours upon hours in chats and messages with multiple LSSWs, giving them extensive details about his life goals, careers, ambitions, dreams, opinions, beliefs and motivations (because LSSWs would definitely want to bone a guy that's open, caring and comforting). He'd sit there for hours and soak in all of the LSSWs' woes, problems and opinions while giving them step-by-step advice on how to fix themselves (LSSW want a problem solver and a

shoulder to cry on).

Kevin, a guy who -on average- would only have about 2-3 women to hope to date (most of which would “friend-zone” him after too long or dump him for being “too nice”), was thrilled that he now had 15 different potential girlfriends to choose from, each one hotter than the last. What seemed odd, however, was that every time Kevin would try calling or texting these LSSWs, they’d rarely answer or cut the conversation short. He’d try to call/text them multiple times throughout his day with little to no response. When Kevin was lucky enough that an LSSW would agree to meet him for dinner, they’d typically flake and leave him alone waiting for

hours. Kevin would temporarily grow bitter and resentful, but in his mind dating sites were still a better option compared to his current real-world situation.

Kevin's persistence in the online landscape compared to how his persistence in the real-world results from the combination of Kevin's *scarce mentality** and his online anonymity within the online landscape.*

For the LSSWs, this online anonymity is used to gain validation from strangers and to build an optimal façade (the online WonderTits™ version of themselves) to gain as much validation as possible. For betas like Kevin, this online anonymity is

used to increase the amount of women they're able to approach (not limited by the fear of rejection/scarce mentality like in the real-world) and to optimize how many women they can converse with at one time thanks to the internet's ease of access (i.e. "the shotgun effect": offline Kevin could only focus on roughly 3 women at once due to the time he'd give up/money he'd donate whereas on a dating site, Kevin can converse with dozens of women at once).

What do you get

When Kevin locks arms,

With nice guys and betas

Who turn up their charms

To win over a woman,

Whose not what they think.

To put their humpf-humpf-a-dumpfers,

in her rink-rinker-fink?

What you get from a multitude of Kevins taking this same approach towards online date is mass validation for the LSSW (the amount to which she'd never have received 15 years ago), major social influence for the LSSW over a beta populace (as opposed to the minor social influence Brenda had as an HB8) and the delusion of the LSSW that her actual SMV is as high as her online SMV ("I must be an HB8 now, so my pussy is worth the same as those other HB8s").

Both the betas and LSSWs may feel benefited when it comes to online dating, but the benefits for the LSSWs are massively greater and it becomes a societal parasitic relationship.

Now let's move on to what happens when our pal Kevin meets the "REAL" LSSW Brenda.

(Continued in Part 2)

"Local Sexy Single Women" Part 2

by OmLaLa | 15 May, 2015 | [Link](#)

(Continued from Part 1)

"The Hume's Law Argument: When Kevin Met Brenda"

Brenda, while shifting through the dozens of desperate messages she's received throughout the day, happens upon one from someone she'd consider "provider" material. He's how intelligent, witty, emotionally deep and caring; all traits she'd want her husband to have. He spends hours and hours listening to her woes, problems

and opinions while giving her step-by-step advice on how to fix them. She agrees to meet Kevin for drinks this Saturday.

Before the date, Kevin receives a barrage of shit tests (“I’m not sleeping with you tonight, I don’t hook up with online strangers” and “you better be who you say you are on your profile or else I’m walking right back out the door” and “I’ll only show up if we go to [insert expensive-ass bar name here] and I don’t pay for my own drinks”), but Kevin is more than willing to put up with because he’ll finally be meeting an LSSW he’d only dream of meeting before.

Kevin dresses to the 9s, schedules the

entire date and rehearses his conversation topics in the back of his mind all week. He arrives early and waits anxiously for his HB8 Brenda to walk through the door.

Unfortunately for Kevin, the Brenda that arrived was barely an HB3 in even the dimmest lighting. And what was even worse, she was rude/demanding a if she were an HB8.

What we have here is known as the “ought-is argument”, better known as **Hume’s Law**.

Brenda’s idea of what *ought* to happen is that Kevin treats her with the same respect that he did online even though her SMV *is* very low because she’s convinced that he validated her just

for who she was. Kevin's idea of what *ought* to have happened is that he met the HB8 he was convinced he was talking to and that Brenda *is* expecting too much for her low SMV("Why is this fat chick demanding so much when she looks like *Grimace?*").

This is the key issue with online dating; less attractive women are being overly-validated by a mass of beta males to the point they believe they're worth it. Then they will pedestal their pussy to unrealistic levels because of their newfound abundance mentality. On the online landscape, the unattractive woman's SMV means little to nothing because it can be manipulated.

What's worse, the uphill battle an alpha must fight to plate these women because of all this (especially for an actual attractive LSSW, like the WonderTits™ on Tinder) makes the online landscape seem unnecessarily challenging.

But don't worry my dear sweet RPer, I've worked tirelessly on guidelines an alpha can follow to overcome this monstrous discrepancy. We'll call this guide:

OmLaLa's Art of Online War: Combating the Local, Sexy Single Women in Your Area

*(God, that title gives me the tingles.
Let's begin.)*

Step 1: Building Your Profile

Become attractive. Before you even begin with this guide, look in the mirror. If your glorious reflection doesn't give you the tingles, wait until you've obtained your Iron God Worship degree from the University of Lifting States. Attraction is non-negotiable; you CANNOT (can-fuck-mothering-not) force some unsuspecting woman to have tingles for you if you're not attractive. This isn't PUA.

Check out [The Ladder Theory](#) playlist on YouTube by FullofScience to learn more on why attraction is non-negotiable and how the female/male brain interpret attraction differently.

Be vain. Before an LSSW even begins

to read through your bios or message you about that 9" salami you're storing for her in the freezer, she'll judge you first based on your pictures. Pictures that show vanity (shirtless, pictures with other women, pictures with multiple women) show that you're desirable and *why* you're desirable. Being judged as amoral, narcissistic, arrogant, etc. is of no consequence because no one is looking over her shoulder and judging her based off of who she likes. She'll like what she finds attractive, makes her curious and seems desirable.

Being vain will also help weed out the LSSWs just there for validation (another topic covered later in the guide) from the LSSWs interested in

phallically-based amusement park rides at 2 in the morning.

Avoid being flashy/materialistic.

Even if you're displaying your Adonis-like rippling-ab-like peacock feathers to attract an LSSW mate, if she sees provider potential in you, she'll shit test to verify it.

Money=Safety/Comfort and Safety>Sex, so if you're flashing some 18K Presidential Rolex or a 2015 BMW M5 Sport on your profile pictures then you refuse to pay for her Cranberry Vodka this weekend, she's going to feel like you're giving her mixed-messages. It's easier to begin with her impression of you being an alpha and verifying that belief rather than you giving the impression of being a good

provider and fighting an uphill battle.
Physicality first.

Be mysterious. DO NOT put you life's works on your profile for all to see. The more about yourself display out in the open, the less reason she has to want to know more. When you watch a trailer for a movie that you really want to see, don't you hate when it gives away the entire plot? Same shit, different sandwich. Leave her something to be curious about.

I personally just put "Ask" in all of the bio windows on dating sites. It works wonders on getting the conversation going.

Step 2: Matching with LSSWs

Like/Friend/Swipe right for every woman. Yes, even the fat chicks. Being picky and studying every profile before deciding whether or not to swipe right is far too time consuming for the Alpha-On-The-Go. Your goal is to grow the prospect pool as wide as you can and fish at your leisure. When the fish begin to bite the bait, that's when you can become more selective (and if the big chicks start bugging you, you can always block them).

Act on all notifications. Girls are coy by nature and the online landscape is no different. Lots of LSSWs (especially the attractive ones) won't "like" your profile for fear of your judgement of them being too thirsty, easy or desperate. What they will do is "view"

your profile (sites like PoF, Badoo, OKC) and wait for you to message them. For reasons I'll discuss later, feed into this initiation shit test and begin the conversation.

Only focus on women you can comfortably drive to. From the start, never assume that an LSSW will make any grand trek across the vast desert sands to meet with some random online stranger (unless their SMV is ungodly low). Also, don't burden yourself with starting an interaction with someone 45 minutes out of your way (you and I both know you're never going to make that drive). L is for Local and if she ain't that, she ain't for you. Move along.

Nearby Example

Too Far Example

Avoid close-up shots and look for body shots. Not the drink, the picture. If she's actually an attractive LSSW she WILL have a picture of her body on her profile. If there is none, there's a reason. Point. Blank. Period. If all of her photos are close-ups of her face, there's a reason. If her pictures are all dark/blurry and you can't make out the details, there's a reason. All of these things are calculated and LSSW always put up their best side to attract the most betas. If you don't see a best side or if her face is her only redeeming quality, she's low SMV and not worth your time.

Avoid the “One-Pic Wandas”.

These LSSW usually just upload one very grainy/blurry picture of themselves in their prime 15 years ago. If this is their only digital documentation of themselves in today's day an age, avoid these women altogether.

Don't read her bios They all say roughly the same thing. Something something “I enjoy camping and shopping and Netflix!” Something something “Don't message me if you're just looking for sex!” Something something “I'm funny, crazy, outgoing” ...you get the picture. What they put on there is irrelevant. That's for the betas. You're aiming for nothing less than her back-door VIP

access (phrasing).

Check her pictures for piercings/tattoos. If you really just want to get your rocks off and want someone who will probably make poor short-term decisions in the heat of the moment, look no further. These are the women that cheated on guys like Kevin with the bartender last Tuesday because, “he was just saying the right things and my friends just kept buying me drinks and” blah blah blah. Usually if she has a full picture of just her tattoo and you handle it right, a ONS is a given.

Assume the worst. If you're looking at her pictures thinking, “eh, she might be attractive”, stop that shit. It's

a trick or an angle or a lighting maneuver or photoshop or she's a dude named Chuck with a crossdressing fetish. If she were attractive, you'd be able to tell by the tingles around your treestump.

Step 3: Conversing with LSSWs (Online)

Understand that you are not in control. So long as you are on a dating site, you are acting within her frame. She is overly validated and assumes to possess multiple options in terms of men she can meet up with. Don't assert yourself, don't fight her frame and don't be too upfront/alpha until you've met this LSSW in person.

Begin the conversation with

purpose. The absolute worst thing any self-respecting alpha on a dating site can do is begin a conversation in any of the following ways:

1. Some short, bullshit intro like “Hey” or “Hi” or “Sup” or “What u doin”. Why is this unacceptable? You’ve garenteed a conversation that’ll go nowhere for at least a few hours talking about some shit you don’t care about (oh you’re ‘just chillin’? What, you’re ‘hangin wit ur friends’? Gee, that’s fascinating!).
2. Some clever, insightful comment on her pictures. Unless you’re at some Adonis level of sexual attractiveness to the point where

women donate their panties to the Red Cross Association of [insert your badass username here], this comes across as PUA-level game and will be read straight through. The idea isn't to charm, it's to bone.

3. Some overly assertive response like "What you doin tonight" or "Hey sexy". While you may think this comes across as alpha, the LSSW will read it as desperate. You obviously aren't getting much female penetration if you have to jump straight into sex talk like this.

Begin the conversation so that you can judge what she wants right off the bat and neither of you wastes any time

beating around the bush wondering.

Example

*Personally, my go-to line is “What’re you looking for?” or “What do you want from this?” because based on her response I know exactly how to proceed with her.”

Example

Read past the responses she gives. Using my go-to opening response (“What’re you looking for?”) as a basis, there are typically 5 different response types with 5 different levels of interpretation:

1. No response at all. This’ll be the

most common. She's not interested in your lucrative door-to-door salami entrepreneurship. Time to move on. Example- that poor sad lonely LSSW..

2. "I'm looking for friends and nothing more" or "Just friends". She's interested to some degree but prepare a higher level of shit tests (based on her actual SMV). Get her number quickly; the longer you wait idly by, the least likely anything will happen. Example
3. "I'm looking for friends and maybe something more." This is what you want to hear. It means

she wants the salami you're selling, you'll just have to pass her Standardized Shit Tests before she makes a purchase. It's the most realistic answer you'll receive. Example

4. "Depends on what you have to offer." She's ready to buy on the spot, but use caution. A shit-testless green light from an LSSW means you should tread lightly. Example
5. "A fuck buddy." "Someone to fuck." These come across on rare occasion. **USE EXTREME CAUTION.** This could either be the luckiest encounter of your life

or a death sentence. Example
Example 2

Be succinct and brief. Just like before when you were filing out your bio, don't give too much away in a chat on a dating site. What you might interpret as a "healthy conversation" or "going well" is actually her sucking the validation right out of you. Most LSSW with Level-3 responses will ask all the questions; it's your job not to ask them back.

Example

Another Example

Avoid making your sentences longer than hers. Rarely use punctuation. Use

“U” instead of “you” or “R” instead of “are”. It’ll show her you’re not overly obsessed with hooking up/women in general and it’ll strengthen your chances later down the line. Trust me on this.

Lots of guys are hard-wired to put ‘You?’ on the end of our responses like “I’m doing good. You?”. Don’t do that. Let her propitiate the conversation awhile. It’ll show to her that you’re not like every single guy online she’s met whose endlessly/needlessly interested in what she’s doing/eating/watching. If you’re going to ask her a question, ask her. Don’t repeat her questions back. That’s boring.

Example

Be upfront but not too upfront. If she asks (which she probably will in Level-2 through Level-4 responses) let her know what you want from her in as calm a way as possible. If you want a woman to have sex with then watch Netflix (something I say a lot because the one things girls love more than sex is Netflix), tell them that without sounding desperate. If you're not looking for commitment, be upfront about that. She'll respect you for it, I'll respect you for it and if she keeps the conversation going AFTER you specify sex and Netflix is all you want from her, you're in the green.

Example

Example of OmLaLa and LSSW being

honest with each other from the start.

What you don't want to do is come off as abrasive. As alpha as an abrasive approach is in person, in the online landscape your anonymity plays against you; it's far too easy for a beta male to feint an abrasive nature and you'll be pegged as a pretender.

My go-to upfront phase is "friends and maybe something more" for Level-2 and 3 and "someone likes sex and Netflix as much as me" for Level-4. My don't go-to phrase was "Someone to fuck/hang with". See how one is too straightforward?

(Continued in Part 3)

"Local Sexy Single Women" Part 3

by OmLaLa | 15 May, 2015 | [Link](#)

(Continued from Part 2)

Recommend. Don't tell. Don't ask.

Avoid phrases that begin with "Do you want to" or "Can you" or "Is it okay if" or "Are you able to". These are beta mating calls and she's peg you as one in a heartbeat.

Also, avoid being too demanding with phrases like "Do __" or "Meet me __" or "Give me __" or "Tell me __". You're still inside the LSSWs' frame, so this could possibly read as a beta-in-

disguise.

Your best bet are phrases like “Let’s do __” or “When you’re free, let’s __” or “I’d like it if you could __” or “We should try __”. These are recommendations to her while still being the commanding alpha she wants you to be.

A good phrase to close with would be “Let’s get together sometime” or “Let’s hang out and be friends”. If she responds favorably, follow by asking for her number.

Example

Yet Another Example

Another Example?

Examples fo' Days, y'all

Never, ever, ever double text.

Don't do it. Double texting means death for you. No matter how you mean for it to look, she'll immediately interpret it as a desperation move to get her attention, thus killing your chances. Don't do it, no matter what you may feel.

Get her number quickly. Don't let it drag on for more than a couple days. The longer she keeps you online, the longer she'll only consider you a source of validation. You don't exist to her until she's seen your Adonis physique with her own beady little eyes. If you feel her interest via the way she's responding. Say

something along the lines of “Let’s hang out sometime. Send me your number”. Now prepare for the hardest step.

Example

Step 4: Conversing with LSSW (In-Person)

This will be tough, this will take practice and some of the things I’m going to recommend to you may not seem RP. Just bear with me and trust that I have your best interest at heart.

Begin with logistics only. Once you’ve got her number, towards the end of that day (wait too long and she’ll forget who you were) set up a meeting place and time. Make the

place convenient for you (reasons why later) and don't make it too long of a wait (remember, you're nobody until she meets you in person so that's your goal).

Expect the First-Date Flake and do not punish for it. This may seem counter to RP theology, but in the framework we've defined for the LSSW mindset, it makes sense. Here is an Adonis of a man who may actually be a WonderDick™ or a creppy beta poser. She both hamsters that "maybe I'm not enough" and "maybe this guy's some creepy pervy beta" and her hamster implodes from the stress of it all. It could also be considered an high-level SMV woman shit test coming from an LSSW filled with

validation. So she bails.

How to address this:

Once the time/place have been set, do not reach out to her again. If you don't hear from her at all before the scheduled time (for me, roughly 1 hour prior) go about your day as if it never happened. If she calls with a "where are you?", tell her you never heard from her or that you got busy and you'll raincheck (she'll love that; too bust for Brenda? Impossible). If she doesn't show, don't message/text her for roughly a week, reach out and try again. Most times (for me, anyway) they'll show up for the second encounter.

Show no love. Act as though you

have 10 better places to be than here with this LSSW, no matter how attractive she is. She's showing up at this venue expecting you to fawn all over her. Do the opposite. Look away, look at other women, address her as if she's unattractive. Act disappointed that this is what you've waited for. Ask her a question then act aloof/lost-in-thought when she answers. Treat very shit test (because they will come) as an annoyance; as if she has no right to ask you these things (now don't say these things out loud, just show them through your behavior).

Slowly, you'll notice her frame begin to drop as she tries to figure out what you don't like about her and wondering if all this validation she'd

received was for naught. Now she's in your frame.

Change venues. This is a classic PUA tactic, but it works just fine here. If you're over 21, take her to a nearby bar (I usually meet them at a bookstore near my apartment with a nice day bar across the street).

Be crude and make her feel prude. One fail-proof way (at least for me) to convert a LSSW to a plate quickly is to talk crudely, be taboo and make her feel like she's too prudent. For example, once we've moved to a bar, I ask her to openly talk about ex, then we talk about her fucking her exes, then we talk about me fucking my plates, so on and so forth. Use words

like fuck, dick, ass, pussy but with a stern and emotionless expression like it's no big deal to you (this helps keep any future sexual encounters casual).

Ask what her sexual fantasies are. Ask if she's ever been in a threesome. But you **HAVE** to stay nonchalant about it; if you look too excited about the whole conversation, she'll mark you as a perv. Once you're done talking about fucking other people, talk about fucking each other. Tell her how you like to do it vs. what she might like. If she shit tests you over your fetish, stay behind it. Trust me, she'll remember what you like.

Be willing to let her walk away.

Another common shit test I've seen

from LSSWs is that they will threaten to get up and walk out if you say something they don't like. Let them. Please. Just let them. In the back of your mind, you might think, "Damn, I followed OmLaLa's guide and now I've made it all this way! I don't want it all to go to waste over some dick comment." Well champ, she's put in a lot of time to get to this point too, and I'll be damned if some comment about your glorious dick is going to make her actually walk out. Remember, most times it's just a hollow threat to see if you'll flinch. If you don't flinch, you're Grade-A beef, buddy.

From this point on, TRP should be able to guide you. A good amount of kino, escalation and frame should close the

deal fairly quickly. And if it doesn't, at least for the next encounter she'll know exactly what you want.

Online Landscape Synopsis

The guide's research took place across the span of just over 3 weeks. Below is a breakdown of various information gathered from the study:

Plenty of Fish (PoF)

- Most matches to LSSW (roughly 75 matches towards the time of the article's posting)
- Above average level of shit tests (just about every first in-person encounter was littered with them)
- Easiest/most frequent ONS

(within 2 weeks roughly 12 different LSSW with more scheduled for next week)

- Average LSSW to Plate conversion (roughly 40% of ONS)
- Average HB rating of first encounter with LSSW (roughly between HB4 and HB7)
- Highest number reception after extended online-conversation (roughly 80%)
- Average ignore rate from LSSW (I don't have a number for this one, but average compared to other sites)
- Highest rate Day 1 bangs (4 out of the 12 ONS were the same day the LSSW's number was received)
- Below average Catfish

occurrence (i.e. the posted picture's SMV is lower than actual SMV)

Over-all Rating: High

Tinder

- Low-Below Average matches to LSSW (roughly 18 matches at time of article's posting; few and far between)
- Least amount of shit tests (surprisingly, once matched and a conversation starts, the success rate jumps significantly)
- Below Average ONS (2 ONS within the two week span, 2 scheduled for next week)
- Average LSSW to Plate conversion (again very

surprising; although many matches haven't become sexual, over text a FWB relationship has been pre-established with 5 LSSW)

- Highest HB rating of first encounter with LSSW (roughly between HB7 and HB9)
- Below Average ignore rate from LSSW (again, although matching is difficult, once matched the success rate jumps significantly)
- Below Average Day 1 bangs (Only 1 on the same day the LSSW's number was received)
- Lowest Catfish occurrence (i.e. the posted picture's SMV is lower than actual SMV)

Over-all Rating: Average

Badoo

- Below Average matches to LSSW (roughly 20 matches at time of article's posting)
- Highest level of shit tests (both online and in-person by far)
- Low-Below Average ONS (1.5 ONS where the .5 was a sexual act with no intercourse, none scheduled)
- Low-Below Average LSSW to Plate conversion (1 low-grade plate gained; HB5)
- Below Average HB rating of first encounter with LSSW (roughly between HB3 and HB6)
- Below Average Day 1 bangs (Only 1 on the same day the LSSW's number was received)

- Above-Average Catfish occurrence (i.e. the posted picture's SMV is lower than actual SMV)

Over-all Rating: Below Average

OKCupid

- Low-Below Average matches to LSSW (roughly 5 matches at time of article's posting)
- Above Average level of shit tests (both online and in-person by far)
- Lowest Average ONS (1 ONS)
- Below Average LSSW to Plate conversion (1 plate gained; HB6)
- Lowest HB rating of first encounter with LSSW (roughly between HB2 and HB4)
- Lowest Day 1 bangs (it just didn't

happen)

- Highest Catfish occurrence (i.e. the posted picture's SMV is lower than actual SMV)

Over-all Rating: Low-Below Average

Researcher Character Profile

- *OmLaLa is over 6'0", non-white, goes to the gym 5-6 times a week for 1 hour, and used the same shirtless picture as his main profile picture on every dating site.*
- *OmLaLa met with LSSWs every-day between 630-100AM (my poor sleep schedule) after leaving the gym.*
- *OmLaLa met multiple LSSWs each day including the weekends (and had*

sex with multiple LSSW multiple times a day; there were no threesomes).

- *OmLaLa roughly met all LSSW at the same 2 bookstores (Barnes & Noble) and escalated to the same 3 bars, all within 10 minutes from his home.*
- *Most sexual encounters occurred either at OmLaLa's residence (my roommate thinks I'm some sort of god for this) or in a public venue (i.e. stall, parking lot, car, broom closet, locker room, drive-thru, behind a grocery store, etc.)*
- *OmLaLa used protection for ever encounter (please do the same; there's no telling who you're actually sticking it into).*

- *OmLaLa did not pay for a single drink, coffee, meal or gym access throughout the duration of this study (I had some LSSWs meet me at the gym).*
- **The events of “Poker with Black Widows” took place during the duration of this study (Diva the Black Widow was met on PoF several months prior, so her encounter is not listed in the results).*
- *OmLaLa rarely mentioned his job, his income, and hid any overly-expensive items in his apartment (for safety and anti-provider reasons).*
- *OmLaLa did not message, sleep with, or purposely encounter any fat chicks for the duration of this study (if*

I did, this study would be meaningless).

- *OmLaLa is very sore and tired at the time of this article's posting, so OmLaLa will most likely be taking a long break from sex and women (it was fun for the first week or so, but now it's all just so predictable)*

- *OmLaLa went to be tested on 5/13 for any sexually transmitted diseases (please, please be careful guys; I've done this so you don't have to).*

- *OmLaLa is terrible with MSPaint which resulted in very ugly example pictures being uploaded to Imgur (I didn't realize Imgur had its own editing software until my roommate pointed it out. My roommate was a big help for*

this article. He's not RP, but if he becomes RP one day, I hope he see this and says, "Yeah, I helped make that with OmLaLa.")

- OmLaLa's roommate is not "Kevin" (Kevin and Brenda are not real people; they are character archetypes built to represent a greater sub-populace).*
- OmLaLa visited [r/holdthemoan](#) for locale ideas (there was a post on TRP about making porn your reality and I'd always had a thing for exhibitionism; keeping that level of fulfillment helped me slosh through the last week without seeming half-hearted).*

End Note

There is not a woman alive right now

that could tell me their pussy is worth anything after how many different women I've been with in just 3 weeks.

After a while, it all seems the same. The novelty of that "new pussy smell" fades quickly; there were a lot of times I'd have really mundane sex with an LSSW and just wish I could visit my plates and have guaranteed good sex.

Yesterday, I has sex in the handicapped bathroom at my gym with an LSSW I met on PoF at 7:00, left the gym, met up an LSSW I'd met on Tinder at 9:30 in some abandoned parking lot near the mall and fucked, then met up with another LSSW at 11:30 behind a convenience store near my place and fucked. I didn't enjoy

any of it.

I've been tempted several times to drop the whole thing altogether because I was bored with working for something I already had an abundance of. It may be a passing feeling, but right now I'm bored with women. Absolutely bored. And the more bored I get, the more aroused they get. It honestly fucking sucks.

What sucks more is that because I don't run off of validation from others, I don't enjoy this victory in the slightest. It all felt like such a chore and now I've got a phone full of LSSWs that I've got to figure out what to do with. I don't text, they call. I don't answer, they call more. Luckily, I have

two phones but lately I've had to put my personal phone on silent.

While this will be a god-send to some of you RPer's out there, this has been a hellish epiphany for me. The more bored and tired of sex I actually become (as opposed to pretending not to want it), the more it's offered. So, on that logic, in order to have the harem I dreamed of in high school, I have to be disgusted by the thought of it. What's having as much cake as you want when the thought of eating it makes you sick?

I won't be doing this again.

P.S.- Here's a gem of a woman I ran into on my quest for online "knowledge".

"Such Is My Nature"

by OmLaLa | 22 May, 2015 | [Link](#)

This is an original tale by yours truly, OmLaLa the Machiavellian. There are multiple TRP lessons within this parable and its message is open to your interpretation. I'll leave it up to you, the RPer, to decide what this parable's really about. Best of luck.

"Such is my Nature" by OmLaLa

Once upon a time, there was a female carpenter named **Lily**.

Lily's carpentry abilities had been passed down to her by her mother. Her father and brothers were farmers and spend

most of their days working out in the fields. Lily had recently completed her training and felt she could now build herself a home she could call her own.

So, when Lily became of age, Lily's mother decided to send her off into the vast, unknown world to build an amazing and beautiful home for herself.

Lily quickly packed up her tools and left her mother's care in search of the perfect place to build such a home with the skills her mother had taught her.

During her long search, Lily came across a beautiful and plentiful field of **Clay**. The Clay was soft, formless and could easily be sculpted to support

whatever requirements Lily's dream home may have. Lily saw much potential in the Clay.

So Lily spoke with the Clay, telling the Clay of her dreams and aspirations as a carpenter, of the extravagant home she'd set out to build, and asked the Clay if it would be willing to act as her home's foundation.

"Of course you can build your extravagant home upon me!" exclaimed the Clay, *"I am malleable and easy to shape. You can easily mold me to best suit the needs of your beautiful home!"*

And the Clay was right. Lily easily formed and molded a wonderful foundation for her beautiful home. She

was able to stack, shape and mold the Clay with little resistance.

The malleability of the Clay allowed Lily to add more and more extravagance and beauty to her dream home. The Clay happily reformed itself over and over as Lily's plans became more and more complex and robust with every passing day.

Finally, Lily had built the most beautiful and magnificent home she or the Clay had ever seen. She reveled at the thought of living happily ever after in this magnificent home for the rest of her days. The Clay, possessing no shape or form of its own outside the home's foundation, was pleased that its malleable nature had helped in the

creation of something so beautiful.

And then the **Earthquakes** came.

It didn't take much for Lily's home to crumble; under the smallest signs of stress, the Clay reverted back to its doughy, shapeless form because the Clay knew no other way to exist. Shapelessness was in its nature.

Lily's beautiful home was gone in a matter of seconds.

"This was no fault of my own," the Clay haughtily declared, "had the Earthquakes not come, you would still have your beautiful home."

"I cannot live in constant fear of the Earthquakes" explained Lily. *"I cannot*

rebuild my home after every Earthquake and I cannot build upon a foundation that's so easily swain."

Yet the Clay refused to give up its malleability. *"Such is my nature."* replied the Clay.

And so, Lily left the beautiful and plentiful field of Clay in search of a more stable foundation.

After some more searching, Lily came across a bountiful and fertile field of **Dirt**. The Dirt was tough, rich with substance and could be used for more than her home's foundation. Lily saw potential in the Dirt.

So Lily spoke with the Dirt, explaining what occurred with the Clay, told the

Dirt of her dreams for a beautiful home and asked if the Dirt would become shapeless like the Clay.

“Nonsense!” declared the Dirt. “I would never falter so easily in the presence of the Earthquakes! Worry not! You’re much better off building your house upon me!”

Lily then asked the Dirt if she could make use of its rich and fertile nature for her crops and gardens.

“Of course, dear child! Of course you can plant your seeds here!” boomed the Dirt, confidently, “Plant whatever crops you wish! My fertility knows no bounds!”

Trusting in the confident words of the

Dirt, Lily began building her beautiful home once more.

The Dirt was right, it wasn't malleable and shapeless like the Clay. However, the Dirt's lack of malleability made it difficult for Lily to mold with the same ease she had with the Clay.

Lily toiled and struggled and strained and pushed and shoveled the Dirt as best she could, but in the end the Dirt would not form into the perfect foundation her first extravagant home had required.

Lily was able to build a less extravagant -yet still beautiful- home upon the Dirt.

She was still happier with the Dirt, for

she no longer felt the constant fear of the Earthquakes suddenly collapsing her new home. The Dirt was happy as well, for through little effort of its own, it now had a beautiful home built upon it.

Lily soon began to plant her crops and gardens and used the Dirt's rich and fertile nature to nourish her seeds. The Dirt was compliant at first, but only for awhile. The Dirt did not want to continuously give up its rich and fertile soils for nothing in return.

"Water!" the Dirt arrogantly demanded. *"If you are to use my fertility to plant your crops, I demand water!"*

"You made no such demands before I

built my home,” Lily explained, shocked by the Dirt’s abrupt demand. “I have brought only enough water myself. Had I know sooner, I would have brought some for you.”

“All Dirt requires water! Such is our nature!” scolded the Dirt, “Your father was a farmer. Surely he taught you that!”

Lily was displeased with the Dirt’s sudden and abrasive nature, but having already built her home, she hesitantly went off to fetch the Dirt some water.

This continued week after week and the Dirt’s thirst for water became more and more unquenchable. Lily became tired and aggravated, but at

least she had a home that would hold firm when the Earthquakes eventually came.

And then the Earthquakes came.

The Dirt was able to hold firm to some degree, but Lily was forced to constantly maintain and repair the Dirt's foundation with each passing tremor. And once the Earthquakes finally subsided and Lily's maintenance and repairs were complete, the Dirt would begin to angrily chant "*Water, water, water!*" once more.

After weeks trudging this exhaustive and repetitive process, Lily couldn't bear it any longer.

“Enough!” Lily cried out one day, tossing the water aside. *“I have to do all of the work while you just sit there and beg for water! You are too needy and demanding!”*

“I need water. Such is my nature.” the Dirt half-heartedly replied.

“You can’t even provide a stable foundation without my help!” shouted the flustered Lily.

“You asked for me to be more firm and stable than the Clay. I have done this. If you require even more stability, I will require more labor and water from you. Such is my nature.”

Frustrated to the point of anger, Lily abruptly abandoned her home in the

bountiful and fertile field of Dirt in search of a less demanding foundation.

Tired and jaded from her previous experiences, Lily came to a wondrous plateau of **Stone**. The Stone was solid, unwavering and firm. Lily saw potential in the Stone, but had now grown skeptical.

Lily approached the Stone.

"I require a strong foundation on which to build my beautiful home" she told the Stone. She then explained the extravagance of the home she'd planned to build on the Clay.

"I can provide you the strongest foundation possible and you will never

fear the Earthquakes again," began the Stone, "but I will not alter myself for such unnecessary extravagance. Such is my nature."

Lily was disappointed that her home's beauty must be abandoned, but Lily valued her home's stability overall other things. Lily agreed.

"I would like to utilize your rich and fertile nature without the need of constantly providing for you in return." requested Lily. She then explained the crops and gardens she'd been given by the Dirt in exchange for water.

"I can provide you with no such luxuries" replied the Stone, *"but I will require no such upkeep or commitment. I am the way you see me*

now and I will remain this way for decades, regardless of whether you build your home upon me or not. Such is my nature."

Lily was again saddened that her crops and gardens would be abandoned, but she admired the self-sufficient nature of the Stone. Lily agreed.

"May I build my home upon you?" asked Lily, willing to sacrifice the extravagance, crops and gardens.

"It makes no difference to me," yawned the Stone, *"build wherever you'd like. I am indifferent and unaffected."*

So Lily built her home upon the Stone.

Her home was nowhere near as extravagant as the home she'd built upon the Clay, nor did she have the luxuries of crops and gardens she'd had with the Dirt, but the stability of her home and the Stone's independent nature made her happiest of all.

And then the Earthquakes came.

Lily's home remained completely unaffected. Just as the Stone did not succumb itself to Lily, it did not succumb under the stress of the Earthquakes. Lily couldn't feel the ground move beneath her feet. The Stone snored loudly through most of the tremors.

And Lily couldn't have been more happy.

The Stone did as it pleased most of the time, but when the Earthquakes came, Lily knew her home was safe and steadfast. Lily could have left in search of another foundation at any time - maybe one that provided her more malleability or one with rich and fertile soil- but for now Lily chose to remain built upon the Stone.

The Stone wouldn't have cared if she'd left. The Stone's had many carpenters build their homes upon him; some staying longer than others. But the Stone required no sustenance from these carpenters and the Stone gave them a strong foundation through no effort from them or of its own. the Stone was just content existing.

Such is its nature.

THE END

"The Man-Eater"

by OmLaLa | 4 June, 2015 | [Link](#)

I lost.

All of the frame-building, lifting, meditation, eating right, IDGAF attitude, objective thinking and Machiavellian thought processes could not have prepared me for the man-eater. Just like a regional chess champ playing the Grand Champion in disguise, I was completely out of my league and due to my own ego and hubris I failed to respond the tell-tale signs of my own impending demise. I had the proverbial rug swept from beneath my feet before I even knew what Game I was playing.

On Monday, I met with a regionally-renowned stripper it'd met on a dating site. We'll refer to her as "**Delilah the Man-Eater™**".

Although I'd only just begun hanging with Delilah, she and I had gone to the same high school years back. Back then, she was what you'd probably call a PlainJane™. She was easily forgettable, sported an average appearance, wore dull and drab attire; she was that wall-flower that always seemed to blend back into the tapestry. After high school, due to a lack of options and poor grades, she'd gone military. It was there that a handful of drill sergeants and basic training had sculpted her into a masterpiece of a figure from her

doughy box-like frumpish frame. Upon returning to civie life, she'd heard about the easy money and fast lifestyle of stripping through an old friend that we'd mutually known (who we'll introduce later). Before she knew it, she was making thousands a night, flying to Dubai and snorting cocaine off of diamond trays in the passenger's seat of lime green Lamborghinis.

And Delilah was beautiful. There was no rating scale for her. She's the type of woman considered betas nonexistent and the alphas as providers-to-be. If there is two things she had in abundance, it was men and money.

While we sat in the bar together

playing pool and discussing our pasts, I mentioned how it was odd that I'd never seen her on social media before.

"I don't really see the point." she sighed, pulling out her phone. "It's the same thing every time."

Delilah then showed me her PoF account. Her messages had reached a whopping 99+ (most of which were unread, of course), her matches were at 99+ and her views were at 99+. All from Monday. Then she let me browse around.

Her inbox was a graveyard of pick-up lines and thirsty attempts from men all over the county (some of which I recognized). In that inbox I saw every corny one-liner, neg attempt, sly

compliment, PUA phrase, one-worded approach, desperate self-degrading remark and peacock line I'd had ever heard, seen, or thought to myself. These guys were from different races, appearances and walks-of-line and every one of them was being ignored.

I remember thinking, "*Wow, all of these reek of desperation*". Every one of them. Maybe it was the sheer volume. Maybe it was the lack of confidence in their profile pictures. Maybe it was the blatant peacocking or low self-image or over-compensation efforts that oozed from their replies. But in 1-2 messages and one picture, it all communicated... insecurity.

I asked her why out of all of these messages, she'd picked mine out.

"Your message just was so... forceful." she replied retrospectively. "I thought it was kind of hot. Plus I knew you from before so I thought, 'what the hell'. And, well, here I am."

*"Come hang out with me Monday."
That was my message. Then I told her where and when. Two messages. That was all it took to out-manuever my waves of competition.*

NOTE: Avoid asking a woman questions as often as possible. Out of Mark Manson's Models, I believe this is one of the most useful pieces of advice. Instead of asking "what are you doing this weekend?" say "Come

out with me this weekend.” Use periods. Be short. Be demanding. Be authoritative. Trust me.

She downed 3 double-shots of Hennessy like spring water then confessed that she was bi. She recently had a threesome with her best friend and her ex-alpha last month and liked it. She told me she was now actively pursuing women as well.

She then showed me her “*other*” PoF account.

Same shit, different gender. 99+ all around. What was really interesting about this account however was who was flirting with her. I saw various messages from one of my plates, my

friend's current girlfriend (I laughed openly about this one), a girl in my social circle and a past fling of mine. How peculiar.

She paid for both our drinks (roughly \$60, more on this later) and wanted to meet up with a female friend of hers. I obliged. We hopped in my car and sped down the highway.

Minutes before we arrived, she asked me to pull into a gas station. I was running low on gas, so again I obliged. While I pumped, I noticed her pulling out a large amount of money from her purse. A very large amount of money.

"How much cash is that?" I inquire.
"Uhh, 9 grand I think. I haven't counted it in a few days."

She was casually walking around with \$9,000 dollars in cash in her purse. I was stunned.

“What?” she remarked after seeing my expression. “ I made \$5300 of this last night off of just one guy. He thought he was going to fuck me. Poor thing.” she cooed, poking her bottom lip out.

She gave me \$100 for gas and told me to keep the change.

I went inside to piss and buy a drink. I came back outside to a white Civic parked suspiciously close to my car. A burly gruff-looking guy in a white wife-beater was swearing loudly out his window at Delilah. Delilah through money at him and it scattered throughout the Civic's interior. I went

over to see what the hell was going on.

On my driver's seat sat a bag of cocaine. A very big bag of cocaine. The most cocaine I'd ever seen. She'd called this poor sap to deliver this large quantity of drugs to her like a pizza delivery boy and was purposefully short-changing him, regardless of the 9K in her purse. The guy have driven 40 minutes to find her.

Now drug-use usually doesn't bother me, but this was ridiculous. I was livid.

“Well, I knew you wouldn't take me to him (she was right), so I told him to come to me. I really needed a fix. I'll give you half.”

I passed.

She then proceeded to cut lines on my iPad and snort in public. I scolded her for being reckless with my iPad.

“I’ll buy you a new one” she half-heartedly sighed. She stuffed \$800 in my glove compartment.

‘I have no power here.’ I thought to myself. She knows she can do whatever she wants and buy me off and I was willing to let her. I was her prostitute. OmLaLa the sugar baby. No frame or physique in the world could overcome such raw independence.

I was curious. I asked her what she needed me for if she has all this

money and influence.

“Dick and company.” She replied simply. “I also know you’re fucking Plate #3. She told me over PoF when I brought you up.”

Dammit, Plate #3 you beautiful bitch. You may have inadvertently gotten me laid.

I told her in that case we should just go back to my/her place and fuck.

“I don’t need dick yet.” she sighed. “I just need company.” She put another \$200 in my glove compartment, holding eye contact.

There it was again; my time, attention and validation was being whored out. I

*was no ordinary prostitute. I was a validation prostitute. And I let it happen. But who could blame me? \$1100 for my time seemed well worth it. So I let the cocaine thing slide and we went to meet her friend at a nearby bar. We'll called her **Jezebel**.*

I remembered Jezebel. She had gone to our high school too. She has since went through a marvelous transformation, similar to Delilah's.

And Jezebel was beautiful too. On terms of solid attractiveness, I felt outmatched by these two. Jez and Delilah often went 'strip club hopping' up and down the coast together and had been tight for years. Jez was upset because her boyfriend had gotten

locked up for drug trafficking and she was too broke to bail him out (I believe she had a serious drug addiction, but it was hard to tell).

Delilah whipped out another large sum of money and nonchalantly passed Jez enough for her man's bail. She also gave Jez two months of her rent.

Delilah then turns to me and passes \$100 under the table.

“A man always buys the drinks.” She whispered coyly and winked. I felt dirty.

We bought round after round of shots then we piled into my car and drove out to some large abandoned grocery store parking lot.

I smoked (bad habit, I know) while I drunkenly watched Delilah and Jez do line after line of coke and other drugs while dancing in front of the car's high beams and listening to Lil Wayne over maxed-out speakers. I was so far out of my zone that I'd become nothing but a passenger on their drug-induced adventure. We all laid on the hood of my car and watched at the stars. We eventually made out for a while before I drunkenly proposed we go back to my place.

"Okay." Delilah purred. "But no sex and noooo kissing." Jez giggled.

We got to my place and me and Delilah started kissing. Jez silently backed towards the wall and watched

us intently.

Delilah the stopped abruptly and backed towards the wall next to Jez.

“Okay, here’s what we’re gonna do.” Delilah chirped happily. She hands her phone to Jez.

“Jez is gonna call Kevin to come pick us up.” Jez made a disgusted face at the sound of Kevin’s name, so I’m guessing they weren’t close. “Kevin doesn’t live far from here. You have until Kevin gets here to fuck Jez. And I’m gonna watch.” Jez’s face remains solemn. They’d planned this out from the start.

Jez drunkenly admitted she had a thing for me in high school and wanted

to live out some fantasy of hers. I drunkenly obliged.

I start with Jez and the timer begins. Apparently they both also had some partner swap/watching fetish too, because Jez was very “in the moment” and Delilah touched herself vigorously by the door.

As wonderful and passionate as the moment was, within 20 minutes a car pulled up by my apartment, bass shaking the windows. Mid-thrust and with an annoyed moan, Jez jumped off of me (sundress, no underwear), brushed herself off and silently walked out the door. I just sat there, confused.

Delilah hugged me goodbye. “Don’t worry,” she purred. “We’ll do this

again sometime.”

She kissed me, groped me and shut the door behind her. And that was it. I sat there, my dick literally in my hands. I wish I had an RP moral or lesson for you all, but even now, 3 days later, I have no idea what exactly happened.

As simple and anticlimactic as that night was, it humbled me. I know what a true “devil’s daughter” is like now. The type of woman that sees men as mere tools, manipulative and analytical by nature. She had tricked me to fuck Jez just like she had tricked her drug dealer, her PoF orbiters, the sap in the strip club; she saw what she wanted from me and got it in a

calculated and strategic way.

Maybe Delilah's a Machiavellian too.

"The Power of Horny"

Part 1

by OmLaLa | 2 June, 2015 | [Link](#)

Dear RPer,

This will be a multi-part article across the span of a few weeks. They will each cover a different topic, but are all built around a central theme. I hope you all enjoy this one.

I've increased my productivity at work three-fold. I've maxed out my bench. I've cold approached 3 attractive women within the past 48 hours, have their numbers, and am effectively working them into plates. I just hit on

Clair from McDonald's (I needed a cheap lunch today) and she brought me my food with her number crudely scribbled down on a napkin.

All of this resulted from me being horny.

I've gone the past 2-3 weeks with no sex and no masturbation and I have very high libido. Just as TRP advises you to use your anger and fear to your advantage, your horniness are can be just (if not more) effective.

In these articles I will discuss how complacency inhibits the full utilization of your libido, how porn and idealization come into play, why I'd advise you to stop masturbating over limited masturbation and how to use

your over-charged libido to fuel your cold approach.

Brace yourselves, gentlemen.

JACKING OFF TO GirlsGoneWild™ COMMERCIALS AT 1 AM

In order to build a good framework around this subject and to make this article a bit more personal, I'd like to take a minute and talk to you all about my extremely awkward and ill-informed sexual adolescence.

In my sexually-charged youth, my father never gave me what you might call a real "sex talk". We went to go see a movie one evening, he turned off the radio and it went a little something like this:

“OmLaLa, mah’ boy, sex...well, sex is nice. It’s real nice. Son... it’s fuckin’ great. Like, damn... damn son. But, eh... you gotta... you gotta wrap that shit b’fore you tap that shit, you know? Or you’ll get stuck. Stuck wit’ kids an’ a crazy ass woman. You want kids, son?”

“No, Dad.”

“Do you want a crazy ass woman, son?”

“Uhh, I don’t think so.”

“That’s mah boy. Yah can’t jus’ go around fuck’n every Sarah n’ Sally, son. I rememb’r this one chick from college...”

And then he went on for the next 20 minutes talking about the crazy women he'd banged in college. Do this day, it's one of the more memorable "talks" my father has given (he *really* sucked at lectures, but he's a good dad all-in-all).

My school was no better; they decided teaching abstinence over sex ed was more politically correct, so we sat in a classroom of guys for an hour each day while our awkward gym teacher lectured us on not doing things without telling us what they were.

"Don't do anal or oral. 'S still sex and c'n give yah diseases."

Shows picture of diseased penis

Classroom loses its fucking shit

“Teacher, uh.. what’s anal and oral?”

“Don’t worry about it, kid. Jus’ don’ fuggin’ do it, alrigh’?”

“Yes sir.”

“Now who wants’ta see what HPV c’n do to’a grown man’s scrotum?”

Class loses its fucking shit again

And so, I had but one place to learn from: the internet.

During my adolescence, my family possessed this wondrous and archaic form of primitive web browsing called “dial-up” internet (for you younger

readers, this was before DSL. For you even younger readers, this was before Wi-Fi). It would take anywhere from 10 to 25 minutes just to load up one website (no lie). I started with pictures (which defined for me what WonderTits™ is supposed to look like), but when we finally got DSL installed I upgraded to videos.

Going in, I knew little to nothing about sex (outside what you hear around the lunch table, but they didn't know either). I remember watching my first videos thinking, "so this is what I'm supposed to do with girls". I was pretty sheltered. I remember losing my virginity with some chick from the softball team in some electrical janitorial closet in my school's

cafeteria thinking the sex would be just as intense and charged as it was in those videos.

It wasn't; we switched positions every 30 seconds, the condoms kept drying up, she kept drying up, we were scared for our lives someone would come in, and I knew nothing about the anatomy of the vagina, so I kept trying to bend her in unrealistic ways.

And I'm sure a lot of you RPer's reading this have some stories similar to mine.

In today's digital age, many of us (and many men around the world) were taught about sex from porn or pornographic material due to the weak or non-existent sex education in schools (teaching

abstinence is not the same as teaching sexual education) and a lack of “sex talks” from our parents.

What makes matters worse, we're constantly pressured to do “it” without ever being properly told what “it” is or how or how long or is this right or does this feel good or is it too small or does that hurt or *why is she bleeding* or its too dry.

We are all taught by porn. And porn is a lousy fucking teacher.

GIANNA MICHAELS AND SASHA GREY WERE YOUR SEX ED TEACHERS

Porn has does two things to our

subconscious: **it sets our sexual standards and causes sexual complacency.**

The complacency issue I've covered previously in *Dopamine*; porn is a business that profits from how turned on it makes you and how many times you come back for more (like candy or Mcdonald's or a video game). This is a dopamine addiction that causes complacency which in turn limits you from actively pursuing sexual release from other places (i.e. actual sex).

What I'd like to discuss further is how porn has effected your expectations of sex and women *subconsciously*. I'll explain:

In the past, if you're being honest with

yourselves, I'd assume at some point in your lives you've thought that the WonderTits™ in the yoga pants over there working out on the elliptical wanted to drag you into the nearest broom closet and bang your pretty brains out just because she gave you an extra second of eye contact.

Now why did you think that? Has that ever happened to you before? Sure, your friend Brad says it happens to him all the time, but have you ever seen it happen? No? Well, then where did you get such a livid imagery from?

Or maybe you've seen WonderTits™ in Bi-Lo buying a loaf of WonderBread™ and you suddenly thought that if you went over there and bent her over the

dairy section she'd willingly allow it and onlookers would cheer you onward to climax.

Well now, that just sounds like rape. But it didn't look like rape in your head. It looked awesome in your head. You'd cum on her face and everyone would cheer and it'd be great. Right?

Maybe, you've tried something you've thought you've always wanted to do. You had sex in a crowded movie theatre while watching *The Avengers* because you've always had a thing for exhibitionism. But in reality, positioning her was a nightmare, she was too dry to quickly slip into, the whole time you were terrified of getting caught, your \$40 jeans are

now covered with soda and butter stains, she was getting too loud so you had to stop be for climaxing, and you've missed a third of a movie you were dying to see.

But this was your fantasy, right? It was supposed to be this wild, sexually-charged thing. Why was it awkward? Why was it more difficult than you'd imagined?

There is oft a disconnect between what you want sexually and what you *think* you want sexually. Again, porn is designed to be as visually stimulating as possible. That's why folks that frequent porn develop such strange and unexplainable porn fetishes (you know *EXACTLY* what I'm talking about.

Be honest with yourself here).

Because many of us were brought up by porn, we are subconsciously conditioned to learn and adapt our sexuality to porn. In turn, we develop “fetishes” we think we want based on our viewing habits (I watch a lot of bondage porn so I must love BDSM) that aren’t true to our real sexual desires. Porn fetishes and kinks, although in some cases correlated, are never the same thing.

In short, just because you’ve suddenly started watching a bunch of Asian porn that doesn’t mean you’ve now got yellow fever.

Kinks or “real fetishes” are

psychologically constructed from a number of outside factors. **“Porn fetishes”** are simply that; strictly restricted to porn. The mistake is made when we lose the ability to differentiate the two.

Porn has the same influence for your expectations for horny women. We believe, subconsciously, that a woman who really wants to sleep with us will approach us and behave in the manner we've seen in porn. This is because for most of us received more insight on sex from porn than the actual act itself (I know I've watched more porn than times I've had sex, had I'm willing to bet you have too).

As an example, let's say you're

watching a YouTube video to learn how to drive a stick shift instead of actively attempting to drive stick shift.

Okay, so you may be better prepared than if you'd be if you just jumped in and started pulling levers and mashing pedals. Fine. Great. But you'll finish that video with some preconceived notion of what driving a stick will be like without taking into account that the business that made the video feeds off your views, the guy teaching in the video is not you, the car he's driving isn't the one you'll be driving, he's a professional and being paid to teach you, you'll probably choke the first time you try, the video probably never brought up the difficulty of hills, the clutch point is different in every

car, there'll be no one there to hold your hand for the real thing and if you wreck due to the video's misinformation it'll all be on you and your insurance and not on the video. Now imagine how much simpler all that'd be if you had your dad or an driving instructor guide you through driving a stick beforehand instead of watching that video.

Let that sink in for a second.

In Part 2, we'll go into masturbation abstinence and how to channel it to benefit other facets of your life. Until then, RPers.

"The Power of Horny"

Part 2

by OmLaLa | 11 June, 2015 | [Link](#)

Dear RPers,

In our last installment, we discussed the damage porn inflicts upon or subconscious in terms of sexual perception and the complacency it causes through its limitless availability and sexual fantasization for profit. We also discussed how for our generation most adolescent sexual upbringing is self-orchestrated to a media designed to and which thrives from continued use, and how many of the sexual expectations we've developed during

our period of adolescence are founded upon unrealistic or uncommon real-world practices further hard-wired into our psyche by our continuous use of the media.

In short, if Disney causes of our ill-conceived notions on love, Pornhub causes of our ill-conceived notion on sex.

What we will be discussing today are ways in which abstinence from masturbation can be weaponized and used in your daily encounters with women, we'll touch on how womens' perceptions of men alter through abstinence from masturbation and how it affects the tell-tale "inaction rationalization i.e. male-hamstering".

In Part 3, we'll begin comparing active approach v. passive approach in terms of masturbation, we'll touch on further monitoring and controlling your PAT and we'll discuss in-depth a topic that is commonly discussed indirectly on TRP but has been rarely addressed forthright: radical polarization (as opposed to standard polarization).

ADDENDUM

Before I begin, please remember to approach what is being discussed as objectively as possible; the necessity of porn and constant masturbation have been hardwired to your psyche at adolescence, so some of the topics that will be discussed may seem difficult to swallow. Just as you've felt

oppression when introduced to the truths behind love, women and the societal miscommunications on both, you're first reaction may be to lash back out of frustration. This is a normal and understandable response. Porn and masturbation addiction are both dopamine-addictions, as are drugs, alcohol or nicotine. A depravation or endangement of any dopamine stimulants will elicit such a response. Remember, however, to regularly practice your restraints and mediations of masturbation even after reading this article; a one-time attempt at regulated abstinence doesn't provide a cure-all for dopamine addiction, one AA meeting doesn't a sober man make.

BRAZZERS, NOW AVAILABLE IN PINK!

Men need sex. Women need validation.

Men supplement their lack of sex with masturbation, which in turn is supplemented in unlimited quantities through porn. *But how do women supplement their validation between male encounters?*

Women haven't made it out of our digital age without the digital age unscathed and without some form of socially-ambiguous digitally-based dopamine addiction; for women Facebook, Instagram, Snapchat, PoF, Tinder, OKCupid, Fling, Tango, Tumblr, Vine, YouTube, Twitch, KiK,

SeekingArrangement, etc. are all social playgrounds in which women have their need for validation satisfied through the limitless validation availability *for women*, a business-crafted fantasization and idealization of relationships, the desires of the men validating them and through their own fantasized version of their SMV (i.e. the belief that men in real life will pursue them to the degree online men will r that their real-life SMV matches their online SMV just as we discussed in “Local Sexy Single Women: Part 1 & 2”).

Sound familiar? It should.

Just as men become addicted to the instant and limitless need-

fulfillment provided by porn, women are addicted to the instant and limitless need-fulfillment provided by social media. And just as it creates a complacency in men not to pursue real sex, women's addiction creates a complacency to not make themselves pursuit-worthy.

The difference between each genders' addiction comes forward when each gender's false addiction-created vision of reality meets real-world applications. A complacent, lower-than-her- potential SMV woman can still get real-world validation from a higher SMV male due to the feminist social landscape and "macro-sociological beta mindset" created

within.

In this landscape, even high-value men will validate low-value women because the intrinsic value of pussy is *ungodly* high (due to the two addictions we just discussed). **We can consider the woman's addiction healthy:** she receives constant validation from every facet of her life; she can get validated from men in her social circles, supplement it with online validation through social media, there's no negative societal stigma towards validation addiction among women and the fantasy created by social media addiction is rarely combated as men will alter themselves to match said fantasy, albeit with ulterior motive (in some cases, society

supplicates this fantasy through media like movies, music and TV by describing it as normal or “expected”).

As a man we aren't so lucky. **We can consider a man's addiction unhealthy:** he only receives constant sexual release from one facet of his life (his addiction), his intrinsic value towards pussy is raised (due to scarcity), the fantasy derived from his addiction is aggressively rejected by real-world experiences/societal norms and -although common practice among men- his addiction is negatively perceived by society (i.e. a girl can openly talk about how many friend requests she's received this week, but he can't openly talk about how he spanked it five times to Back

Door Sluts 9).

What's worse, by supplementing his lack of sexual release through women by masturbating, the necessity that drives him to pursue real-world sex declines. *It becomes a want and no longer a need.*

The amount of rationalization supporting his inaction will also increase. Below are some examples of rationalizations (i.e. "male-hamstering") commonly displayed by a complacent male (think to yourself how many of the following you've told yourself at any given time):

- "She's not THAT hot. I can find much hotter than her." (she's actually hot)

- “She looks like a bitch. I don’t want to put up with her attitude.” (un-grounded remark)
- “That’s probably her boyfriend beside her. I don’t want to step on any toes.” (fear of confrontation)
- “She probably doesn’t like (insert character trait here) guys” (self-deprecation)
- “I’m probably not her type. She probably likes (insert subculture here) guys.” (meekness)
- “She’s out of my league. I’m not good enough for her yet.” (unnecessary bar-setting)
- “I’d go up to her, but I don’t want to come off as a creep.” (fear of polarization)
- “I have nothing to say to her.

We'll have nothing in common."
(lack of depth)

- "All girls who wear (insert brand here) are (insert stereotype here)." (generalization)
- "I'll wait her to give me a sign. When she does (insert weirdly specific IOI here), I'll go talk to her." (impossible scenario creation)

You must convert your "want" for sexual release back into a "need".

Next we'll discuss how complacency through masturbation is communicated to women and how the necessity of sexual release becomes a great weapon. Speaking of weapons...

A GUN AIN'T S__ WITHOUT

BULLETS

Okay, so let's say your strolling along on some bright and sunny Wednesday, and a robber jumps out from the shadows. You've never left home without your trusty pistol, but because you've never actually needed it until now, you don't have bullets in it.

You know that it's empty, but the robber doesn't. You brandish your gun, holding it up to his stupid mug.

At first the robber's impressed by your preparation for his assault and is fearful of your unwavering resolve. But then he starts to see through you. He notices your hands are shaking. He sees you've begun to sweat. He sees your finger's not on the trigger. He can

sense the fear in your eyes. He can sense your lack of conviction.

He calls your bluff, robs you blind, takes your wallet, runs off and spends your hard-earned dough on a bunch of stupid shit like shopping, make-up, pedicures and nail-polish. I think your getting my metaphor now (just to beat you over the head with it, it's a metaphor on gaming women).

Brandishing a gun only gets you so far; if the robber is in-experienced (young/virgin) or scared-themselves (insecurity) or unarmed (unattractive) or weak (overweight) or psychotic (psychotic), just pointing your gun at them might work. But let's face it, you want the type of gun that'll intimidate

(give tingles) to even the most opposing (sexy) of adversaries (hot-ass fine women).

Consider your “gun” as the metaphorical representation of your SMV (or a phallic metaphor if that's your thing). Now consider every day you abstain from masturbation as a bullet in your “gun”. The more “bullets” you load, the more powerful the “gun”, the more intimidating you *feel*.

‘Feel’ is the keyword here.

Not every robber will see your brand of gun as imposing, but it's not the gun that counts. Your imposing demeanor should come more from you wielding the gun than the gun itself. *The gun is*

just there to compliment that demeanor with hard evidence

Even if you're wielding some toy BB gun from Wal-Mart, if you hold that toy gun firmly and with confidence, your conviction and the mystery behind the gun's true/unsaid nature will be enough to intimidate any robber (to beat you over the head again, it's a frame metaphor).

Without bullets however, feigning is only a temporary solution. Fear always shines through when your gun is empty, and the smaller the gun the more fearful you'll appear.

As impressive as your Desert Eagle or Beretta may appear, whether it's from

an engraving, customization or even a gold-finish, it won't make a difference if the robbers aren't afraid of you or if they question your resolve. More importantly, a robber's not going to pull the trigger for you. The most you can ask for is that they make themselves an easy target.

As we discussed earlier, masturbating removes the need for sexual release. While in some cases that might be seen as a good thing, if one is actively pursuing women or would like to enhance the frequency or efficiency of a current sexual relationship, it can be a crippling vice.

In addition, the only situations where masturbation can be viewed as non-

destructive is when it is both **regulated** and **porn-free** (I can't stress that enough).

Next, we'll discuss both the Predator and Observer approaches to masturbation and masturbation abstinence.

“HUNGRY V. STARVING”

In the comment section of the previous "Power of Horny" article, some people compared the “thirst” caused by masturbation abstinence to a thirst for water.

I vehemently disagree with this notion; if one's dying of thirst, they'll drink from whichever body of liquid presents itself first, be it a fountain of pure

filtered spring water or a murky puddle at a gas station.

I believe this “thirst” is more like a “*desire*”, like a desire for entertainment.

Let's say you've been working constantly over the past few weeks and you haven't had the chance to just relax and watch Netflix. When you finally get an opportunity to kick back for the day, you'll want to make sure the show or movie you decided watch will be worth your time. You may watch a trailer or you may have heard some comedy movie is good or maybe you've waited to watch something for a while. You may even watch something you've seen before

because you enjoyed it.

What you're less likely to do is plop down and throw on the first show that pops on screen. You wouldn't enjoy sitting through reruns of Iron Chef when you hate cooking shows just because you haven't watched Netflix in a while. Finding the right show may prove to be time-consuming, but you know it'll be worth it in the end.

This is the mindset abstinence will put you in. Hungry, but not desperate. And in order to find an happy medium between desperation and complacency, we'll will brake our theory into two approaches: Predator and Observer and define PAT within said context.

The Predator approach is to be used by those who are actively pursuing multiple sexual relationships or aiming for more frequent or efficient satisfaction from a sexual partner. I believe most men will fall into this category.

The approach is simple to begin, difficult to master: masturbate as rarely as possible. Remember the gun metaphor? The more bullets you've loaded, the more intimidating the gun.

In the presence of attractive women, you'll want to appear both confident and sexually-hungry (which is different from sexually-starved, which we'll discuss in a minute). Women want to feel desired. They want you to throw

them around the room and plow them like a caveman. They want you to spontaneously walk up to them at a bar, woo them over with sexually-charged conversation and bang them in the back of a burgundy '03 Mazda Speed-6.

But women can read through bullshit like the newspaper. Just like the robber and the gun, it all works better when it's genuine.

It's one thing to take a girl home and fuck her all "rough-like" because you read once on TRP how AWALT and like rough sex. Sure she'll like that at first, but because your heart won't be truly into it, she'll pick up on your lack of conviction eventually. Now if you're

throwing her around like tissue paper because you haven't had sexual release in over a week well, that's something else entirely.

When you eat, you eat. But when you eat out of hunger, you eat with conviction.

Aside from all this, I've suggested masturbation as rarely as possible over complete abstention for a reason.

Unlike a real gun, *your* gun can be overloaded. This "overloaded state" is what we'll refer to as **Potential Abstinence Threshold (PAT)** or the point at which your sexual desire reverts back to it's instinctual state, causing you to seek any form of sexual release with little to no discrimination

or prerequisite.

Know yourself, know your body. My PAT is roughly 2 weeks. Any longer than that and I begin to make reckless decisions about the women I chose to accompany (see “The Man-Eater”). Know and learn your PAT and be honest with yourself. No really, be honest. Some people can last a month without release, some a week. You *MUST* find your own.

Here's a quick way to test your PAT: As you abstain, monitor your attraction levels to the women around you. Your pivotal point will be where the attractive women seem to jump out at you, the inaction rationalizations' influences are minimal

and the unattractive women become quasi-invisible. You'll know you're past your PAT if MOST women become attractive to you and you've become you're TOO forward or aggressive with your approach.

If you monitor your PAT correctly, at the peak of your resolve, cold approaching will become second nature.

Your body naturally feels a need for sexual release, so when you cut its stimulation through masturbation, *it will inhibit any factors that might impede it from gaining sexual release elsewhere.* Your brain will turn rationalizations like “She probably only likes biker guys” into “She may hang

around those guys, but that's only because she hasn't met *me* yet".

(Part 2 was going to be longer but it seems I've hit the text limit. This means there may or may not be a Part 4 after Part 3. Either way, until next time RPer.s.)

"The Power of Horny"

Part 3

by OmLaLa | 15 June, 2015 | [Link](#)

Dear RPer,

In our last installment we discussed ways in which an abstinence from masturbation can be weaponized for use in your daily encounters with women, we'll briefly touch on how women's perceptions of men alter through abstinence from masturbation and how it affects the tell-tale "inaction rationalization i.e. male-hamstering", and we concluded by introducing the Predatory approach.

Today, we'll continue the discussion we began in Part 2 by introducing the Observatory approach to masturbatory control, discuss the root cause of timed hormonal reactions and what that means regarding PAT and we'll conclude by touching on ways to further monitor and control your PAT.

In our next series of articles, we'll take an in-depth analysis of a topic commonly discussed indirectly on TRP but rarely accurately addressed forthright: the "radical polarization" of women (as opposed to standard polarization which is first introduced in Mark Manson's Models) and how the submission of rectorial fear plays into the feminine dynamic of modern-day relationships.

Last time we defined the "Predator" approach as a masturbatory regulation used by those who are actively pursuing multiple sexual relationships or aiming for more frequent or efficient satisfaction from a sexual partner. In this approach, masturbation should be infrequent yet utilized within the parameters set by your **PAT, or Positive Abstinence Threshold.**

We also defined PAT as the point at which your sexual desire reverts back to it's instinctual state, causing you to seek any form of sexual release with little to no discrimination or prerequisite.

The Observer approach is reserved for men who are truly content with the

current level of their sexual encounters, be it through an LTR, good marriage, substantial amount of plates, etc. and are *not looking to pursue additional sexual opportunities nor improve upon the current level of commitment from their partners.*

This approach focuses on the elicitation of more control and less drive.

The observer approach focuses on *discipline*. You train your masturbation to adapt to maintained and regulated **“release schedule”** which should center around limiting masturbation to the days at which your sexual encounters frequently occur (i.e. if you commonly fuck on Saturdays and

Wednesdays, those should be the only days you masturbate as well). These should be considered your “release days”.

You should also only initiate masturbation on “release days” if a sexual encounter is unlikely to occur.

This approach turns masturbation into a truer sense of sex-supplementation as opposed to a stand-alone sexual release provision that competes against the act itself.

There has been some debate on whether or not it's wise to masturbate before a sexual encounter with someone. I'm in favor of this approach, so long as it's limited to only the first

or second sexual encounter with someone, as pre-ejaculation is a present risk that could affect without or not the sexual encounter evolves into a plate or an ONS.

I do not, however, support the notion of masturbation before every sexual encounter for 3 reasons.

First, building a prerequisite for sex is unhealthy and can take away from the enjoyment of the experience. If you have to run through a mental checklist before every sexual encounter, sex becomes a chore and not a privilege.

Second, making masturbation a prerequisite to sex negatively impacts your perception of masturbatory release as opposed to sexual release.

Instead of utilizing masturbation as a “stand-in” for sexual intercourse on sexually-inactive release days, it becomes fastened to your sexual regime and your body will begin to associate it with the actual act of intercourse. In turn, you’ll find that after masturbating on inactive days, your body will continue to produce high level of testosterone in preparation for a perceived following sexual encounter that will never come, leaving you feeling frustrated and hornier than ever. It’ll become a never ending cycle, resulting in masturbation being viewed as a chore as well. We’ll discuss why this occurs in the next segment.

Third and most importantly, by doing

this, you're giving too much weight to the woman's opinion on how she rates your sexual exploits together, whereas truthfully, a woman's rating scale for sex is purely emotionally-driven and subjective to multiple uncontrollable circumstances (i.e. how she feels emotionally during sex will gauge how she rates you, not how long it lasts typically).

'CUMMING ON TIME'

Have you ever pondered how one's body instinctively knows when to wake up at the same time without the assistance of an alarm clock? Have you ever considered why you might become horny on Friday or Saturday nights without the aid of porn and with

no women present?

In both of these examples, the body has built a biological schedule based on perceived behavioral patterns.

Both sleep and sexual release are needs of a normal human male, instinctual behaviors managed by the "reptilian brain" and subconsciously effect our real-world perception based upon a lack or abundance of either.

In the realm of sleep, your body constructs a biological sleep schedule determined by your most-common sleep cycles. Your body produces higher levels of gamma-aminobutyric acid (GABA) at the times your more prone to fall asleep and higher levels of acetylcholine around the times you

prone to wake up (Sunlight and Vitamin D also play factors in setting this schedule as well, but that's for another discussion).

Sex is a hormonally-based behavioral pattern, so sexual release is no different. If you were to set a biological release schedule around the most time-effective/beneficial days (and times) to achieve sexual release, your body make its own adjustments to compensate.

Your body produces higher levels of testosterone in preparation for any sexually-base activity. In contrast, the days you aren't sexually active, your body will produce higher levels of

prolactin to keep your thoughts away from sex. Through these indirect control of your body's production of these chemicals (and several others), it is possible to control your release schedule and in turn adjust your PAT:

Prolactin levels affect sexual desire indirectly by influencing mood...evidence now suggests that mood affects aspects of sexuality including [sexual] desire and interest (Regan & Berscheid, 1999)(...) any decreases in sexual desire in men and women are the result of mood alterations influenced by high prolactin secretion.
("Hormonal Correlates And

Causes of Sexual Desire”, P.C. Regan, The Canadian Journal of Human Sexuality, Vol. 8(1) Spring 1999, 2-15)

The neuroendocrine response to sexual activity in humans is characterized by a pronounced orgasm-dependent increase of plasma levels of prolactin. In contrast to the well-known inhibitory effects of chronic hyperprolactinemia on sexual drive and function, the impact of acute prolactin alterations on human sexual physiology is unknown. Therefore, this study was designed to investigate the effects of

acute manipulation of plasma prolactin on sexual behavior(...)Therefore, besides a neuroendocrine reproductive reflex, a post-orgasmic prolactin increase may represent one factor modulating central nervous system centers controlling sexual drive and behavior. These findings may offer a new pharmacological approach for the treatment of sexual disorders. (*Effects of acute prolactin manipulation on sexual drive and function in males*, *J Endocrinol.* 2003 Dec;179(3):357-65.)

The level of the body's production of

these chemicals being indirectly yet strongly influenced by the frequency and timing of sexual release explains why complete abstinence won't work long-term. **When compared to practices in sleep, although many other extraneous variables may come into play, complete abstinence is roughly comparable to sleep deprivation.**

This also explains why the clear understanding and control of your PAT is important.

Adjusting your release schedule is also comparable to adjusting your sleep schedule; if you extend too far beyond your known PAT in terms of abstinence, your body will adjust to

the lower instances of sexual release and your overall libido will drop. Adversely, this explains why highly sexually active individuals report higher sex drives, require sexual release more often and are reported to masturbate even after sexual intercourse; the act of very frequent sexual release increases their body's need for sex and their bodies adapt to the necessity:

Similarly, Schreiner-Engel, Schiavi, White, and Ghizzani (1989) found no significant differences between the 17 individuals who met DSM-III-R criteria for HSD [Hyperactive Sexual Desire Disorder] and the 13 healthy, sexually

functional individuals in such parameters as: mean endocrine values, testosterone, prolactin or luteal values of bioavailable testosterone (...) significant differences were obtained, however, in levels of subjectively experienced sexual desire; specifically, the HSD group expressed a greater frequency or desire for sex (...) Apparently, more than circulating testosterone influences whether the individual will experience sexual desire...[the individuals] who received testosterone in conjunction with increased sexual activity

reported a greater increase in the number of sexual thoughts on a weekly basis. (“Hormonal Correlates And Causes of Sexual Desire”, P.C. Regan, The Canadian Journal of Human Sexuality, Vol. 8(1) Spring 1999, 2-15)

It's synonymous to eating. When you eat high levels of calories regularly, your body will adjust to the increased level of intake and your “need” for food increases. When you eat scarcely, your body adjusts to the limited intake of food and your required quantity of food per day decreases.

To those of you who are very sexually active with multiple plates, you can

teach your body to adjust by increasing testosterone production through regulated masturbation. If you're sexual encounters are scarce *and your content that way* (be it for focus on work, monk mode, focus on lifting, etc.), you can spread out your scheduled days of sexual release to better fit your current routine and your body will adapt.

There is a limit to how far you can manipulate these adjustments, however.

While your PAT and release schedule may be altered to a degree, the *range* at which your sexual needs operate cannot. This is the true definition of your **libido** or the effective range

within which testosterone, scheduling, PAT adjustment, prolactin and any other variables can influence sexual desire:

Sherwin (1988), Bancroft (1998), Campbell & Udry (1994) have proposed that sexual desire will be noticeably affected only when the level of hormone has dropped or risen within some unspecified critical threshold (...) [beyond] this threshold, increasing levels of hormones will have no further influence on desire..this would help explain why the serum testosterone levels in physically healthy men in a

study conducted by Brown, Monti and Corriveau (1978) failed to significantly correlate with the daily frequency of sexual thoughts and sexual interest; the majority of healthy men have more bioavailable testosterone than is required for the experience of sexual desire. (“Hormonal Correlates And Causes of Sexual Desire”, P.C. Regan, The Canadian Journal of Human Sexuality, Vol. 8(1) Spring 1999, 2-15)

Libido, like certain facets of attraction, is genetic.

As such, there are no long-term

solutions to high/low libido issues outside of medication. The only thing that can be done outside of prescripatorial influence is PAT management through release regulation.

The next series of articles will delve into the radical polarization, frame and the fear associated with cold approaches; we'll discuss the rationale behind the fear of approach, talk briefly on ego v. inaction, cover standard polarization v. radical polarization, cover briefly how "the halo effect" influences frame, and discuss why frame can be easily faked short-term but never forced long-term (long-term social perception ladders). This series will be a delight to read, I

can assure you.

*Remember to take your medication
daily. Until next time, RPers.*

"Strip" Part 1

by OmLaLa | 1 July, 2015 | [Link](#)

Dear RPers,

Synopsis: *"OmLaLa the Machiavellian here. I'm writing this series of articles not as a reason to avoid strip clubs, but as a framework through which to better understand beta men, false alphas and black widows, the signs they give off to reveal themselves, how they interact and how they think so you may have a better understanding of them should you encounter them in the future. I hope you all enjoy and I highly encourage your own personal feedback for future discussions. Thank you all for*

reading.”

I have reached a conclusion; professional strippers of high-end strip clubs are both monetary geniuses who understand the true nature of the feminine social landscape (like most of us) and deluded, damaged, and overly-dominant women blind to their impending date with The Wall™.

That's right. For these next few articles, I'll be talking about strippers, Fake Alphas, Black Widows and the poor men they feed upon.

First, some background info:

On my birthday weekend, a group of my “beta-esque” friends decided taking me to a lush, high-end strip

joint would be make for a wonderful birthday surprise despite my overt opinion on the stupidity behind *“tossing hundreds of dollars into a fish tank full of sexy ex-grad students and wanna-be actresses”*.

They assured me they'd be covering all of my expenses the entire night so what the hell. Why not. (I bought an expensive-ass bottle of what I'd assume was champagne, which helped)

I also dragged my “fine china” along for the ride for kicks. I made her sit idly by and watch as we paraded around women 10x hotter than her. She leaked with insecurity and jealousy the entire time, which made

for a intense "after-party" (wondrous dread game, strip clubs; you should really give it a try).

Because I'd learned so much that night, I felt it'd be a crime not to make an article centered around our experiences.

This article will stand more as RP theory than a Field Report; this will not be a complete relocation of all the events that take place, yet more of a framework through which we will identify the ideology and archetypes of those within.

For starters, this particular strip club is one of the more famous strip clubs in America.

We're talking model-class women, beautiful interior, security armed to the teeth, personal catering, table-side bottle service, etc. It was easily one of the nicest venues I'd ever been to.

The first thing I noticed after we sat down and got comfortable were present in that strip club (sans maybe the security personnel); they were all exaggerated representations for our well-established RP archetypes.

I'd like to identify these archetypes for you, my fellow RPer, to give you a glimpse as to why each of these men would feel the urge to throw way entire paychecks on 'Candy' or 'Desire' while their post-Wall™ wife and ADD-prone children choke down

store-bought ramen noodles back at home.

let's begin by discussing what's attracting these men to the strip club in the first place (besides being dragged there, of course).

"LIKE MOTHS TO THE FLAME"

Men who frequent and participate in strip joints are *beta*. Point, blank, period.

Only a beta would throw his hard-earned \$700 weekly check across the floor just to see Candy's beat-up 350cc B to DD silicone implants so she can waste his money on her failing tone-deaf singing career.

While watching this tragic display of denial, delusional escapism, severe compensation and peer approval seeking, I notice 3 things that seemed to draw these mosquitos of men into Candy's flickering yet deadly flames: **atmosphere, access & attention.**

Atmosphere

Although the strip club was gorgeous (the wait staff wore tuxes/tux-lingerie, for chissakes), not all of the strippers were attractive.

The ratio of hot strippers to ugly strippers was about 3:1.

Some of the strippers were so bland even a desperate man wouldn't have bothered to look twice in a

supermarket or a bowling alley.

So why were these C-section scarred, dimply-assed, frumpy women still being paid so handsomely?

Because the beautiful setting complimented them.

It's why we pay top-dollar for a French cuisine and swear it was worth every penny even if it tasted far below average, all just because it's French and looks fancy. (*"Taste of Price"*, Brian Wansink, Ph.D., Dyson School of Applied Economics and Management at Cornell University)

It's why most wine connoisseurs rate expensive or well-packaged wine higher than cheap brands even though

it's the same wine. (*"You're Not So Smart"*, David McRaney)

It's why middle-aged soccer moms swear on their oldest son that *Panera Bread's* over-rated \$6.00 grilled cheese sandwich is "of higher-quality" compared to the ones they make at home. It's the exact same stupid bread and Craft-brand cheese you get from Wal-Mart, lady! (*"Taste of Price"*)

(That last one was personal).

It's all toying with **expected pleasantness** or EP.

..a basic assumption in economics is that a person's "expected pleasantness" (EP) from consuming a product

depends only on its intrinsic properties and the individual's wants. However, marketers try to influence this experience by changing external properties, such as its price. "This type of influence is valuable for companies, because EP serves as a learning signal that is used by the brain to guide future choices," (Stanford News Service, "*Is Expensive Always Better?*", Lisa Trei)

Because the nearly-nude HB4 is stripping in a beautiful and eloquent *locale di spogliarelli* surrounded by a bevy of beauties and demanding at

least \$80 before revealing her asymmetrical silicone-filled abominations, her beta audience will perceive her just as high value as her peers, causing her SMV to skyrocket.

I mean, why else would a ritzy joint like this let a cow graze on it's green pastures if it wasn't truly beautiful? Right? ...*Guys?*

To make matters worse, the uglier stripper gets more attention because they appear more attainable and less intimidating/dominant than their Barbie doll-esque counterparts ([u/Whisper](#) posted an excellent article detailing this called "Innocence and Toughness", I highly suggest you all read it).

In all honesty, compared to the women of the *real world*, all strippers come across as more available, interested and attainable.

Could this also be what's attracting these suckers?

Access

Remember WonderTits™?

That bombshell-of-a-bipedal-female-homosapien you'd dream about daily in Anatomy 201 class? The Aphrodite of Your Heart around whom you'd spend days perfecting a cockamamie scenario in which you two worlds would haphazardly collide, synonymous to some Rom-Com you saw last week on Hulu?

I'm willing to bet my rare Babe Ruth card you were way too anxious to ever make that happen. *"She's too good for me"* or *"She's out of my league"* or some shit. We've all been there, sport.

But what if beta you could have paid to see someone as hot as WonderTits™ strip bare and do a little dance *just for you?* You'd like that, wouldn't you? *Of course you would.*

While most of you Rpers have since wised up to the silly notion of throwing money at women, to the un-enlightened man, strip clubs are a blessing in disguise. It gives them the opportunity to approach the women they've labeled "out of their league" for years AND it gives them the

opportunity to see those very same women naked*.

*for a monetary fee

By watching their demeanor, stature, marriage status, physique, and socialization skills (*One guy showered a girl with money while staring blankly at his shoes, I shit you not*), you can clearly see the high pedestal strip club-goers have placed attractive women on.

They see no fault in paying a hot girl, not for a service of mutual benefit, but for simply existing and being hot. Poor bastards.

Not unlike porn, this fantasy becomes self-deprecating; it reinforces to the

beta's mind that maybe Candy really does like him for who he is inside and not just for hundreds of dollars he throws at her every Tuesday night.

We call this the "T-Pain Syndrome"

Attention

While Hip-Hop isn't my favorite genre of music, it is by far the most RP media in existence. My friend (who is also on this site and has sworn to secrecy) played a song on the way to the strip club called "*For Everybody*" by Juicy J.

In this song, Juicy J clearly and accurately describes the hypergamy of women; if you put them in front of a real alpha they'll leave without guilt,

women don't belong to you it's just
your turn to fuck them, etc. Let's take
a look:

Now she work the pole, but
you ain't know

That's how she make her
dough

Seen her in New York

She was all throwed, forgot
we met before

She say she fuck with Drake

I ain't surprised, all these
hoes fucking with Drake

I asked why she out this way

Said she on a date, then she
left with Trey

When will niggas learn?

Hoes like a doorknob,
everybody gets a turn

Chicks be so high-class on the
internet

But don't got shit she earned

She got that bag from Juicy J

She got that ass from Rudy
Gay

Now your silly ass down on
one knee

Fuck man, is you cray?

Once you get past the dialect and rhythmic prose, the message is clear: women are hypergamous. Many rapper share the same message regarding women; a trait that the Hip-Hop genre is infamous for.

T-Pain is one of this one of those rappers. *Usually*. T-Pain has a song out that I'm sure many of you are familiar with, entitled "*I'm In Love With A Stripper*".

Apparently, that song is based on an actual infatuation T-Pain once had for a stripper:

“My brother, one of his girlfriends was one of the strippers. So you know, I had been around her for a while, so I went up to her to talk to her and was like, ‘Hey, so my brother sucks, so let’s do this, me and you. Real quick. This is great. This is the opportunity.’ And, after that, we started hanging out and literally fell in love.” (T-Pain, Interview, USA Today, October 28, 2014)

If Hip-Hop is so RP, then what happened with T-Pain? How could he allow this to happen?

Lets answer that question with another

one:

This is a Reading Comprehension test. Please read the passage below and answer the following question in the space provided.

- 1. An older man entered the strip club that had obviously been in attendance for years. He hugged one of the strippers like he'd known her a long time, sat with her at the bar, and bought her a ton of drinks. After some time had passed, he tipped her with a wad of cash and left.*

Question 1: What did the older man

pay the stripper for?

Well, it obviously wasn't sex. There's no chance in hell she'll run back to her dressing room with her panties soaked, thinking to herself, "Damn, Guy No. 21445 was so sexy after he nervously stuffed that \$20 bill down my ass crack. I really hope he can come to my dressing room and he can fuck me on this countertop while my sexy friends cheer him on and serve him delicious Hors d'oeuvres." I don't think this happens.

It's not for an LTR. From the look on her face after the older man left, she'll clearly playing the role for the

generous financial compensations (as most women do).

It's not for a service. She didn't dance on him or strip for him, all of which were clearly listed in her job description when she signed her W-2 papers. She barely said anything while he droned on about some business venture he wants to start (the guy was really loud).

It's not for a good. He left the strip club with less than he walked in with.

Answer: He paid her for her attention. He literally threw away money for some fabricated, monetarily-biased

attention from a woman he'd deemed unattainable otherwise.

All of the men in attendance shared that mindset. They felt an urge to feel wanted, desirable and accepted by their peers.

Beta men live out a fantasy where the more money they have, *the more women/unconditional love they'll have*. It's a falsehood, a fabricated delusion. This is what a lot of media has taught them.

The problem with this fantasy is that their reality doesn't match up; some may have a nice car in the parking lot

or may even make six-figures, but have yet to experience a harem or a horde of bombshells. Or maybe they finally have the bombshell of their dreams at home, but for a reason they couldn't possibly comprehend, the sex is getting dry, she nags him all the time or he suspects that her personal trainer is scheduling overnight Pilates classes.

Strip clubs help betas live out the fantasy they've come to expect. The issue lies in mixed perceptions; the stripper sees only contractual affection, the beta interprets the affection as genuine.

In monogamous relationships, men

love unconditionally and women circumstantially. In these relationships men love unconditionally and strippers feign unconditional love fabricated from a purely-contractual relation. There is no remorse nor guilt.

As soon money runs out, the stripper stops dancing, picks the beta male's money off the floor and casually stroll off. Her end of the contractual obligation is completed in her mind.

The man, however has been seduced and feels genuinely towards the stripper. "Surely this woman understands me and likes me for who I am. She shows great enthusiasm towards me and deep interest in my affairs." He is then left longing for

more intimacy, attention and gratification. He's willing to pay more to keep his addiction going.

Hence we see another dopamine addiction based upon a capitalist-created delusion, synonymous to porn.

LL: Strippers and "the strip club economy" make a pretty good analogy for monogamous relationships:

Women are more than happy to do crazy and wild things so long as the money keeps flowing, but once that cash stream stops, they'll have no problem nor remorse in picking up your money, feeling like they've earned it, and moving on to the next cash-flow.

Such is their nature.

See you in Part 2, RPers.

"The RP Comprehensive Guide to Dating Sites"

by OmLaLa | 14 July, 2015 | [Link](#)

TL;DR- This is a concise and updated guide on how to approach dating sites **(with examples)**.

95% of the women I've "met with"/plated in the past couple months I've met on dating sites. I'm going to explain how.

A few months ago in an article entitled Local Sexy Single Women (LSSWs), I constructed a guideline which summarized an effective approach to

handling dating sites within our feminine online social landscape. Here I will be updating that approach.

First, some key notes:

- *All women on dating sites are not primarily serious about meeting in-person.* Women use dating sites purely for validation. It is your goal to pull them from this mindset and into your frame. Once this has occurred, the rest becomes easy.
- *Dicks don't attract chicks.* Women don't want to see your dick. Women are aroused by the high SMV man attached to your

dick. Don't go waving your dick around unless it's explicitly asked for. Don't be that dick. Dicks are like pens. Everyone's got one, most people'll loan you one if you ask for it and unless it's super unique, nobody cares about it.

- *Approach LSSWs and dating sites like baking.* You don't begin baking a cake as soon as your starving and you don't only bake one cake in case something goes wrong. Approach multiple women at once, only approach women you'd be excited to fuck and be ready to let them "bake" for at least a few days. Abundance

mentality is a prerequisite to success.

- *Be attractive.* I cannot stress this one enough. Take your shirt off and look at yourself in the mirror as objectively as possible. If an attractive woman would look odd standing beside you, she'll feel the same way. Lift hard and feel confident in taking shirtless pictures of yourself before even attempting this guide. Insecurity always bleeds through.
- *Don't hover.* A lot of dating sites will inform you when you have a visitor. Don't be that guy that visits her profile every hour. She

will notice and it will put her off.

- *Be distant.* I check dating sites roughly 3 times a day, even if my phone blows up (luckily I have a work phone and a play phone). That leaves a lot of messages unanswered for hours at a time. Distance creates intrigue, distance shows you've got a life, distance shows how unimportant she is to your daily life. This should be like baking a cake; you only take it out when it's ready, so be patient and go read a book.
- *Insecurity always shows.* If you're uncomfortable being shirtless

online, it'll show. If you think the LSSW is out of your league, it'll show. If you're desperate to bang the next LSSW that messages you, it'll show. Strong frame is also a prerequisite to this guide.

- *Be ready to drop out at any time.* I don't care how hot she was. I don't care how well it was going. I don't care how it seemed like a sure thing. Women and LSSWs are fickle, and remember that you are not real to them until you're standing in front of them. They don't feel the need to hamster or explain their actions to someone who doesn't exist. So until you're sitting in their

living room sipping on whiskey and coke, don't expect any compassion or mercy from them.

- *Avoid single mothers.* Single mothers are dominant out of necessity; due to the lack of a father-figure in the relationship, the strong, stern frame must be developed by the mother in order to effectively discipline her children. As a result, single mothers typically come across as dominant, aggressive and usually provide the greatest amount of "drama" and shit-tests. They're typically only on dating site in search of a replacement beta provider. It's not worth the effort.

- *Organization is key.* Once you've become accustomed to this approach, you'll notice a stark increase in the amount of women you'll be in contact with. Organize them. In my contacts under "Name" I put there first name, the site I met them on, then the city or county they reside in. *Melody POF Seattle* or *Gabby Tinder NYC*. This'll help you keep track of who's who.

- *Don't start until you're ready.* A strong frame, attractive figure and abundance mentality are REQUIRED prior to attempting this guide. If you don't have these 3 qualities yet or you feel

that they could use improvement, handle that first. A lot of how you'll be judged as an alpha from here on will be based solely on *perception* and not necessarily the reality of your situation. Because of this, these qualities need to become second nature and aspects of yourself you don't have to think about. You need to *know* your frame is strong, *know* you're attractive and *know* you could move on if you had to.

- *Know what you want and only aim for that.* I'm very attracted to women with long thin legs and a very slim frame OR thicker

women with large breasts. The women who clearly show these traits in their pictures are the only ones I message. I say this because if you *think* they might have the traits you like but you're unsure, you open yourself to being catfished by an unattractive woman with good photography skills.

- *Don't be afraid of WonderTits™ one-word responses.* If she's responding to you at all, she's interested to some degree and the guide still stands. This goes double for WonderTits™, who probably get 10x the messages compared to ordinary women.

- *Understand you opponent.*
Always think from the LSSW's perspective: they receive up to 50 messages a day, don't respond to most of them, but something about your profile picture and bios caught her attention. Find out what that something is and exploit it. Also, if you're noticing a point in the guide where a lot of LSSWs are dropping off, find out why and repair it.

- *Learn from your failures.* I've dropped the ball countless times and so will you. Figure out what you said, how you said it and *why* you said whatever you said that lost her interest. Maybe you

responded too soon? Maybe you came off as insecure or desperate? Remember, for this to work her *perception* of you is what matters. I'll be repeating this a lot.

- *Money doesn't matter.* Don't talk on how much you make or flash around your wealth. She'll perceive it as compensation for something else or perceive you as a potential provider, both of which you don't want.
- *Turn off those pesky notifications.* A watched pot never boils. If you see pending messages from POF, Tinder or

OKC every time you check your phone, you're pretty likely to respond too soon. Go into your phone's settings and turn off those pesky notification pop-ups so pending messages can be addressed at your leisure.

PART 1- DATING SITES

As I've stated above, most LSSWs aren't serious about meeting any of the guys they see online in-person. It's like a game to them; the more men in their inbox, the more attractive they perceive themselves and the more confident they feel. **You are not real to her until you are standing in**

front of her. The goal of this guide is to make that happen in as short a time span as possible while cutting out as much “shit-test”, “I have to get to know you first”, “I’m not that type of girl” BS as possible.

*The goal of this section will be to get her number as effortlessly as possible ALL WHILE MAINTAINING YOUR FRAME. I stress this because getting a number is meaningless if the LSSW's *perception of you is beta or a validation resource. Until you're standing right in front of her, perception is all you have - false or otherwise. She must perceive you as alpha all the way through for this to succeed or else you'll all fall on your ass in Part 2.**

--Building Your Profile--

1. Shirtless pics for days. Grow some balls, stand in front of a body mirror, take some shirtless pictures are throw them on your profile. I've got 4 on mine. Also, include some high SMV photos of you doing interesting things or visiting interesting places (bonus points if attractive women are in the pictures; women love to compete).

This will establish you as attractive, a woman's first alpha prerequisite.

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2. Write about how you're the shit. Juxtapose the vain shirtless selfies with a bio that tells about all

the amazing hobbies, interests and accomplishments that represent you. Go as in depth as you can. Be cocky. Describe your life as the best thing since sliced bread.

This extravagant regaling of your life will be contrasted nicely by your short and rare responses while chatting with the LSSWs, causing them to hamster into thinking maybe they're not good enough for you. Why would this attractive, interesting, smart alpha want to spend time with a boring woman like me? And all this will come without you having to lift a finger.

This will establish you as higher value than her, a woman's second alpha prerequisite.

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NOTE: DO NOT talk about how much money you make, your high-paying corporate job, your nice car, your big house, etc. Only boast about YOU and things that can only be found within YOU. Otherwise, the LSSWs will immediately peg you as a potential high-SMV provider, the shit tests will get insane and same-night/short-term sex will be near impossible.

--Messaging--

3. Send short messages and only to the hot ones. All I do to start any conversation via dating sites is send out “Hey” to every LSSW within a comfortable driving distance that I’d enjoy fucking. Nothing more. If the

LSSW responds, she's interested to some degree, whether it's because she thinks you're attractive, higher value or both. If she doesn't respond, who gives a fuck? Move on.

Her first response will almost always be "Hey", "Hi", "Hello", "Hey, how're you", etc. Follow it up with "What are you looking for" (no punctuation) or "What kind of guys do you like" (no punctuation, and I know this seems like you care what she has to say about it, but it's more to get her talking).

*If she asks what I'm looking for, I say, "I'm just browsing meeting new people" or "I'm just browsing making new friends". This helps her to avoid

weeding me out as one of the many sexually-desperate men out there.

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3a. "What are you looking for"

Honestly, 9 times out of 10 she'll respond by saying "friends", "friends but if it becomes more, that's cool", "a relationship", "LTR", etc.

Imgur

There is no difference in these responses and they all mean the same thing. If she's responded at all at this point, she's intrigued: a woman's third alpha prerequisite.

3b. "What kind of guys do you

like”

She'll usually go on and on about how she wants some “mythical unicorn” of a man; a guy who's loving, caring, smart, funny, strong, tall, handsome, independent, blah blah fuckin' blah. I never really read any of their responses to this question. It's mainly to get her intrigued by your response.

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3c. Response

My response for 3a and 3b is usually the same and you can tailor it how you see fit.

I always respond with either “I think I can handle that much” or “I think I can

manage that much” , I wait for her response, then I follow it up with “Whats your number” (no punctuation) or if her profile doesn't list it, with “Whats your name” (no punctuation), her response, then “Whats your number”.

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This response causes her to hamster that all her ideal-man characteristics might be found in you and that portraying them is no big deal to you. She'll hamster you as her golden goose that she'll have one opportunity to attract.

This'll further her intrigue in you and if all has gone accordingly, she'll give you her number.

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NOTE: If she doesn't respond to your number request, fuck it and move on. If multiple LSSWs are non-responsive at this point, check your SMV both in your pics and in your bio.

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If she gives you some schpeel about how "It's too early to give out her number" or "she doesn't give out her number after the first conversation" or she wants to "talk more on here more first to get to know you" or any other possible excuse, she either sees you as a potential provider, as a lower SMV compared to her or as desperate/sexually-depraved (comes

across by responding too quickly; scarce mentality). This cake is bad, move on and work on yourself more.

PART 2: TEXTING/CALLING

Unlike conversing on dating sites, texting is a bit trickier with someone you've never met, simply because this is usually when the real shit tests start. On top of that, ignoring, combating or brushing off these shit tests will usually lead to her cutting you off in an instant because remember: *you don't exist to her until you're standing in front of her.*

The goal of this section will be to

establish your existence (and your frame) within her world by meeting in person, all-the-while avoiding those game-ending shit tests most people encounter at this stage.

--Texting--

1. Start off simple. My first message via text is usually “Name’s ___” with a picture of myself attached. I do this so that after I leave a conversation to “bake” for the rest of the day (described below), when she responds the next day, she’ll remember what I look like.

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Otherwise, I might leave the conversation to bake, message her the

next day and she's completely forgot what I look like (I do the same thing all the time). Her perception of me has thus changed and I'd have to pack it up and move on.

Imgur, Imgur

Physical attraction is important. It was the main reason the LSSW responded to my first message on the dating site and it'll be used to keep her intrigue across any span of time.

2. Give her a taste. This may sound odd, but start a conversation with the sole purpose of leaving her hanging mid-way through. For example, start talking about movies, ask what hers are, and when she responds drop the conversation for the day. After baking

(again, described below), do not continue or acknowledge this conversation.

This'll cause her to hamster, but the direction she hampers isn't really important. What's important is that now you've become relevant to her.

3. Bake the cake. These is my pending messages since this morning.

I call this method "*baking*". Baking is letting a message sit unanswered and unopened long enough to where a woman may feel like they're being ignored.

Women both love and hate this (especially attractive ones) and it contrasts well against the many others

who've received their number and then sporadically sent out texts every 10 minutes.

Sometimes, if you bake correctly, the LSSW will put in the leg work for you:

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This will establish you as unattainable, a woman's fourth alpha prerequisite.

Imgur

4. Like it never happened. After baking (again, described below), do not continue or acknowledge the conversation you were having previously. Simply tell her “Hey” or “Good morning” and move on to the next step.

This'll cause her to hamster, but the direction she hammers about you isn't really what's important. What's important is that now you've become relevant to her though your unavailability.

5. You better call, Tyrone. Taking shit tests head-on through texting is counter-productive; the more of her dumb questions you answer, the more her perception of you (and perception is all you have at this point) will change from alpha to another validation resource.

To avoid all of this BS, your best bet is to make her bring you into her reality is by calling her.

To set this up, your next texts should

both tell her when you plan to call and ask her if she's available to talk around that time.

I take my lunch around 12:00-12:30, so I usually say something along the lines of "I want to call you this afternoon. You busy?" and 9 times out of 10 she'll say that's fine. Cater this around when you're free to talk.

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--Calling--

If you've done everything correctly up until this point, you'll notice she'll seem very excited to talk to you. Maintain frame and if possible remain stoic. She'll ask a few questions and might shit test a little, but by this point

you've got it in the bag. Honestly, as soon as she's picked up you've won.

By maintaining frame through this conversation, you've successfully maintained her perspective of you being alpha from beginning to end. Good job, let's bring it home.

6. The home stretch. The small talk of this conversation is ultimately irrelevant. Tell her some cool things about yourself, let her tell you some cool things about herself. Then move along.

7. Set up a meet-and-greet. The purpose of this conversation for her is to establish that you do exist, had the balls to call her and might just be the man of her dreams.

The purpose of this conversation for you is to establish a place for you two to meet up.

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Tell her you two should meet up and let her talk for a bit. If you're a high enough perceived SMV, she'll do the legwork for you:

*She may set up the locale ("Have you ever been to ___? I heard it's really cool."), begin hinting at sex ("we seem to click, so we could meet up at my place for drinks"), revealing her true feelings ("When I first saw your profile I thought, 'Why is he interested in a girl like *me? I'm nobody.'"), etc. She'll also typically plan a time or date very close to the time of the call (like that*

evening or tomorrow afternoon; not exactly sure why that is).*

Imgur, Imgur, Imgur, Imgur, Imgur,
Imgur

NOTE: Some are saying that calling is an unnecessary step but I'd have to disagree. Although calling may seem archaic, it usually provides the LSSW with the final prerequisite they require before NSA hook-ups, safety. By hearing the sound of your voice, you become a reality and she's now verified that you're not a catfishing PUArtist beta with a knack for falsifying online social interactions.

8. Short and sweet. She's now within your frame. Keep any texts or responses to hers as short and

succinct as possible.

9. Make her ass worry that you're the one flaking. Whether you've decided to meet back at her place or at some coffee shop, once the date/time has been finalized and the address gained, don't bring it up again and if possible, stop texting her until that date (unless she reaches out).

Do not double-check the time you're meeting, check if she can make it, call her to say you're there, etc. She'll do that for you and you need to allow her to. It'll further her investment in meeting you.

NOTE: I've noticed that reconfirming dates will increase an LSSW's likelihood to flake, even after all this

guide has explained. By not reconfirming and letting them reach out first, I've yet to see one LSSW flake.

Lesson Learned: Behavioural patterns of LSSWs can be controlled for the experimenter's best possible outcome through a concise, repeatable cause-and-effect method developed through behavioural experimentation and approach modification.

For any further questions, I'm open to talking over Skype under Skype username OmLaLa. Please message me set up a meeting.

"The RP Guide to Defeating the Enemy: Mindset"

by OmLaLa | 16 July, 2015 | [Link](#)

TL;DR- This will be a two-part guide: the first part will help you better understand the actions, mindset, habits, fears, strengths and weaknesses of women. The second part will explain how to use this new-found knowledge to your benefit.

--PART 1: KNOWING THE ENEMY--

"If you know the enemy and know

yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.” -Sun Tzu, The Art of War

The fight for sex/validation is a game in which women are our opponent. Just like with any opponent, by completely learning and understanding their strengths, weaknesses and habits, one learns what characteristics can be exploited, how to exploit those characteristics, to what degree and to what outcome.

This guide aims to identify these characteristics in all women beyond

those explained in basic TRP theology. The first topic we'll cover is the mindset and thought processes of women.

Section A: Mind

There is little logic required to influence the thoughts of women. Women base their thought processes solely on 2 factors: *how they feel about something* (**emotions**) and *how they feel about something right there and then* (**perception**).

1. Mental Activity

The emotional and short-term perceptual basis of a woman's thought process often contradict one another in seemingly irrational ways:

Brenda loves the taste and smell of vanilla ice cream (logic), but because Jenny from accounting called her a fat cow last Wednesday while she at vanilla ice cream during her lunch break, she may associate her negative FEELINGS towards Jenny to her overall PERCEPTION of vanilla ice cream. This'll lead to her blaming the consumption of vanilla ice cream to Jenny's comment, not her lack of calorie moderation.

Now until something positively influences her perception of vanilla ice

cream, she will continue to feel negatively towards ice cream as the cause of her weight gain and the cause of bitch Jenny's remark.

This is the framework behind "hamstering".

2. Feelings

Women don't get caught up in the *why* behind something that makes them happy, more-so the access to the feeling itself i.e. the *what, when, how much* and *how often*.

Women are lost in the constant pursuit of "feel-good" emotions due to their short-term, ever-changing

thought processes: *happiness, security, curiosity, lust, intrigue, complacency, etc.*

This "pursuit of happiness" also succumbs to the ever-changing nature of a woman's perspective and beliefs.

Brenda's vanilla ice cream may have made her happy earlier today, but because of Jenny's rude comment on her ever-growing second chin, she'll hate vanilla ice cream tomorrow.

This causes her to constantly feel the need to seek out multiple "feel-good" stimuli and keep close secondary fail-safe "feel-good" stimuli as a countermeasure.

Women don't plan out long-term

supplies of these feel-good emotions like men would due to their “in-the-moment”, constantly-shifting perspectives, and as such, are always looking for the next best thing in case one of her current “feel-good” stimuli fails.

This is the framework behind “hypergamy”.

3. Perception

As I've explained above, women don't plan for long-term “feel-good” stimuli due to the risks of being left with no stimuli in the short-term and the

chance that the long-term stimuli will disappear before reaching its full potential.

Because of this, women do not care about a “potential” or “likely” benefit to them nor do they care about stimuli operating outside of their personal perspective (i.e. grasp).

They only care about things and people that will provide them “feel-good stimuli in the short-term which operate within a close proximity to them (i.e. ease of access).

This is also the framework behind hypergamy.

This is why women don't care about

your job as a Senior Technical Engineer in and of itself because the literal actions you take while working that job do not provide them with any sort of feel-good stimulus. It's the RESULTS from working your job -the security of a house, the happiness brought on by items bought using your paycheck- that truly provides these feelings for them.

This is also why women cannot "love" unconditionally; while a man can love a woman for what she does, a woman loves a man for what he provides in the short-term. The phrase "I love you" coming from a woman honestly translates into "I love how you make me feel at this particular point in time through the "feel-good stimuli you are

providing me”.

That's not to say she isn't impressed with your ability to work that job, but because she has little to no understanding of the complexity of that job and learning about said complexity does not provide her with the “feel-good” sensation she requires, she deems it as unimportant. It exists outside of her perspective.

4. Relationships with Men

The desire for relationships from the mindset of women stem from her recognition of a man as an established provision of multiple long-term “feel-

good” stimuli (not on the potential for said provision as women don't care about potentiality).

NOTE: This mindset explains why lesbian relationships can effectively exist; the woman is being provided multiple "feel-good" stimuli from one person over a long-period of time and her sexually-based stimuli are effectively being taken care of to the degree required by her individual necessity.

In short, women are drawn to men (or other women) that make them feel good in the moment AND men they've determined can make them feel good for a long time. This goes for plate-spinners,

natural alphas, RP alphas and betas alike, with the only difference being the stimuli each provides.

An alpha's determined provision is sex, passion, intrigue and lust (visceral, reptilian). The beta's determined provision is security, comfort, and validation (support).

From this perceptive, a woman's "unicorn" is a man who can provide all stimuli they require at once (provide sex and intrigue and provide security and validation) all while providing said stimuli at the same level consistently for a long period of time.

It's their belief in this "Prince Charming" and their limited foresight

when obtaining “feel-good” stimuli that leads many women to marry once-Alpha men with the belief that she’s “feel” this way for him forever or why women pursue “bad boys” with the intention of “fixing them up”.

Women are constantly trying to build their unicorns; they like how they feel in the moment with these men and they want that *FEELING* to last forever.

Ever hear a woman utter the phrase "I want this moment to last forever" in a RomCom? This is the moment they're referring to.

The problem with the woman's understanding of her Prince Charming lies the limitation of having just one

provision.

Having only one “feel-good” stimuli, no matter how powerful a stimuli it is, runs counter to the very nature of a woman's nature (requiring “feel-good” at any moment and requiring multiple “feel-goods” as insurance).

5. Insurance

Let's assume Prince Charming exists. He's everything a woman could ever ask for: handsome, smart, funny, validating, comforting, reassuring, the whole nine yards.

She will cheat or be tempted to cheat.

Why?

Reason 1: "He's too good for her."

Her need for a "feel-good" back-up plan still exists. Because Prince Charming and *products deriving from Prince Charming* (i.e. things connected to his paycheck or his social influence) are her only source of "feel-good" stimuli, she'll undoubtedly acquire a fallback or "fail-safe" guy (preferably in a similar albeit lower position than Prince Charming, otherwise she'd leave Prince Charming) to rely on should Prince Charming find himself a better suited woman.

Why does she do this?

Because she can.

With a vast supply of men to choose from, it's easy for her to pick out not only the best male she possibly can but also his runner-ups as well.

NOTE: These runner-ups are not necessarily beta. A second-tier alpha is simply a man she's determined to have her required characteristics for an good alpha, but an alpha she's determined to be lower-tier compared to the alpha she's currently with.

Reason 2: "There's only one of him." As great as Prince Charming is, he's still only one guy with his own life, goals and destinations. **He can only be around her but for so long and his influences only reach but so far.** On top of this, her needs and

desires for a "feel-good" stimuli are in the moment and must be considered *at all times*.

Let's say she visits a foreign land for 2 weeks and becomes horny. Let's also say she encounters a handsome Foreign Prince who meets all of her qualifications for being an alpha. Because her focus is limited to the moment and the "good feeling" that moment is providing her, she's likely to succumb to said feelings.

This is commonly why women explain their infidelity with "I needed you but you weren't there!" She's right to a degree; **she cheated because her mind required that specific "feel-good" stimuli (sex, intrigue, lust)**

and due to the limitation of the man's presence, influence or due to a lack in the over-all CURRENT quality of the stimuli, she went to seek it out elsewhere.

Because of how their minds are constructed, women don't see sex with another man as infidelity. If they did, they'd also see going to X restaurant instead of Y restaurant due to Y restaurant distance or rundown state as an act of infidelity as well.

Women only see long-term utilization of another man's "feel-good" stimuli as cheating. That is why women weigh emotional infidelity higher than sexual infidelity in general.

Think of it like a cellphone tower. The signal that tower gives off are only beneficial to you so long as your cellphone gets reception. Anywhere outside of that range, you'll require another means of communication to connect with your friends. In this instance, you may "*cheat*" on your cellphone tower by using someone else's phone out of the necessity of your current situation. Yet when you've returned home and you're back within range of your tower, you continue with your phone as if it never happened. This is the mindset of a woman regarding infidelity.

Note: This also explains the "guilt" a woman feels after infidelity; she doesn't feel bad about what she's

done, she's mourning the sudden loss of multiple "feel-good" stimuli she'd once been given by her bf/husband. She also feels anger towards the bf/husband as he is the one who has separated her from said stimuli (remember, she sees no fault in infidelity, only the repercussions of being caught).

This in turn alters her perception of him from wonderful alpha/beta to "the horrible person who made her feel bad and separated her from happiness", regardless of whatever they've had in the past.

Reason 3: "He was mean to her last Tuesday." As described by the vanilla ice cream example, a woman's

perspective is constantly changing and updating. Although Prince Charming himself hasn't changed, her feelings and beliefs about him have.

Because a woman is always “in the moment”, her perception of Prince Charming will solely be based upon her feelings towards him the last time she saw him and NOT a collective summary of all their times together, as this would be a very logically-based conclusion.

As such, let's suppose Prince Charming and this woman get into a heated argument that made her feel terrible. Then, her Prince Charming leaves for a 2-week vacation to cool

off without rectifying her negative emotions. Now she is left alone and in desperate need of some -if not all- her “feel-good” stimuli requirements met, yet all of her resources have walked out the door with Prince Charming.

As specified, all women have a back-up plan, and hers is Prince Savy. Remember that a woman’s beliefs stem from her perceptive and not logical facts, so regardless of all that Prince Charming has provided her in the past, *at this very moment* she feels hatred and disgust at the thought of him, believing him to be a terrible man for making her feel this way.

She was left with needs to be met and Prince Savy happily obliges.

6. Real World Example

Here is a good example of a woman's perception of someone being altered (received this morning/afternoon).

Let's review what her actions, her text messages and her time of texting have to say about her current perceptions and determine how they can be manipulated for benefit.

a. Context

Last night I met up with this woman I'd met on OKC whom we'll refer to as Q.

Pre-sex, I asked Q if she had to rate her sex drive between 1 and 10, what

would it be? She happily replied "10". Post-sex, Q admitted that my sex drive was more likely a 10 and hers was more of an 8. She confessed that 10-level sex drives were rare and that she was having trouble keeping up.

I replied with, "I know a lot of people with 10-level sex drives."

b. What she thought

It's obvious from Q's text message that she believed me to imply, "I know a lot of *attractive women* with 10-level sex drives and you're not one of them" and her perception of me has changed from ordinary alpha to "player" (this was also hinted at from her reaction when I told her she wasn't the first woman I'd met up with off dating

sites).

Truth is, I was actually referring to some friends of mine when I made the comment, focusing on the "*rarity of 10-level sex drives*" she'd mentioned.

But I won't be correcting her just yet.

c. What she's thinking now

By not responding, she feels as though she's correct in her assessment and as such feels replaced. She has been told that her once-secured resource of sexual "feel-good" stimuli could be lost to another, better woman. Although her anger is *caused* by her lower sex drive when compared to her perceived competition, she has *perceived me* to be the root cause of her "bad feelings"

and ultimate the bad guy of this scenario.

d. What she will think

She may seek out other men for short-term fixes to fill in the void I've left as her "feel-good" stimuli resource. I could care less about that.

Because she perceives me as a high-SMV male and possibly the only high-SMV male within her current perception (range/access), she will soon realize the men she's supplementing my absence with cannot provide her the same level of stimuli (or she's just find a better/equal alpha). She'll then reach out and try to rectify the situation; not because she's admitting fault, but

because she requires the level of stimuli I provide.

This is how Alpha Widows are born.

I'll then reveal the miscommunication, she'll laugh it off and we'll resume having sex like nothing happened. She'll put forth additional effort on her part during sex to help alleviate her fears of losing me as a stimuli resource. I'll reap the reward of said efforts.

e. UPDATE (24 HOURS LATER)

As predicted, Q reached out after a radio silence of 12 hours. She has now shifted her perspective of me from the a manipulative "player" only out to hurt her back to one of me as a strong

"feel-good" stimuli.

Note that she now specifies that she "enjoyed my company" and that the "irrelevant BS" is a separate entity from me. Because she doesn't want to lose me as a stimuli resource, she's concluded that the offensive statement I made was the cause of her "bad feelings" and not me. This is a big step.

NOTE: If I had tried to explain prior to this point what I really intended, Q would have read such an act as one set on by guilt, similar to how a child rationalizes his bad decisions immediately after being caught.

I don't respond to this message for another 12 hours, telling her the real

reason for my remark. Here'swhat follows.

Have you noticed how she continues as if the incident never happened? She's back within range of her cellphone tower because she enjoys the strong signal it gives.

And to the benefit of the cellphone tower, it can give its signal to multiple phones at once. Think of the relationship between men and women as **sybiotic** in that regard.

LL- To combat and succeed against women, first you must understand that the thoughts, mindsets, beliefs and

rationalization behind their actions are based upon values very different from ours, an oversight many of us tend to make. A woman's understanding of the world is thoroughly subjective as it is purely based around her own focal point: her interactions within the world, experiences in the moment and her interpretation/internalization of the information the world puts in front of her.

For any further questions, I'm open to talking over Skype under Skype username OmLaLa. Please message me set up a meeting.

OmLaLa on YouTube

by OmLaLa | 30 July, 2015 | [Link](#)

If I made RP-based YouTube videos for the community, would you watch them?

"The RP Guide to Defeating the Enemy: Attraction"

by OmLaLa | 3 August, 2015 | [Link](#)

TL;DR- This will be a two-part guide: the first part will help you better understand the actions, mindset, habits, fears, strengths and weaknesses of women. The second part will explain how to use this new-found knowledge to your benefit.

**—PART 1: KNOWING THE ENEMY—
(cont.)**

*“People tolerate a lot for looks. They tolerate much less for plainness.” —
Donna Lynn Hope*

SECTION B: BODY

A woman's mindset is founded on 2 key characteristics: *how she feels* (emotion) and *how she feels right now* (perception).

A woman's perception of attractiveness is founded on the same 2 characteristics: how she feels *about herself* (emotion) and how she feels about herself *now and in comparison to others* (perception).

The “*others*” are the men pursuing her i.e. men who show her affection, validation, or interest, the men to

whom she *reciprocates* interest and each man's SMV *in relation to her own*.

In short, the men she chooses to keep "within range" is a strong determinant of what type of men she finds attractive, to what degree and to what end.

This “range of men” reveal her required prerequisites for any potential partner; an SMV range under which she'll categorize all men as “alpha”, “beta”, “unattainable” or “unworthy”.

As we discussed in the “Mindset” portion, women gravitate towards the most potent “feel-good” stimuli resource within range.

Using the cellphone tower analogy, if we consider her ideals of attraction as her annual income, she'll determine her range of attraction by first determining which cellphone towers she can afford, then pick the best option among them.

The SMV of men she's prone to sleep with will determine her Alpha prerequisites, the men she's likely to "befriend" or that she only "likes like a brother" will determine her beta prerequisites, the men she tends to scorn or ignore are determined "Unworthy" and below her beta SMV and the men she drools over yet can't obtain are considered "Unattainable" and are above all of her SMV prerequisites.

This is referred to as “The Ladder Theory”.

1. The Ladder Theory

There's an saying that goes,

“A woman can determine whether or not she will sleep with you within 5 minutes of meeting you”.

This is true. To an extent.

Every woman has a mental checklist of traits any man must meet in order to be placed on a particular ladder.

While the original Ladder Theory only addresses two ladders (“Friends” i.e.

Betas and “Potential Partners” i.e. Alphas), we will be discussing our newly-revised 4 Ladder method: **The Unworthy, The Beta, The Alpha, and The Unattainable.**

To better illustrate how the ladder theory works, we will use archetypes Brenda, an attractive club-hopping blonde and Alex, a heavily tattooed painter.

2. The Beta

Brenda arrives at Skyy Bar with her friends. She quickly notices Alex across the bar and thinks he's attractive, so she signals him with an

IOI. Alex responds with a devilish smirk, brushes his hair back and begins to walk over to Brenda.

For the sake of argument, let's attach numerical values to Brenda's "SMV Range of Men" better understand Brenda's prerequisites in general and for each ladder:

**Brenda's Attainable SMV Range:
4-25**

**Unworthy (<0-3) Beta (4-15) Alpha
(15-25) Unattainable (>25)**

Now, let's attach a value to one of Alex's characteristics i.e. his tattoos:

Alex's Awesome Body Ink (+15)

Before actually speaking with Alex, his tattoos alone would have put him *towards the bottom of the Alpha ladder* (more on this later).

Brenda finds that large tattoos extremely attractive, so this would stand that Alex -whose covered head to toe in tattoos- is likely to end up on Brenda's "Alpha" ladder.

That is, if physical attraction was *all* that mattered.

Brenda weighs each trait of Alex's differently, some even negatively.

Brenda sits down and chats with Alex. Although she thinks he's attractive, from their conversation, she also thinks Alex is a pushover, timid, she

hated how he agreed with everything she said, dislikes that he's worked at Kinko's for 8 years and feels like he comes off as too sexually desperate.

In lieu of their conversation, Brenda's "updated" evaluation of Alex becomes...

**Alex's Awesome Body Ink: (+15),
Weak Frame(-2), Meekness (-2),
Fear of Confrontation (-2),
Unambitious (-2), Scarce Mentality
(-2)**

Therefore, in Brenda's mind...

**Alex, That Tattooed Guy from The
Skyy Bar = 5 (Low-Ladder Beta)**

Alex is baffled by this crash and burn.

He's confused by how such a "sure thing" could so quickly turn into "let's just be friends" and "I don't see you that way".

Men don't have multiple ladders. Men have *one*.

For the advancement of society, men had to possess the propensity to fuck any and every woman. Because of this, men *only* possess a "Potential Partners" ladder.

Also, the majority of all prerequisites for men on determining a woman's placement on their Potential Partners ladder is based on physique or sensory determinants; unlike women, characteristics like intelligence, social status, personality, etc. are not

inherently a factor.

Alex is distressed by the loss of a chance with Brenda. He follows her and her friends around the bar to try and rectify the situation. Every time Brenda separates from her friends to get a drink or use the restroom, there's Alex trying to talk big. Brenda begins to get annoyed.

What Alex isn't understanding is that once he was placed on Brenda's "Beta" ladder, he cannot "jump" to the "Alpha" ladder to avoid climbing up the "Beta" ladder.

This concept is called "**ladder-jumping**" and it is impossible.

Brenda won't wake up one day and

think scarce mentality, meekness and a weak frame are suddenly attractive. AWALT prevents the feasibility of this.

While Alex can't "*jump*" to the next ladder, he can certainly "*drop*" to a lower one.

This concept is called "**ladder dropping**" and it is very possible.

Even *if* Alex had portrayed multiple Alpha qualities (20), a few Beta mistakes would be all it took to "drop" him down to her "Beta" ladder.

Herein lies one of the key points to The Ladder Theory:

Once placed on a ladder, the only way to move onto "better" ladder

is to climb up the ladder you were initially placed on past all the other men she's placed above you. After accomplishing this, you must begin at the bottom of the "better" ladder, again below those she's placed above you.

For Alex to even get a taste of sex with Brenda, he'll have to make Brenda *genuinely* believe that he's a better match than Clyde (7), James (9) and Jason (13). And that's just to get on the *bottom* of the Alpha Ladder!

And imagine the kinky things Chad (25) must be doing to her!

The fundamentals of The Ladder Theory explain the key reasons The Red Pill community stresses good

physique, interesting and successful lifestyle and having the ability to let go/ drop out:

- A good physique and interesting lifestyle will guarantee a higher “ladder position” when meeting most if not all women. As such, the likelihood of being placed on her “Alpha” ladder is much higher.
- The ability to drop out quickly reduces the amount of time lost. Some women will drop you down to the “Beta” ladder, as no man’s the Prefect Alpha™ . It’s much simpler and less time consuming to move onto a woman whose

likely to put you on their Alpha ladder within hours than to spend months attempting to work your way up her Beta ladder *just* to end up on the bottom of the Alpha one.

2. The Unworthy

After leaving Skyy Bar, Alex drunkenly confesses to Brenda that he's fallen deeply in love with her over the course of one night in a bunch of page-long text messages.

Alex's Desperate Pleas for Attention (-5)

This action results in Alex being dropped down to...

Alex That Creepy Stalker from Skyy Bar = 0 (Unworthy)

Alex is now *below* Brenda's SMV range and on her highly-populated "Unworthy" ladder. Once here, it is almost impossible to climb out, leaving the Alpha ladder as nothing more than a pipe dream.

Alex has noticed Brenda's not answering her phone like she used to. He continues to call until Brenda becomes annoyed enough to block his number entirely. Goodbye Alex.

Although Alex is *still* considered physically attractive by Brenda, his

cons deftly outweigh his pros.

And while Alex was placed on the “Unworthy” ladder by Brenda, Bob is considered universally Unworthy.

Bob arrived at the Skyy Bar shortly after Brenda. He thought Brenda was more gorgeous than Athena herself and tried every trick of seduction he'd learned. Most of Bob's advances were ignored, so he attempted the “asshole” approach he'd seen Chad use. Brenda swears at him and dumps her Redbull Vodka down his plump shoulders.

Bob's lack of physique and persistence caused Brenda discomfort.

Bob's Over-weight Appearance

(-10)

Low-SMV men like Bob disgust Brenda.

To Brenda, Bob's traits were valued at...

Bob's Soft Spoken Tone (-2), Short Stature (-5)

And so Bob was considered...

WhatsHisName, that Fat Creepy Guy from Skyy Bar = -17 (Unworthy)

By showing his affection, the Bob is implying that they consider Brenda attainable. This consideration threatens Brenda's perception of her own SMV (i.e. attaching ego to

attraction) because if Bob and other low-SMV men consider her attainable, she may not be as beautiful as she once thought.

It basically boils down to:

- If Brenda aims for Chad (25) and Chad reciprocates, it reinforces her perception that she's attractive.
- If Brenda ignores Bob (-17) yet Bob persists, it shatters her perception that she's attractive.

As reference to the "Mindset" section, Brenda directed her anger, fear and

frustration back towards the Bob because in *her* mind *Bob* was the root cause of her “bad feeling” by making her feel unattractive and the cause of her loss of the “feel-good” stimuli of her belief she was attractive.

In short, “Bob made me think, which made me feel, which felt bad, so Bob is to blame.”

Ignoring his wet clothes, Bob believes if he can get Brenda into intellectual conversation, he can convince her to sleep with him through his job, hobbies and ambitions.

Bob is attempting to use his assets and personality to leverage against his poor physique which *could* work in some cases. Bob has a decent

understanding of that.

What Bob *doesn't* understand is that physique is a prerequisite to physical attraction, physical attraction is non-negotiable, impressing her does not equal intriguing her, his potential means nothing to her with results *aaand* Brenda's interest don't extend beyond her perception.

Brenda, finally giving in to his persistence, decides to hear him out...

Bob's engineering job that Brenda doesn't understand (+0), Bob's high income (+10), Bob/Brenda's mutual love of wrestling (+4), Personality (+5), Bob's Potential Raise in 2 Years (+0), Bob's Rolex (+2)

Even though she sees Bob in a slightly better light...

Bob, That Fat Rich Guy from Skyy Bar = 4 (Bottom-Ladder Beta)

..she has places him at the bottom of the "Beta" ladder. She hasn't forgotten all of Bob's negative traits and will weight them *all* to reach her conclusion.

Unlike Alex, Bob will have a much harder climb considering his unattractive physique weighing him down (pun intended).

3. The Alpha/The Unattainable

A few months pass and Alex (13) has miraculously moved to the top of Brenda's "Beta" ladder. He knows all of Brenda's interests, movies, music choices, hangs out with her constantly, texts her daily and talks to her on the phone for hours at a time.

Alex and Brenda go on a date to Skyy Bar, the bar where they'd first met. Alex has planned to use this date to ask Brenda to be his girlfriend.

Chad (25) arrives shortly after Brenda and Alex and is greeted by the glances of many intrigued women around the bar. One of whom is Brenda, Alex notices and feels a wave of insecurity.

Chad's opening appeal to Brenda, before she even notices his physique

or personality or hobbies, is the **pre-selection** he's immediately garnered from other women.

Pre-selection operates under the concept of groupthink; what's appealing to the majority is perceived appealing to the individual, what's unfavorable to the majority is perceived unfavorable to the individual.

Chad's Popularity Among Women (+15)

Even if cellphone tower A provides a better signal than cellphone tower B, if tower B has twice as many users, tower B's popularity alone will attract more users than tower A. This is considered the basis of good

marketing and branding techniques (Tylenol and Generic Brand are the same, but the majority favors Tylenol, so there must be a reason, right?)

Chad walks by Brenda and Alex's table and barely acknowledges Brenda; a short half-hearted grin then off to the bar. Brenda thinks Chad is gorgeous.

Chad's Physique (+10)

Chad hits on Melody the WonderTits™ bartender first. She turns him down abruptly.

It's not that Melody finds Chad physically unattractive nor that she's left unimpressed by his garnered pre-selection.

Melody's SMV range (20-45) is *much* higher than Brenda's; the men who meet Melody's "Alpha" prerequisites (35-45) are men Brenda would consider unattainable (>25).

For Melody, the best Chad (25) can hope for is to end up on her "Beta" ladder (20-35).

Brenda makes an excuse to leave Alex and rushes to the bar. She throws a flurry of not-so-subtle IOIs in Chad's direction and he reciprocates.

Alex notices Chad whispering something briefly into Brenda's ear. He can't make out what they're saying. She looks offended at first, Chad smirks, says something else, she giggles and they begin to walk out

together. Alex tries to catch up to confront Brenda but loses them in the crowd.

A few moments later, with a bladder full of Gin, he distinctly hears Brenda's moans echoing of the bathroom walls.

Unenlightened, Alex will forever wonder what magic words Chad whispered to Brenda to have her bent over a bar toilet within seconds, something he couldn't accomplish after months of trying. Yet he again fails to see the bigger picture.

Alex was doomed from the start; even though he'd done well to jump from a 0 to a 13 in a matter of months, he was still a 13 and thus was still on Brenda's "Beta" ladder.

Alex's hard work does not equate towards the guarantee of sex. Just as attraction is non-negotiable, attraction is not something that can be "earned" through time and diligence.

Alex may have added +13 to his SMV, but he is still limited to Brenda's perception of *all* his traits:

$$(+15)(-10)(-5)(+13)= 13$$

And what's worse for Adam, the +13 increase to his SMV is specific TO BRENDA ONLY; unlike something universal like physique or gaining an interesting hobby, the +13 increase Alex has gained by getting to know Brenda will NOT "carry over" to other women.

Even if he hides his negative traits with the next woman, the highest he could hope for with a woman as attractive as Brenda is low-ladder Alpha (15). And that's only if they admire tattoos as much as she did.

Several months *wasted*.

LL: A woman's attraction is centered upon a "range" of SMVs she perceives she is operating within and the role of each man residing within said range determined by the values she places on certain positive/negative characteristics these men portray.

"Vicarious Validation"

by OmLaLa | 4 August, 2015 | [Link](#)

TR; DR- I reached this epiphany early in my journey. I hope this knowledge does for you what it's done for me.

Vicarious Validation

Well, the man who despises himself tries to gain self-esteem from sexual adventures —which can't be done, because sex is not the cause, but an

effect and an expression of a man's sense of his own value." -Francisco d'Anconia, Atlas Shrugged

A need to show women off or “peacock” in front of women, to embellish details of sexual regalings to impress or stir envy in friends, to relish just by being *seen* alongside attractive women, a need to constantly remind those around them how sexually adept they are...

*These are all symptoms of men who require “**vicarious validation**” ; weighing their worth not on the enjoyment of sex but by living vicariously through their own self-*

inflated persona.

These men base their own SMV on the SMV or quantity of women they've slept with. They've concluded that their "weight as men" is ultimately determined *not* by their achievements but by the amount of women resulting from said achievements.

They are the sellers which determine their prices from the opinions of the competition and not by market value. They are the sellers who base all of their business's success not on its profits, but on how many customers walk through the front door.

"Banging the hottest chick to make my

friends jealous” or “banging as many chicks as possible to prove a point” or “banging this one gross chick because she's here and sex is sex” may be considered “Alpha” to some, but as *enlightened* Alphas, we set our own standards and only act on things within our self-interest.

As such, we cannot weigh ourselves down by limiting the scope of our purpose. We can't mistake a *byproduct* as an end result. And we can't define ourselves vicariously through women or our peers.

We are not our shoes. We are not our cars. We are not our houses.

We are not our experiences.

We are the embodiment of knowledge *gained* from our experiences. A collective consciousness of information, ever growing.

An apple tree doesn't stop once it's broken soil. It *grows* ; it bears fruit which it shares amongst nature as a means to spread its seed and continue its legacy.

"If anyone on the verge of action should judge himself according to the outcome, he would never begin. Even though the result may gladden the whole world, that cannot help the hero; for he knows the result only when the whole thing is over, and that

*is not how he became a hero, but by virtue of the fact that he began.”—
Soren Kierkegaard*

Enlightened Alphas *have* sex. They are not defined by it.

Defining yourself this way would only serve to...

"...weaken your frame."

You'll commonly take unnecessary steps, participate in activities or conversations, behave in a manner you're not accustomed to, all for the sake of sex.

Sex'll become a *routine* like brushing your teeth or combing your hair; you'd weigh your SMV primarily on sex, so constant sex would become a requirement to feel "*attractive*" or "*sexy*".

You'll sleep with women you don't find attractive or have sex at inopportune times because sex is now a version of your self-identification. That hat or jacket that defines you as an individual.

You're the "player, the "sex guru", the "girl whisperer".

Gotta keep playing the part.

"...bring scarce mentality."

Sure, your attention is divided amongst multiple plates. But those *attractive* plates... they're the ones you're "proud" of.

They'll receive the most attention.

More and more weight'll be placed on their opinions over others because deep down you're afraid of them leaving.

"...create a dependence on high-SMV women."

Your determinant of worth is her attractiveness and losing her would cause you stress. Because of this, you'll do whatever it took to keep her interested.

"...create a dependence on approval from your peers."

Allowing your self-worth to be determined through peer validation is dangerous; everyone around you acts in their own best interest, not yours. There is no altruism.

If your peers see an opening, some may discredit you out of spite or envy.

"...degrade your SMV."

You understand.

You *get it* now.

You've *truly* internalized what TRP has caught.

You've witnessed it for yourself.

And yet, you're only improving yourself as a tactic and not truly for yourself; you've given yourself an "end goal" in a community based in an endless goal.

In the short-term you'll be successful. But once the "goal has been reached"

and the “battle is won”, you’ll have nothing left to fight for. You’ll lack the drive to upkeep your SMV. “Why bother? Who *cares*? I’m fucking 5 different women right now!”

They’ll all lose interest in time.

They always do.

And because you’ve let your SMV decline, it’ll be back to square one.

LL- Enlightened alphas gauge their attraction objectively (“am I really as attractive as I think I am?”) and logically (“women are attracted to

men with large chests and large shoulders in proportion to their waists"). Sex is a byproduct, not an end goal.

For any further questions, I'm open to talking over Skype under Skype username OmLaLa. Please message me set up a meeting.

"The Cuckold and The Slut"

by OmLaLa | 6 August, 2015 | [Link](#)

TL;DR- At a beta/fat chick circlejerk of acceptance and reassurance, I met the embodiment of a cuckolded sap-of-a-man and the personification of limitless *encouraged* hypergamy. It's as big of a trainwreck as you think.

I didn't know whether to consider this a Field Report or a Rant. I think it's both. Things'll get kinda **NSFW**, so if you're in a public place, be mindful of that.

THE CUCKOLD AND THE SLUT

I joined a close-knit philosophy group about a month ago. They were over 300 members strong mostly comprised of the most overweight beta men and feminist women you could imagine. "Open to all!" was their slogan. No matter what you believed, you were welcome in their society.

As you could guess, most members joined for *acceptance*, not for freedom to express opinion. They had bronies, otakus, hedonists, trannys, feminists, baseless radicalists, wanna-be philosophers, "polygamous" couples (I say this with quotation because they fail to understand the difference between *polygamous* and *open*),

asexuals, gamers, meme junkies, LARPers, and I hadn't seen that many White Knights in one place since my brother dragged me to an anime convention.

They were all there to be told “you’re *fine* just the way they are” or “we *accept* you this way”. A community centered around a beta circlejerk.

The women weren't any better. Angry and bitter yet desperate and promiscuous. One of the “smaller” fat chicks was known as “**Queue**”, a nickname she wore proudly. I asked how she got that name. Apparently after one of the group's gatherings she'd picked out 9 guys, invited them over to play Mario Kart at her place

and as they played she picked them in order from "favorite" to "least favorite" 1-by-1 and fucked them in her bedroom.

The guy who told me seemed happy about it. Apparently he was Number 4.

Everyone *-all 300 members-* had heard this story. They *celebrated* her for it. Open expression, they called it. She had the freedom to *live how she wanted without judgement*.

This wasn't a philosophy group. This was a beta jockey lot. Cheap men for cheap thrills. It made me sick. Not Queue's debauchery. I'd expect something like that. No, what made me sick was that this "hedonistic den" was being rationalized under the guise

of *acceptance*.

Denial was more like it.

There was another girl there named **“Pix”**. I'd noticed her earlier as she was one of *very few* skinny chicks in there. Not *gorgeous*, but not unattractive.

She joined a conversation me and some of the other members were having about sexual experimentation. She got really excited.

And I'd thought *Queue* was bad. *THIS* woman... she... well...

She'd had done *EVERYTHING*. Literally. Everything. If it was sexual in nature, she'd done it. And she was *thrilled*

about it.

She also had a *HUSBAND*! Who was *IN* our discussion! And he was *happy* for her! He'd said something like, "I take joy in knowing that she's happy. That's my satisfaction." Bull. *Fucking*. Shit.

They said they were in a "polygamous" relationship. Last I checked, polygamous relationship means they *date* other people in addition to each other. This was "open" relationship. She was just fucking every dick in sight. Trying to justify being a cum dumpster and married.

And boy, did she have her husband fooled. He said he was "letting her express herself through her *sexuality*".

The *fuck* does that even *mean*? I asked him if he had multiple partners like Pix. He says “Pix's all the woman I need.” That really pissed me off. More like, “I can't get multiple partners because I can barely get out of this *fucking* chair”. So Pix's it for him. He knows she's out there fucking random strangers, sometimes a bunch at a time, and he's *okay* with sticking his dick in that chasm of a pussy.

If you saw a pack of blood-thirsty wolves run into a cave, would you go in behind them because “*it's raining*”?

Or would you *build a new shelter*?

So I was curious. I *had* to know. I had the group (roughly 40 of us now, seated away from the others) play

“Raise Your Hand If”. It's basically “Never Have I Ever” with easier rules.

I encouraged everyone to keep it sexual. No one had an issue with that. No one ever does.

And wouldn't you know it, Pix won every time. From memory, here are some things Pix openly and *proudly* admitted to in front of 40 of her peers *AND* her husband:

- Getting pissed on by 7 guys
- Having every sexual orifice of her tiny body filled at once

- Going home with 3 random brothers from a random dive bar, riding 45 minutes out of town and letting them take turns on her
- Sitting by a gloryhole in the men's restroom at a locally-known sleaze bar and taking on all comers
- Letting a famous football team all fuck her at once (don't know which one an I think it was the defensive starting line)
- Blew an entire amateur rock band in a family restroom

- Put an article on Craigslist for a bukkake gathering, “umpteen” strange men show up at her hotel room, and she let them cum all over her. One even ended up fucking her afterwards
- Letting a guy in the group choke her til she passed out and fuck her stilled body (this one fucked me up a bit and the guy was sitting like *2 people over* from her husband)

And that's *just* what I can remember. She went on for a while.

Then, when it gets around to her again, she says, “everyone raise your

hand if you've fucked me". Nearly the entire group of 40 people's hand shot up. Then they laughed and high-fived over it like that was some sort of accomplishment. They played it off like it was *cool* or *okay* or *normal*. "Yeah bro, all 32 of us had sex with her! High five!"

And there sat her husband, now surrounded by the people he considered his *closest friends*, who were openly admitting to banging his wife *-without remorse-* and he just sits there and *TAKES* it. Grin plastered across his big dumb face. "Haha, you guys're such knuckleheads" type-of grin. I wanted to hit him.

I went to take a piss. When I came out,

there stood Pix. She said she came over to tell me her friend Fox (*another post entirely because Fox has some different issues*) had seen me come in earlier and had some kind of "crush" on me. I said thanks. Then she grabbed my cock.

She says if things don't work out with Fox or if Fox wasn't my type, she's all mine. *Anytime. Anyplace.* Say she'll do things with me I'd never heard of. She said a bunch of other "seductive" shit, but I don't remember it so I must not've been paying attention.

I said something like "Okay" and we walk back to the group. The topic had changed -don't remember to what- but halfway into the conversation the

guy sitting beside Pix starts fingering her. It *wasn't* subtle. The others tried to avert their gaze like it wasn't happening *right the fuck in front of us*, but I honestly didn't give a shit. I looked right at the two, her squirming and him trying to "play it cool".

Then she just stares at me. That "I want your cock" stare. And she hold that look for the longest time.

And I look to her husband. *please* do something about this shit. This is your *wife*. Do you even *know* the guy fingering her? *In fucking front of you?*

Same stupid dumb expression. "That's my girl" kind-of expression.

I fucking *hate* that this guy considers

himself a “man”. Chop of your balls and donate them to someone who’ll use them if *you* not going to! A dog gets more respect than he did that night, and he just wagged his tail and lapped up the scraps that fell to him.

sigh I feel *much* better now.

LL: Women don’t feel remorse for their actions. They only see consequences. Women are instinctively amoral and without the restraints of social peer pressure or a conservative moral agenda, they will do whatever it takes to get what they want.

"...And Candy Cheats Again"

by OmLaLa | 14 August, 2015 | [Link](#)

TL;DR- A girl who cheated on me cheats with me.

"...And Candy Cheats Again"

"It is necessary to the happiness of man that he be mentally faithful to himself. Infidelity does not consist in believing, or in disbelieving, it consists in professing to believe what he does not believe." — Thomas Paine, The Age of Reason

I dated this cute chick named "Candy".

Together almost 6 months just as TRP *really* started to click. One post had me *thoroughly* convinced LTRs were stupid. Still believe it to this day. I think it was one of [u/Whisper](#) 's posts. Love the guy. Smart shit.

Anyways, I dumped her ass soon after reading that. No call, no text. Just stopped seeing her. Hurt like shit but it had to be done. Think she was cheating with some Chad, shit like that. Focused on me, moved on.

So last week me and Fine China [Plate]

went to the mall and bump into Candy. She's with some guy. Mike I think. We kept it brief and left.

She called that night. Wanted to talk about "us". Wanted "closure". Says she looks at our pictures and thinks of me. Asks if I do the same. Nope. I've moved on. She hung up.

Next day she's at my door. Won't leave 'til I talk to her. But what about Mike? "We're just *talking*. We're not together like *that*." Okay, *sure*. I hear her out.

She goes on about the *good times* we had. How nice our time was together. She misses the "old" me. The "me" that put up with her shit. That bought her shit because "*that's what guys are*

supposed to do". That came by *Every. Single. Fucking. Day.* for *hooours* on end just cause that's what a "*good boyfriend*" does.

That guy's been dead a while now. Tough break.

She *had* to ask who Fine China is to me. Like a cheap cologne I could smell that jealousy a mile away. "Are you two *dating* now?" "Is she *better* than me?" I tell her we're just fucking and we hang out sometimes. And yeah she's better. She cooks for me. Candy *never* did that shit.

That bugged her. She threatens to leave. Says she doesn't have to put up with being insulted. I open the door. Say I don't do games. You asked for

my opinion, I gave it. Now *leave or don't*. She leaves.

So that night she's at my door again. Fine China's over so we talk outside.

"I don't know if I can ever see you as a boyfriend again...but I think we should *at least* be friends." Okay? Ask her *what kind* of friends. "Friends that, you know... '*do stuff*'." She means *fuck*.

She asks if we can "do stuff" tonight. Fine China's over, another time.

The next night she's at my door, we "*do stuff*", she's asleep. Her phone goes off like 5 times. It's Mike. I read a few texts. He's her boyfriend. Poor guy had *no* idea.

Best part? She's got me listed as her best friend "Miranda". She told him Miranda was going through some shit and needed a "true friend" tonight. I'm Chad now.

LL- Through overcoming a woman's perceptions of your former self and all her shit tests that'll accommodated those opinions, you can ideally fit any role in which she deems you suitable. Past is harder to overcome than simply starting fresh with a new woman, but it can be done with time, frame, consistency and most importantly through dominance/control of the situation.

"The Wolf: An AWALT Parable"

by OmLaLa | 14 August, 2015 | [Link](#)

TL;DR- Just another AWALT parable from the RP Machiavellian.

"The Wolf: An AWALT Parable"

"Nothing has changed since Little Red Riding Hood faced the big bad wolf. What frightens us today is exactly the same sort of thing that frightened us yesterday. It's just a different 'wolf'. This fright complex is rooted in every

individual.” — Alfred Hitchcock

Once upon a time there was a boy named **Cody**.

Cody was the son of a great lumberjack and they lived happily in a cabin deep in the woods. Cody loved his father and learned as much as he could from him. His father in turn taught him everything he knew.

One day while gathering wood to sell at the market, Cody saw a **young wolf** in a clearing. The wolf small and alone, howling for its mother.

“I should help that poor baby wolf.”
cried Cody to his father.

“No son,” replied his father, “wolves
are dangerous and cunning. You
should always be alert around one.”

Cody looked back at the small wolf.
“But not *this* one, papa!” he pleaded.
“It’s much too small. And if he tries to
eat me up, I have my axe!”

His father shook his head. “One day
you’ll understand.”

The following day Cody’s father left to
gather wood and never came home.
Cody searched for days and days but
knew his father was gone for good.
Winter was coming and Cody would
soon have to hunt for food and lumber

to last him.

Luckily, Cody's father had taught him well. He'd collected enough food to last him three winters over. He knew he'd surely be snowed in soon, so he gathered his supplies and locked up his cabin for winter.

During the worst of the blizzard, three loud knocks pounded on the cabin door. "Surely father's come home to escape the storm," thought Cody.

He opened the door to find not his father, but the young wolf from the clearing.

"Please sir," whimpered the wolf, "I am so weak and cold. If I stay out here I'll surely freeze."

“My father warned me about wolves like you.” replied Cody. “You’re dangerous and cunning. You’ll try to eat me up.”

“Not I! Not I! I am not like those wolves!” pleaded the young wolf. “I am too small to be dangerous. And I am too young to be more cunning than you!”

Cody was still suspicious. “You knew winter was coming. Why have you not prepared?”

“I have been alone for a very long time.” sobbed the wolf. “I had no mother or father to teach me such things. The wolf sniffed the air. “Surely you have enough food to feed us both with some to spare. And I know not

how to start a fire.”

The wolf noticed the axe by the fireplace. “Keep your axe close. Should you not trust me, strike me with that.”

Cody pondered. Surely a wolf as small and frail as this could do him no harm. And should it try, his axe was much faster.

“Okay,” sighed Cody. “but should you try to eat me, you’re pelt shall make a fine coat.”

The young wolf entered the cabin and Cody locked the door behind it.

The weeks that followed were pleasant for Cody. He’d been alone for so long, it was nice to have someone to talk to.

Cody told his stories and his father's stories to the young wolf. The young wolf told it's stories of its time with his pack and how he'd been separated. They taught each other games and learned from each other. Cody felt a bond to the young wolf.

But as the storm raged on, Cody had noticed the food was depleting faster than he'd predicted. Sure now it wouldn't last them through the winter. He'd also noticed the wolf had grown in size. It's teeth looked sharper, it's claws longer. Cody confronted the wolf.

"Have you been eating more than you portion while I sleep?" Cody inquired.

"Heavens no!" cried the wolf. "Wolves

do not lie. I would never take more than I needed.”

“How have you grown to such size so quickly, young wolf?” he inquired again.

“Wolves grow much quicker than boys.” retorted the wolf, “it is a well-known fact in the forest.”

Cody could not help but to distrust the wolf. He began sleeping with his axe clutched tightly in his palm. “Why do you grasp it so? Do you no longer trust me?” puzzled the wolf. “There are other dangers outside the cabin,” lied Cody. “I must be ready should we be attacked.”

Not long after, the last of the food

perished. Days past and both Cody and the wolf grew hungrier still. Cody grew weaker and weaker from his hunger while the wolf remained large and foreboding. Every night the wolf watch Cody fall sleep. Cody's fear of this kept him awake night after night. He became so tired and hungry, he could barely grip the axe.

"I've waited for this day a long time." howled the wolf as he circled feeble Cody. "Day after day I've waited since you let me into your cabin."

"How have you remained so big with no food?" Cody asked weakly.

"While you slept I'd hide the food in a cave in the forest. *Bit. By. Bit.*"

“Why haven’t you eaten me sooner?”

“You had the axe.” grinned the wolf.
“Surely I’dve perished had I acting too soon. But in *patience* I’ve gained your food, your shelter and now... *you*.”

The wolf lowered its head. “You’ve made this a very easy winter. I feared I’d spend it cold and hungry.”

And the wolf pounced and ate Cody just was the sun began to peak through the storm clouds.

THE END

LL- *All* women are like that. Just because she doesn't seem like a threat to you *now*, that reveals nothing about her nature in the future. Since none of us can know what the future holds, always recognize the potential danger a woman can pose before it's too late to act. In the wise words of u/JP_Whoregan, "treat every 'gun' as though it is loaded".

"...You're Not My Type"

by OmLaLa | 24 August, 2015 | [Link](#)

TL;DR- Tinderina becomes “my type” by rationalizing it as an attempt to prove me wrong.

“...You’re Not My Type”

“An open Facebook page is simply a psychiatric dry erase board that screams, “Look at me. I am insecure. I need your reaction to what I am doing, but you’re not cool enough to be my friend. Therefore, I will just pray you

see this because the approval of God is not all I need.” — Shannon L. Alder

It started with meeting this cute chick from Tinder named Tinderina at a bar.

Tinder chick're hot, but Tinderina was high-tier. She wore this button-up thing with her tits spilling out. Says she just 'threw it on' and didn't realize. Yeah. *Oookay*. Tinderina'd drove 45 minutes to come to the bar. Came in with her tits pouring all over the place like a couple of stuck faucets.

Sex was on the table. *All over* that damn table. *Cake*.

Well, from the jump all she dishes out

is shit test after shit test. Poke after *poke*. Prod after *prod*. She just *talks* and *talks* and *talks*... starts to grind on my gears a bit. Better shit to do, you know? I start getting bored, not really getting anywhere.

She stops and asks what's wrong. Why I'm so quiet. "I'm *bored*. You're boring me."

She says something like "well, I'm *sooooo* sorry I'm boring you!" She clams up. Fucking *finally*.

It didn't last long. "How *daaare* you! No one's *eeever* told me that *I* was boring!"

"Well then no one's been straight with you. Like lettuce'd been stuck in your

teeth all day. Maybe you have dishonest friends."

She fucking flips. *Blah blah* you're *suuuch* an asshole. *Blah blah* you're *sooo* mean. *Blah blah* no guy's ever treated me this way. A fucking princess, this one.

I check my phone during her lil' temper tantrum. A text from Candy. An invitation to spend the night. Sure thing v. this Tinderina's hissy fit? Easiest decision of my life.

Rock beats scisso-I mean-actions beat words. Head for the door. She stops me.

"And *wheere* do you think *yooou're* going?"

"Candy's place."

"Whose *Caaandy*?!" "So you're *leeeaving* me?!" You know, with that extra sing-song-y inflection-y shit pissed off girls paste at the end of every sentence. I'd had enough. I tell her:

"You're not my type."

...

...

...

Well then.

That shut her up.

She gives me this "*did you just cum in my mouth?!*" face. Mouth open 'n shit.

How many hot dogs do you think she could she fit in there? Maybe twelve.

Anyway she's pissed again.

"Ex'cuuse me?! I'm eeeveryone's type! I mean just *look* at me!" Stuck up lil' brat.

"Welp, you're not mine."

"Are you *gaaay* or something?!"
Grasping at straws much?

"Candy's just better."

"Over *meee?!!*"

"No shit over you."

Tell her Candy doesn't dish out bullshit (Candy *totally* dishes out bullshit).

She asks if I do this to girls often. I say if they're not my type yeah.

"...well what *is* your type?"

I tell her 'promiscuous girls'. Whatever the fuck *that* means. I keep it vague on purpose. Let her hamster figure it out.

She goes *on* and *on* about how she doesn't talk about sex with people she just met. It's not *lady-like*. The fuck *ever*. I say that's not my type either. I head for the door again. Stops me again.

“Okay *okay* just stop *leeeaving!*” I ask why should I.

It was *stupid* easy from there. She says let’s go somewhere secluded and “listen to some music”. Fuck does that even *mean*? She wants to be my “type” all of a sudden. And what do promiscuous girls *do*? Why they listen to music in secluded places of course. So we leave in my car.

I park in some old parking lot off the freeway. She asks me to play Frank Ocean. I play The Weeknd. Tell her *fuck* Frank Ocean. “Oh. My. *God*. You’re *suuch* a *fucking* asshole. You know that?” I tell her she’s not the first to say that.

Then we fuck. Which was nice.

Then it was time to go. Got work in the AM. Tell her I have to return some tapes. She didn't get it. Too young I guess.

LL- The only advantage men hold in relationships or encounters with women is the ability to walk away. While men may not experience the damage done to the female psyche and self-esteem from unexplained and effortless abandonment, do take note that the damage is indeed being caused. An assassin needn't taste the poison to know it's potency, nor does the gunman to suffer his own bullet to know it's power.

“The Red Pill’s Guide to Online Dating”

by OmLaLa | 15 September, 2015 |

[Link](#)

TL;DR- This is a concise and heavily updated guide on how to approach dating sites. Most of this guide has been altered based upon which strategies worked the most frequently and consistently from beginning to end.

“The Red Piller’s Guide to Online Dating”

Almost all of the women I’ve slept with/plated in the past several months I’ve met on dating sites.

I’m going to explain how.

For the previous version of this guide, please see “The Comprehensive RP Guide to Dating Sites”. If you've read the previous version, I'd highly recommend you read this one as most of its content has changed.

Note: Several Addendums have been added since this article's original posting.

Key Notes

- *Don't start until you're ready.* A strong frame, attractive figure and abundance mentality are **REQUIRED** prior to attempting this guide. If you don't have these 3 qualities yet or you feel that they could use improvement, handle that first. A lot of how you'll be judged as an

alpha from here on will be based solely on perception and not necessarily the reality of your situation. Because of this, these qualities need to become second nature and aspects of yourself you don't have to think about. You need to know your frame is strong, know you're attractive and know you could move on if you had to.

- *All women on dating sites are not innately serious about meeting you in-person. Women use dating sites purely for validation. It is your goal to pull them from this mindset and into your frame. Once this has occurred, the rest*

becomes easy.

- *Understand you opponent.*
Always think from the LSSW's (Local Sexy Single Woman's) perspective: they receive up to 50 messages a day, don't respond to most of them, but something about your profile picture and bios caught her attention. Find out what that something is and exploit it. Also, if you're noticing a point in the guide where a lot of LSSWs are dropping off, find out why and repair it.

- *Understand your SMV.* The hotter she is the higher her SMV range

will be. You may be considered an 8 amongst the women you frequently see, but remember that if these women are less attractive compared to the LSSW you're pursuing, then that 8 will drop comparatively. For example, what I find hot *and attainable* is completely different compared to Brad Pitt.

- *Understand your competition.* Even if you're in the top 20% in your area, there are always hotter guys out there. Thanks to the globalization of the internet, women can see and judge any guy within a 100-mile radius. She is always weighing her options.

Should one of these more-attractive guys reciprocate her interest, it's likely she'll suddenly drop off the face of the earth. Most times she's only picking you over the hotter guy because of limitations like range. Never over-invest, never forget hypergamy. Don't take it personally. Move on.

- *Learn from your opponent.* A lot of the successes from the strategies in this guide were inspired by how hot women reply to men they're not attracted to. You will be using their strategy against them. The key to understanding this guide is

understanding the importance of fleeting investment and why overinvestment is often the silent killer to most of your attempts.

- *Be attractive.* Again, this is very important. This is a late-game strategy and can ONLY be implemented successfully if your body is in the right place. Physique is the main driving point of this strategy; most women I've encountered don't even read my bio or even open my profile (you get notified when they do). They'll look at my profile picture and decide from there.

- *Insecurity shows.* If you go into any encounter thinking, “this woman’s *waay* out of my league, I hope I don’t mess this up”, you’re going to mess it up. It’s best to picture the woman you’re messaging as fat or unattractive to keep your mind planted in a position of higher SMV.
- *Less is more.* Though we’ll cover this more in the actual guide, the *less* you say in both messages and texts, the *less* you initiate as opposed to her, the more likely you are to succeed.
- *Don’t creep.* Most dating sites will inform you when you have a

visitor. Don't be that guy that visits her profile every hour. She will notice and it will put her off.

- *Approach dating sites like baking.* You don't begin baking a cake without all the necessary ingredients, you don't bake as soon as your starving and you don't only bake one cake in case something goes wrong. Approach multiple women at once, only approach women you'd be excited to fuck and be ready to let them "bake" for at least a few hours to days. Abundance mentality is a prerequisite to success.

- *Be ready to drop out at any time.* This is very important. I don't care how hot she was. I don't care how well it was going. I don't care how it seemed like a sure thing. Women and LSSWs are fickle, and remember that you are not real to them until you're standing in front of them. They don't feel the need to hamster or explain their actions to someone who doesn't exist. So until you're sitting in their living room sipping on whiskey and coke, don't expect any compassion or mercy from them.

- *Don't settle.* You'll notice that the higher your SMV appears on

your profile, the more subpar women will begin outright chasing you. Do not engage. If you settle for less than you're capable of, more often than not you'll end up mistranslating the subpar women as "your league" and your *actual* league as unattainable. Long term this does more harm than good.

- *Don't be afraid of WonderTits™ one-word responses.* If she's responding to you at all, she's interested to some degree and the guide still stands. This goes double for WonderTits™, who probably get 10x the messages compared to ordinary women.

- *Don't flash.* Don't talk on how much you make or flash around your wealth. She'll perceive it as compensation for something else or perceive you as a potential provider, both of which you don't want.

- *Be wary of the "easy lay".* If something came too easy, there's usually a reason. If she messages you first, quickly becomes sexual, gives out her number much faster than expected, begs to visit you with no shit tests or in a short amount of time, be skeptical. Ask for a picture, ask to Skype, whatever it takes to confirm her identity.

You'd be surprised how many catfish there are.

- *Turn off those pesky notifications.* This one I'd also highly recommend. A watched pot never boils. If you see pending messages from POF, Tinder or OKC every time you check your phone, you're pretty likely to respond too soon. Go into your phone's settings and turn off those pesky notification pop-ups so pending messages can be addressed at your leisure.

- *Dicks don't attract chicks.* Women don't want to see your dick. Women are aroused by the

high SMV man attached to your dick. Don't go waving your dick around unless it's explicitly asked for. Don't be that dick. Dicks are like pens. Everyone's got one, most people'll loan you one if you ask for it and unless it's super unique, nobody cares about it.

- *Know what signs to look for.* If her figure isn't clearly shown in any pictures, if her pictures are taken at an obscure angle, if her pictures look dated and blurry, if all of her pictures are of just her face or in one post or just her ass, there's a reason. You may think an LSSW has the traits

you'd like in a woman, yet if you're unsure you open yourself to being catfished by an unattractive woman with good photography skills.

- *Text carefully.* Read over your texts very carefully before sending them. Without the ability to read your body language to understand you on a covert level, women will attempt to do so through the texts you send. Small things give out huge messages to women if you're not careful (more on this later). I'm not sure about iPhones, but on Androids there's a "Text Delay" setting where you can type and

send a text and it'll give you up to 30 seconds to alter or change it before it's actually sent out. I would highly recommend this to anyone attempting this guide.

- *Let convos die.* More on this in the guide, but if she's attempting to push a subject matter that bores you, stop the conversation there and leave her be. Most likely she'll message you again in several days with a much more erotic disposition.
- *Learn from your mistakes.* I've dropped the ball countless times and so will you. Figure out what you said, how you said it and

why you said whatever you said that lost her interest. Maybe you responded too soon? Maybe you came off as insecure or desperate? Remember, for this to work her perception of you is what matters. I'll be repeating this a lot.

And now for what's been removed since the last version of the guide:

- *Organization is key.* Drop this advice. Documentation of various LSSWs you'll encounter both a) causes overinvestment in any particular interaction with an LSSW and b) subconsciously causes you to approach LSSWs

differently based on SMV, race, locale, etc.

- *Avoid single mothers.* While I'd highly advise caution when dealing with single mothers, complete avoidance is unnecessary so long as nothing other than sexual promiscuity is established between the two of you.
- *The entire calling section.* Calling can work for some people, but for others -especially the younger RPer's- it's wildly inconsistent and may communicate an overinvestment on the RPer's part. This guide will

aim to avoid calling altogether.

PART 1: DATING SITES

LSSWs aren't serious about meeting any of the guys they see online in-person. It's like a game to them; the more men in their inbox, the more attractive they perceive themselves and the more confident they feel.

You are not real to her until you are standing in front of her.

The goal of this guide is to make that happen in as short a time span as

possible while cutting out as much “shit-test”, “I have to get to know you first”, “I’m not that type of girl” BS as possible.

The goal of this section will be to get her number as effortlessly as possible ALL WHILE MAINTAINING YOUR FRAME. I stress this because getting a number is meaningless if the LSSW’s perception of you is beta or a validation resource. Until you’re standing right in front of her, perception is all you have - false or otherwise. She must perceive you as alpha all the way through for this to succeed or else you’ll all fall on your ass in Part 2.

--Building Your Profile--

1. When fishing for bass, use the right bait.

Minnows are a better bait for catching bass than worms. On the same note, shirtless, attractive pictures are a better bait when fishing for purely sexual encounters with women.

The idea here is selective marketing. If you own a restaurant and you want to

attract hungry people, do you put a nuclear scientist conducting research as your commercial? No, as that would either attract the wrong demographic or misrepresent the goals and intentions of your restaurant.

The same applies for shirtless pictures. The key is to tap into the reptilian side of her mind. **Any LSSW that messages or responds to a message to a guy with a good shirtless picture has made it clear that your physique piqued her interest.**

Look confident. Relaxed posture, relaxed shoulders, relaxed palms, no head tilt, no deer in headlights stare.

Making your profile picture shirtless is

making sexuality and physicality your thesis statement; most women typically don't look past the profile picture anyway, so she'll draw as much as she can from the profile picture alone. Make it a summation not of you or what you are but what you want and what you expect. A profile picture of you riding in a race car? "He's interesting and fun, but he's looking for women who also like that sort of thing and I don't care about cars." A shirtless picture in low-waist jeans at some beach in Maui? "He's attractive and comfortable with himself."

This will establish you as attractive, a woman's first alpha prerequisite.

NOTE: *I'm not implying that having pictures of you doing interesting things is a bad thing. Quite the opposite, I'd encourage it. What I am saying is that if sex is what you want from an LSSW, shirtless pictures will make that message clear.*

2. Pre-selection is powerful. Use it.

The second most potent statement one can make through pictures is displayed/"unintentional" pre-selection.

Preselection basically boils down

to any evidence supporting you as a hot commodity, or in this case, pictures with women genuinely enjoying your company.

I've posted pictures of myself from the Toyko nightlife with a swarm of 8-10 women. I don't remember their names or how we'd met that night, but in reality, for what I use them for, that doesn't matter. All that matters is that by reading their body language in the pictures it was clear that they were having a good time and I was the cause. While they don't need to be Tonk Stark-esque pictures, you should post pictures like these.

NOTE: *Do not post pictures of you near women or with women where*

interest or attraction isn't blatantly displayed. The women need to seem enthralled just by being in your company. The truth of what's really happening in the picture doesn't matter, only how it appears. More pictures like [this](#) but none like [this](#) or [this](#) or [this](#). Watch for body language. That "they've probably boned before" look.

3. Write about how you're the shit.

Juxtapose the vain shirtless selfies with a bio that tells about all the amazing hobbies, interests and

accomplishments that represent you. Go as in depth as you can. Be cocky. Describe your life as the best thing since sliced bread.

This extravagant regaling of your life will be contrasted nicely by your short and rare responses while chatting with the LSSWs, causing them to hamster into thinking maybe they're not good enough for you. Why would this attractive, interesting, smart alpha want to spend time with a boring woman like me? And all this will come without you having to lift a finger.

This will establish you as higher value than her, a woman's second alpha prerequisite.

NOTE: *DO NOT talk about how much*

money you make, your high-paying corporate job, your nice car, your big house, etc. Only boast about YOU and things that can only be found within YOU. Otherwise, the LSSWs will immediately peg you as a potential high-SMV provider, the shit tests will get insane and same-night/short-term sex will be near impossible.

4. Real you vs. digital you.

If you've continuously floundered on the first date every time you've met an LSSW in person, this could be your problem. If you're more attractive in your profile picture than you appear

now, she'll brand you a liar.

And she's not wrong in feeling that way.

If a HB9 agreed to meet you for coffee and a HB4 walked through the door, you would feel cheated.

Humble yourself a bit, be honest; are you as attractive as you're making yourself look? 1,000 numbers means nothing with 0 lays. **Attracting them is only the first step.** Maintaining their intrigue is the rest.

--Messaging--

Before we delve into messaging on dating sites, let's briefly discuss "baking".

Baking is the process of leaving messages or text messages unanswered for long periods of time to invoke intrigue.

Just like in actual baking, LSSWs can be left to bake for too long or not long enough.

Over-baking is leaving a text or message for too long, often leading to an unintended "soft" next. The

resulting soft next isn't the same as one towards a known woman, however, and future interactions with the LSSW may be lost as you have yet to exist to her i.e. have yet to enter her perception.

Under-baking is how most guys handle messaging on dating sites; as soon as the notification of a new message arrives, they jump on the sight and reply on the spot. This invokes over-investment in her and significantly weakens your chances of success in any form. Remember, women watch actions over words; if you're responding to her immediately every time she messages you no matter the hour or day, she'll notice your over-abundance of interest and

be put off.

You should bake a minimum of 15 minutes and a maximum of 24 hours. The more attractive you consider her, the longer you bake.

Why? Attractive women expect a certain level of investment from men. By separating yourself from this expectation, you effortlessly invoke intrigue putting you above whomever else she's considering.

Now back to the matter at hand.

5. Succinct and selective.

The shorter the message the better. Nowadays, I begin all encounters by sending “Hi” to every women I’d enjoy fucking. No punctuations, no double messages, no questions.

This is the preverbal “casting of the net”; this part of the process is purely a numbers game.

You only engage the women who reply back. Those that don’t have their reasons which you don’t have time to dwell in.

Your physique increases the number of initial responses, your frame increases the number of in-

person meets, your SMV increases the number of sexual encounters.

If you're having trouble in any of these areas, check their corresponding causes.

Her first response will almost always be "Hey", "Hi", "Hello", etc. Follow it up with "What're you looking for" (no punctuation).

Starting a conversation with "Hi" and following with "Whatre you looking for" has rarely changed for me. It's pretty standard.

Oh no, did she asked "How're you?" or "How're you doing?"

Respond with "Good you" (no

punctuation).

Seems overly short and uninterested, right? That's the point. We want her to feel as though you've got better people to message with. Too preoccupied to pay her any attention. She'll say "good", you say "What're you looking for" and move forward.

6. "What're you looking for" and the wonderful letter K.

This is the best point to judge her investment in you.

If she gives you some long-winded

explanation about how she wants guy whose sweet, funny, caring, blah blah blah, you're officially under-invested in comparison. That makes the rest of this guide very easy.

If she responds with one word like "Friends", she's still under-invested, but no problem. We'll use the rest of the guide to appear even less invested than her.

No matter what her response is, I reply with the wonderful letter "K" (no punctuation).

Here's an actual exchange:

- *"I want a man would loves me for me and will be by my side no*

matter what."

- "K"
- *"So, what about you? What're you looking for?"*

The fact that I completely ignored her desires for a man didn't bother her in the slightest.

If you're ever in a bind and don't know how to respond, always always use the wonderful letter K.

Most times, because this mundane response is such a farcry from what they're accustomed to, the LSSW will

continue the conversation of her own volition. She desperately wants to get inside your head and see what makes you so different from the others.

And you'll notice this *a lot*. It'll seem like she's having a conversation with herself. Just let it happen.

I was on Skype the other night with an LSSW and I played with my phone the entire time. I rarely looked at the screen.

She used this technique I like to call **“blind firing”** where she'd jump from topic to topic to see what grabbed my attention.

She brought up sex, I finally looked at the screen.

It's sort of like a reverse psychology version of classical conditioning. Let her feel like she naturally reached the conclusion. Mind games through silence and succinctness.

NOTE: *“K cool” and “K good” and “K great” (no punctuation) work as less-succinct variations. The K is what matters. It's such an unimpressed and pedantic response, it's hard not to use it.*

7. “Friends”

Nobody joins on a dating site looking for friends. **“Friends” on dating**

**sites is slang for sex partners.
Remember that.**

If she asks what you're looking for -especially after she just described her Prince Charming- respond with "Friends" or "Friends maybe more" (no punctuation).

In the last guide I made the mistake of advising "I can manage that much" as an acceptable response. That implies interest in becoming whatever lollipop definition of a guy she described previously and invokes an over investment. Remember, Friends means sex buddies. You want friends for now.

NOTE: *If she says "Friends and you?", you respond with "Same" (no*

punctuation).

NOTE: "Nothing serious right now" is an equally -if not more-effective response. [Addendum]

8. "Whats your number"

You want to keep going until you get to the point where she has nothing left to say or the conversations hit an end. If she responds with "yeah" or "okay" or "cool" or anything that ends that arch of the conversation, respond with "Whats your number" (no punctuation).

If she follows up with “What do you do?” or “What’s your favorite color?” or “What’s your favorite movie?” respond with “Only in person” and keep going.

If she doesn't respond to your number request, fuck it and move on. If multiple LSSWs are non-responsive at this point, check the level of SMV you're displaying both in your pics and in your bios ad make some adjustments. Be honest and be objective.

If she gives you some schpeel about how “It’s too early to give out her number” or “she doesn’t give out her number after the first conversation” or she wants to “talk more on here more

first to get to know you” or any other possible excuse, she either sees you as a potential provider, as a lower SMV compared to her or as desperate/sexually-depraved (comes across by responding too quickly; scarce mentality). This cake is bad, move on and work on yourself more.

PART 2: TEXTING

Unlike conversing on dating sites, texting is a bit trickier with someone you've never met, simply because this is usually when the real shit tests start. On top of that, ignoring,

combating or brushing off these shit tests will usually lead to her cutting you off in an instant because **remember: you don't exist to her until you're standing in front of her.**

The goal of this section will be to establish your existence (and your frame) within her world by meeting in person, all-the-while avoiding those game-ending shit tests most people encounter at this stage.

Also, be very very succinct. Shorter the better. Think of what you want to say then shorten it as much as possible without using unnecessary abbreviations (u for you, wyd for what're you doing, ur for your, etc.)

NOTE: *Some phones (all Androids I believe) have a text setting called "Text Delay". It allows you to edit any text you send out 30 seconds after pressing send before the text completely leaves your phone. I highly recommend altering these settings in your phone to prevent premature text responses.*

9. Make her remember you.

Once you've received her number, start off by texting "Name's ___" with a picture of your profile picture attached to the text. Do this so that after you leave this conversation to "bake",

she'll remember what you look like.

Women rarely save the numbers of guys they haven't met. **Sending your picture solidifies a reference to your physique should a great deal of time pass and she choose to reach out to you again.**

Do this soon after receiving her number to keep it relevant.

10. Give her a taste.

If she responds, reply back with a "What're you up to" (no punctuation) to invoke a small level of interest.

This may sound odd, but start a conversation with the sole purpose of leaving her hanging mid-way through. For example, start talking about movies, ask what hers are, and when she responds drop the conversation for the day. After baking, do not continue or acknowledge this conversation.

This'll cause her to hamster, but the direction she hamsters isn't really important. What's important is that now you've become relevant to her.

11. Bake at 450 degrees.

Bake for however long you deem appropriate do not continue or acknowledge the conversation you were having previously. Simply tell her “Hey” and move on to the next step.

12. “You free any this week”

You’re variation may change from mine, but I’ve found “You free any this week” (no punctuation) after baking to be the best way to get an LSSW out the front door.

If she says she's free on a particular day, don't say “Let's [blank]” or “We should [blank]”.

Say "Im free after " (**no punctuation**) or "[time/day] works" (no punctuation).

Remember, women don't too much care for blunt, direct conversation. Imply what you want without outright saying it.

You asking if she's free is implication enough that you're interested, you're attracted to her and you want to meet her.

If she asks what you two will be doing, dance around it but stay succinct. "Whatever I want", "Whatever I feel like", "Things", "Crazy shit", "Cool stuff" are all evasive-type answers that can build up intrigue.

If she asks when to meet up, either say "Whenever" (no punctuation) or just give a number, like "6". If she asks where, just send the address.

As short and sweet as possible.

**NOTE: "Variations like "hows your week look" are just as effective.
[Addendum]**

13. Make her ass worry you flaked.

Whether you've decided to meet back at her place or at some coffee shop, once the date/time has been finalized

and the address decided, don't bring it up again and if possible, stop texting her until that date (unless she reaches out).

Do not double-check the time you're meeting, don't check if she can still make it, don't call her to say you're on your way, etc.

She'll do that for you and you need to allow her to. It'll further her investment in meeting you.

NOTE: *I've noticed that reconfirming dates will increase an LSSW's likelihood to flake, even if this guide is implemented perfectly. By not reconfirming and letting her reach out first, I've yet to see an LSSW flake.*

14. Flakes will happen.

For flaking, I like to use the College 20 rule. If she doesn't show or contact me in 20 minutes after our arranged time, I'm gone.

Don't get mad. Don't get upset. Don't reach out. Simply drive off and go do something else.

You'd be surprised how surprised they get when you don't passive-aggressively call after being stood up.

If she calls later, act like it didn't faze you.

Or even better, tell her you didn't show up either! Show control of your emotions and she'll repay you in kind.

An LSSW was supposed to meet me and my friends one weekend to attend a rave. She never showed nor called. I dropped it and we had a good time.

Two days later I get a half page message of how sorry she was that she'd forgotten. She invited me over as recompense. Maintain frame.

Don't be shaken.

Always expect a flake and always have a back-up strategy.

A fun thing you can do should she not show up. This will keep you from

making your happiness dependent on her arrival; sure having her around would be cool, but the mall is 5 minutes from here.

Lesson Learned

Behavioural patterns of LSSWs can be controlled for the experimenter's best possible outcome through a concise, repeatable cause-and-effect method developed through behavioural experimentation and approach modification.

For any further questions, I'm open to

talking over Skype under Skype username OmLaLa2015. Please message me set up a meeting.

Addendum

This should suffice as proof of the usefulness of the wonderful letter K and succinct grammar when dealing with LSSWs.

"I Gwarp You"

by OmLaLa | 24 September, 2015 | [Link](#)

An odd title, I know.

But trust me, Red Pillar, and know that it'll make sense by the end of this article.

For now, let's just assume that one day I walked up to you and said...

"I Gwarp You"

"I'm trying to translate what my cat says and put it in a book, but how

many homonyms are there for meow?" — Jarod Kintz.

...but what does that *mean*, exactly?

What does *gwarp* mean? And what does it mean to *gwarp* someone? It's sounds painful.

Well, since I'm the one who said it, I can create my own definition for the word "gwarp" which I can then spin depending on the context I use it in.

Then, you can read my body language, intonation and facial expressions to gauge your own interpretation of what I mean by "gwarp" through said context and then you can ultimately

create your own definition therein
deciding what "gwarp" means to you.

Regardless of how you interpret my meaning, there will be always be lack of consensus between the two of us on gwarp's definition since my definition for gwarp and your interpretation of gwarp will essentially be two different things.

Now let's take it a step further. Let's say I walk up to you and say...

"I gwarp my *family*, I gwarp my *dog* and I gwarp *bacon*."

So which do I gwarp *more*? And how do I *weigh* that differential?

Is my gwarp for bacon and my gwarp

for family two different *types* of gwarp or are they the same type of gwarp but at two differing *scales*?

Is my gwarp for family stronger than my gwarp for dogs or bacon simply because the subject matter of family is more *personal*?

Hard to say, really. How I weigh the importance of dogs and bacon as subject matters vs. how I weigh family as a subject matter will differ between us as well.

Now let's take this concept on a *larger* scale.

Let's assume everyone in our society hears the word gwarp and begins using it, all of them with differing

meanings, all the while seeded in obscurity.

With *gwarp* having *such* a wide-spread difference in its connotation, which person or definition is inherently *right*?

As subjective as *gwarp* has now become, it could *literally* mean anything to anyone.

Gwarp's meaning then becomes abstract, *vague*.

And, given the difficulty involved in interpreting any one person's meaning for the word *gwarp* and with an entire society *constantly* shifting their own personal meanings for *gwarp* based upon other people's context, any one

person could *easily* get away with using gwarp as a "justification scape-goat", all while maintaining their sense of political correctness.

I'll explain with an example:

Let's say I'm afraid of being alone, so I stick with some degenerative, non-beneficial women in hopes that my situation will some day improve.

My friends ask, *"Why are you still with her? She's terrible. She's bad for your health."*

I reply, *"Because I gwarp her. You guys wouldn't understand."*

Is my use of gwarp *wrong*?

Clearly I've used gwarp as a means to skirt the real issue at hand *or* to protect my ego from the truth of my situation, but with gwarp's definition being so open-ended and contextual, is a *wrong* definition of gwarp even possible?

These people within our society would be happy with leaving the true definition of "gwarp" ambiguous; it gives them both a platform for simple yet baseless justification and a shield behind which they can comfortably guard their ego in light of any communal scorn from the results of inaction, cowardice, purposeful ignorance or fear of the reality of their situations.

Gwarp can mean absolutely anything and through being able to mean anything it means absolutely nothing.

Now replace the word gwarp with love.

There are two key lessons to take from all this.

The first, as [u/Carminn](#) so expertly put it:

"Don't be surprised if your girl says she loves you one day and cheat on you the next, because her definition of "love" is not the same as yours."

And for the second, know that the malleability and ambiguity of the word "love" is intentional in that women (and some men) enjoy being able to use it as justification for their actions, inactions, feelings and opinions. Because it differs from person to person it never has to be explained, meaning it can be used at the necessity of the user.

But because love can't ever be truly explained or defined in lieu of said ambiguity, it can't accurately be measured. And if it can't be measured, not unlike gwarp, it isn't real.

Love isn't a cause or a feeling or a result. It's a vague concept. You don't *love* your dog, you care about it. You

don't *love* bacon, you enjoy it. You don't *love* your family, you respect, protect and cherish them as repayment for supporting you in adolescence.

You don't *love* women, you just fear being alone.

Avoid using meaningless words like love. Instead, look for the deeper meaning behind them.

"On How Women Listen"

by OmLaLa | 25 September, 2015 |

[Link](#)

Let's assume you have a dog named Fido.

Fido, being a dog, has limitations to what he's able to comprehend.

These limitations are results of Fido's lower level of perception and he must be communicated with this in mind.

You may talk to Fido about how you hate doing taxes or how rough your day at work was at the accounting firm

because talking to him, getting all that stress off your chest makes you feel better about your situation.

But Fido's level of perception does not encompass taxes or accounting. He lacks a frame of reference.

He can, however, sense your mood using contextual clues; he uses on your levels of intonation, changes in your body language, facial expressions, etc. To discern how you're feeling.

From this, he can tell that you're sad about something and whimpers in condolence.

Fido compensates his lack of communicatory perception

through his ability to covertly read non-verbal, contextual cues your body -in most cases subconsciously- creates.

Comparably, women do the same.

While women do not perceive their world in the overt, informationally based way like you and I, they've supplemented this lack of factual perspicacity with a covert, emotionally and non-verbally based acumen.

In short, women judge their peers' intentions, SMV, personality and character by watching for non-verbal, subtle cues one subconsciously gives off as opposed to reading and reciting raw information in the manner men

do.

And so, in today's article will go in-depth...

“On How Women Listen”

“Others hide from being real by filling the air with words; the more words they throw out, the less actual communication happens and they are left with only an illusion of connection. This is the intimacy they so ardently seek but with these coping skills find so elusive.” — David W. Earle

“Neither sex is wrong in their communication; both sexes need to learn how to understand each other.”

— Pamela Cummins

Let's use an example to better explain the differences in male - female communication.

You're sitting on a couch with a beautiful girl named Lynn. Earlier, she told you she loves engineers and fast cars, and as luck would have it, you're an engineer who drives a Ferrari.

So you begin to tell her all about your job working for some automotive plant, how much you make, what your job entails on a daily bases, how you came about getting the Ferrari, the technical aspects that makes it go as

fast as it does...

And yet after you've finished speaking you notice Lynn's mood has completely changed.

She seems... "distant". Unreceptive. It's almost hot and cold compared to how she was before. She's cold, short in her responses. She doesn't look in your direction. She almost seems bored to be around you. She inches towards the other end of the couch. She points her feet away from you. She crosses her arms. She sighs often.

You think, *"well maybe she didn't understand what I meant."* I mean, she *did* say she liked engineers and fast cars, *right?*

So you begin again and go into even more detail. And yet again she becomes cold.

And then, without you consciously realizing it, the entire encounter falls apart:

You turn your feet towards her. You start talking with your hands. You grin as you talk. You try desperately to make and hold eye contact. Your voice varies. You fill the silence with more words. Laugh when you're uncomfortable or things become awkward. You make sharp motions with your head and limbs. You fidget. Your eyes glow with happiness in being in her presence.

You crack a joke and laugh after she

laughs. When she's distant, you pull your limbs in closer to your body. You use too much kino, randomly, without reciprocation. You stumble over your words occasionally. You stutter. You mumble. You inch closer to her.

You use passive aggression as an attempt to seem harsh yet cool, like in those movies. Your phone goes off and you stiffen up like a red-handed criminal. You punctuate or fill the silence with "Uhhh" or "Ummm". You match her emotions, she's happy your happy, she's sad your sad. You ask a bunch of personal questions, just question after question and all about her. Whats your favorite mivie? Your favorite color? Your hobbies?

You like to imply things without outright saying them. "I want to fuck you" in your head becomes "Maybe we should go back to my bedroom and "talk" some more lol" out of your mouth.

While she may or may not understand the technical jargon you've buried her in, that's not what she's been listening for this entire time.

Instead, she's been watching and your body language, just as I've listed above.

And from those, she's in creating a "character bio" for you and deciding whether or not you're among the Unworthy, Beta, Alpha or Unattainable (see *"The RP Guide to Defeating the*

Enemy: Attraction”).

For the sake of simplicity, the sum of all these minute judgements falls down to one important conclusion she eventually aim to reach: **the level of your investment.**

And why is that so important to her?

Your level of investment is a rather accurate representation of other womens' collective perception of your SMV, which she'll use this a a basis to gauge her own perceptions.

Now, for the sake of simplicity, we'll categorize these levels of investment into two groups: **an under-invested man and an over-invested man.**

They are defined as such:

The **under-invested man** shows disinterest in any one woman as he has multiple women in tow. This, in turn, means that multiple women desire him, or implies that enough women desire him that he is sexually content, and thus must be worth her attention.

His under-invested state implies pre-selection without the need of actual, physical proof.

The **over-invested man** shows his interest in her in abundance, making it clear to her that his sexual encounters are few and far between. He may use sexual regalings in an attempt to convince her of his sexual prowess,

though his body language and level investment prove counter; surely a man who gets as laid as he says won't feel the need to harp about in an attempt to sleep with her?

As such, this man is clearly unsatisfied and the woman wonders for why. In light for is undesirability amongst other women, she too shies away.

Allow me to explain this further with another example.

If you saw two identical rings and I told you one was worth more, how would you discern their worth?

Let's say Ring A and Ring B sat behind a glass display in a shop downtown and 100 customers stopped in, all

looking for a ring.

Let's also say that 78 customers looked at Ring A and 22 looked at Ring B.

From there, although not necessarily true, you could predict that Ring A is worth more. The pre-selection from the other customers lead you to conclude the value of Ring A is higher.

Okay now let's take this a bit further.

Let's say rings are all the rage this season, and you constantly hear people talking about them.

From those conversations, you discern that 80% of the time people mention

Ring A while Ring B is only mentioned 5% of the time.

High demand usually creates or stems from a high value to the user, and if 80% of the people around you speak highly of Ring A, you could assume Ring A is worth more. Although you haven't witnessed the pre-selection firsthand, the *implication* of pre-selection lead you to conclude Ring A is valued higher.

Both of these examples illustrate just how pre-selection works within this context; while the actual value of the rings was unascertainable, using the context provided by your peers, you were able to conclude which ring was

worth more.

Sure people wouldn't clamour over something of low value, as collectively people's varying ranges of value average out.

Demand increases value which in turn increases demand. This is the basis of pre-selection, which leads to abundance mentality, which lets to under-investment, which leads to increased demand, etc.

For the sake of novelty, we'll call this theory the "**Red Spiral**"; the "contentness" derived from sexual abundance in turn fuels the sexual interest and intrigue of other women.

...but what of the over-invested men?

Following our previous example, let's say the company producing Ring B noticed Ring B's lack of demand and decides to incorporate a discount sale in order to generate more sales.

But this is a mistake; the value of Ring B was already low, and by lowering its value more, consumers will believe something might be faulty or that Ring B is a counterfeit of Ring A.

The market for Ring B is now limited to those who can't afford Ring A, those begrudgingly accept Ring B as "the runner-up" or "the next best thing".

The folly involved is this:

Low demand will lead to lowered value, which then leads to market

skepticism, followed by lower demand. This is the basis of desperation, which leads to over-investment followed by skepticism, which leads to scarce mentality, which leads to lack of sexual interactions, which leads to decreased demand.

We'll consider this theory the "**Blue Spiral**"; The desperation from a lack of sexual interactions prevents future interactions and further fuels the sexual desperation.

But why then do women bother with gauging investment over raw evidence when discerning one's SMV?

We'll use one last example.

Let's say you've taken up online dating in Saudi Arabia and every woman you come across wore a hijab (one of those sheet covering their entire body).

You wouldn't know what you were dealing with, what she looked like, etc. until you actually got to the bedroom. Hell, some of them could be guys!

So you might meet them for coffee first to get a chance to check for curves under their sheets or a casual slip revealing some details of what's underneath.

You study her frame.

Quite literally, in fact. But the premise is still valid.

This is what women are doing through shit tests; by reading your body language, they are checking your "sheet" for curves they like, possibly catching a glimpse of who you really are underneath all that fabric.

Attractiveness/Physique is only half of the equation for women. You'll need strong frame as well, which isn't inherently apparent like physicality is for men. The more she likes from what she sees underneath that sheet, the more likely she is to fuck you.

"The Questionnaire"

by OmLaLa | 28 September, 2015 |
[Link](#)

I was unfortunate enough to stumble upon one of the single most over-privileged women I've seen on a dating site yet.

We'll call her "Tammy the Goddess".

Tammy believed herself to be some sort of "divine judge", able to cast judgement on all those who wanted her.

She attempted this "passing of judgement" by using her weapon-of-choice...

“The Questionnaire”

“Audacity is central to everything I do. A lot of times I think my work is about just seeing if I can get away with it.” - Sufjan Stevens

Item A- Tammy, late 20s, HB9 with very lovely features.

Tammy's that type of girl that's gorgeous and knew it. The type of girl that's never been told “no” or “you're wrong”. The blissfully delusional type. You know the ones.

Her profile pictures all looked

professionally taken and very “curve-centric”. We’re talking 4 steps above the competition.

But here was the weird thing: her bio outright says all she’s looking for is a friend with benefits.

"Now *why* would this gorgeous individual feel the need to so bluntly display that her only interests are sexually driven if she knows it’ll only draw in the flies?" I asked myself.

Well whatever. It’s none of my business anyway.

So I ignore it and start up my usual “dating site” routine:

Hi

Hey sexy

What're you looking for

*Fwb (insert some heart-eyed smiley
bullshit) and what about you*

Same

Then let's get busy

Quick history lesson: In 1962, the Better Business Bureau coined the phrase, "if something sounds too good to be true, it probably is" as a way to prevent larger companies from dealing with the shady, smaller companies that oft advertised fake promises. The "snake oil salesmen" at the time. They'd become so common that it'd become difficult to discern the real

companies from the fake ones.

Now here's a stunning woman already agreeing to sex within 2 hours and with no shit tests whatsoever. Either I'm near a lake or she's *reeks* of catfish. And I don't see a body of water nearby.

I tell her "send a pic with 7 fingers up". I figured tht if she didn't reply, surely she was catfishing.

But, sure enough, she sent the picture soon after. At least I know she's real.

But wait.

This is where it gets... interesting.

After she confirms she's the real deal,

I ask her for her number. She only gives me her first three. She then says that before she can give me the other numbers, she has to ask me something first. I say “shoot”.

And then, ladies and gentlemen, I was presented with this:

The FWB Questionnaire

Hello, and thank you for taking the time to complete this. I decided to have potential fwb answer these questions to see if you are what I am seeking. Just because you fill this out does not mean that we will have sex. If you

are interested in possibly meeting with me please answer these questions and message me your answers.

No no, you read that right.

She's made a questionnaire for *all potential fwbs*. She is *literally* interviewing men before she considers sleeping with them.

Again the word "Audacity" weighs *heavily* on my mind.

Note that she even feels the need to specify that "just because you fill this out does not mean that we will have sex". Think about that for a second.

Needless to say, this is the single most

literal shit test I've ever seen.

1. Are you chivalrous? Yes No

Please, allow me to translate:

“Would you save me should a witch or a dragon whisk me away and lock me atop some watch tower”?

This quite literally translates to “would you consider yourself a white knight”?

And she *leads* with this. It's question #1. In a questionnaire about *sexual promiscuity*.

Just thinking of how many men will put *yes* to this *just because* they'll think it's what she'll want to hear honestly makes me a bit nauseous.

*"Chivalry is dead. And women killed it."
-Dave Chapelle*

2. If yes, what does chivalry mean to you? (Do not give me a dictionary definition, give me examples.)

i.e. "If you're a beta, please list ways in which you've displayed beta tendencies."

There's a level of irony in here that I fear may be lost on some of you. I personally find this second question absolutely hilarious.

And remember, no dictionary definitions. This *is* a test, after all.

3. Does your member measure at

least 6.75 inches in girth? Yes No

Wow.

What a shift from question 2.

Going from chivalry to cocks in 0.37 seconds.

And I *love* how she's included -not just the size- but the *exact* size down to two decimal places.

“Oh, so your cock is 6.73”? I'm sorry sir, but you don't match my very precise and calculated requirements for my explicit, sexual promiscuous desires.”

4. What are your girth measurements in inches?

Again, as gorgeous as this girl is, I *know* that there's been some poor schmuck that's sat with a tape measure around his dick trying to get his exactly girth measurements. And the fact that men'll go *that far* for sexy is pathetic.

While I'm sure most men know their cock size, what men are strolling around with an accurate measurement of his *girth*?

I know that if I sent out a questionnaire to all my potential partners, I'd be labelled a creeper in no time. "2. Are your breasts at least 32C in cup size?"

5. Does your member measure at least 8 inches in length? Yes No

Okay, now she's trying to weed them out. Pick out the ones she *really* wants.

6. What is your length measurement?

She must *really* be fascinated by the varying lengths and girths of the male genitalia.

7. Do you like rough sex? Yes No

Honestly this question is alright in my book. It's the *next* question I have something to say about.

8. Describe what rough sex means to you.

She didn't ask "describe your past

rough sex experiences”, she asked “what does rough sex mean to you”.

9. Do you have any std's? Yes No

If a guy's bothered to fill this out, I wouldn't imagine he'd get to this question and think, “Dammit! I *do* have one of those! Guess I can't have sex with Tammy now.”

But *don't worry*. Apparently Tammy's already thought of that:

10. If you do not have std's are you willing to provide proof that you do not? Yes No

So whomever Tammy chooses will roll right up to her apartment, doctor's approval in hand.

Problem solved.

Good work Tammy! You've solved the STD problem! Everyone, applaud Tammy! She's earned it.

11. Why should I choose you? (I am only looking to have one fwb relationship at the moment.)

“Well, uh, my name is Kevin, and, uh, I'm really good at sex, and uh, I made this one chick cum like 17 times in one night so, uhm, that's why you should pick me.”

OR

“Greetings! My name is Brad and I'd treat you like the queen you are. Sure, we'd have sex from time to time, but

I'd also take you on dates, out to dinner, to the movies, whatever your heart desires. I'd be honoured to be your King."

Anyone else feel queezy right now?

12. If I choose you, how often would you be willing to meet in a month? (I will require sex whenever necessary sometimes at a moment's notice)

Basically, "When I want something, you'll have to drop everything you're doing and give it to me."

This is sounding less like "friends with benefits" and more like "slavery".

13. Would you be able to host for

meetings? Yes No

Based on her age, It's safe to assume she doesn't stay on her own. That being said, she's making all of these demands before sex yet lacks any actual sex venue. Talk about entitled.

14. How many times have you had sex in a 24 hour period on average?

2.753 times within 24 hours. She'd love it just for the decimals.

Thanks for your time!

Be careful out there, Red Pillers.

Women like Tammy, Candy, Pix, Diva and Delilah are out there, resulting from hordes of betas mindlessly supporting their despicable/deplorable actions, justifying them as “normal” just for possessing a pussy. “It’s okay because she’s hot” on a grand scale. They’re aren’t used to such a large amount of constant and endless validation through social media, dating sites and real-world interactions.

If every man they meet calls them a **Goddess**, tells them that they can do know wrong and automatically support every decision they make, these women soon begin to mistake their horns for halos. They begin to believe it because no one’s telling them otherwise.

Be that one, Red Pillers. Don't stand for shit like this just for sex. Sex isn't worth your dignity, nor is it worth making these "Goddesses" any more delusional.

"A Quick Word from the Machiavellian" [Video]

by OmLaLa | 7 October, 2015 | [Link](#)

A couple of months back I began working on creating a YouTube channel centered around RP ideology. While I'm still working on the overall direction I'd like to take this channel, I feel as though it's about time I properly introduce myself.

And so, please allow my recent video post to stand as my "formal" introduction of both myself and the channel I will (hopefully) be utilizing in the near future.

To find my channel on YouTube, either search for the channel name "OmLaLa Machiavellian" or use the title of this post.

“Such is Our Nature”

by OmLaLa | 8 October, 2015 | [Link](#)

This is an original tale by yours truly, OmLaLa the Machiavellian. There are multiple TRP lessons hidden within this parable and it's message is open to your interpretation. I'll leave it up to you, the RPer, to decide what this parable's really about. Best of luck.

I now give you the sequel of “Such is My Nature”.

“Such is Our Nature” by OmLaLa

Once upon a time, there was a rabbit named **Bella**.

Bella lived in a hovel tucked away in a garden. She'd lived there as long as she could remember.

The garden was owned and maintained by the **Farmer**.

The Farmer was slow, old and feeble, which meant that Bella could eat from his vegetables without fear of being caught.

And the vegetables were *plentiful*. The Farmer would constantly replenish the garden with seeds every day. Bella didn't quite know how farming worked,

but she didn't too much care. She was happy just eating the "fruits" of his labor.

Bella also enjoyed the protection and shelter provided by the garden's fence. It did well at keeping the **Wolves** at bay.

All and all, compared to most rabbits, Bella lived both happily and comfortably.

Every now and again, on the days Bella spent out in the open, the **Vultures** would stare at her hungrily from the fence posts. Bella didn't worry too much about them though. For birds they were awfully slow and clumsy.

Bella found the Vultures amusing if anything. Sometimes she'd tease them, pretending to be sick or injured just to watch them fumble towards her.

"She's MINE!" "No, she's MINE!"
they'd swabble, tripping over their feet and their wings and each other. And as soon as they got close enough, Bella would dash back to her hovel, crying in laughter.

"Another day, fellas!" she'd scoff.

But as much as Bella liked the food and protection of the Farmer's garden, she'd often peer out into the fields beyond, dreaming of the wondrous places it held. Sometimes she could catch a glimpse of an **Apple Orchard**

far off in the distance.

She'd seen other rabbits heading there, so surely those apples must be delicious.

But she knew she was not fast enough to outrun the Wolves. *Not yet.*

But as time passed, Bella became faster. *Much* faster. So fast in fact, she felt assured she could sprint passed the wolves.

And so one day, while the Farmer was away, she sprinted off for the Apple Orchard.

The Wolves took notice and ran after her. One Wolf came close to catching her.

"Come with me... little rabbit," panted the Wolf. *"I can... take you.... somewhere... far... better than some.... stupid Orchard."*

But Bella wasn't stupid.

"You are a Wolf," snapped Bella, *"There is nothing you can provide me that is better than an orchard!"*

The Wolf was very displeased.

"H-How... do you... know that?" wheezed the Wolf, *"I'm so much... different than... the other Wolves."*

"A wolf is a wolf is a wolf." huffed Bella.

"It's in a wolf's nature to be crafty and

sly and it's in a wolf's nature to try and catch rabbits. I refuse to go anywhere with you."

The Wolf, defeated, gave up on the chase and solemnly returned to his pack. Bella'd never felt so victorious.

Soon after escaping the Wolf, Bella came upon the Apple Orchard.

It was a vast and plentiful place, with apples falling every minute.

The Orchard offered no protection like the fence in the Farmer's garden. But Bella was okay with that. She felt she'd be fast enough to outrun any wolves that might linger.

There were also dozens of other

rabbits about. But Bella didn't mind that either. Certainly there were enough apples for all of them.

However, Bella what *did* want was her own stash.

"Orchard?" Bella cried out. The other rabbits fell silent.

"I'd like to ask a favor of you."

The Orchard stirred.

"Ask." The Orchard bellowed, its voice echoing deep throughout its branches.

Bella hesitated. Never had she met such a foreboding presence. She straightened herself up and tried once more.

“While I’m very grateful for the apples your providing us...” Bella gulped and continued, *“...could you possibly drop a few apples down just for me?”*

The Orchard became silent. The **Wind** rustling the leaves was the only sound heard. The other rabbits began to stare. Bella grew more anxious by the second.

“No.” The Orchard finally boomed.

“My apples fall when they fall. The Wind decides when they fall. The Wind is controlled by no one.”

Bella pondered this and replied.

“Couldn't you just make more apples? Or make them faster? And it's not as

though you're using them."

The Orchard grew still once again. The other rabbits shook their heads. *'Be happy with what you get, Thumpalina'* one of them snickered. A few others giggled.

The Orchard stirred once more.

"An Orchard does not change for a rabbit. A rabbit adapts to an Orchard. If you are unhappy with the fruits I provide, you are free to leave at any time. There are no walls here."

The other rabbits giggled.

The Orchard paused momentarily, then rang out once more.

“Here you are given a surplus of my fruit. However many the Wind decides that are not claimed by the others. In turn, the rabbits provide the spreading of my seeds. This is our coexistence. Such is our Nature.”

And with that, the Orchard fell silent once more.

For the next few weeks, Bella pondered what the Orchard had said to her.

At first, she'd felt rather ungrateful to the Orchard. But as time passed, she felt her requests were more than reasonable.

Every day she had to compete with the other rabbits for apples. And

although she enjoyed apples much more than the Farmer's vegetables, she didn't like having to work for them.

Why couldn't she be the only rabbit?

She'd decided to ask the Orchard.

"What would make one rabbit more beneficial to me than a dozen rabbits? A dozen rabbits will spread my seeds faster. One rabbit has it's limitations. Moreover, should I choose but one rabbit and that rabbit leaves this Orchard, what have I left to spread my seeds? More rabbits assures the future of my trees."

What a crock of nonsense, thought Bella. She didn't care about

“coexistence” or stuff like that. She wanted her easy life back.

She was also getting quite sick of the Wolves.

She was quicker than them for now, but with every passing day she grew slower and slower. Soon would come the day where she couldn't stay in the Orchard without being caught by the Wolves.

She thought back to the Farmer's garden. If only this place had a fence too. Then she could live here forever.

"Why can't the Orchard have a fence around it?" She asked.

"I am no protector of rabbits. That is

not in my Nature."

Bella sighed. The Orchard continued.

"The Wolves exist to catch the slower rabbits. Rabbits slowed by age are caught by Wolves. The younger, faster rabbits can only reside here so long as they are equipped enough to escape the Wolves and to spread my seeds. Such is our Nature."

What a load of hooey, grumbled Bella. She wouldn't be caught by some Wolf. At least, as long as she could help it.

But one night, while desperately trying to escape pursuit, one of the quicker Wolves almost caught her. She barely managed to escape into her hovel just in the nick of time.

Bella swore silently to herself. She was no longer fast enough to stay in the Orchard. She had grown too old, too slow.

While she always had the option of returning back to her hovel in the Farmer's garden, she'd recently heard a rumor spreading amongst the other rabbits.

As its told, just over the hill, there sits a magnificent **Strawberry Patch**, stretching for miles and miles, all protected by a massive stone wall.

Bella couldn't bear to pass up such an attractive opportunity.

Surely the Farmer's garden could wait.

The next morning, Bella sprinted with all her might over the hill and came upon a massive stone wall protected by a heavy wooden gate. Just as the rumors had said.

“Strawberry.. Patch,” Bella panted, *“I’ve come... to ask... a favor.”*

The Strawberry Patch stirred beyond the wall.

“Ask.” The Patch triumphantly roared.

Bella wasn't fazed by the Patch's mighty voice. She'd grown old and time wasn't on her side.

“Could you please let me inside? I'd like to partake of your fruit.”

The Patch response was swift and unwavering.

“You have no home here. You have grown slow and feeble, requiring my walls for protection from the Wolves. Yet you can provide me no benefit in return.”

Bella was shocked.

“Surely I can spread your seeds, as I’ve done with the Orchard?”

“With my walls offering such protection from the Wolves and my fields bountiful, any rabbit would desire a home in me. As it stands, I could possess the most agile and vigorous rabbits in the area. Why would I choose you over them?”

Bella grew desperate. Maybe sympathy could get her inside.

Bella lowered her head and began to weep.

“B-But I’m just a small, frightened rabbit. I-if I stay out here much longer, I-I’ll surely be caught by those terrible Wolves. You wouldn’t want that to happen now, would you?”

The Patch healthfully chuckled in response.

“The Wolves exist to catch slow rabbits. Rabbits slowed by age are caught by the Wolves. Only the most agile rabbits are offered my protection and fruit, as they can carry my seed farther than the others. Such is our

Nature."

She'd heard that somewhere before.

But Bella didn't have time for this. The sun was going down and the Wolves would be out soon.

Bella used what little strength she had to sprint back to the Farmer's garden. *Home sweet home.*

But when she arrived, the gate was locked. *The Farmer has never locked the gate before, she thought. Why would he start now?*

Bella noticed something moving inside the garden. Out of her hovel popped another rabbit.

"You've taken my home!" cried Bella, desperate to get in.

The other rabbit chuckled.

"I saw you leave from this garden months ago. I was growing old and slow. I envied this this garden for quite some time. So as soon as you left, I moved in."

This is hopeless, panicked Bella.

Exhausted and desperate, Bella picked a random direction and hoped that in time she'd come across another garden like the Farmer's.

But after miles and miles of running, another garden never came. They were all locked, all occupied, all

desolate.

She was hungry. She was tired. She was weak.

And then the Vultures came. She could hear them bickering overhead.

The Vultures landed nearby and approached her. Bella chuckled morbidly to herself.

“Had to wait until I was old, feeble and worthless to finally catch me, huh fellas?” Bella scoffed.

The Vultures shrugged.

“Such is Our Nature.”

THE END

"On Inherent Value and The Ease of Hypergamy"

by OmLaLa | 12 October, 2015 | [Link](#)

I been holding quite a few Skype sessions and I've noticed a trend in a certain belief: that women will also continuously participate in sex long-term based sole on physique.

In short, that a high level of attraction gives some type of innate value that can't be found elsewhere in other men simply because the other high valued men aren't perceived.

I'm sorry to say that this simply isn't

the case.

This is due to the implimitation of factors like the Ease of Hypergamy (EOH) movement which has been brought on by the "new digital age of socialization", the resulting change to the basis of the 80/20 rule, the subsequent differences between being high-valued and being attractive, and the ever-shifting SMV range of a wonam (ala "The RP Guide to Defeating the Enemy: Attraction").

Even those at the top of their physical game will see a constantly wavering amount of intrigue from plates, leading to a difficulty in how or if keeping them in tow for the long run is feasible.

While all of the elements I've listed above are commonly discussed on TRP, up until now they've been discussed in a relatively informative manner. I will be aiming to approach them on a more practical and personal level.

All things considered, long-term plate spinning is based...

"On Inherent Value and The Ease of Hypergamy"

"Strangers when you meet, strangers when you part -a gymnasium of bodies namelessly masturbating each other. People with no morals often

considered themselves more free, but mostly they lacked the ability to feel or to love. So they became swingers. The dead fucking the dead.” — Charles Bukowski, Women

We need to begin with a basic lesson: why dicks have no inherent value.

[Part 1: Dicks, Unlike Pussies, Lack Inherent Value]

Let's assume every male college student in an anatomy class always had a pen in their pocket. Gina needs to take notes every day but always forgot her pen. She commonly borrows the pen of the Gus, who sits next to

her, as it's convenient and writes well enough.

One day, Gus's pen doesn't write as well as it once did. Gus begins to rant on about how Sheena used his pen last period and didn't have this problem, but that doesn't matter to Gina. She just needs a pen. She turns and quietly asks the guys sitting on the row behind her if she could borrow one of their pens.

Immediately the entire back 3 rows erupt, frantically fighting to pass their pens forward. With such a large option of pens, she choose the most convenient yet reliable looking pen from the bunch and continues taking notes like before. Although Gus values

his pen highly, to Gina, Gus's pen has become an afterthought.

When creating a new product or service, it's often encouraged to understand not what *you* value highly but what your *consumers* will value highly ([u/trpSenator](#) created a great post ~one month back that does very well at detailing this). The same applies here.

In an economical sense, Dicks™ are saturating the marketplace; they're everywhere, easily attainable and are never constantly/actively sought after. This in turn relates to sex.

As such, we can't expect our dicks or the act of sex alone to maintain a

high-value perception of us as, for women, that commodity is in ready supply from multiple facets in their life, some of which remain unseen to us.

This leads me to my next point.

[Part 2: Ease of Hypergamy]

The Digital Age has spawned a new challenge we all must learned to overcome: a woman's ease of access to multiple hypergamous behaviors.

While the boom of promiscuous acceptance is indeed a factor, I'd like to touch more on how the range of access to the to 20% within the 20/80 rule has changed within the past few years.

Let's use a new analogy.

Gina collects pens.

Previously, in order to build up her vast collection, Gina would drive to a city or state she'd never visited before, peruse the mall with a fine-toothed comb and hopefully stumble upon the pen she was after.

Sometimes she'd come up empty-handed and other times she'd stay home as she couldn't afford the time it took to drive all the way out of town just for a pen scavenger hunt.

Then, a colleague of Gina's introduced her to Amazon. This changed everything.

Now Gina could select exactly which

pen she was looking for at any time and have it shipped directly to her house. She is also no longer limited by how far she can drive, as now she can have pens shipped to her from across the nation, What's worse, the pen suppliers can even compete by lowering their prices just for Gina's business in real time.

The drastic increase in dating site participation is no coincidence.

Women use these sites for one thing and one thing only: to seek out the 20% of high-valued men in their area.

This doesn't bode well for the top 20% of men either as they are now in a competition with both each other and

the top 20% of other areas, a competition that prior to online dating was easily avoided.

Let's look at it another way.

In the 90's, Kevin is in the top 20% of guys at his college. Gina takes notice of this and begins sleeping with Kevin. Mike is in the top 20% of his college, but Gina has no way of meeting Mike, so he's not a factor. As such, Gina is more submissive to Kevin as her options on available 20% men are very limited. Also, Kevin is not pressured into meeting a certain level of standard regarding Gina as he knows he's the highest male within her reach. The couple is happy.

Move to the 2010's. Kevin is in the top

20% at his college and is still sleeping with Gina, but Gina comes across Mike's profile on Tinder. Gina now has a Plan B (and C, D, E, etc). With so many high-value fall-back options, her investment in Kevin is much more reserved and should Kevin fail to meet up to her now-increased expectations, she'll move on to Mike. The couple is tense, a tension built upon the abundance of options on Gina's end vs. the lack of abundance on Kevin's, even though he's at the top 20% in his given area.

This is the bases of the LSSW (Local Sexy Single Women) ideology.

So within this newly-established

framework, how does one maintain a long-term plate in the face of EOH?

Unfortunately, becoming the 20% is no longer enough to permit sexual commitment.

While the top 20% have always had to compete to some degree, in the face of EOH, the guarantee of at least some sexual commitment from high-value women is gone. In order to establish even the slightest sexual high-value commitment in the long-term, you must become at least the top 10% of your respective area.

Due to certain limitations, whether genetic or otherwise, reaching the top

10% will be impossible for most men.
And that's the point.

In lieu of EOH, sexual commitment of high-value women is nigh impossible. It should always be approached as such.

Back to our analogy, there are simply too many nice pens in the market and simply too easy for her to find one. If she hasn't yet, she will eventually. There are few exceptions.

But let's say your pen is unique. It writes in a way no other pen can and you're sure of it. While your type of ink may be impressive, as I've stated before "impressed" does not mean "intrigued".

[Part 3: Sexual Expertise Doesn't Illicit Intrigue or Attraction]

Sexual prowess/sexual ability is not a stimuli which causes female attraction. It is a simply a byproduct which may or may not reflect an actual stimuli.

Sex is not why she's interested and sex will not draw her within frame. It's not the sex that matters to her.

In short,

It's not the promise of good sex that leads her to sleep with someone. It's the intrigue sparked by why others have rated the sex so highly.

Let me break this down some.

A bakery opens on main street and begins selling donuts. Gina has never visited this bakery as she's on a strict diet, and yet every time she walks by the lobby is packed with lines out the door. She hears her colleagues talking about it. She see smiles on the customers faces. So finally she drops her diet and tries one of their donuts.

Now here's the important part:

*She neutral about the donut. Prior to her diet, she remembers having better donuts. BUT, because everyone else values these donuts so highly that they're packing out the lobby every day, she concludes her personal perception is **WRONG** and continues eating the donuts.*

Groupthink is a powerful thing, swaying massive amounts of men and women every day. It's the bases of pre-selection and the sole foundation of modern-day marketing practices. It's concept is so simple yet so effective: *"All of these people can't be wrong, right?"*

Even though the donut was average, she changed her perception of what "average" is based upon the compiled perception of her peers. What's crazier, she'll slowly begin to define these particular donuts as high-quality simply based on the same notion! (ala "The RP Guide to defeating the Enemy: Mindset")

So what can be taken from all of this?
Several things:

- Long-term plates are nigh-impossible to maintain in the long-run. Top 20% is no longer enough to keep plates interested long-term. There are too many other options and they're too easy for her to access. As such, one can never expect it.
- Dicks hold no inherent value to women. Sex is readily available at all times for her and whatever reason she's chosen for sleeping with you can easily be

exhausted.

- Sexual prowess is defined more by perception than experience. Her and other womens' perception of you will define your sexual prowess, not inherently how well you stroke her walls. Granted, a certain level of sexual expertise has to be maintained, but assuming she's your plate and not a ONS, I'd wager these qualifications have been met. She won't based the quality of sex she's had on the amount of orgasms, she'll based it from r how other women would rather be in her position, the man's frame throughout and man's SMV

at the time of the interaction.

"The Red Pill's Guide to Women"

by OmLaLa | 22 October, 2015 | [Link](#)

"The Red Pill's Guide to Women"

"If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy

nor yourself, you will succumb in every battle.” -Sun Tzu, The Art of War

Glossary

- *A Foreword*

- *Chapter 1: The Mindset of Women*

- *Chapter 2: The Perceptions of Women*

- *Chapter 3: “Local Sexy Single Women” Fallacy i.e. The Over-Validation of Women Online*

 - *Summation*
-
-
-

A Foreword

I've completely re-written the “Local Sexy Single Women” chapter of this post. I felt that as the term and subject matter becomes more and more

prevalent, a proper explanation of the fallacy should be readily available.

Chapter 1: The Mindset of Women

There is little logic required to influence the thoughts of women. Women base their thought processes solely on 2 factors: *how they feel about something* (**emotions**) and *how they feel about something right there and then* (**perception**).

Mental Activity

The emotional and short-term perceptual basis of a woman's thought process often contradict one another in seemingly irrational ways:

Brenda loves the taste and smell of vanilla ice cream (logic), but because Jenny from accounting called her a fat cow last Wednesday while she at vanilla ice cream during her lunch break, she may associate her negative FEELINGS towards Jenny to her overall PERCEPTION of vanilla ice cream. This'll lead to her blaming the

consumption of vanilla ice cream to Jenny's comment, not her lack of calorie moderation.

Now until something positively influences her perception of vanilla ice cream, she will continue to feel negatively towards ice cream as the cause of her weight gain and the cause of Jenny's remark.

This is the framework behind "hamstering".

Feelings

Women don't get caught up in the *why* behind something that makes them happy, more-so the access to the feeling itself i.e. the *what, when, how much* and *how often*.

Women are lost in the constant pursuit of "feel-good" emotions due to their short-term, ever-changing thought processes: *happiness, security, curiosity, lust, intrigue, complacency, etc.*

This "pursuit of happiness" also succumbs to the ever-changing nature of a woman's perspective and beliefs.

Brenda's vanilla ice cream may have made her happy earlier today, but because of Jenny's rude comment on her second chin, she'll hate vanilla ice

cream tomorrow.

This causes her to constantly feel the need to seek out multiple “feel-good” stimuli and keep close secondary fail-safe “feel-good” stimuli as a countermeasure.

Women don't plan out long-term supplies of these feel-good emotions like men would due to their “in-the-moment”, constantly-shifting perspectives, and as such, are always looking for the next best thing in case one of her current “feel-good” stimuli fails.

This is the framework behind “hypergamy”.

Perception

As I've explained above, women don't plan for long-term "feel-good" stimuli due to the risks of being left with no stimuli in the short-term and the chance that the long-term stimuli will disappear before reaching its full potential.

Because of this, women do not care about a "potential" or "likely" benefit to them nor do they care about stimuli operating outside of their personal perspective (i.e. grasp).

They only care about things and people that will provide them “feel-good stimuli in the short-term which operate within a close proximity to them (i.e. ease of access).

This is also the framework behind hypergamy.

This is why women don't care about your job as a Senior Technical Engineer in and of itself because the literal actions you take while working that job do not provide them with any sort of feel-good stimulus. It's the RESULTS from working your job -the security of a house, the happiness brought on by items bought using your paycheck- that truly provides these feelings for them.

This is also why women cannot “love” unconditionally; while a man can love a woman for what she does, a woman loves a man for what he provides in the short-term. The phrase “I love you” coming from a woman honestly translates into “I love how you make me feel at this particular point in time through the “feel-good stimuli you are providing me”.

That's not to say she isn't *impressed* by your ability to work that job. But because she has little to no understanding of the complexity of that job and learning about said complexity does not provide her with the “feel-good” sensation she requires, she deems it as unimportant. It exists outside of her perspective.

Relationships with Men

The desire for relationships from the mindset of women stem from her recognition of a man as an established provision of multiple long-term “feel-good” stimuli (not on the potential for said provision as women don’t care about potentiality).

NOTE: This mindset explains why lesbian relationships can effectively exist; the woman is being provided multiple "feel-good" stimuli from one person over a long-period of time and her sexually-based stimuli are

effectively being taken care of to the degree required by her individual necessity.

In short, women are drawn to men (or other women) that make them feel good in the moment AND men they've determined can make them feel good for a long time. This goes for plate-spinners, natural alphas, RP alphas and betas alike, with the only difference being the stimuli each provides.

An alpha's determined provision is sex, passion, intrigue and lust (visceral, reptilian). The beta's determined provision is security, comfort, and validation (support).

From this perceptive, a woman's "unicorn" is a man who can provide all stimuli they require at once (provide sex and intrigue and provide security and validation) all while providing said stimuli at the same level, consistently, over a long period of time.

It's their belief in this "Prince Charming" and their limited foresight when obtaining "feel-good" stimuli that leads many women to marry once-Alpha men with the belief that she's "feel" this way for him forever or why women pursue "bad boys" with the intention of "fixing them up".

Women are constantly trying to build their unicorns; they like how they feel in the moment with these

men and they want that *FEELING* to last forever.

This is the framework behind monogamy and marriage.

Ever hear a woman utter the phrase "I want this moment to last forever" in a RomCom? This is the moment they're referring to.

The problem with the woman's understanding of her Prince Charming lies the limitation of having just one provision.

Having only one "feel-good" stimuli, no matter how powerful a stimuli it is, runs counter to the very nature of women (requiring "feel-good" at any moment and

requiring multiple “feel-goods” as insurance).

Insurance

Let's assume Prince Charming exists. He's everything a woman could ever ask for: handsome, smart, funny, validating, comforting, reassuring, the whole nine yards.

She will cheat or be tempted to cheat.

Why?

Reason 1: "He's too good for her."

Her need for a "feel-good" back-up plan still exists. Because Prince Charming and *products deriving from Prince Charming* (i.e. things connected to his paycheck or his social influence) are her only source of "feel-good" stimuli, she'll undoubtedly acquire a fallback or "fail-safe" guy (preferably in a similar albeit lower position than Prince Charming, otherwise she'd leave Prince Charming) to rely on should Prince Charming find himself a better suited woman.

Why does she do this?

Because she can.

With a vast supply of men to choose from, it's easy for her to pick out not only the best male she possibly can but also his runner-ups as well.

NOTE: These runner-ups are not necessarily beta. A second-tier alpha is simply a man she's determined to have her required characteristics for an good alpha, but an alpha she's determined to be lower-tier compared to the alpha she's currently with.

Reason 2: "There's only one of him."

As great as Prince Charming is, he's still only one guy with his own life, goals and destinations. **He can only be around her but for so long and his influences only reach but so far.** On top of this, her needs and desires for a "feel-good" stimuli are in the moment and must be considered *at all times*.

Let's say she visits a foreign land for 2 weeks and becomes horny. Let's also say she encounters a handsome Foreign Prince who meets all of her qualifications for being an alpha.

Because her focus is limited to the moment and the "good feeling" that moment is providing her, she's likely to succumb to said feelings.

This is commonly why women explain their infidelity with "I needed you but you weren't there!"

She's right to a degree; **she cheated because her mind required that specific "feel-good" stimuli (sex, intrigue, lust) and due to the limitation of the man's presence, influence or due to a lack in the over-all CURRENT quality of the stimuli, she went to seek it out elsewhere.**

Because of how their minds are constructed, women don't see sex

with another man as infidelity. If they did, they'd also see going to X restaurant instead of Y restaurant due to Y restaurant distance or rundown state as an act of infidelity as well.

Women only see long-term utilization of another man's "feel-good" stimuli as cheating. That is why women weigh emotional infidelity higher than sexual infidelity in general.

Think of it like a cellphone tower. The signal that tower gives off are only beneficial to you so long as your cellphone gets reception. Anywhere outside of that range, you'll require another means of communication to connect with your friends. In this

instance, you may “cheat” on your cellphone tower by using someone else’s phone out of the necessity of your current situation. Yet when you've returned home and you're back within range of your tower, you continue with your phone as if it never happened. This is the mindset of a woman regarding infidelity.

Note: This also explains the "guilt" a woman feels after infidelity; she doesn't feel bad about what she's done, she's mourning the sudden loss of multiple "feel-good" stimuli she'd once been given by her bf/husband. She also feels anger towards the bf/husband as he is the one who has separated her from said stimuli (remember, she sees no fault in

infidelity, only the repercussions of being caught).

This in turn alters her perception of him from wonderful alpha/beta to "the horrible person who made her feel bad and separated her from happiness", regardless of whatever they've had in the past.

Reason 3: "He was mean to her last Tuesday."

As described by the vanilla ice cream example, a woman's perspective is constantly changing and updating. Although Prince Charming himself

hasn't changed, her feelings and beliefs about him have.

Because a woman is always “in the moment”, her perception of Prince Charming will solely be based upon her feelings towards him the last time she saw him and NOT a collective summary of all their times together, as this would be a very logically-based conclusion.

As such, let's suppose Prince Charming and this woman get into a heated argument that made her feel terrible. Then, her Prince Charming leaves for a 2-week vacation to cool off without rectifying her negative emotions. Now she is left alone and in

desperate need of some –if not all- her “feel-good” stimuli requirements met, yet all of her resources have walked out the door with Prince Charming.

As specified, all women have a back-up plan, and hers is Prince Savy. Remember that a woman’s beliefs stem from her perceptive and not logical facts, so regardless of all that Prince Charming has provided her in the past, *at this very moment* she feels hatred and disgust at the thought of him, believing him to be a terrible man for making her feel this way.

She was left with needs to be met and Prince Savy happily obliges.

Real World Example

Here is a good example of a woman's perception of someone being altered (received this morning/afternoon).

Let's review what her actions, her text messages and her time of texting have to say about her current perceptions and determine how they can be manipulated for benefit.

Context

Last night I met up with this woman I'd met on OKC whom we'll refer to as Q.

Pre-sex, I asked Q if she had to rate her sex drive between 1 and 10, what would it be? She happily replied "10". Post-sex, Q admitted that my sex drive was more likely a 10 and hers was more of an 8. She confessed that 10-level sex drives were rare and that she was having trouble keeping up.

I replied with, "I know a lot of people with 10-level sex drives."

What She Thought

It's obvious from Q's text message that she believed me to imply, "I know a lot of *attractive women* with 10-level sex drives and you're not one of them" and her perception of me has changed from ordinary alpha to "player" (this was also hinted at from her reaction when I told her she wasn't the first woman I'd met up with off dating sites).

Truth is, I was actually referring to some friends of mine when I made the comment, focusing on the "*rarity of 10-level sex drives*" she'd mentioned.

But I won't be correcting her just yet.

What She's Thinking Now

By not responding, she feels as though she's correct in her assessment and as such feels replaced. She has been told that her once-secured resource of sexual "feel-good" stimuli could be lost to another, better woman. Although her anger is *caused* by her lower sex drive when compared to her perceived competition, she has *perceived me* to be the root cause of her "bad feelings" and ultimate the bad guy of this scenario.

What She Will Think

She may seek out other men for short-term fixes to fill in the void I've left as her "feel-good" stimuli resource. I couldn't care less about that.

Because she perceives me as a high-SMV male and possibly the only high-SMV male within her current perception (range/access), she will soon realize the men she's supplementing my absence with cannot provide her the same level of stimuli (or she's just find a better/equal alpha). She'll then reach out and try to rectify the situation; not

because she's admitting fault, but because she requires the level of stimuli I provide.

This is how Alpha Widows are born.

I'll then reveal the miscommunication, she'll laugh it off and we'll resume having sex like nothing happened. She'll put forth additional effort on her part during sex to help alleviate her fears of losing me as a stimuli resource. I'll reap the reward of said efforts.

Real Life Example

Addendum

As predicted, Q reached out after a radio silence of 12 hours. She has now shifted her perspective of me from the a manipulative "player" only out to hurt her back to one of me as a strong "feel-good" stimuli.

Note that she now specifies that she "enjoyed my company" and that the "irrelevant BS" is a separate entity from me. Because she doesn't want to lose me as a stimuli resource, she's concluded that the offensive statement I made was the cause of her "bad feelings" and not me. This is a big step.

NOTE: If I had tried to explain prior to this point what I really intended, Q would have read such an act as one set on by guilt, similar to how a child rationalizes his bad decisions immediately after being caught.

I don't respond to this message for another 12 hours, telling her the real reason for my remark. Here's what follows.

Have you noticed how she continues as if the incident never happened? She's back within range of her cellphone tower because she enjoys the strong signal it gives.

And to the benefit of the cellphone tower, it can give its signal to multiple phones at once. Think of the

relationship between men and women as **symbiotic** in that regard.

Chapter 2: The Perceptions of Women

A woman's mindset is founded on 2 key characteristics: *how she feels* (emotion) and *how she feels right now* (perception).

A woman's perception of attractiveness is founded on the same 2 characteristics: *how she feels about herself* (emotion) and *how she feels about herself now and in comparison*

to others (perception).

The "*others*" are the men pursuing her i.e. men who show her affection, validation, or interest, the men to whom she *reciprocates* interest and each man's SMV *in relation to her own*.

In short, the men she chooses to keep "within range" is a strong determinant of what type of men she finds attractive, to what degree and to what end.

This "range of men" reveal her required prerequisites for any potential partner; an SMV range under which she'll categorize all men as "alpha", "beta", "unattainable" or "unworthy".

As we discussed in the “Mindset” portion, women gravitate towards the most potent “feel-good” stimuli resource within range.

Using the cellphone tower analogy, if we consider her ideals of attraction as her annual income, she’ll determine her range of attraction by first determining which cellphone towers she can afford, then pick the best option among them.

The SMV of men she’s prone to sleep with will determine her Alpha prerequisites, the men she’s likely to “befriend” or that she only “likes like a brother” will determine her beta prerequisites, the men she tends to scorn or ignore are determined

“Unworthy” and below her beta SMV and the men she drools over yet can’t obtain are considered “Unattainable” and are above all of her SMV prerequisites.

This is referred to as “The Ladder Theory”.

The Ladder Theory

There’s an saying that goes,

“A woman can determine whether or not she will sleep with you within 5 minutes of meeting you”.

This is true. To an extent.

Every woman has a mental checklist of traits any man must meet in order to be placed on a particular ladder.

While the original Ladder Theory only addresses two ladders (“Friends” i.e. Betas and “Potential Partners” i.e. Alphas), we will be discussing our newly-revised 4 Ladder method: **The Unworthy, The Beta, The Alpha, and The Unattainable.**

To better illustrate how the ladder theory works, we will use archetypes Brenda, an attractive club-hopping blonde and Alex, a heavily tattooed painter.

The Beta

Brenda arrives at Skyy Bar with her friends. She quickly notices Alex across the bar and thinks he's attractive, so she signals him with an IOI. Alex responds with a devilish smirk, brushes his hair back and begins to walk over to Brenda.

For the sake of argument, let's attach numerical values to Brenda's "SMV Range of Men" better understand Brenda's prerequisites in general and for each ladder:

**Brenda's Attainable SMV Range:
4-25
Unworthy (<0-3) Beta (4-15) Alpha
(15-25) Unattainable (>25)**

Now, let's attach a value to one of Alex's characteristics i.e. his tattoos:

Alex's Awesome Body Ink (+15)

Before actually speaking with Alex, his tattoos alone would have put him *towards the bottom of the Alpha ladder* (more on this later).

Brenda finds that large tattoos extremely attractive, so this would stand that Alex -whose covered head to toe in tattoos- is likely to end up on Brenda's "Alpha" ladder.

That is, if physical attraction was *all* that mattered.

Brenda weighs each trait of Alex's differently, some even negatively.

Brenda sits down and chats with Alex. Although she thinks he's attractive, from their conversation, she also thinks Alex is a pushover, timid, she hated how he agreed with everything she said, dislikes that he's worked at Kinko's for 8 years and feels like he comes off as too sexually desperate.

In lieu of their conversation, Brenda's "updated" evaluation of Alex becomes...

**Alex's Awesome Body Ink: (+15),
Weak Frame(-2), Meekness (-2),**

**Fear of Confrontation (-2),
Unambitious (-2), Scarce Mentality
(-2)**

Therefore, in Brenda's mind...

**Alex, That Tattooed Guy from The
Skyy Bar = 5 (Low-Ladder Beta)**

Alex is baffled by this crash and burn. He's confused by how such a "sure thing" could so quickly turn into "let's just be friends" and "I don't see you that way".

Men don't have multiple ladders. Men have *one*.

For the advancement of society, men had to possess the propensity to fuck any and every woman. Because of

this, men *only* possess a “Potential Partners” ladder.

Also, the majority of all prerequisites for men on determining a woman’s placement on their Potential Partners ladder is based on physique or sensory determinants; unlike women, characteristics like intelligence, social status, personality, etc. are not *inherently* a factor.

Alex is distressed by the loss of a chance with Brenda. He follows her and her friends around the bar to try and rectify the situation. Every time Brenda separates from her friends to get a drink or use the restroom, there’s Alex trying to talk big. Brenda begins to get annoyed.

What Alex isn't understanding is that once he was placed on Brenda's "Beta" ladder, he cannot "jump" to the "Alpha" ladder to avoid climbing up the "Beta" ladder.

This concept is called "**ladder-jumping**" and it is impossible.

Brenda won't wake up one day and think scarce mentality, meekness and a weak frame are suddenly attractive. AWALT prevents the feasibility of this.

While Alex can't "*jump*" to the next ladder, he can certainly "*drop*" to a lower one.

This concept is called "**ladder dropping**" and it is very possible.

Even *if* Alex had portrayed multiple Alpha qualities (20), a few Beta mistakes would be all it took to “drop” him down to her “Beta” ladder.

Herein lies one of the key points to The Ladder Theory:

Once placed on a ladder, the only way to move onto “better” ladder is to climb up the ladder you were initially placed on past all the other men she’s placed above you. After accomplishing this, you must begin at the bottom of the “better” ladder, again below those she’s placed above you.

For Alex to even get a taste of sex with Brenda, he’ll have to make Brenda *genuinely* believe that he’s a better

match than Clyde (7), James (9) and Jason (13). And that's just to get on the *bottom* of the Alpha Ladder!

And imagine the kinky things Chad (25) must be doing to her!

The fundamentals of The Ladder Theory explain the key reasons The Red Pill community stresses good physique, interesting and successful lifestyle and having the ability to let go/ drop out:

- A good physique and interesting lifestyle will guarantee a higher "ladder position" when meeting most if not all women. As such, the likelihood of being placed on her "Alpha" ladder is much

higher.

- The ability to drop out quickly reduces the amount of time lost. Some women will drop you down to the “Beta” ladder, as no man’s the Prefect Alpha™. It’s much simpler and less time consuming to move onto a woman whose likely to put you on their Alpha ladder within hours than to spend months attempting to work your way up her Beta ladder *just* to end up on the bottom of the Alpha one.

The Unworthy

After leaving Skyy Bar, Alex drunkenly confesses to Brenda that he's fallen deeply in love with her over the course of one night in a bunch of page-long text messages.

Alex's Desperate Pleas for Attention (-5)

This action results in Alex being dropped down to...

Alex That Creepy Stalker from Skyy Bar = 0 (Unworthy)

Alex is now *below* Brenda's SMV range

and on her highly-populated “Unworthy” ladder. Once here, it is almost impossible to climb out, leaving the Alpha ladder as nothing more than a pipe dream.

Alex has noticed Brenda's not answering her phone like she used to. He continues to call until Brenda becomes annoyed enough to block his number entirely. Goodbye Alex.

Although Alex is *still* considered physically attractive by Brenda, his cons deftly outweigh his pros.

And while Alex was placed on the “Unworthy” ladder by Brenda, Bob is considered universally Unworthy.

Bob arrived at the Skyy Bar shortly

after Brenda. He thought Brenda was more gorgeous than Athena herself and tried every trick of seduction he'd learned. Most of Bob's advances were ignored, so he attempted the "asshole" approach he'd seen Chad use. Brenda swears at him and dumps her Redbull Vodka down his plump shoulders.

Bob's lack of physique and persistence caused Brenda discomfort.

Bob's Over-weight Appearance (-10)

Low-SMV men like Bob disgust Brenda.

To Brenda, Bob's traits were valued at...

Bob's Soft Spoken Tone (-2), Short Stature (-5)

And so Bob was considered...

WhatsHisName, that Fat Creepy Guy from Skyy Bar = -17 (Unworthy)

By showing his affection, the Bob is implying that they consider Brenda attainable. This consideration threatens Brenda's perception of her own SMV (i.e. attaching ego to attraction) because if Bob and other low-SMV men consider her attainable, she may not be as beautiful as she once thought.

It basically boils down to:

- If Brenda aims for Chad (25) and Chad reciprocates, it reinforces her perception that she's attractive.
- If Brenda ignores Bob (-17) yet Bob persists, it shatters her perception that she's attractive.

As reference to the “Mindset” section, Brenda directed her anger, fear and frustration back towards the Bob because in *her* mind *Bob* was the root cause of her “bad feeling” by making her feel unattractive and the cause of her loss of the “feel-good” stimuli of her belief she was attractive.

In short, “Bob made me think, which

made me feel, which felt bad, so Bob is to blame.”

Ignoring his wet clothes, Bob believes if he can get Brenda into intellectual conversation, he can convince her to sleep with him through his job, hobbies and ambitions.

Bob is attempting to use his assets and personality to leverage against his poor physique which *could* work in some cases. Bob has a decent understanding of that.

What Bob *doesn't* understand is that physique is a prerequisite to physical attraction, physical attraction is non-negotiable, impressing her does not equal intriguing her, his potential means nothing to her with results

aaand Brenda's interest don't extend beyond her perception.

Brenda, finally giving in to his persistence, decides to hear him out...

Bob's engineering job that Brenda doesn't understand (+0), Bob's high income (+10), Bob/Brenda's mutual love of wrestling (+4), Personality (+5), Bob's Potential Raise in 2 Years (+0), Bob's Rolex (+2)

Even though she sees Bob in a slightly better light...

Bob, That Fat Rich Guy from Skyy Bar = 4 (Bottom-Ladder Beta)

..she has places him at the bottom of

the “Beta” ladder. She hasn’t forgotten all of Bob’s negative traits and will weight them *all* to reach her conclusion.

Unlike Alex, Bob will have a much harder climb considering his unattractive physique weighing him down (pun intended).

The Alpha/The Unattainable

A few months pass and Alex (13) has miraculously moved to the top of Brenda’s “Beta” ladder. He knows all

of Brenda's interests, movies, music choices, hangs out with her constantly, texts her daily and talks to her on the phone for hours at a time.

Alex and Brenda go on a date to Skyy Bar, the bar where they'd first met. Alex has planned to use this date to ask Brenda to be his girlfriend.

Chad (25) arrives shortly after Brenda and Alex and is greeted by the glances of many intrigued women around the bar. One of whom is Brenda, Alex notices and feels a wave of insecurity.

Chad's opening appeal to Brenda, before she even notices his physique or personality or hobbies, is the **pre-selection** he's immediately garnered from other women.

Pre-selection operates under the concept of groupthink; what's appealing to the majority is perceived appealing to the individual, what's unfavorable to the majority is perceived unfavorable to the individual.

Chad's Popularity Among Women (+15)

Even if cellphone tower A provides a better signal than cellphone tower B, if tower B has twice as many users, tower B's popularity alone will attract more users than tower A. This is considered the basis of good marketing and branding techniques (Tylenol and Generic Brand are the same, but the majority favors Tylenol,

so there must be a reason, right?)

Chad walks by Brenda and Alex's table and barely acknowledges Brenda; a short half-hearted grin then off to the bar. Brenda thinks Chad is gorgeous.

Chad's Physique (+10)

Chad hits on Melody the WonderTits™ bartender first. She turns him down abruptly.

It's not that Melody finds Chad physically unattractive nor that she's left unimpressed by his garnered pre-selection.

Melody's SMV range (20-45) is *much* higher than Brenda's; the men who meet Melody's "Alpha" prerequisites

(35-45) are men Brenda would consider unattainable (>25).

For Melody, the best Chad (25) can hope for is to end up on her "Beta" ladder (20-35).

Brenda makes an excuse to leave Alex and rushes to the bar. She throws a flurry of not-so-subtle IOIs in Chad's direction and he reciprocates.

Alex notices Chad whispering something briefly into Brenda's ear. He can't make out what they're saying. She looks offended at first, Chad smirks, says something else, she giggles and they begin to walk out together. Alex tries to catch up to confront Brenda but loses them in the crowd.

A few moments later, with a bladder full of Gin, he distinctly hears Brenda's moans echoing of the bathroom walls.

Unenlightened, Alex will forever wonder what magic words Chad whispered to Brenda to have her bent over a bar toilet within seconds, something he couldn't accomplish after months of trying. Yet he again fails to see the bigger picture.

Alex was doomed from the start; even though he'd done well to jump from a 0 to a 13 in a matter of months, he was still a 13 and thus was still on Brenda's "Beta" ladder.

Alex's hard work does not equate towards the guarantee of sex. Just as attraction is non-negotiable,

attraction is not something that can be “earned” through time and diligence.

Alex may have added +13 to his SMV, but he is still limited to Brenda's perception of *all* his traits:

$$(+15)(-10)(-5)(+13) = 13$$

And what's worse for Alex, the +13 increase to his SMV is specific TO BRENDA ONLY; unlike something universal like physique or gaining an interesting hobby, the +13 increase Alex has gained by getting to know Brenda will NOT “carry over” to other women.

Even if he hides his negative traits with the next woman, the highest he

could hope for with a woman as attractive as Brenda is low-ladder Alpha (15). And that's only if they admire tattoos as much as she did.

Several months *wasted*.

A woman's attraction is centered upon a "range" of SMVs she perceives she is operating within and the role of each man residing within said range determined by the values she places on certain positive/negative characteristics these men portray.

Chapter 3: "Local Sexy"

Single Women” Fallacy i.e. The Over-Validation of Women Online

Sites like Instagram, Tinder and Facebook always seem to show tons of “local sexy single women” living in your area.

These “local single sexy women” (which will be referred to as LSSW for the remainder of this post) are rarely as attractive as they are in their profile pictures.

They’ll try to hide all of stretch marks, sudden obesity and the like all while

shit-testing as if they were the WonderTits™ they pretend to be.

These LSSWs are knowingly and skillfully portraying a façade of former selves to garner validation, attention, admiration, reassurance, the list goes on.

So then why do these LSSW go through all the cropping and photoshopping and filtering and lens flares and brush touch ups to pretend to be an HB9 then ACT like an HB9 when meeting in-person when it's so clear that, in reality, they're unattractive? Because they can get away with it.

The Origin of The “LSSW” Fallacy

Simply put, the online LSSW mindset is synonymous to the **“princess effect”**.

When women were little girls, they were told they had intrinsic value just for being alive and female (i.e. “my pussy deserves to be on this pedestal because I’m different from everyone else because mommy, daddy and my beta buddy said so”).

Also, because of the woman-

catering online landscape, these women are provided an endless supply of betas and alphas alike that'll give up validation by the barrel-full jut for the slim chance she might open her Pearly Gates™ .

Online Orbiter: "I'll keep chatting until she agrees to a date"

LSSW: "I must be so incredibly attractive and valuable to society, all these guys are chatting me up all day!"

It gets to the point where the woman becomes unreceptive to all real or obvious outside negative stimuli that may have previously caused her to change or better herself

LSSW: “What do I care what OmLaLa thinks about my obesity? I have 55 messages from guys on Tinder that tell me I’m beautiful this way. Big is beautiful.”

The key factors that we will cover to explain the basis and continuation of the “**LSSW fallacy**” are female abundance mentality (the limitless online validation condition), female *perceived* SMV vs. her actual SMV, the abundance of online BP scarce mentality, and online anonymity.

We will first need to build character archetypes to better illustrate the average LSSW and her rationale behind her decisions or lack thereof.

So then, let’s start with Brenda, a Post-

Wall LSSW who, on her dating site profile, neglects to mention her all of her faults.

The Definition of a “Local Sexy Single Woman”

Brenda was once an attractive woman. In her prime, she was roughly an HB8 and she garnered tons of validation and reassurances due to her high SMV.

She had several male orbiters who would buy her food, pay for her gas, with one of the poor suckers even buying her a car.

What she had -and what a lot of high SMV people have- was minor social influence.

Social influence runs parallel to the concepts behind the **“halo effect”**; the more attractive you're perceived to be by others the more people will want to follow you, the more trustworthy you'll seem to them, the more interesting you'll seem, the better you'll smell, regardless of whether or not you've actually changed at all.

It's not that attractive people ARE smarter, funnier, more interesting, or smell better; they are simply PERCEIVED that way.

In Brenda's case, this social

influence she controlled would be considered minor because she only influenced a small amount of men within a much larger society.

Keep this in mind, we'll address this later.

Unfortunately, Brenda hit the wall at an early age and at the top of her prime.

Almost overnight, her SMV plummeted. Her beta orbiters, not yet ripe and ready for "picking" ran off to orbit the next HB and left her stranded and de-valued.

Normally, a post-wall woman in her condition would normally scoop up the first frumpy, bottom-of-the-bargain-

bin-in-Walmart beta she could find and settle down.

But no. Not Brenda.

A common phrase you'll hear on TRP is **“past value does not guarantee future benefits”**.

Brenda was fully aware of her recent decline in appearance.

But what kept Brenda from settling down -despite being post-wall- was a source of HB9-level validation that required little to no work on her part. Online dating sites and Social Media.

Brenda manipulates her current displayed SMV by using her past SMV

as a façade (using old pictures to represent her “online SMV”) in order to capitalize on future benefits (male attention/validation based on false online SMV).

She will then rationalize all of this new-found attention as deserved as the pictures are still pictures/representations of her.

And so, Brenda creates a Tinder profile using her outdated HB8 pictures to attract a collection of helpless and desperate betas.

This is result of combining mass online scarce mentality and the betas’/LSSWs’ anonymity leads to a delusion of SMV on Brenda’s end.

Let's move on to Kevin, the "nice guy" who attempts to hook-up with the random LSSWs on Tinder/PoF/OKCupid, but always seems to get stuck in meaningless conversations about work, world news, weight and the weather.

The "Nice Guy" Over-Populace

For Kevin, dating sites were a god-send.

Kevin wasted hours upon hours in chats and messages with multiple

LSSWs, giving them extensive details about his life goals, careers, ambitions, dreams, opinions, beliefs and motivations.

He'd soaked in all of the LSSWs' woes, problems and opinions, giving them step-by-step advice on how to fix themselves.

Kevin's over-persistence in the online landscape compared to his persistence in the real-world results from the combination of scarce mentality and online anonymity within the online landscape. The absence of the fear of rejection makes Kevin's attempts more bold and frequent.

He can also optimize how many

women they can converse with at one time thanks to the internet's ease of access.

The Effects of Mass False-Validation

What you get from a multitude of “Kevins” all taking the same approach online is

- *a mass of undeserved validation for the LSSW, the amount to which she'd never have received previously.*

- *major social influence for the LSSW over a beta populace, as opposed to the minor social influence Brenda had in just her local area.*
- *the delusion of the LSSW that her actual SMV is as high as her online SMV.*

Both the betas and LSSWs feel benefited from this exchange, but the benefits for the LSSWs are much greater. It becomes a societal-based parasitic relationship.

This is the key issue behind the LSSW Fallacy; less attractive women are being overly-validated

by a mass of beta males to the point they believe they're worth it. They will then pedestal their own pussies to unrealistic levels because of their newfound abundance mentality. And on the online landscape, the unattractive woman's SMV means little to nothing because it can be manipulated.

Summation

To combat and succeed against women, first you must understand that the thoughts, mindsets, beliefs and

rationalization behind their actions are based upon values very different from ours, an oversight many of us tend to make. A woman's understanding of the world is thoroughly subjective as it is purely based around her own focal point: her interactions within the world, experiences in the moment and her interpretation/internalization of the information the world puts in front of her.

-OmLaLa the Machiavellian

"The Machiavellian Approach to Passive Game Manipulation" Part 1

by OmLaLa | 27 October, 2015 | [Link](#)

TL;DR- An extensive analysis on the Machiavellianistic implementation of passive/pre-selection sexual strategy, using the manipulation process behind a threesome as it's framework.

"The Machiavellian Approach to Passive Game Manipulation" Part 1

"Fortune is a woman, and if you wish to keep her under it is necessary to beat and ill-use her; and it is seen that she allows herself to be mastered by the adventurous rather than by those who go to work more coldly." -Niccolò Machiavelli

Disclaimer: On Machiavellianistic Amorality

**First and foremost, both in
comprehension throughout and in
commentary below, leave your
sense of morality at the door.**

Game is amoral. Machiavellianism is
amoral. The world is amoral.

Manipulating those around you for
your own personal benefit i.e.
adopting a psuedo-Machiavellian
persona is big part of this strategy.

People will be used, discarded. Your

lessers stepped on. Your blue friends manipulated.

Unlike other strategies, a high level of morality will hinder you.

But not unlike one's perceptions and opinions, morality is innately subjective.

Its subjective in that no one will value your sense of moral justice as highly as you.

While I do have *some* codes of ethics (don't purposefully pursue a friend's LTR, etc.), this is still in my own best interest and I would never expect someone to hold my code of ethics to the same level that I do. That level is subjective to me.

That said, anyone that exists outside of my inner circle that is weak or frail enough to be stepped on or over for my own personal betterment, will be. I'd encourage you to adapt this line of mental processing before proceeding forward.

Again, to those who abhor the notions of absolutist or objectivist amorality, this was your warning. This is not the place for you.

A Foreword

The point here is not the story in and

of itself.

The point is to understand the importance behind every action taken in the story to improve the sexual strategy or, at the very least, the comprehension of said strategy amongst other RPerS.

In light of this, this field report will take a more analytical perspective, abandoning the tongue-and-cheek approach found in previous entries.

Also, this field report will be extensive. VERY extensive. Without a thorough establishment on how context, the implementation of passive strategy and on how motive, mindset, strategies and the end-goals of all characters involved ultimately led to

the field reports conclusion, the results inherently become unnecessarily difficult for other RPerS to repeat.

On that note, let's begin by defining the key players and how they identify.

The Key Players

The Red Players

- **OmLaLa:** *OP, highest male SMV present at event*

- **Cam:** *Natural Alpha (Chad Thundercock), a close friend, non-RP, has a crush on **Jill***

 - **Scarlet:** *Self-Identifying Machiavellian Black Widow (Devil's Daughter), "Open" Marriage to Beta, HB9, highest female SMV present at event*
-

The Blue Players

- **Brad:** *Natural Beta, very low SMV, has a crush on **Cindy***
-

- **Ben:** *Chad-ish Beta, low SMV, dating Jill*
-

The Female Players

- **Cindy:** *Bi-Curious mid-CC HB8, ex-girlfriend to Mandy*
- **Mandy:** *Bi-Curious mid-CC HB7, ex-girlfriend to Cindy*
- **Jill:** *Normal attractive HB9, dating Ben, second most highest female SMV present at event*

behind **Scarlett**

Each one of these players played a roles the greater strategy, all roles which will be covered within this field report.

Additional depth will be given to each individual player as they become more relevant to the strategy at play.

Context

Cam and I were recently invited to attend a masquerade style Halloween

party.

The party was hosted by one of our wealthier friends.

Roughly 50 people attended the party. Half in their late 20's to early 30s, the other half over 40 and married, although a fairer portion of these married couples identified as "open".

Cam's the textbook definition of a Chad: tall with an aloof approach to just about everything.

I enjoy keeping him around because his main social circles consist mainly of attractive women.

Although he'd never openly admit it, Chad follows me around as an attempt

to comprehend how “a guy like me” ends up with “girls like that”. *To learn my secret*, as it were.

Cam has a clear height advantage over me (Cam’s ~6’4” to my 6’0”). Given that, judging solely based on physique alone, some might say our SMV is similar. More on this later.

Cindy and **Mandy** are new to our circle. Both of them identify as quote-unquote “lesbians”, but recently they've gone through an unavoidable rough patch and have since split up.

Neither of them drink, sobriety being an important factor in this field report's conclusion.

Out of the two, Cindy's more attractive, so Cindy was my target.

Jill was Cam's target, although in all honesty, Jill was out of his league.

Common Flaws of the Natural Alpha

The reason I concluded that Jill is out of Cam's league is that while Cam understands the importance of male attractiveness, he doesn't seem to grasp the importance of frame control.

While appearance is a prerequisite for a general initiation from women, women will ultimately weigh which of the 4 Ladders to place a man on (The Unworthy, The Beta, The Alpha, or The Unattainable), based upon her judgement of both good traits AND bad. Cam views emotional dependancy on women as a positive trait while most women will generally view such a trait as a weakness of frame or as a sign of scarce mentality.

Another strength of Cam's is his inherently "picky" nature with regards to women he'll actually pursue.

Cam ONLY pursues women who met a

strict criteria he's laid out, making the women who don't quite stack up desperately pine for his attention, giving him a constant aura of "pre-selection".

His deeper fault comes from his knack for appearing too invested when women *do* meet his criteria.

He tends to cling onto any relationship he has with qualifying women and thus either bores them or scares them off.

What he gets from that -and what he often witnesses- is hot-cold interactions women. Women who fawn over him one day and ignore him/cheat on him the next.

This is because these women are

initially drawn into his frame by the pre-sectorial nature he's garnered through the women he's rejected or by admiring his high level of prerequisites any woman must meet in order to become involved with him.

And yet, due to the high levels of emotional attachment he poses, they soon feel betrayed; they're lured in by Alpha tendencies yet ended up with what they perceive to be a beta.

In short, while his passive game is strong, his active game consistently undermines him. He's stuck in a revolving door he doesn't know how to operate.

The truth is, if he simply approached

his qualifying women with the same lackluster appeal that he uses with his non-qualifying women, he'd see a much higher success rate. But you can't make a horse drink.

Also, due to these his high protocol female prerequisites in combination with his cling-prone nature, his sexual interactivity is severely limited, occurring in spurts. This in turn has burdened him with a scarce mentality, leading towards additional over-investment, and so on. The Blue Cycle in practice.

His commitment towards monogamy doesn't benefit him either, considering the women he oft gravitates almost

always openly identify as polyamorous, in part due to the circles he typically meets them in (raves, concerts, EDM parties, etc).

But I digress.

The Passive/Pre-Selection Strategy

At the party, the average physique of the women greatly outweighed that of the men.

While some might see the SMV imbalance as a blessing, in some ways

it could be seen as a hindrance.

This imbalance can cause a sort-of small-scale replica of the "Local Sexy Single Women (LSSW) Fallacy"; a horde of lower-SMV men pouring out validation, bolstering up the high-SMV women's already high perception of themselves even higher.

But, all things considered, this shouldn't necessarily be seen as a roadblock. It should moreso be seen as a need for "cold approach tactition adjustment".

As so, the **Passive/Pre-Selection** approach was decidly the best sexual strategy for this event.

*But how does one go about implementing the PPS approach? *

The PPS approach is an inherently passive means at building sexual intrigue, based almost entirely on pre-selection and mystery. On that note, this strategy is best used on people you've just met among people/women who already view your SMV as high. The idea is to get the target woman's perceptions of your SMV to match the perceptions of others who view your SMV highly through via groupthink and the intrigue of the unknown.

In execution, PPS is rather simple. The difficulty lies in the overall

comprehension of it; some might see a *passive* approach as a contradictory ideal, considering it falls subsidiary to "cold approaching", which is almost always considered an very *active* approach method.

To those of you who might read passive strategy as complex, focus not on the explanation detailing *why* or *how* it work.

Focus on the actions being taken. The actions themselves are small, simple and subtle. The complexity of this discussion is for you to fully understand why so subtle an action makes such a strong impression (in part due to women's covert means of communication, but that's another

post entirely).

With that said, I will do my best to describe the theory behind passive-approach strategy, describe how it's implemented and address how it's incorporated within the framework of the threesome.

Proceed with an open mind. Some of these concepts ahead might prove difficult for newer members to accurately digest.

”Don’t be the first to address, show interest or even show acknowledgement to high-

SMV women. Let them to come to you.”

Higher-SMV women take notice when a high-SMV man isn't paying them a lick of attention. And when I say not a lick of attention, I mean not even looking in their general direction.

What I'm *not* implying is that through feigning a cold veneer or appearing bitter or resentful, high-SMV women will flock to you. This could be seen as anti-social, over-compensatory or overtly strategic i.e. tryhard, all of which would ultimately hinder your chances of success. What I *am* saying is that your body language around

your intended target should generally communicate disinterest or indifference.

On the implementation of said indifference, I always think of Betty, an overweight Post-Waller who lives nearby.

She has made it perfectly clear she wants to sleep with me. But because I don't want to sleep with her, nor do I want to unintentionally communicate that I want to sleep with her i.e. Give her the wrong impression or some sense of false hope, I passively avoid looking in her direction, make up BS excuses to cut our conversations short, hold conversations with other women to a higher regard when she's

around, etc.

Not *passive-aggressive*, just *passive*. I don't actively avoid Betty, i don't act cold towards Betty nor do I look down on Betty. I'm just passively showing her where she is on my SMV ladder through my actions. I return her interest with disinterest. Nothing more, nothing less.

And while interest hasn't yet been shown by the high SMV woman, your approach towards her should still be one of disinterest in that same vien.

This forces her -the target high-SMV woman- to completely step out of her frame in order to signal any form of IOI to you, making most IOIs at this point very blunt

and obvious and making her interests and intentions very clear.

For example (and I'm skipping ahead a bit here), **Jill** was one of the highest-SMV women at this event. I used the same approach on her that I use almost daily on Betty; I didn't speak to her but spoke with lesser-SMV women or high-SMV women I'd already met, I didn't look in her direction unless absolutely necessary, and even when we were talking amongst the same group of people, I didn't address her as "there".

After about an hour of passive avoidance, she made up a reason to approach me.

She bluntly asked if she can try my drink, i let her, she sips it, then she started a entire conversation revolving around the intricacies of different types of scotch -something she knew very little about- all while standing barely an inch away from my face, kino abound.

She established sexual tension of her own volition. She didn't like the feeling of not being desired by the highest-SMV male present (and I mean that with the utmost humility), so she left her frame completely behind in a not-so-subtle attempt to grab my "elusive" attention.

”For her first time stepping out of her frame and into yours, reward her. Hit her hard, then end abruptly.”

This one takes a *bit* more tact. More...
”finesse”.

When the high-SMV woman does step out of her frame, let her know that you've both noticed it and appreciated it. This will encourage her to do drop frame more often around you. This makes her submissive and vulnerable, which is exactly what you want.

Skipping ahead once more, when **Cindy** finally approached, I touched her hip, whispered something in her ear (something about how “we’re going to have fun tonight”), pulled her hair, kissed her neck, then abruptly stopped, walked away and began talking to **Jill**.

In doing that, you’re communicate that while you find her attractive, you both have options and force her to acknowledge that fact immediately.

You build off of her insecurities without active acknowledging them. Choosing to talk to high-SMV Jill over the other women there was all but intentional on my part.

All passive, all implied, nothing inherently said.

I didn't *tell* her I had options, she saw it. Kind of like setting the stage.

While such a “James Bond-esque” approach isn't vehemently necessary in most cases (I had the added benefit of Macallan 18), the approach must come across as nonchalant. Like you've done this before and you'll probably do it when she's not around.

With this, you're stacking uncertainty on top of her insecurities and her willingness to step out of frame, all without barely saying a word.

Now there's an establish sense of

**sexual tension between me and
Cindy. Sexual tension is good and
gets better the longer it sits idle.**

We'll continue this analysis in the next
part 2. Until then.

"The Machiavellian Approach" Part 2

by OmLaLa | 3 November, 2015 | [Link](#)

TL;DR- An extensive analysis on the Machiavellianistic implementation of passive/pre-selection sexual strategy, using the manipulation process behind a threesome as it's framework.

"The Machiavellian

Approach" Part 2

"Fortune is a woman, and if you wish to keep her under it is necessary to beat and ill-use her; and it is seen that she allows herself to be mastered by the adventurous rather than by those who go to work more coldly." -Niccolò Machiavelli

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- **Jill:** *Normal attractive HB9, dating **Ben**, second most highest female SMV present at event behind **Scarlett***

Context

Cindy was my target, **Jill** was **Cam's** target.

Initially, Cam piqued Jill's interest.

As the night had progressed, he continuously turned down multiple women, making him quite the topic of discussion, thus garnering a aura of pre-selection.

He, for a short amount of time, became collectively "Unattainable" because of the collective pre-selectoral trait he'd developed the women he'd turned away.

Jill eventually separated from her beta-esque boyfriend **Ben** and snuck outside to initiate with Cam while he smoked.

Now had Cam been an Enlightened

Alpha and not a Natural Alpha, sex would have been assured at this point. She'd begun touched all over him whenever her boyfriend left the room. She played with his hair, sat on his lap and made it clear she was interested.

But, as we addressed in Part 1, his over-investment in women he desired became his own undoing.

Cam got too excited; he wanted it too badly.

He began to act differently around Jill than before: he'd constantly if something was wrong, he'd enter in conversation circles just because Jill was there, he'd show signs of insecurity when she began talking to other men, he used too much kino, he

began talking covertly instead of overtly (i.e. “I want to fuck you” became “would you like to come with me to the back room and watch the game?”)...

And sure enough, in light of these changes, her interest began to wane. And in light of her waning interest, he doubled his efforts, ultimately losing her entirely.

What's worse, the other women noticed his change in character and their collective perception of him changed as well. As a result I, Cam did not get laid that night.

Active v. Passive Strategies

What Cam demonstrated towards the beginning of his attempt to game Jill is a basic summary of the core ideas behind PPS strategy, which are to:

- *1) Cause the intended target (and any other possible women within range) to perceive you as Unattainable.*
- *2) Use kino and flirtation to lead her to believe that the Unattainable is attainable, in a*

sense.

And by “make her believe the Unattainable to be attainable”, I mean that she should feel that in dropping her frame, she’ll receive some type of positive response (as addressed t the end of Part 1).

Women will typically attempt to initiate with Alphas they'd consider Unattainable so long as some level of mutual interest is returned once they've initiated. They'll always pine for the branch out of reach, especially if they believe it's just barely out of reach.

The degree of her initiation towards a man i.e. how far she's

willing to step out of her frame will normally reveal which ladder she perceives that man should belong to: either the Alpha ladder or the Unattainable ladders.

And yet, while her perception of said man's ladder placement can -to some degree- be directly influenced, it is ill-advised. *Why?*

The very act of active-approaching (day-gaming, PUA cold approach, etc.) is an investment into her frame. You're beginning the conversation with your interest in her as the focal point.

This won't be a popular revelation amongst the community, but allow me

to explain.

That is not to say an active approach doesn't work. Nor is it to say active approach isn't extremely effective.

Also, that's not to imply sexual success through active approach isn't effective. There are a multitude of day-gaming, active-approaching Enlightened Alphas on TRP that could prove its success in spades.

What is does imply, however, is that there's an opportunity cost in choosing active approach as opposed to passive approach. From passive approach, you can begin and end any interaction using a lower level of investment, making appearing Unattainable to

her more feasible.

In active approach, the man approaches first, possibly says the first word. He's beginning from a deficit.

Yet through passive approach, albeit by manipulating peers via pre-selection, the woman concludes the man as Alpha naturally. She bases her conclusions off of what she sees in him from a distance and not what he presents directly towards her, feeling more genuine.

In a way, it's like marketing.

An advertisement from a company about their product (active approach) will always be received with some level of skepticism (shit tests).

The true intentions behind the flowery language, big promises and bright colors in their advertisement -while the same with all companies- are clearly profit-based (sex), so no matter how good the product is, and while buying the product is good for the company, whether it's right for the individual buyer takes time to determine (ladder placement).

And yet by hearing from peers within multiple social circles talk positively about said product (preselection) raises less questions, as the company wasn't a direct influence (passive approach) in readjusting opinions (perceptions) on the product.

It's easier for the buyer to see the

product was a benefit because it's seen as a benefit to her peers (passive pre-selection).

In short, consider active and passive strategy as two different methods of catching prey.

In Active approach, you're pulling her into your frame ala fishing.

In Passive approach, you're luring her into your frame ala mousetraps.

We'll continue on with Jill and introduce Scarlett, Cindy and Mandy and discuss actual implementation in Part 3. Until then.

"The Machiavellian Approach" Part 3

by OmLaLa | 6 November, 2015 | [Link](#)

TL;DR- An extensive analysis on the Machiavellianistic implementation of passive/pre-selection sexual strategy, using the manipulation process behind a threesome as it's framework.

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Disclaimer: On Machiavellianistic

Amorality

First and foremost, both in comprehension throughout and in commentary below, leave your sense of morality at the door.

Game is amoral. Machiavellianism is amoral. The world is amoral.

Manipulating those around you for your own personal benefit i.e. adopting a psuedo-Machiavellian persona is big part of this strategy.

People will be used, discarded. Your lessers stepped on. Your blue friends manipulated.

Unlike other strategies, a high level of morality will hinder you.

But not unlike one's perceptions and opinions, morality is innately subjective.

Its subjective in that no one will value your sense of moral justice as highly as you.

While I do have *some* codes of ethics (don't purposefully pursue a friend's LTR, etc.), this is still in my own best interest and I would never expect someone to hold my code of ethics to the same level that I do. That level is subjective to me.

That said, anyone that exists outside of my inner circle that is weak or frail

enough to be stepped on or over for my own personal betterment, will be. I'd encourage you to adapt this line of mental processing before proceeding forward.

Again, to those who abhor the notions of absolutist or objectivist amorality, this was your warning. This is not the place for you.

The Key Players

The Red Players

- **OmLaLa:** *OP, highest male SMV present at event*

- **Cam:** *Natural Alpha (Chad Thundercock), a close friend, non-RP, has a crush on **Jill***

- **Scarlet:** *Self-Identifying Machiavellian Black Widow (Devil's Daughter), "Open" Marriage to Beta, HB9, highest female SMV present at event*

The Blue Players

- **Brad:** *Natural Beta, very low SMV, has a crush on **Cindy***

 - **Ben:** *Chad-ish Beta, low SMV, dating **Jill***
-

The Female Players

- **Cindy:** *Bi-Curious mid-CC HB8,*
-

*ex-girlfriend to **Mandy***

- **Mandy:** *Bi-Curious mid-CC HB7, ex-girlfriend to **Cindy***
 - **Jill:** *Normal attractive HB9, dating **Ben**, second most highest female SMV present at event behind **Scarlett***
 - **Bri:** *early-CC HB7, friend of a friend, used a pre-selection firewood by **OmLaLa***
-

Implementation

Cindy was my intended target, **Mandy, Scarlet** and **Jill** were potential targets, and the rest of the women were fodder.

These 4 of these women were regarded as potential targets.

As such, they were each handled in a similar fashion: with limited and succinct attention. Cordial yet indifferent, polite yet disinterested.

And so, while their presence at the party wasn't entirely ignored, it wasn't actively addressed either.

They were dealt with in the same fashion one deals -or doesn't deal with- unattractive/invisible women.

It's well known that an Alpha shouldn't go out of his way simply to speak to an lower-SMV woman at a party full of better options.

This was the basic premise.

It should be noted however that this method of approach only works if two key elements hold true:

1) The venue, party, bar, social circle or otherwise is small/close-knit enough for passive indifference and the interests of other women is witnessable.

2) SMV is already up to par pre-implementation.

The second point is a given, so let's discuss the first.

Requirements for Implementation

I've had to clarify this several times, so allow me to clear it up once and for all here:

This will not work in a packed bar or club in the middle of downtown. Any attempts at

attracting attention passively in crowded venue would be lost amongst the white noise. The only viable option in these cases is cold approaching.

That said, this approach should be limited to venues and events where the actions of others can be witnessed *in passing*. A house party, a small bar, a social outing, a private party and the like.

The only exception should be if attending a crowded venue within a group of people which contains the intended target.

In cases like these, through active approaching women outside of the group, a sense of preselection can still

be brought about, albeit with more difficulty.

Strictly speaking, the intended target must be able to witness the interest of other women **in passing**. While on the way to the rest room, while talking to another group of people, while getting a drink, etc.

And that's all this is: a boost of one's SMV through manipulation of the target's perception via pre-selection.

Basically, instead of directly gaming the target, the idea is to game the women around the target then turn them down with subtlety. It's passively proving the abundance mentality to the target

and other potential witnesses via purposefully misdirected active approaches with the intention of building social rapport.

In short, it's proving a man is a man of abundance in real time, thus giving off an immediate sense of high value.

Firewood

Actual Implementation generally plays out like this:

- Lower-SMV women are used as

“pre-selection firewood” because their reaction towards a high-SMV male is predictable; there are fewer outside variables to consider that could possibly make or break the interaction, unlike with women near or on par with the high-SMV male.

- The lower-SMV women are either actively approached or having their IOIs are responded to with bare-minimal effort from the high-SMV male, or just enough of an effort to lead them to believe he's interested to some degree.
- Once it's clear that they're attracted to the high-SMV male

i.e. they are overtly showing attraction or flensing for some form of escalation from the high-SMV male, he then subtly removes himself from the interaction to continue with another woman. Also, groups of lower-SMV women being approached and abandoned at once speeds up the process indefinitely.

However, regarding the lower-SMV women i.e. the “firewood”, that’s not to say that any woman below a man’s SMV will do.

While these firewood women don’t have to be gorgeous, they also can’t be hideous. None below a perceived

HB4 can be qualified as firewood.

Reason being, attraction/pre-selection garnered from a woman HB3 and lower would fail to prove any real sense of abundance mentality.

Even a lesser male can manage to garner a harem of trolls.

That being said, the higher the SMV of the firewood, the less is required. The overt attraction of 3-4 HB7s is enough to attract the attention of an HB9.

And she will notice.

Given that the venue is intimate enough, the target has already seen the potential partner in the high-SMV

male and she's most likely already at the point of passive judgement.

That said, he shouldn't be concerned with whether or not she's watching at that moment because in some shape or form, she is, whether it's by actively watching, by listening to comments being made about him, by watching the body language of women around him or those who have around him, by witnessing their level or degree of initiation, etc.

Basically, just because he is not standing nearby, does not make him invisible. Women are covert, both in communication and in judgement.

Reciprocation

While Cam continued on about how odd Jill's recent lack of interest was, I began flirting with the middle-range women, basically the HB5s or HB6s.

My flirtation approach looked like this:

"If her initiation is overt, blatant, or direct, match it with minute and passing

interest."

These are the women who would excitedly walk up to me and Cam, interest drawn across their face in highlighter ink with smiles the Cashmere Cat couldn't replicate. They'd then say something blatantly flattering and direct, usually with a load tone. "You're so sexy!" and the like.

These women will escalate and build up rapport (pre-selection) even if I didn't say a word. They're enamored for one reason or another through no active effort on my part. As such, I give them the most minimal reciprocation possible, just enough for

them to say interested.

A smile, maybe some elongated eye-contact so they feel there's hope somewhere in there, then I tell them I have to "return some tapes" and go find Cam.

These women make great firewood in that:

- 1) their interest is loud and abrasive, making it hard for anyone not to take notice
 - 2) they light themselves; they were already initiated before we even spoke.
-

"If her initiation is subtle, match it with subtlety."

These women are much more common. The long, seductive stares from the other end of the room. The smiles when they aren't warranted. The hands running along an arm in passing. The random sits in laps. The bodies closer than usual. The bites on bottom lips.

Nothing said, all covert. The most common and useful firewood.

Using these women as firewood is easier than one might imagine. While these actions are catered to the event at hand, the ideas behind the actions

are sound and should be adjusted to one's particular circumstance:

The Subtle Approach

Bri was an HB7 in attendance that night.

She'd come with a separate group of friends, but I'd noticed her around from time to time. All night -at least up until that point in time-, she continuously held long glances in my direction, even when in a conversation with someone else.

I never let our eyes meet. I knew she was staring, that she was interested, but if our eyes locked and I didn't actively approach within a certain time frame, it would be perceived as cowardice and not strategy.

I never went out of my way to reciprocate. I only chose to act when she was physically close by. Otherwise, it would be seen as an investment on my part, which I don't want with firewood.

I ran out of scotch and went inside to pour another glass. She was by the doorway.

Without looking in her direction, slowing pace, acknowledging her or

looking back, I ran my hand lightly along the small of her back. That's it.

I didn't turn to see if she noticed because I knew she did. After I got my glass I walked by her, again without looking at her, without acknowledging it or repeating it.

Why?

ASD. She's hear with her female friends and is limited in how much she can convey/what she can say for fear of judgement or "slut shaming".

Had I repeated it on the return trip, the mystery and in turn the novelty is lost. There's no question or ambiguity about my interest.

Acknowledging it would show investment into her reaction, which I wasn't. Not acknowledging it demonstrates covertly that you don't care if she noticed or not.

In short, I chose to reciprocate her interest in a way that was both:

1) hidden, so her friends don't notice and she can save face and

2) clearly communicated that I'd both noticed and reciprocated her interests in the quickest, least-invested way possible.

Ending Context

When Bri's friends went back inside, she approached me, we spoke briefly about music, then she took me by the hand out by the docks to go "smoke".

As we were walking out, we unknowingly brushed past **Cindy** who aptly took notice of Bri.

Scarlet came down shortly there after to interrupt or "smoke session".

I realize this is getting pretty long, but there's still a lot to say. We'll continue with why Scarlet considers herself a Machiavellian and why RPW make

OmLaLa

good wing women in Part 3. Until then.

"The Unattainable Male"

by OmLaLa | 9 November, 2015 | [Link](#)

TL;DR- We cover the definition and determinants for an Unattainable Alpha, the differences between an Unattainable Alpha and a Regular Alpha and how to realistically become an Unattainable Alpha.

"The Unattainable Male"

"In seeking absolute truth we aim at

the unattainable and must be content with broken portions." -William Osler

"What is an Unattainable Alpha male?"

Well, for starters, I'd like to readdress the Ladder Theory from "The Red Pill's Guide to Women":

"In short, the men she chooses to keep 'within range' is a strong determinant of what type of men she finds

attractive, to what degree and to what end.”

“This ‘range of men’ reveal her required prerequisites for any potential partner; an SMV range under which she’ll categorize all men as alpha, beta, unattainable or unworthy.”

“Using the cellphone tower analogy, if we consider her ideals of attraction as her annual income, she’ll determine her range of attraction by first determining which cellphone towers she can afford, then pick the best option among them.”

...the men she drools over yet can't obtain are considered "Unattainable" and are above all of her SMV prerequisites.

In short, unattainable men differ from regular Alphas in a selectoral sense. While Alphas upon her Alpha ladder are organized by their degree of "feel-good stimuli provision, Unattainable Alphas are organized her desire of interation with them.

For example, a low-SMV woman will almost always perceive an Enlightened Alpha as Unattainable, meaning that she's likely to many any sacrifice necessary to interact with said Enlightened Alpha in any form.

To better explain how Regular Alphas are placed on a woman's Alpha ladder, let's use another example.

Say Ben and Adam are waiting in line at a club.

While they will both get into the club eventually, Ben is standing 5 people ahead of Adam, and so understandably, *Ben will get into the club first.*

This is how Regular Alphas are arranged. While a woman may see Adam and Ben as a fair source for sexual “feel-good” stimuli provision, she will bear preference for one over the other. Just as she possesses multiple beta orbiters, she is also prone to possess

multiple Alphas in tow.

These Alphas are then arranged by the degree of satiation each provides, distance, physique preferences, frame, etc. which is all catered to her perception of the values of each trait.

Again, in reference to The Ladder Theory:

"The only, truly universally positive traits are those which TRP puts focus on like physique, frame, etc."

"But even with these traits, the level at which each woman deems positive will differ from woman to woman. For example, in the case of

ab's influence to SMV, Brenda may value abs at (+10) while Barbara values them at (+8) and Marsha at (+16), respectively."

"But why then does a sense of "Unattainability" even matter if Unattainable Alphas and Regular Alphas both have the propensity of sex with the woman in question?"

Let's return to the club example.

Both Ben and Adam, while able to enter the club unlike their underage *[Beta]* or fake ID-wielding *[False Alpha]* counterparts, they both must wait in line to do so *[shit testing, ASD, comfort tests, "INTTOG" i.e. I'm Not That Type of Girl", etc]*.

Justin is famous. He arrives late, pulls up in valet and proceeds completely skips the line every time. No matter the time he arrives nor the length of the line, the door is always open to him. He's even *paid*, just to arrive and sit up in VIP. His drinks are free and he's catered to all night.

While Ben, Adam and Justin were all allowed in the club, Justin's experience

vastly differed from Ben or Adam's. Not only that, instead of being faced with obstacles in order to get inside, he was given incentive through payment.

This is how Unattainable Alphas and regular Alphas differ; an Unattainable Alpha is sexually sought after and incentivized into sex at no expense to himself while a regular Alpha either is faced with waiting, irregular sexual occurrences or shit tests before sexual promiscuity.

But let it be known that appearing Unattainable is not always possible and not all Enlightened Alphas are deemed as such. But why and why

not?

”What makes an man Unattainable?”

I stress the word “perception” fairly often for a reason.

Perception is the basis for personal opinion and personal opinion is one of the main determinants in attraction.

If we’re both ass men, we both *perceive* asses as a highly positive trait for a woman to have. However,

our degree of positivity towards asses will vary subjectively: For me, asses are a (+7) to a woman's SMV, to you they're a (+12).

As such, while we can both generally agree that this woman is attractive, you find her more so than me.

An Unattainable Alpha runs tandem to this premise.

Enough positive traits must be present in the Alpha in order to put his SMV higher than she perceives attainable to her -the height point usually being determined by the highest SMV Alpha she's ever slept with.

In short, Unattainability can never be guaranteed with any particular

woman as it is dependent on the woman perceiving the Alpha and not inherently dependent on the Alpha.

How does that help?

The idea isn't/should never be to appear Unattainable to this woman or that woman; the goal is to increase one's SMV to the point where being seen as Unattainable is more likely to occur en masse.

Preferences play a factor in attraction and are subjective to the individual, be the traits positive or otherwise.

Some preferences can act against one's Unattainability, like racial preferences, height preference, age

preference, etc. (NOTE: this is not to say they *prevent* being perceived as Unattainable or Alpha, only that they may act as hindrances).

And preferences differ from woman to woman, making your own SMV the only controllable variable; you can't force someone into preferring large biceps over abs, so instead, try to possess both.

If abs attracted 1/3 of women, chest another 1/3 and biceps the last 1/3, the man with all three attracts the world.

**And once you've reached
the top 10%, you'd be
amazed by what can
happen.**

"...Drop the Dough, Then We'll Talk"

by OmLaLa | 9 November, 2015 | [Link](#)

TL;DR- Dominant chick thinks she wants softer man then realizes she just wants to be dominated.

"...Drop the Dough, Then We'll Talk"

"What is grand is necessarily obscure to weak men. That which can be made explicit to the idiot is not worth my

care." -William Blake

I know this cute chick named Ashley.

The dominant, overbearing type.
Always has to be the center of
attention and always looming over
men.

Ashley's the unspoken "Alpha" in her
circle of friends, most of which are
guys. She decides everything they do,
where they go, even what they eat.
Like she's their mom or something.

Ashley's also bi.

This one time, one of the guys in her

group -we'll call him Sam- brought over this pretty young thing he'd met at a bar. Short, submissive little HB7 blonde.

And wouldn't you know it, as soon as "lil' blondy" entered the room, Ashley begins lording over poor ol' Sam.

"Don't forget who's in charge here" she might say. Counter-arguing him, subtly bashing him. It was brutal display.

What's worse is he just sat there and took it. I mean, *what could he say?* She drives him around, takes him to work. He *needs* her.

By the end of the night, Ashley's rubbing her hand up and down

blondy's inner thigh, Ashley makes Sam take a food run and they go do girl-on-girl things in the bathroom. I don't think Sam ever found out.

Anyways, we're all at Ashley's and she walks in with her boyfriend Scott.

Shocker. No, honestly. I never thought Ashley'd go the monogamous route.

But the real shocker was Scott himself.

Scott's a bit... *clingy*.

First off, the guy never shuts up. Apparently the guy's done anything and everything, because if you make a comment about it, he has something to say about it. Been mountain climbing? Get ready to hear this

riveting, monotone story about how Scott climbed Mr. Everest with nothing but a wife-beater and a ham sandwich.

Okay so that's a bit overdramatic, but you get my point. Guy was a pathological liar, and not a very good one.

He also kisses a lot. Like a lot, a lot. Ashley's back from the bathroom? Peck on the cheek. Ashley's back from making a sandwich? Another peck on the cheek.

And he cuddles. I don't know about you all, but insistent cuddling is not in my repertoire.

"Doughy" is the word I like to use for guys like Scott. Mushy, gushy,

frameless, and soft. Softer than Ashley's little ratpack, if I'm being honest.

I go to the kitchen to make coffee. Ashley follows.

"What do you think of Scott, Ommy?"

I spare no punches. Like ever.

"The guy's soft."

"Ugh! I know right? I thought I wanted this."

"Wanted what?"

"A sweet guy for a change. But he's so... boring."

"No shit."

Allow me to interrupt this dialogue to quote Ashley's heavily liked post on Facebook the day before introducing Scott:

A lot of you know me as this "don't give a fuck", aggressive, no filter type of person. That is one of the personas I have.

...that isn't all of who I am though. I'm also a cuddly kitty, and of all things, a girl. That's right, I'm a girl.

My girly side is one of my sides I don't show very often,

if at all. That side of me, along with most of the other things I do, is on the extreme side of the spectrum. I'm an extremely sexual sure, but it takes the right person to pull that side out of me. I often have a little rape fantasy. I want to have my partner make me his good little girl. I want him to claim me in every way.

I also want to be held though, told that I'm a good girl and that I make my man happy. I want to cuddle with him. I want to have my rainbow dash ponies. I want to snuggle and wake up to daddy's

kisses.

I want to be able to show that side of myself without judgement or being made to feel less of an Alpha. I feel like people judge a lot by what they see from my normal persona, but that's not all I am. I am many things in this lifestyle and I don't want to hide my other sides anymore.

I head back towards the living room and Ashley stops me. Kino from her end.

"Why weren't we ever a thing?"

"I don't do mono."

"...you know, we don't have to be mono."

"Drop the dough then we'll talk."

And that was it. We watch a few movies then go our separate ways.

But this morning, I got a text from Ashley about Scott.

She dropped the dough.

Good for her.

I swing by her place after leaving the gym and we have sex.

And I think I left my shirt. Luckily I have spares.

"Don't Talk to Women Like Men"

by OmLaLa | 10 November, 2015 | [Link](#)

TL;DR- Men and women communicate differently.

"Don't Talk to Women Like Men"

Do *NOT* talk to women like you'd talk to men. Do *NOT* talk to them like you've previously talked to women. Talk to them in *their* language.

I'll explain.

Women communicate through actions and body language. What she says isn't inherently important. It's what she *does* that matters.

That being said, she's watching your body language and actions moreso than she's listening to your words.

Act like you don't want her and the rest'll follow. Let her rationalize things *on her own*. Don't try to think or conclude for her. It'll come off as

pleading or compensating.

You *must* maintain this, even after you've met in person. **DO NOT** pay attention to the words she says. Watch how she *acts*. Watch her body language.

Is she positioning herself closer to you than normal?

Is her body pointed towards you more oft than not?

Does she keep eye contact?

Does she smile more oft than usual?

Does she touch you occasionally?

ALL OF THESE THINGS ARE VERY

INTENTIONAL.

Women communicate this way i.e. covertly. They "talk" with actions and body language and read yours for responses.

If *YOU'RE* the one constantly keeping eye contact, sitting too close for no reason, randomly touching her, etc. she'll read you as too interested. Too *invested*. Too *desperate*.

Watch her and dial your body language two notches behind hers. Let her touch you more than you touch her. Touch her once to establish you're physically interested. *This is required* for some women so they know to proceed. Do it early so she has enough time to consider it.

If you're *not* juggling plates, let her *believe* you are. Look at your phone from time to time and smirk. Look at other women with her around and let her *know* you're looking. Let her know she's not the only women you're considering WITHOUT OUTRIGHT SAYING IT.

And all of this should be communicated *without having to be said aloud*.

Remember (please remember because this is literally the most important point here), women do not -I repeat- DO NOT communicate through words. Men do that. Women communicate through ACTIONS, BODY

LANGUAGE AND INTENTIONS.

Meaning that if you say you just want to be friends but your actions and body language show that you *actually* want to bend her over the railings, she'll read into that and consider you a liar.

Just like if she acts disinterested, turns away from you, checks her phone every 2 seconds instead of talking to you and yet says she "loves you", most men would take those words at face value because men weigh words heavily.

Break eye contact more oft than her. Let conversations *die*. Feel comfortable keeping silence between the two of you and don't worry about

what she thinks about it or if she'll leave.

Trust me. *She won't.*

Make her start conversations more oft than you. *Be blunt* but not too forward. Don't smile often, only when it's deserved (i.e. when you *actually* think something's funny).

These are ALL strong frame indicators. THESE ARE WHAT SHE'S LOOKING FOR. This is why most girls'll say they "want to be friends first" on dating sites; they have to see signs like this before they can be sexual.

It's kind of like if you were dating in Saudi Arabia and every woman you

came across wore one of those sheets covering their entire body. You wouldn't know what you were dealing with until you got to the bedroom.

Heck, some could even be *guys!*

So you might meet for coffee first to get a chance to check for curves under the sheet or a casual slip revealing some details of what's underneath.

THIS IS WHAT WOMEN ARE DOING THROUGH SHIT TESTS.

Attractiveness is only *half* of it. You'll need strong frame as well, which isn't inherently apparent like physicality is for men.

The more she likes from what she sees

underneath that sheet, the more likely
she is to fuck you.

"Women Don't Want The Truth™, They Want To Be Lied To"

by OmLaLa | 12 November, 2015 | [Link](#)

TL;DR- Women say they want the Truth™, but they can't handle the Truth™.

"Women Don't Want The Truth™, They Want To Be

Lied To"

Most women will go on and on about The Truth™ being of the *utmost* importance and that men should *always* be honest with them *even though* they'll blatantly lie through their teeth.

And yet, these same women will crave the comfort of their blissful sense of ignorance even at the expense of the very Truth™ they seem to hold so dearly.

Here's a conversation I had with a plate:

"[Beta] told me you're fucking a bunch of other women."

"...And."

"Like [Mutual Friend] and [Mutual Friend]."

"Aaaaand?"

pause

"...Aaaand I'm okay with that."

"That's just great. Congratulations. So proud."

"...But when you fuck them, you have to think of me from now on."

"That's stupid."

"I'm demanding it."

"You can't demand that. You can't demand anything."

pause

"It would make me feel better if you at least said you would."

"...so lying makes you feel better?"

"Sometimes."

pause

"The Moon is made of cheese."

"...feel better?"

"(laughs) Strangely, yeah."

"...you're so fucking dumb."

"And YOU'RE a fucking prick!"

sex

They're grown too accustomed to believing they're "always right" according to their horde of orbiter congregation and our female-coddling society. And the hotter they are, the less Truths™ they'll have to face.

Women don't know how to react to any Truth™ about themselves or the despicable things they've rationalized as "acceptable".

"It's not my fault. No one stopped me."

"I didn't know so don't put this on me."

"You're fine just the way you are. Men should just learn to love fat women."

"Men have sex all the time so my partner count shouldn't matter to you."

Basically, lying and being lied to give her the means to shift the burden of responsibility away from herself. A scape goat. A "pass".

This is what women really want; a way to skirt any responsibility or accountability at a moment's notice. They enjoy playing the victim and the

validation that comes with it.

If a girl is in the wrong, the last thing you want to do is point it out. She'll use every frame of her being to reject the Truth™ you're trying to convey, like a child fights an accusation, crayons in hand and doodles on the wall.

It's Solipsism at it's finest; an ego-centrist selfishness to the point of believing their perspective is the only one that matters.

They've become pathological liars in that regard, purposefully blocking out any Truth™ requiring admittance of guilt, humility or deep, self re-evaluating introspection.

In short, not only do they want to be lied to, they're constantly lying to themselves.

So, with all of that being said: LIE.

Don't lie for their validation. They get enough of that from orbiters, betans and society as a whole.

Lie for your own personal gain. Adapt solipsism yourselves and do whatever it takes to get what you want.

Life, society and the world are all amoral. Lying is just another means to an end.

That, and exposing the Truth™ to women will ultimately get you

nowhere.

As stated earlier, women can't handle it because they've never had to.

"Waking her up" to the realities of hypergamy, solipsism, amorality, AWALT, etc. might give you some form of self-masturbatory gratification, but it WON'T get you laid.

Women will dispose of men who try to force their perspective outside of their little complacency bubbles. As I've stated in "The Red Pill Guide to Women":

As reference to the "Mindset" section, Brenda directed her anger, fear and frustration back towards the Bob because in her mind Bob was

the root cause of her “bad feeling” by making her feel unattractive and the cause of her loss of the “feel-good” stimuli of her belief she was attractive.

In short, “Bob made me think, which made me feel, which felt bad, so Bob is to blame.”

In short, girls never know what they want and it doesn't really matter what you say, but rather how you make her feel.

And why should her "enlightenment" matter to us in the first place?

We're not out here to change the world and persuade people to see the

world through Red-tinted glasses. We use the elements around us to our own best interest.

So, lie. And gullibility will be their undoing.

"Don't Be Afraid to Dominate"

by OmLaLa | 12 November, 2015 | [Link](#)

"Don't Be Afraid to Dominate"

I used to see this cute chick named Suzy.

We'd been seeing each other for the past few months. We'd met during the

creation of the original version of “The Red Pill’s Guide to Online Dating”.

She was... the dominant type. She’d step on any man who’d give her the chance. But I respected her for that, even more so for her brutal honesty on the matter.

“If he’s dumb enough to buy some random girl he barely knows a Tiffany bracelet, I’d be dumb not to take it. Anybody’d do the same and spin it like they’ve earned it. Morality? I can’t pawn morality.”

Well, she wasn’t *wrong*.

She didn’t want a serious relationship, so our relationship was strictly sexual.

Over time, with careful frame control, dominance and a touch of influence, she became one of the most submissive woman I've ever met.

She would bring a meal every single time she'd stop by, wait quietly for sex and leave as soon as it was over.

You may say she sounds trained. I see it moreso as discipline.

She kicked at being dominated at first. *Hard*. And it was by no means a *delicate* process. But she ultimately adapted and grew to like our established roles.

Well anyways, I received an email recently with her resignation.

I'd like to share it with you all to show the *positive* qualities real dominance can have on a woman under the vein of mutual beneficence.

redactedname

[redacted@yahoo.com] 2:02

PM (1 hour ago)

Ommy,

I do believe in marriage and monogamy. I want the fairy tale ending and true love.

Yes, I do understand that life happens and people get divorced like my parents.

But no matter how hard I try not to accept it, I still believe in it.

I know Im an asshole to most people that don't understand me. I love family and I am all about it. I am the baby of two older siblings so I don't like to share at all.

Also you made a comment that I'm obedient now.

That's because thanks to you my level of confidence has changed. I have been racking my mind trying to figure out why would you pick me?

*But yu made me realize I do
have worth and deserve to be
loved. I thank you for
introducing me into your
world because it has pushed
me passed my comfort zone.
Also hanging out with you has
been amazing and one of the
most honest experiences that
I have ever had.*

-[redacted] xoxox

I'm sure she's left for reasons other than marriage and monogamy, I'm not mourning the loss of her, nor am I valuing these words alone as anything more than chaff.

The real takeaway here is that through submission, she's benefited in kind.

She's reached a level of discipline she never would have gained on her own, all taught while putting myself first.

Now my turn is over. She'll live a better life from what I've instilled in her and I walk away with a better sense of what I'm capable of.

So don't be afraid to dominate. To lead. To get rough, get dirty or push limits. So long as it's done correctly, they'll ultimately thank you for it.

"Don't Be Afraid to Dominate" Part 2

by OmLaLa | 30 November, 2015 | [Link](#)

"Don't Be Afraid to Dominate" Part 2

So I've spent the past few weeks racking my brain trying to come up with a guide on "Dominance".

But I had a ton of issues trying to

come up with a purely objective method of asserting dominance that would work for everyone.

So, I figured it would be more fun *-and a lot less stress-inducing-* if I simply explained *my* method of asserting dominance.

It should be noted, however, that since this is *my* method, I cannot guarantee that you'll see the same results should you attempt this. Again, it's mine and a bit catered to the way I think and operate.

Unlike texting, online dating sites or the nature of women, dominance is subjective to the individual asserting it and should cater towards one's strengths,

personality and experience in leadership.

Once again, this is not a guide. It's merely an example.

Use this summary as an end-goal, then develop a means to best suit you.

So, for starters, I'm pretty easy-going. A lay-back, c'est la vie kind of guy.

I don't stress over drama, flakes, failed attempts, pre-selectoral signs, IOIs, anything really. I don't make a big deal about things that don't directly affect me.

I don't talk much about my beliefs, passions or desires to anyone. This is very intentional.

I like to remain purposely vague. Be mysterious but not cold or distant. Sociable and extroverted, but also complex and complicated.

Which "side" I lean towards or favor is unclear. And if I absolutely *have* to chime in on something, I'll try to keep my response as objective as possible and as personally vague as I can.

"What are you *really* thinking?" has been the second-most common shit test I've received for quite some time now.

And yet, should I feel like a woman is worth coming around again, I'll begin my "dominance method" by giving her small taste of who I am. Who I *really* am.

I'll begin the process early as nothing more than a simple observer.

I'll listen, interpret, analyze but I never speak about either three. I'll "load my gun", so to speak.

I'll build a sort of "plate character profile"; I'll figure out what makes her tick, or, at very least, I'll figure her out to the point where I can somewhat predict what she'll say and do before she does.

It's honestly not *too too* hard. Women are easy to read once you get the hang of reading body language. Anyone can do it so long as you know what to look for. It's like... going to Mexico before vs. after having a fluency in Spanish. You're like, "so *this*

is what you've all been talking about!"

Anyways, more to the point.

After I've found out what makes her tick, I'll tell it to her. Flat out. Yep, you read that right. I'll tell her all about herself. The cold, hard, unapologetic truth. The things she kept hidden, things she thought no one knew, things she didn't even know. A regular ol' shock to the system.

Or rather, I'll give her the version of "the truth" that she's capable of swallowing. *Just* enough to show how deeply I comprehend her circuitry and sprockets.

No TRP stuff; just the cold, hard, brutal

facts. And I'll keep it as objective as possible and avoid saying anything that could misconstrue or reveal my intentions.

I call this moment **“The Big Reveal”**. Catchy, I'm sure.

So, just as an example, I might say something along the lines of:

“...you play this ‘dominant persona’ in front of the guys only because you’re the dominant figure amongst a group of submissive men. I know that dominance is nothing but a façade. In all actuality, you’re fitting the absence of a dominant figure where you

deemed others inept. And yet in taking that step you royally damage your chances at finding a guy you want who'll want you in return. You have trouble finding guys you're rudimentally attracted to because you want someone who is confident enough in his own actions to lead others, but by going down the dominant path pushes all men away from you, including the dominant ones. No man wants to be or is attracted to a dominant woman. When presented with an option, they will take the submissive route..."

"...your rebellious tendencies stem from some level of self-doubt. You compare your goals and achievements to your peers and wonder if the path you've chosen was the right one or if

you would've done better "following the crowd" by going off to college with student loans. From there, you've attempted to justify your decisions yet even to this day the doubt still lingers..."

"...you let the quote-unquote "traumatic past completely dictate how you approach relationships thereon, but it completely ruins your chances of living in the moment. Yeah, it sucked but using a past experience as a crutch is self-depracatory..."

I'll reveal these things with intricate detail yet with a tone of fleeting interest. Like when you talk about the

weather or a football game.

And I DO NOT provide her the answers to these issues. I only bring to light the deeper problem.

If I retorted with, “It’ll be fine” or “All you have to do is”, it’d be a pretty safe bet that Beta would soon become my label.

I’ll keep a deep level of eye-contact the whole way through. Fun fact, I find it easier to stare into one eye as opposed to trying to looking into both.

As I’m speaking, I’m also watching how her body moves. This gives me a sense of how “right/off” I am. If her eyes dart back and forth, or if she begins to ball up or if she drops her

head, it tells me she's thinking "how does he know all of this?" I'm on the money.

It's kind of within the same frame of phony mind readers that use the context of speech and blanket statements to predict the future or read minds.

And on that note, my next step is to quote-unquote "read her mind". Play into the role a bit. This is my favorite part.

"...now you're wondering how I could possibly know all of that after only knowing you for a

day..."

"...now you're about to tell me how that's not true but we both know it is..."

"...and here's the point where you ask me how a guy like me could know you better than your parents.."

And so on and so forth. This is usually a bit more "aloof-y", I guess. The whole "amused mastery", but in a deeper sense. This is mastery over her, theoretically speaking.

It quite literally puts several notions in her head:

“There’s nothing I can hide from him.”

(A sense of “pseudo-omnipotence” over her thoughts and actions, even when operant outside of perceptive)

“He might know me better than I know myself.”

(Immediate trust garnered through assumed -not amused- mastery in lieu of pre-mentioned pseudo-omnipotence)

“He knows me better than [ex-boyfriend]”

(Removing the “Silhouette Constant

Fallacy” of the Alpha Widow and her presumably absent Original Alpha)

“I can trust him. He already knows me. I am comfortable around him.”

After breaking her down, I'll pontificate a bit more about this thing or that, maybe crack a joke or two as a means to make light of said breakdown as if it were just some parlor trick (which ultimately it is).

And after that, I'll lay out what I expect in exchange for a glimpse into my perspective, something she's dying to find out at this point.

I'll drop the "aloof" act and revert back to the deep eye-contact I'd used before.

First, I'll tell her who I am:

"...I __, __, ___ and __. I enjoy __ and I believe ___."

(I have a set list of basic traits about me I don't reveal until "The Big Reveal" to make sure that when they hit, they hit hard. They are things very specific to me, things that give me a sense of identification or originality in her mind. They aren't the greater traits either. Over time, with obedience, I reveal more about myself

in very small portions. They'll often ask, "Why do you withhold so much about yourself?" I respond, "To give you something to look forward to. A puzzle to solve." They usually think that's clever and stop asking after that. Truth is, that's been my automatic response for a while now.)

"...I am not monogamous, in any sense. I am polyamorous by nature. That will not change. You need to decide now whether or not you can handle that."

(Usually followed up with questions as to why or what polyamory is, etc)

”...I see multiple women at any given point in time -or- I am seeing __ women right now. You need to decide now whether or not you can handle that.”

(Usually followed up with “I don’t mind, just no names” or “Just don’t tell me about it”, etc. Most women are just happy to hear it so overtly addressed. Women don’t care about the physicality of promiscuity, they care about the fact that it wasn’t addressed until X or Y. In a woman’s mind, their instance rationalization towards HIDDEN promiscuity is that there was a reason for it to be hidden, whether or not that’s actually true. Don’t hide

it, they're content. Be blunt, no secrets because there's seriously no need.)

"...I am very busy. I cannot say when I will be able to see you at any given time."

(Usually followed up with her providing her schedule, offering to come over on specific days, etc. I told some advice of other RPer's and made up a spreadsheet for things like this.)

"...I do not tolerate __, _ or ____."

(Usually followed up with "I'm against __ too!" or "I'd never do __!", even if

*I've seen counter with my own eyes.
Girls will be girls, I suppose.)*

I'll then tell her what I expect:

**"If you are to continue seeing me,
you are to address me as sir."**

*(I make the younger plates to call me
"Sir". Say what you will, but so far it's
been a rather effective method of
reinforcing dominance through
Pavlovian conditioning practices.)*

"Your nickname is ___."

(Although it seems small, giving plates a nickname has some very strong conditional attributes. It gives the plate an alter-ego, a means to re-identify through and, most importantly, a justification for her actions while with you. For example, Fine China's nickname from me is "China". She subconsciously reassociates her behavioural patterns when called China counter to the way she holds herself when called by her real name. Re-self-identification and alternative persona reconstruction onset by long-term classical conditioning. Try it once and see for yourself. I think I'm pretty witty, so most of the nicknames the girls seem

to like. I'll work with them a bit if they don't. The more they like the nickname, the easier it will be for them to identify with it.)

"I expect you over once a week."

(I don't always make this one a requirement. Truth be told, it'll all depend on whether or not I enjoyed their company. They rarely have issues with this. If they can't make it in a particular week, they usually provide a mountain of evidence as to why. Honestly speaking, I'm normally the one to cancel for one reason or the other.)

"When you come over, you must bring something for us to eat."

(While this began as a Pavlovian experiment on one plate, I've begun implementing it with all reoccurring sexual partners to wondrous results! My fridge is stuffed full and I haven't had to cook in weeks.)

"You are to go to the gym at least three times a week."

(I do this one from time to time. To prevent hamstring or LMR, I'll usually explain briefly my rationale and 'spin'

it in a way that paints me as only looking out for her best interest. I don't police it, but they'll usually subtle tell me when they go as some sense of paternal pride in this "look what I did daddy" type of way. It's cute.)

"I don't care who you are or what you do out there. But here, around me, this is what's expected of you."

(Again, this one's case-by-case, usually reserved for the more dominant or younger women. The "I don't care" portion, contrary to popular belief, has improved the

consistency of obedience in multiple plates. Knowing they won't have to worry about being policed in their hypergamy or whatever in turn makes it easier for them to "play the part" around me. Almost as if they see my space as a stage where they play the character so long as they are upon it. I may make a separate article about policing and "handcuffing" irregularities at some point.)

Now, I wont just sit there a recite these "requirements" like a parrot recites poetry.

I'll give a requirement, I might explain it a bit, a few long-pauses after the

points I want to emphasize, joke a bit to keep the whole endeavor light, then I'll ask if she has any questions. Everything in-between stays pretty casual.

I do, however, make a point to straighten back up when telling her each "requirement".

So, after all that's said, I'm usually met with a flurry of questions within the vein of **"The Shit Test to End All Shit Tests"**. Not *every* time, but most.

Her questions themselves are normally pretty reasonable or relevant -if they weren't, my frame probably wavered a bit during "The Big Reveal".

But what she's *actually* doing is watching for any last signs of falsehood. She's thinking, "surely a man this bold can't be fake, but I *have* to be sure." At least, that's how it's portrayed.

In any case, this is the final stretch, so I have to make it count.

So, deep breaths, deep voice, no choking on spit -(This happens *quite* a bit to me, sad to say. It's a *very* frame destructive. Maybe I just talk to fast), body spread out, relaxed muscles relaxed eyes with deep eye-contact.

Oh! Another fun fact: Relaxing in moments like these can be difficult, especially if I've gone to the gym recently; my muscles can stay real

tense for long periods of time afterwards. If this happens to you too, pop a couple of Aleve beforehand to help your body language match your composure. Remember, women read into body language moreso than words, into intention and action moreso than conversation.

The "End-Game Shit Tests" usually conclude with indirect acceptance of all of the terms in question.

"What kind of food should I bring?"

"What times would you want me over, sir?"

"Would it be alright if I cooked here too?"

Now actually I don't police *any* of these requirements once she leaves my apartment, out doing her own thing.

As long as she stays in line *here*, I don't care what she does out there. It's kind of like a form of escapism, in that way.

But, should she try to step out of line *here* (and it's happened a couple of times with the younger ones), my go-to line is this:

"I'm very disappointed in you/your behavior/your actions. Leave. Come back when you've learned how to ____."

Any lip in response they're done, no matter the apology, rationale, deals/bargaining or plead she comes back with. You'd be surprised what they drum up as an excuse. One woman outright lied and said her dog died. I mean, come on.

On a separate note, I've found that dominance makes threesomes a lot more... *feasible*, I guess.

The women that don't care about knowing about other women are usually more sexually open-minded. Those are the ones open to experimentation and ultimately threesomes.

For example, I might say, "Come join me and Candy tonight at 9. We are having sex".

She might say "Who's Candy?" or "What does Candy look like?".

Then I'll conclude with "I'll introduce you tonight" or I'll just send her a picture of Candy or I'll just call. It really just depends on the plate.

Anyways, that about sums it up.

Not all of my plates are subjected to an assertion of dominance. Only the ones I plan on keeping around.

I suppose I should end this article with a few examples.

After “The Big Reveal”

“...can we have sex tomorrow, sir?”

“...is this strictly sex?”

“...no to file our taxes”

When reporting a change of plans

And here are a few random conversations just for the heck of it.

“...are you a real person?”

“...there's got to be a catch.”

Nexted but still trying

“...are you gonna use my number?”

Blunt and to the point

“A gentleman holds my hand. A man pulls my hair.”

— *Alessandra Torre*

Until next time.

"Don't Hate Women For Being Women"

by OmLaLa | 1 December, 2015 | [Link](#)

TL;DR- *Don't hate women for what they are, for what they've done against you nor over what they have the propensity to do to you. Blame the society that allow them to behave in such a way both freely and without consequence.*

"Don't Hate Women For Being Women"

To those of you still suffering through the anger phase and to those who still elicit some hostility or resentment towards women in your lives, I implore you, hear me out.

Don't hate women for what they are, for what they've done against you nor over what they have the propensity to do to you.

Women are women; all women are like that, they've have always been like that and they'll always be like that.

Such Is Their Nature.

Your angry *not* because of what women are or have done or can do or could do but because you've only just found out.

You may feel cheated, feel lied to, feel scorned by every women you've ever come in contact with and feel distrust towards any woman you may encounter.

But they haven't lied. You just didn't know the truth until now.

And how could you have learned?

There is no purely objective discussion on the Nature of Women beyond here. You're standing in the last bastion of man enlightenment.

But now you know. The Nature of women is spelled out for you across a few webpages and computer pixels. It's like reading the definition of a word you'd never known. Once you have it, that's it.

Same goes for the Nature of women. There's only the one definition, once you've got it you're set and, should you forget, the dictionary's always here.

You may believe they've kept the truth from you in spite of you.

While they may have kept the truth, they've done so in some frame or fashion because they acting within what they *thought* was mutual benefit, you as a loyal beta and her as your

item of worship.

In short, a beta makes a better beta when they are ignorant or in opposition to Alphas. To her, you made a good beta, so the truth stayed hidden. "For your own good", she might say.

Like how a leader might hide the truth from his followers to avoid mass panic. An ignorant follower is easier to lead.

What's more, most of these tactics are operand subconscious, drilled into their very biological make-up.

They act upon their self-perservatory instincts. They manipulate through emotion and sexuality to get what

they want. Due to the lack of the male's physicality to reach their own ends, it's in their nature to do so covertly.

So then tell me: If you found out today that mosquitoes were the cause of those itchy red bumps you'd sometimes get, do you get angry at every mosquito you've ever encountered or everyone you will from then on?

Of course not.

Mosquitoes have been biting long before you and will continue long after. You can't hate a mosquito for doing what mosquitoes do.

So, with all of that being said, consider

a Wolf hunting a Rabbit.

Say the Wolf hunts, chases, outruns and bites the Rabbit.

It would be foolhardy for the rabbit to hold grudge against the Wolf.

A wolf is a wolf. Wolves hunt. Wolves eat rabbits. Such is Their Nature.

Truth is, the Rabbit was slow or didn't comprehend the Nature of the Wolf.

It would also be foolhardy of the Rabbit to hold grudge once he learned of the Wolf or feel resentment over how much time he'd wasted not preparing for the inevitable chase.

The Wolf has always been there, whether the rabbit had realized it or not. An angry Rabbit is still a slow Rabbit.

Anger does not make him faster nor does it change the Nature of the Wolf.

The epiphany of the Wolf should bring relief to the rabbit, not anger. Should he gone without knowing, he'd surely have been eaten eventually.

And the Wolf will not wait for the rabbit to get faster. "Fair" is not a factor in Nature. A faster rabbit makes for a harder meal. The Wolf enjoys hunting slower rabbits. It makes for an abundant supply of food.

But, should the Wolf come upon the Rabbit again, whose now knows of the Wolf and trained for the chase, even though the wolf may struggle and eventually lose the rabbit, both will benefit from the chase itself.

Both have become faster, the Rabbit for escaping even faster wolves and the Wolf for catching faster rabbits. A benefit of oppositions.

The Wolf learns and adapts, chasing fast rabbits for exercise and eating slow rabbits for nourishment.

[Or, outside the analogy, betas -the slower- for validation and Alphas -the faster- for sex, respectively]

And the Rabbit learns, adapts and becomes so fast that the Wolf and all other wolves become an afterthought. He lives a long, happy life with no fears or restraints.

So don't hate women for being women.

They've always been that way. Such Is Their Nature. So with that said, learn their Nature, adapt to it and women will become but an afterthought.

Only then can you live a happy, fulfilling life.

Until next time.

"The Shit Test Buster Game: Round 1"

by OmLaLa | 3 December, 2015 | [Link](#)

"The Shit Test Buster Game: Round 1"

The Rules

Let's play a little game.

I've listed several shit tests of varying difficulty and severity in this article.

In the comment section below, any Red Piller playing provides a response/action they would take as a **"Shit Test Buster"** in order to pass each of the listed shit tests.

Then, by upvoting/downvoting these answers or by replying in the thread below the answer, his fellow Red Pill peers will ultimately decide how effective the "Shit Test Buster" was, which of their answers were the best and why.

The shit tests are split into 3 sections:
Basic, Intermediate and

Advanced.

You can choose to respond to 1 section, 2 or all 3. Same goes to those critiquing the answers.

The final "score" will come down to the upvote/downvote of the answers.

The judgement/critique of said answers are both to explain to the others why the answers should be passed or failed and to aid the Red Pillar in bettering his approach to shit test busting.

I'd encourage those of who are playing not to look on other posts, threads or sites for the best answer. The idea here is to gauge one's ability to

answer these questions and not how effectively they can do research.

Answer each shit tests as best as possible as if in the heat of the moment.

We will start with Round 1, which focuses on conversation-based shit tests. The top 3 commenters will win the round. There will be 3 rounds total, or more/less depending on how well this all goes.

So let's begin.

Example

Question 1: *“Are you a player?”*

[-] **Kevin_the_Beta** -213 points 2 hours ago

1. Oh of course not, m'lady! Why would you ever think such things of me?! I'll have you know that I treat my women with the utmost respect!

permalink save parent report give gold reply

[-] **GayLubeOil** 57 points 30
minutes ago

Failed. Keep that shit up and your girl will disappear faster than a Homosexual in Saudi Arabia.

permalink save parent report give gold reply

[-] **Archwinger** 43 points 23
minutes ago

Failed. She's asking "Are you successful with women, you fucking chump I'm hoping to manipulate?"

You've just identified as the latter.

permalink save parent report give gold reply

ROUND 1

Basic

Question 1: *"Are you a player?"*

Question 2: *"Yeah, I bet you say that*

to all the girls..”

Question 3: *“What’s the matter? You look so sad.”*

Question 4: *How many girls have you slept with?”*

Question 5: *“Are you seeing anyone else?”*

Intermediate

Question 6: *“Are you gay?”*

Question 7: *“Wow. Your friend Chad is hot.”*

Question 8: *"I have a boyfriend."*

Question 9: *"I don't date little boys/old men"*

Question 10: *"Sorry, I don't just give out my number."*

Advanced

Question 11: *"I'm looking for someone who's not afraid to wait."*

Question 12: *"...and just so you know, we aren't having sex."*

Question 13: *"Sorry. I need to get to*

know you first."

Question 14: *"Stop, stop. This is moving too fast. Let's take things slow."*

Question 15: *"What kind of girl do you think I am?! I'm not some whore!"*

Bonus Round

Bonus: *You're at the club with an HB9 and leave to use the restroom. When you come back, the HB9 is grinding intensely on the crouch of some guy who's much bigger than you. How do*

you handle this situation?

Until next time.

"The Machiavellian Approach" Part 4

by OmLaLa | 11 December, 2015 | [Link](#)

TL;DR- An extensive analysis on the Machiavellianistic implementation of passive/pre-selection sexual strategy, using the manipulation process behind a threesome as it's framework.

"The Machiavellian

Approach" Part 4

"Fortune is a woman, and if you wish to keep her under it is necessary to beat and ill-use her; and it is seen that she allows herself to be mastered by the adventurous rather than by those who go to work more coldly." -Niccolò Machiavelli

Disclaimer: On Machiavellianistic

Amorality

First and foremost, both in comprehension throughout and in commentary below, leave your sense of morality at the door.

Game is amoral. Machiavellianism is amoral. The world is amoral.

Manipulating those around you for your own personal benefit i.e. adopting a psuedo-Machiavellian persona is big part of this strategy.

People will be used, discarded. Your lessers stepped on. Your blue friends manipulated.

Unlike other strategies, a high level of morality will hinder you.

But not unlike one's perceptions and opinions, morality is innately subjective.

Its subjective in that no one will value your sense of moral justice as highly as you.

While I do have *some* codes of ethics (don't purposefully pursue a friend's LTR, etc.), this is still in my own best interest and I would never expect someone to hold my code of ethics to the same level that I do. That level is subjective to me.

That said, anyone that exists outside of my inner circle that is weak or frail

enough to be stepped on or over for my own personal betterment, will be. I'd encourage you to adapt this line of mental processing before proceeding forward.

Again, to those who abhor the notions of absolutist or objectivist amorality, this was your warning. This is not the place for you.

The Key Players

The Red Players

- **OmLaLa:** *OP, highest male SMV present at event*

- **Cam:** *Natural Alpha (Chad Thundercock), a close friend, non-RP, has a crush on **Jill***

- **Scarlet:** *Self-Identifying Machiavellian Black Widow (Devil's Daughter), "Open" Marriage to Beta, HB9, highest female SMV present at event*

The Blue Players

- **Brad:** *Natural Beta, very low SMV, has a crush on **Cindy***
 - **Ben:** *Chad-ish Beta, low SMV, dating **Jill***
-

The Female Players

- **Cindy:** *Bi-Curious mid-CC HB8,*
-

*ex-girlfriend to **Mandy***

- **Mandy:** *Bi-Curious mid-CC HB7, ex-girlfriend to **Cindy***

 - **Jill:** *Normal attractive HB9, dating **Ben**, second most highest female SMV present at event behind **Scarlett***

 - **Bri:** *early-CC HB7, friend of a friend, used a pre-selection firewood by **OmLaLa***
-

Machiavellian vs. Machiavellian

Scarlett and I sat outside, talked/smoked for a bit after **Bri** headed back to the party.

Scarlett was the first self-identifying Machiavellian I'd ever met and she said she'd noticed Machiavellian behaviors in me. She'd been watching me operate throughout the party and said we shared some of our views on how each of us approached peer manipulations.

First let's cover a little of who Scarlett is.

Scarlett is easily one of the highest SMV women in my area. Winner of the genetic lottery, well read and extremely successful in the corporate world. SMV-wise, she's out of my league.

Unlike a natural Machiavellian like myself, Scarlett's what you'd call an "Advisor" Machiavellian.

She read herself into the Machiavellian trifecta, beginning from philosophers like John Locke and Adam Smith and working her way up.

Because of this, the strategization she takes when manipulating her peers was a bit more introvertly calculated than my own. That also meant, however, that her ability to lead and

command others/implementation of said strategies is weaker than mine, respectively so. "I know the best ways of lining the dominoes up," she said, "but I can't knock them down unless they line themselves up." That line stuck with me.

Up until now, I never would have guessed that Scarlett operated under Machiavellian principles. Like me, she facades this "aloof" persona when in public spaces.

She said she pretends to be dumber than she actually is because it makes the men around her easier to manipulate. She said that a woman with both power, beauty and a rational mind can intimidate a normal man

which would cause them to keep their guard up and make it harder to get what she wanted from them.

I asked her what she wanted from them. She said that she simply took whatever her worshippers gave her.

“You see that guy on the patio?” she pointed out. “He's been trying to fuck me something fierce. He's a disgusting, pathetic excuse for a man. I pretend to be interested in him enough to keep him 'on the line'. And last week he bought me a Tiffany necklace.”

The guy she was referring to had sat by himself the entire party. Beta behavior, out of shape, dull personality, cucked into an open

marriage while his wife ran around flirting with any 20-something that would look in her direction. And he'd bought Scarlett a necklace just for continuously leading him to believe he had a chance. All calculated.

I laughed and told her that's how strippers operated.

"Machiavellians are just strippers that keep their clothes on." she said. That line stuck with me too.

I asked her why she even bothered being married (she's in an open marriage, husband not present) if she can just manipulate men to get what she wanted.

She said her husband was weak enough to keep around while still

being able to behave as if she were single. “He’s like... a constant.” she said. She explained that because her husband made a lot of also made a lot of money, it only made sense to partner with him.

She kept using the word “partnering” when discussing their relationship. She said that because he was unattractive, she’d try to help him find a girlfriend to keep him “pre-occupied”. But he was always too timid to keep up with them.

I asked if she loved him.

She answered with “well, he loves me”.

She said that she didn’t believe in

love, like myself. She said she approached her marriage like a job, in a way: she was getting paid in money, gifts and attention for “wearing the mask” of his wife. Like a paid actress, she said. And when he wasn’t around, she did as she pleases. She said that because she knew how weak-minded men operate, she’d never disclose nor hint at the true level of experimentation she does outside of their household. “Two different people, two different personas.”

I asked her what made her decide to reveal all of this to me.

She said that for one, it was because she was drunk. Fair enough, I guess.

The second reason really hit home.

She also said it's because, as a Machiavellian, she was lonely.

No one could truly understand her as a person because Machivellianism is impossible for the vanilla world to accept. She said that the only person who could truly understand her as a Machiavellian is another Machiavellian and she'd finally found one in me.

I asked what gave me away. "You're an attractive guy," she'd started, "in there working the crowd in the same way as me. Game recognize game."

She went on about how "befriending the majority" and staying on the "winning side" makes it much easier for her as it give her the largest denominator of people to manipulate.

The more people who worship you, the more people you can bend to your will. “More tools in the toolbox” she said. She even quoted the 48 Laws of Power:

LAW 27) Play on people's need to believe to create a cultlike following

LAW 38) Think as you like but behave like others

LAW 48) Assume formlessness

We then discussed 48 Laws for a while. I was impressed by how well she had conceptualized the book for Machiavellian practices.

She then asked what *my* end-goal was. And I told her. Cindy, Mandy or

Jill.

She asked how I had planned it out. I briefly described the rationale behind my PPS approach. She loved it. She offered to play along. I asked her in what way. She said just wait and see.

It should be noted that, according to u/llimitableman's "Nuances in Machiavellian Style", "Advisor" Machiavellians and "General" Machiavellians make for a gruesome pair. The following section should describe why.

Dual Machiavellian PPS Implementation

Scarlett and I headed back to the party. On our way up the hill, Cam called down to us loudly, “where the hell have YOU TWO been, huh?!”

Scarlett responded, equally as loud, “Having SEX.”

We got a lot of stares. Me and Scarlett split off and Cam parades on with questions.

Some time passed and I was left to believe that Scarlett’s declaration of “having sex” was all there was to her

attempt at “playing along”. Then she showed up near me and Cam talking excitedly with **Cindy, Mandy** and **Jill**.

I couldn't hear their conversation, but I knew she was talking about me. She kept looking over at me with the best fake-IOI “fuck me” glare I'd ever seen. If I didn't know she was Machiavellian, I would've assumed she actually did want to have sex.

She talked with these huge hand/arm gestures that were a tad over-exuberant for her. And, shortly after Scarlett's IOI, one by one, Cindy, Mandy and Bri began looking over as well.

Scarlett walked over and sat in my lap and pretended to care about what me

and Cam were conversing about. She threw her arms around my neck and faked a laugh at something dumb I'd said. She was very good at faking intrigue.

I asked her what she'd said to the others. "Don't worry about that," she said. "You got them interested, I got them primed, now let's make them jealous."

She then kissed me in the most X-rated way possible. It caught me completely off guard. Out of the corner of my eye, I could see Cindy, Mandy and Jill. They were watching. Wait in to see what I'd do in response.

I felt that a show of grandiose was the best option at the time. Scarlett had

given me an interesting opportunity here, and so I planned to take full advantage of it.

We spun around, I pinned her to the couch and she wrapped her legs around my waist. We kissed some more while we ground our genitalia against each other in a way I could only assume looked like sex.

The zipper of my jeans grating against my cock was an awful feeling, but it was warranted in order to play our moment off to the full effect.

And I understood what Scarlett was going for.

She was providing the physical "proof" for her earlier "sex" declaration to the

targets. Even though we weren't *actually* having sex in front of these people, the intensity of our “interaction” would have alleviated anyone’s doubts on whether we’d actually had sex earlier or it would lead anyone to believe that we'd had sex before. Well played.

I found a good stopping point and we separated. We locked eyes and grinned. The sexual tension in the room was maddening.

We went our separate ways and I went back to Cam, who immediately lost his fucking shit.

Shortly after, while I began to process what’d just happened, I eventually realized how Scarlett benefited from

all of this.

Scarlett had been stalked by several “orbiters” ever since party began. Apparently they couldn't take a hint.

She'd used me as an “interim boyfriend”/as her “beta scarecrow” to intimidate these orbiters away. In a “I've made my decision and it ain't you” sort of way.

They were now spread out to the far corners of the party, staring me down in envy, anger and jealous. They were not subtle about it either.

But i didnt mind them. Mutual benefit. I'll hand it to her, that was a smart play.

Ending Context

As Cam continues to lose his fucking shit (apparently Scarlett had told him she was a lesbian), I headed back to the bar for more scotch. Jill quickly ditched her boyfriend **Ben** mid-conversation and approaches.

I'll try to wrap this up in 1 more part, considering how long it's gotten and considering Scarlett's throwing another party this weekend to which all the current players will be attending. I'd like to start a separate series should this event become as

enlightening as the last one.

Until next time.

"The Silhouette Constant"

by OmLaLa | 15 December, 2015 | [Link](#)

TL;DR- A quick word on Alpha Widows, her "past Alphas" and the importance of walking away.

"The Silhouette Constant"

Over shorter periods of time, the woman will have a clearer picture of both good and bad traits from which to judge the man on.

But as time progresses, her memory of the actual man fades and her over-all perception becomes no more than a lump sum of how she last felt about him i.e. a "*silhouette*" of the impact his frame left on her.

If she felt he leaned towards beta, his silhouette will become Beta. If she felt he leaned towards Alpha, his silhouette will become Alpha.

The *actual* Alpha may have had beta traits or the *actual* Beta may have had alpha traits, but over time, they have been forgotten in lieu of their absence.

This explains several commonalities.

1) It explains why Alphas use "walking away" and dread game as a buff towards their perception.

By suddenly disappearing from her perception, she builds a "silhouette" around the Alpha-esque characteristics he exuded and begins to forget any of bad/beta characteristics he may have portrayed (so long as the summation of her perception of him was "Alpha" at his time of departure).

This is why "soft nexting" or "hard

nexting" are such common practices in askTRP and TRP; They're using this notion as a passive gaming tactic.

2) It explains why Alpha Widows exist.

When the Alpha disappears inexplicably with only the silhouette of his frame left in his wake, the woman will judge *all* future potential mates, NOT against the Alpha himself but against* how she REMEMBERS him* i.e. against his silhouette. Meaning that should said Alpha return, if the new Alpha's SMV is lower than the old

Alpha's silhouette, she's likely to return to the arms of her old Alpha.

When it comes down to a sure thing v. risk, women will usually air on the side of risk aversion.

3) It explains why old flames are never impressed.

The Silhouette Constant works both ways.

Should a man leave as a beta, his silhouette will be perceived as a beta

and all previously-demonstrated Alpha traits lost to her.

Any Alpha traits displayed by the man *after* this point will be seen as a mere facade to the "truth that lay beneath". This makes reconnecting with old flings is ill-advisable, especially those that were left with "beta silhouettes".

In short, the passage of time is only beneficial if her last perception of you was Alpha. Otherwise, due to the frailty of memory and the ease of compartmentalization, as time passes, those perceptions of beta become hard-grained and nigh-impossible to shatter.

Lesson Learned- All in all, if she perceives an Enlightened Alpha as beta, being enlightened, he should pursue other women. A rekindling without previously established Alpha identification is fighting an unnecessarily difficult uphill climb, all while other men watch from up high, happily riding a gondola to it's summit.

"Don't Rekindle Old Flames"

by OmLaLa | 15 December, 2015 | [Link](#)

TL;DR- A quick note on why improving oneself as a way of reconnecting with old exes is a really bad idea.

"Don't Rekindle Old Flames"

Over-investment into the downfall of exes and using newfound RP enlightenment of women's true nature as some sort of "weapon" to be wielded against the feminine populace are two of the biggest frame-destructive reoccurrences I've seen on TRP thus far.

Newly Enlightened Alphas usually do *so well* up until the point where they begin to see genuine, positive results i.e. when they begin receiving multiple IOIs from a variety of women.

And once they've reached this point, they'll typically scoop up all the IOIs

they've garnered, put them in a little bucket, skip down to Lil' Sally's place - i.e. that mean ol' girl who inadvertently led them down the path of RP enlightenment-, then proceed to dump the contents at her feet and proudly proclaim, "Look how *Alpha* I am!"

Unfortunately for them, perception is collectively garnered and not circumstantially so.

Lil' Sally may notice the great strides of improvement this shiny new Enlightened Alpha has made. She might even be impressed by them.

And yet, the Enlightened Alpha's Beta past is not lost on her.

Women judge SMV based upon the good traits AND the bad traits they've perceived within him. She'll recall every beta trait this Enlightened Alpha has ever portrayed and will constantly hold them against him, no matter the improvements he currently displays.

Past posts have mentioned that even if a fat woman loses all of the extra weight (in turn becoming attractive), her self control still comes into question.

And Why? Because we've perceived her "fat-state" as her normative state; she's been fat longer than she's been attractive, so reversion back to her

normative state is highly likely.

In most cases, people will "relapse" and resort back to what they're accustomed to or how they normally were due to the inherent longing for the familiarity and complacency their normative state brought them.

It's through these same lenses that she'll base her perceptions of the Newly Enlightened Alpha's shiny new coat of paint: as both temporal and thin.

To her, whether his "Alpha-state" is true or not is irrelevant; she's constantly remnant on the rusty-scarred coat of paint beneath that bright red exterior.

What's more, not only is trying to demonstrate "how Alpha you've become" or attempting to invoke some sense of lust into women who've previously seen you unfavorably not worth your time, it's futile to it's very core.

The *very attempt* of rekindling old flames is a counter-balance against the basis of being an Alpha. You're not pursuing them because they're attractive, you're pursuing them to *make a point*.

A *real* Alpha wouldn't concern himself with her or their past experiences together, so any outright attempt at "rekindling" or readdressing said past would be perceived by her as a non-

Alpha characteristic.

Not only that, some women will never see you as the Alpha you've become. My roommate from college is a professional lawyer, and yet I'll always see him as the stoner who slept through half his classes.

Lesson Learned- Perception trumps all when it comes to the bases/influences towards individualistic opinion.

"Women Want A Rock, Not An Equal"

by OmLaLa | 16 December, 2015 | [Link](#)

TL;DR- A quick word on the importance of frame, ending with a few more examples.

"Women Want A Rock, Not An Equal"

A woman inherently wants to be dependent on a man, not the other way around.

She wants to feel as though he's her "unwavering rock" should problems in her life arise. It's a survivalist trait past down from our ancestors.

"That said, when a man exposes his flaws, faults and weaknesses or when he shows a high level of emotional dependence on the woman's thoughts and feelings, he is seen moreso as just another human being rather than as a rock."

And while she may respect him for his humanitarian ways, this does not fundamentally garner her attraction,

let alone her arousal.

Women are turned on by rocks and stones, not mush and goop, although Hollywood would have you believe otherwise.

A rock is the perfect version of stoic. A rock is non-judgmental, independent, strong, self-sufficient and doesn't mind when someone leaves (as another will soon arrive).

A few more RP examples:

[OmLaLa's Tinder Profile](#)

["Your hair is disappointing." \(Candy from "...And Candy Cheats Again"\)](#)

"...I found you on Tinder accidentally."
(Tinderina from "...You Are Not My
Type")

"...can I see you tonight?"

"...can we have sex today?"

"Are you saying you're open to an
orgy?" (Diva from "*Poker with Black
Widows*")

"...I'm on my way now."

"Under what pretenses?" (Candy from
"*...And Candy Cheats Again*")

BONUS: "...are you one of those
needy betas?"

[EDIT] I've gone through some of the pictures (the ones i didnt completely black out) and added some identification to confirm these messages came from multiple plates.

[EDIT 2] Plates younger than me refer to me as "sir". All plates bring food when coming over. All plates know from the start that I have other plates. That's how I choose to maintain my relationship with plates. I know it's not for everyone.

“The Red Pill’s Guide to Online Dating: Over-Investment”

by OmLaLa | 28 December, 2015 | [Link](#)

Foreword

I've decided that instead of making an entirely new “dating site” guide, I'll make a new series based off of the original article instead.

Thank you all for your continued support.

“The Red Piller’s Guide to Online Dating”: Over-Investment

“In any relationship, the person with the most power is the one who needs the other the least.” - [u/Rollo-Tomassi](#) & [u/Ilimitableman](#)

From this quote we can determine that a portrayal of **over-investment**, a common mistake made amongst men who hunt on dating sites, stems from a Local Sexy Single Woman (“LSSW”) perceiving their approach as need-driven, desperate or highly-dependent

on the results of said conversation, be it for sex, reaffirmation of SMV, etc.

LSSW: *the result of an endless supply of betas and alphas alike that'll give up validation to women by the barrel-full just for the slim chance she might open her Pearly Gates™. She will then rationalize all of this new-found attention as deserved and raise her self-perceived SMV to unrealistically-high levels.*

Over-investment: *when a person holds a comparably higher dependence on the ends or means of any exchange*

between two individuals.

Because the man's intention is clear (sex) and he don't yet exist to the girl in question (compartmentalization of online validation vs. in-person validation), she sees no reason to bring him within her perception as the risk (in that he may be an "Alpha façade", a dangerous individual, be catfishing, etc.) doesn't justify a reward that's all too accessible for her (sex).

Men are primarily seen as validation resources on dating sites and are initially addressed as such.

In short, in order for her to sleep with a guy she met online, she first has to perceive that he could care less whether or not they end up together and, in some cases, whether or not they'll even meet.

She has to feel that he feels he can do better than her. That she may be a burden on you in some way. And, most importantly, that he isn't invested in her any more than he is in the other LSSWs online.

You'll have to convey a lot with very little because the more you attempt to convey to her, the more you "care" about her understanding you and your SMV and the more over-invested you inadvertently seem. A catch-22 of

sorts. For example (for clarification, this is a made-up example):

[12:15 PM] **RP:** Hey

[2:13 PM] **Her:** Hey

[2:15 PM] **Her:** Wyd

[2:20 PM] **RP:** Benchpressing the Eiffel tower with one hand and eating cornflakes with the other. You?

[3:15 PM] **Her:** lol watchn tv

[3:25 PM] **RP:** So what're you looking for on here?

[4:15 PM] **Her:** friends maybe more

[4:25 PM] **RP:** Yeah, same here.

[6:15 PM] **Her:** cool

[6:20 PM] **RP:** You should come and get drinks with me. 9:30 at Bubba's.

[7:30 PM] **Her:** K

[7:35 PM] **RP:** So what's your number?

[8:00 PM] **Her:** 800-IMA-LSSW

[7:35 PM] **RP:** Okay great.

At first glance, some of you may think this is a successful endeavor simply because the number was received, A&A was used and the date was set up fairly quickly. But I'm here to tell you that the likelihood of her flaking after this conversation is high and detail out why that is.

A&A with LSSWs

Had he met this girl in person beforehand, this form of A&A may have worked. But without *any* determinant of SMV beyond his profile, bios and pictures, his A&A *may* be misconstrued as overly-gamy. Use it sparingly until you've met in-person.

Making her laugh/A&A done *in-person* or *after meeting in-person* improves her perception of the guy's SMV.

Timing/Baking

Also look at her responses and the time gap between them. As soon as she asked what he was doing, he immediately jumped to respond. While it may seem minor, this also portrays a sense of over-investment because it conveys they at the moment of her text he dropped whatever he was doing at the moment in order to respond. If she texts him at various times during the day and always gets a quick response, she'll likely presume that either:

a) He has nothing better to do and so he has either has no life or does very little (which is why “nothing” is never a good answer to this question).

b) He is so invested into their conversation (or into the “ends” of the conversation’s “means” i.e. sex) that it out-prioritizes everything else he has going on.

This is why baking is important. Since perception is all she has to go on regarding determining your SMV, the

truth behind whether you're *actually* preoccupied is irrelevant. Spacing out your responses subtly hints that you're as busy as the man your bio, pictures, etc. convey would be expected to be.

Baking: *the process of leaving messages or text messages unanswered for long periods of time to invoke intrigue.*

Would a high-valued man doing multiple, interesting things have the time to respond to every dating site message with the span of 15 minutes? Are dating sites really *that* important

to him?

Investment v. Investment

Remember: “In any relationship, the person with the most power is the one who needs the other the least.”

This means that even in a digital setting you dial your investment 2 notches behind hers. Back to the example:

[3:25 PM] **RP: So what're you looking for on here?**

("On here" is unnecessary. If she'd asked "what do you mean?" it could be clarified further but here it's redundant and obvious. "So" is also unnecessary. It's a conflict-adverse reflect word ("word fodder") men'll use to 'soften' the tone of their messages, similar to how some guys'll add 'lol' or ' :-)' before/after messages to make them less blunt, brash, harsh, cold or succinct.)

[4:15 PM] Her: friends maybe more

(No punctuation, no grammar, no capitalization. Her response is clearly

of lower-investment. She wins.)

[4:25 PM] RP: Yeah, same here.

(Punctuation and capital letters used in response. "Yeah" and "here" are unnecessary. And while both levels of invest may be low, hers is lower. She wins.)

[6:15 PM] Her: cool

*(Again, but now it's down to one word.
Even-lower investment in response.)*

**[6:20 PM] RP: You should come and
get drinks with me. 9:30 at
Bubba's.**

*(Long reply in response. "You should"
is unnecessary. "With me" is
unnecessary. "And" is unnecessary.
"Come get drinks" would've worked
better. Either way, she wins.)*

[7:30 PM] Her: K

(...you get the picture.)

Lesson Learned

Having her number and setting up a date doesn't guarantee success. She has to first perceive that he could care less whether or not they end up together and, in some cases, whether or not they even meet.

From the original "The Red Pill's Guide to Online Dating":

"The goal of this section will be to get her number as effortlessly as possible ALL WHILE MAINTAINING YOUR FRAME."

"I stress this because getting a number is meaningless if the LSSW's perception of you is beta or a validation resource. Until you're standing right in front of her, perception is all you have - false or otherwise."

"She MUST perceive you as alpha all the way through for this to succeed or else you'll all fall on your ass."

P.S.- I did not know that guys could be "super-liked" on Tinder.

“The Red Pill’s Guide to Online Dating: Browsing, Tinder and Supermarkets of Men”

by OmLaLa | 29 December, 2015 | [Link](#)

TL;DR- I compare some dating sites and hopefully get you laid some more by telling you to do less.

“The Red Pill’s Guide to

Online Dating": Browsing, Tinder and Supermarkets of Men

There's a fairly easy method of improving your odds of having an LSSW likely to meet up with you. I like to call it the "window shopping method".

The process is simple. Instead of initiating with all of the women you'd enjoy sleeping with, just open their bio so they see you've viewed their profile and move on. If they view your profile in response, you know that you've

piqued their interest.

But why does this work?

First let's discuss the unavoidable investment.

The Unavoidable Investment

Note: Yeah, yeah, I know, reeal "witty" title, LaLa. Screw you, I'm out of coffee.

The last article focused primarily on how over-investment works between two people in that, as I'll quote again:

“In any relationship, the person with the most power is the one who needs

the other the least.”

By initiating without any form of IOI, while it can be seen as a dominant frame *in-person*, online it can easily be misconstrued among the other “approaches” from the dozens of other beta men messaging her, some of which might even be succinctly initiating just like the Alpha (“hey” or “hi”).

If this is the case, it could prove to be an uphill battle to get her to see how genuine your under-investment is especially considering the catch-22 we mentioned in the last post (the more you try to prove your SMV, the more invested you become in her opinion). It's always a step into her frame.

The *very act* of initiating online, no matter how succinct or under-invested you make it, is an investment into her moreso than she in you (she didn't reach out because such an act would be overt and women primarily communicate covertly). Remember, online we can only deal in the perceptions garnered by our texts, messages, pictures and bios as that's all she has to base her judgements on our SMV off of.

There are two ways at which you could reduce this deficit of initial investment between the two of you. You can,

a) not open with high levels of

investment i.e. “hey baby, what’re you up to?” which would only serve to increase the already-unavoidable gap in initial investment

b) garner *some* IOI to close the deficit gap a bit, should you try window shopping.

c) offset yourself from the other men by *not* messaging her as soon as you see her profile, which is also achieved by window shopping.

More on option C, think about it from an LSSW's perspective: an attractive woman who is overly-accustomed to receiving a combination of profile views then initial messages from a wide variety of men checks her profile and sees that some hunky Alpha dude looked at her profile once then moved on (yes, girl think about shit like this). It bothers her. "Why didn't he message me like the others? He saw how attractive I am."

She'll then visit his profile and her hamster will spin up some convoluted plot as to why you brushed over her. Then, a few hours later, she gets a message from the Alpha and she's equally as invested. He made himself relevant by not doing anything (the

best kind of relevance).

That explanation was a bit dramatic, sure. And it won't play out that way every time (some will completely miss it/skip over it) but the ones that responded to me looking at them by looking back at me (in some cases they'll even overtly reach out and initiate) have been some of the fastest/easiest escalations I've experienced with LSSWs.

Note: A long explanation for a simple method, surely. I feel that it's important for us to understand why and how these interactions work so that with time we can tweak these inner-workings to suit each of our personalities. It's like figuring out why

a computer turns on when you press the power button. Pressing the button's easy, but learning how it works provides insight which births innovation.

Implementation

How to window browse in practice is *really* easy:

1) Take a few minutes a view all of the profiles of women you'd sleep with. Nothing more.

2) Check back later to see if any have

viewed you back.

3) If they have, bake for a short amount of time (depending on their SMV, longer for more attractive).

4) Initiate.

Note: That's all there is to it. As simple as the implementation is, even if you don't agree with me, at least give it a go. I'll normally switch between this method and my method from the original "RP Dating Guide", but it's up

to you.

Now let's get more analytical. I'd like to go back to a previous comment I'd made regarding a "step into her frame" on dating sites and use that as a means to address how this varies between different sites (buckle up kids).

The "Free Markets" (Plenty of Fish, Badoo, OK Cupid, LOVOO, Skout, Jaumo, Hot or Not)

This free market "step into frame" on dating sites like POF, OKC and Badoo is usually abhorred by LSSWs as it gives men they'd perceive below their

below their Beta Ladders endless opportunities to attempt to “convince” them of their SMV, thus flooding their inboxes.

LSSWs only respond to men they would either place on their Beta Ladder or Alpha Ladder, so all of the extra spam is seen as unnecessary and annoying, especially for the more attractive LSSWs. Not only do women not like reaffirmations from low-SMV men, they resent it and the men giving it.

For them, a low-SMV man that considers her attainable enough to reach out to her causes a negative reaffirmation (introspection) on how attractive she *really* is, which is

counter to the feel-good stimuli she generally expects from dating sites. Matches, likes, favorites and communications with betas (as faceless validation sources or potential provisions) and Alphas (for FWB, ONS and NSA) is all women want from dating sites.

This is ultimately why sites like Tinder, CAB and Bumble are so popular amongst attractive LSSWs; on “free market” dating sites, their inboxes become so flooded that it’s difficult to filter out the Alphas from the betas, etc. etc.

The “Supermarkets”

(Tinder, Bumble, Coffee or Bagel, Happn)

On Tinder, her inbox is *directly controlled by her*; only the men she deems “worthy” can even begin to speak with her, and only after she “swipes right”. To her, it’s like online shopping. She swipes right for guys she thinks she could use for either sex or validation based upon their profile pictures (people rarely look at the bio on Tinder) and swipes left for the guys she perceives couldn’t meet her standards.

Because of this, on sites like Tinder, physique is much more than a prerequisite to attraction. It’ll determine how you’ll begin each and

every LSSW interaction. It'll determine whether or not your battle will be uphill and how steep the slope. It'll determine which ladder she leans towards for you before you even initiate.

Bumble is worse on terms of giving the LSSW control of the interaction.

On Bumble, even after you've both "swiped right" ala Tinder, the woman must make the first move and initiate within 24 hours in order for a conversation to begin. This is counter to the very nature of women's preferred method of communication i.e. covert communication.

Initiating an interaction is very overt, which means there's a strong

likelihood that an LSSW matched with *and* one who openly initiates on Bumble will be dominant by nature (and thus akin to more overt methods of communication). What's more, by having to wait on said initiation the man must begin the interaction men even deeper into the LSSW's frame than normal.

It's the purest version of online validation. The LSSWs get all of the likes and matches and reaffirmations of their SMV they would get on any other dating site, they can control whomever they actually converse with, when the converse, etc. and after 24 hours the LSSW will disappear with the man's wasted time, effort and validation.

The man literally becomes a product on the shelf at a supermarket. This is why attractive women flock to it. No risk, all reward, all control over the interaction. It takes what little dominance that could be garnered initiating off the table.

Note: I'm not saying don't use Tinder, Bumble, Happn or CaB. Just be wary of how heavily female-catered these sites in particular have been crafted. It's always better to know exactly what you're up against so you can form a strategy around it rather than resort to blindly throwing the dice or throwing your hands and not playing at all. The former's what TRP's all about.



“...And Lucy Tries Harder”

by OmLaLa | 11 January, 2016 | [Link](#)

TL;DR- A newer plate has issues with an older plate and tries to cause problems.

“...And Lucy Tries Harder”

I ...had a plate named **Lucy**.

Bright blonde, blue-eyed definition of submission.

One of those “quiet as a church-mouse” types. The one’s that speak *real soft* and always look at their feet when they speak.

Lucy was jealous of Fine China (another plate).

To be more specific, Lucy was jealous of how FC looked.

Lucy'd seen one of FC's racier pictures on my phone. Fine China's better looking and she knows it.

So she gets insecure. Comfort tests increase. “Am I enough for you?” “Why me?” Etc. etc. My plates know about

each other so whatever. They just never bump into each other (Except Candy and FC but that's something else).

At least until last night.

Fine China makes Katsudon (my favorite). She comes over and we eat. Lucy texts and asks if I'm available.

Om: no

Lucy asks why.

Om: busy

She begs. She pleads. Says that she *has* to see me tonight.

Om: chinas here

More begging. More pleading. I put my phone on silent. Me and Fine China get busy.

Not 10 minutes in there's a knock at the door. Already know who it is. We ignore it. Another knock. We ignore it again.

By the third knock I'd had it. I answer the door. Guess who.

She just stood in the doorway. She just stares at her feet. Like a guilty puppy-dog. Doesn't say a word. Maybe she was cold.

"I'm busy."

She asks if FC's still here.

"Yes."

She pours out this *long. winded. schpeel.* about some *hooorrible* thing some sleazy guy had done at the party just left.

The "horrible thing" was vague and ill-defined. Still don't know what it was.

Question 1: Does the oddly-convenient the timing of this "traumatic incident" and how it just so happened to take place immediately following her knowledge of FC being over fall under mere coincidence or as a means of justification of action?

a) *Justification. It would be difficult for anyone to rationally believe that level of coincidence in timing and to overlook such an obvious plea for validation.*

b) *Coincidence. You weren't there so you never know.*

c) *Neither. She just thinks you're stupid.*

(the correct answer was A.)

She makes a comment about Fine China.

"She's pretty."

Translation: She makes me feel insecure. Not used to being outclassed I guess.

“And?”

She asks to come in. Says she won't say or do anything. That she just doesn't want to be alone or at home.

Truth is she wants to cunt-block Fine China. I tell her

“No. Go home.”

Gaslighting comes next. She tries to guilt trip. “So you would leave some poor traumatized girl out in the cold when she needs you?”

...I close the door.

Standing there and talking to her would be giving her exactly what she wanted: giving her attention over FC.

And I'm not pissed nor surprised by it. Just sort of... done.

She knew what she was doing was crazy. No need to reaffirm that for her.

I come back and Fine China makes some snide remark, something about thirsty bitches and not enough Gatorade. I don't respond.

We finish where we left off, she leaves after. I check my phone. 12 missed calls. 8 text messages. All from Lucy.

The first few texts were pretty aggressive and "gaslight-y". Yadda

yadda, I thought you were a better man than that. Blah blah, a real man wouldn't treat a girl like that.

Then the comfort tests.

"...but I always know how to fuck shit up. Cuz that's what I do. That's who I am." "I'm a pain in the ass and someone that no one wants. Someone that is worthless and replaceable."

What killed me though (although it didn't surprise me) was how not one of her texts gave any inkling of an apology. No "I'm sorry for showing up unannounced, but.." or "sorry for interrupting, but...".

All she did was play the "victim":

- I'm a pain in the ass
- someone that no one wants
- Someone that is worthless and replaceable
- some poor traumatized girl out in the cold
- doesn't want to be alone

Question 2: Why didn't Lucy admit or acknowledge guilt over her reckless, impulsive and sporadic

**behavior? (Experienced RPer,
please don't answer.)**

a) *Because she's crazy.*

b) *Because she's menstruating so it's okay.*

c) *Because what she did was okay. Women should get a pussy pass because women are special and should always be treated with respect and chivalry.*

d) *Because she doesn't feel guilty. And that's the point. She felt justified. She felt bad not being the prettiest, she didn't like it, she's the most important person ever (to her) and so*

she was gonna do something about it and sort it all out later. So she came over with the specific purpose of cunt-blocking the girl that made her feel bad, failed, saw no fault in her actions but fault in us for not "sympathizing" with her.

(The correct answer was D.)

I step outside to smoke.

Surprise surprise. Lucy's still in the parking lot.

I don't look in her car's direction. I finish my smoke, lock my doors, ignore my phone and sleep.

Lesson Learned

“Treat every woman like a loaded gun”.

All it took for Lucy was to know that the another woman being “prettier than her” for shit to get psychotic. You never know how light a gun’s trigger will be. You never know what might set it off. And we’re not Neo.

The only way for us to dodge a bullet is to point the gun away from us.

Consider Lucy nexted.

"The Red Pill's Guide to Online Dating:" Word Fodder

by OmLaLa | 14 January, 2016 | [Link](#)

"The Red Pill's Guide to Online Dating:" Word Fodder

Word Fodder (wɜrd fɒd.dər) *n.* -a
conflict-adverse reflective word or

words men'll use to 'soften' the tone of their messages, similar to how some guys'll add 'lol' or ' :-)' before/after messages to make them less blunt, brash, harsh, cold or succinct.

This post'll teach you how to tell if you're word foddering when you're texting bitches.

At the bottom you'll find a nice list of the most common Word Fodders I've noticed after months of giving RPer's Text-Game/Tinder advice.

If you're using these a lot, you're weakening your Alpha assertion in favor of PC-esque linguistics.

Without the big words? You care too much about whether the girl on the other end sees you as "overly-abrasive", "overly-aggressive", "too to-the-point" or too predatory.

But you *want* to be those things. Or at least seen as those things. It causes Polarization.

While I'm not a big fan of the book Models I really like that term. I'm gonna dumb this *way* down but:

Polarization (po.lar.ee.zay.shun) v. - *an act, appearance or trait that, for those who're perceiving them, makes the process of categorization within*

some sub-genre (in this case either Alf or Betafish) both easy and effort-free.

Speaking/texting succinctly instead of padding you're responses. Don't decorate it. Just say it. It sounds more Alpha.

- **Ambiguous:** So then, what brings are you all the way out here to L.A.?
- **Alpha-esque:** Why'd you move here?

Sounds like a no-brainer. But I bet my

bottom bitch that if you talking to an some hot little thing compared to your run-of-the-mill Ugg-wearing Chia-drinker you're likely over-packing your sentences with Word Fodder.

How do I know? Why do you do that? Because you don't want to mess shit up. She's hot. And not wearing Uggs. You don't want her not to like you. You know if you polarize and she doesnt reciprocate, you're donezo. Being ambiguous (not leaning heavy-Red or heavy-Blue) gives you some time to work with.

But you know what? If she doesnt respond to quick polarization, the long con's moot.

If acting Red from the start puts her

off then showing up Red later isn't going to change her mind. She wasn't interested before, isn't interested now. And by waiting you've wasted time gaming a dud.

I've been there. It sucks.

Chicks make their mind up *fast*.

If she's cute she's got options. Mr. Ambiguous loses out to Clearly-Red guy because where Red guy stands on stuff is clear from the start.

Again. By padding out sentences to make your sentences "softer"...

| you're weakening your Alpha
| assertion in favor of PC-esque
| linguistics.

Anyways, here's some examples of Word Fodder. Think about them for a bit.

Examples

"So what do you do for fun?"

Note: Common word fodder.

"Well what do you do for fun?"

"Yeah I love sushi."

Note: The "Yeah" is redundant. Use either "Yeah" or just "I love sushi".

"Hey, can I ask you something?"

"You should make me a sandwich."

Note: "Should" implies a suggestion and is a covert attempt at being overt. Women say "You should" to strongly suggest they want something without outright saying it. Alpha's are expected to be overt.

"Why don't we go to the bar for some drinks."

Note: Common word fodder.

"We should go to the bar for some drinks."

Note: This is also common word fodder.

"Let's go to the bar for some drinks?"

Note: Even more common.

Another Note: A better phrase to start these with would be like... I don't know, "Come with me..." "Come to..." "I'm going to..." "Meet me at..." "I'll be at..." "See you at...". Something like those I guess.

"Don't worry. I don't bite."

"I don't bite ;-)"

Note: The winky faces are the worst in my opinion.

"Lol I don't bite."

"Haha I don't bite."

"I don't bite **lol**"

Note: Obviously just "I don't bite" would've been the best alternative.

"What are you looking for **on here?**"

Note: "on here" is redundant/overly-specific. Like going to the mall at asking someone "What're you shopping for at the mall?"

"What're you looking for **on Tinder?**"

Note: Same deal here.

Look guys. You ain't got to be succinct and stern (S&S?) and junk to text girls without word fodder.

A&A for example.

- **"Yeah**, I'm the sexiest man alive. I benchpress dolphins on nude benches **lol"**
- "I'm the sexiest man alive. I bench press dolphins on nude beaches."

Minor change, but look at the difference it makes in tone. Just a twinge of seriousness and confidence in there that the "Yeah" and "lol" take away. Word fodder.

Lesson Learned

You're not the only one that thinks online dating/texting is annoying as hell. Shit's tough. We say "watch what they do not what they say" but that's tough when texting is nothing but saying. Length of text, time of text, frequency of text and choice of wording is all we've got to go by. But we don't give up. We learn and adapt.

-Om the Mach

"10s"

by OmLaLa | 2 May, 2016 | [Link](#)

A Quick Word- *Hey. It's been awhile. FYI I'm still on RP lurking. I'm not dead. I've been busy. Mad busy. But as busy as I've become, I still have gallons of RP I want to dump on your heads. So. As compensation I'll be making smaller "snippet" posts until things settle down for me.*

"10s"

So you've noticed you're consistently grabbing the attention of the hottest girl at the bar. But how exactly do you go about plating her?

Don't you worry. OmLaLa's back to give you a hand. So let's get started.

Remove the rose-tinted glasses.

Ever hear of the halo effect? It boils down to this: if you're hot, people believe you can do no wrong. The keyword here though is *believe*.

I guarantee to you that any other-worldly attractive chick you meet has some serious baggage. And how do I know this? Because of the halo effect. If everyone around her constantly sees her as blameless, she's almost certain

to go down some dark paths with little to no resistance.

How can you benefit from this? Be assertive with her, zero tolerance and firm. Be her daddy.

Well.

Not literally her daddy.

She's used to even high-tier alphas bending to her just for a chance to fuck. Show interest, give kino, but DO NOT BEND. If she says or does something you find unacceptable (which she will because she's stepped on men for X years), tell her flat out. If she asks what you like or what you want, be direct. And if she keeps persisting with the shit tests...

Walk away while you're in control.

Oh my god. Do this a lot. Especially with hot chicks. They can't stand the thought of being (nonchalantly) dumped. Indifference is your greatest weapon.

I'm serious. Try it. Get a girl at least semi-invested in you in some way, wait for her to try and start an argument or debate over something stupid, don't engage, say something neutral like "Ok" (as if you didn't hear a word she just said) and walk off. You don't actually have to leave the place. Go piss or something.

It's one thing to say you have no problem leaving her, but to actually show her how quickly you can drop all

interest and walk off on her (something she's probably never experienced) makes you all the more valuable and interesting. A man who can't be caged or caught always sparks intrigue, especially if she's used to easily catching men. Use that.

Remember: People want what they can't have and people always want to tame the untamable.

-Om

"Trap"

by OmLaLa | 4 May, 2016 | [Link](#)

"Trap"

"Trapping" someone (cuffing someone, locking someone down, etc.) is using things like pregnancy, suicide, dating, marriage, love, guilt, etc. to limit or hinder a partner's ability to leave, see other people, act freely with consequence, etc.

But all circumstances of trapping girls/guys always boils down to one

thing: they're all an attempt to establish power where there is none.

Relationships are nothing more than a balance of power (or frames, as RPer would say) and the power in any relationship is ultimately held by whoever cares the least. Trapping is all about interrupting this balance by forcing the disinterested to care i.e. by removing as many alternative paths as possible. Me or no one.

Example 1: Moving in together.

Moving in together in order to quote “become closer as a couple” puts power in the girl's hands by giving her control over how quickly and feasibly he could leave her (lease, shared rent, etc.), giving her access to his personal

male space and by giving her access to his life and stuff while he's asleep, at work or away, like a loosened noose swaying ominously around his neck.

Before she had no power over him. He had no direct ties to her. He'd suffered no losses from walking away. If she'd've done some fucked up shit to him all he'd have to do is delete her number and carry on. But with this he'd be tied to a 10-month lease and limited finances to put towards a sudden move/break of the lease. Not to mention the possibility of common law alimony. She has power now.

Example 2: "Boyfriend/Girlfriend" titles.

A girl who pushes vehemently to label

a relationship is a girl who's trying to give a man a weak spot to exploit. Without labels he can fuck whoever whenever. So she tries to label him in an attempt to keep him for herself. To establish control over her feel good stimuli. But with that label come the socially-decided restrictions and consequences for a boyfriend plus any other restrictions she chooses to drum up. Tomorrow she could decide looking at other women is cheating while holding sex hostage and with cheating considered "wrong" he is left with no other agreeable path to sex other than to obey. She has power now.

All in all, this is how the long-term Game is played: When the dust settles, who's *really* got the power?

Whose trapped who? Who needs who more? Am I really in control here?

It's not about discovering whether or not she has an ulterior motive. It's about discovering what her ulterior motive is.

My Advice:

Plan and prepare for any possible scenario. Don't move in without a plan and money set aside for moving out. Get a vesactamy or use condoms. Don't date or at the very least be upfront about other chicks from the jump. In short, never put yourself in a situation you're not prepared for.

Life's a pop quiz. Study everything, question everyone and stay prepared

OmLaLa

at all times. You never know.

-Om

"Conditioning"

by OmLaLa | 9 May, 2016 | [Link](#)

"Conditioning "

Don't try and explain your side of things.

Don't tell her why you feel a certain way. Don't ask for a second opinion. Don't use facts to back you up, don't try to flip the situation back at her, don't cite her past instances, etc. It's a waste of time.

She's always going to take her own side. To her she's always justified. To her she'll always be right.

And what's more, by telling a girl that you're miffed over something she's done (withholding sex, etc.) or over something she said (overly shit testing, etc.) you're showing her by that doing/saying those things she's got an effective way to break you, your frame and to get what she wants.

It makes things worse.

Instead, show her dissatisfaction through action.

These're all effective ways of condition her to act or speak a certain way and all serve to get your point across:

Be distant. Don't answer her calls and texts. When she asks what's wrong tell her everything's fine. Give her attention only after sex. Barely look in her direction. Take longer-than-average glances at prettier women. Speak monotone to her and with a natural inflection with other people. Use blunt short words when talking or texting her. Turn your body away from her when talking in public. Be vague when she asks questions like what'd you do today or where're you going. Smile at other women. Act excited to see everyone else.

And if that doesn't work, disappear completely, move on and if she chases give her an ultimatum. No bargaining. No hashing it out. Either this or

nothing at all.

There's also dread.

When she goes off on long tangents or goes on and on with shit testing, just play with your phone.

Chuckle to yourself a bit like some prettier girl just messaged you something coy. Act like you missed what she said. Set your phone face down and away from her on purpose and let her hamster up the reason why. If you get a call turn the screen away and walk off to take it. Be vague about who you're talking to.

Basically just make whatever going on in your phone seem more important than her. Get this right and its

foolproof. It's also good for dates that're going nowhere.

Lastly there's silence.

Chicks hate awkward silences and will typically fill the silence themselves.

That said, if it's your first time together her IOIs or intensions for you seem unclear, force an awkward silence, pull out your phone and let the silence bake.

If she caves and fills it, she's likely invested in you (i.e. she doesn't want you to lose interest). If 40 seconds pass and she still doesn't fill it or if you're the one constantly keeping the convo going or filling in those awkward silences then it's not like to go

anywhere. Just something to keep an eye on.

-Om

"...And Ruth Gets Jealous "

by OmLaLa | 29 June, 2016 | [Link](#)

...And Ruth Gets Jealous

So I invite these 2 new Tinderinas over the same night. Sue and Ruth.

Sue comes over right after I got off, Ruth comes later that night. Cool.

They fall under that "standard-practice" level of Tinder fodder so after gaming a devils daughter these

past 2 months (which is a whole nother story altogether) gaming them's cake.

So the Sue chick shows up early. I throw on some Netflix and we start "chilling" right away. We watch *We Are Still Here*. Best damn horror movie on Netflix. Seriously. Have no idea what happened the first half and it was still the shit.

Anyways Sue pretty much knows her role so she leaves the shit tests at a minimum. She just likes the chilling part.

About halfway in I get a text. But fuck stopping. Let's text and chill at the same time. Who says guys can't multitask?

Guess who. Ruth. "I'm omw." Hour and a half early.

I tell her not now. Next text "I'm here" then a knock on the door.

Sound familiar? If not go read "...And Lucy Tries Harder".

Anyways since we're chilling by the door I know she could hear is. The Netflix I mean. I open the door and she's wearing this mesh body suit, a robe and a kink collar.

So I've got two options here. I could

a) *Do like last time: shut the door and tally the losses.*

OR I could

b) *Go for broke, throw the Hail Mary, invite her in and aim for threesome because Sue likes girls and I like 2 girls.*

So I invite her in and tell her to sit in the love seat. I sit between them. They just sit and stare at each other and it's mad awkward.

NOTE: *In situations like these you can't let that awkward silence sit and stay as blunt and upfront as possible. They'll both listen for inconsistencies and attempts to console and justify.*

In short, don't act like you've been caught with your pants down (even if

you just were). Act casual and be calm. They'll subconsciously mimic your "vibe".

Ruth says something along the "plausible deniability" line of "Is this your friend?" I tell her yeah. "Is she your...special friend?" I look over at Sue to try and keep this a 3-man conversation. I say special how.

"Do you have sex with her too?" I don't hesitate. I say yeah. That's it. No explaining why, no going into detail and no justification of action. Just. Yeah.

"What is she to you?" I say a special

friend. "Is that what I am?" I say yes that's what you are. And Sues sitting quietly. Good Sue.

NOTE: *If a girl ever grills you on another girl answer swiftly and err on the side of either equality (i.e. you see/value them both equally; safest and easiest route) or the other girl being better than her (ex. "Am I the best lay you ever had?" "No Christy was.") It shifts her focus away from trying to manipulate you to a deep-seeded desire to be better than the other female (or at least to convince herself that she is).*

The whole "daddy's little princess"

fads given these chicks an incessant need to prove that they're better than the other princesses (therein becoming that special princess everyone told her she was).

So if she thinks you think Christy fucks better than her she'll fuck the literal shit out of you out of spite for Christy. You become a sex judge all to suit her own self gratification ("I'll show YOU whose better at sex! Fuck Christy and her damn fake implants!"). Gradually tell her she's getting closer to Christy level, draw it out to keep it going longer. It's a win-win. Hooray for game.

Ruth wants to talk in the back so we talk in the back. Sues fine so whatever.

She starts by talking in past tense:

"I liked you..."

"I thought you were..."

"I wanted you..."

Then she says:

"So you were gonna fuck her then fuck me right after?" I say yep.

Then she's gives this big finale of a statement:

"I just can't do this anymore."

She slowly gets up and walks to the door. She waits for me to try to convince her not to leave. I say see yah. That's it. Short pause, then she sits back down.

NOTE: *I say this all the time and it bears repeating: ALWAYS let them leave without consoling or trying to justify yourself or arguing against her or whatever. Just don't react.*

A ton of guys make this mistake. She's gonna try to get you to chase her. If you don't chase her however, in her mind you two are "unresolved" or "lack closure" and come back. Why?

"Closure" to girls is a basis to be unattractive to you. They can't be more invested and just let go. They need something to support letting go. This could cover a whole post ultimately they need you to do something beta-ish to "get over you". Else they'll just become another Alpha Widow.

Her tone 180s. She goes on about how she was wrong and how I warned her about me fucking other chicks and that because we aren't together she shouldn't be upset. I don't answer. She says she guessed the situation just shocked her and she feels silly walking in in all fishnet.

She asks what I want her to do. I tell her stay. She says "I want you to kick her out but I know that's not you." I say it isn't. She says she doesn't like girls. So much for the threesome. Some of the other plates are down so whatever. She leaves.

Sue says she's never seen some shit like that before. I laugh and we start chilling.

About halfway through my phone rings. I answer knee deep in chilling.

It's Ruth. All she says is text me when she's gone. I say ok.

We finish and Sue leaves. I text Ruth and she shows up not 2 minutes later.

The first thing she says walking in:
"Did she say anything about me after I left?" I say no. She begins to talk mad shit about Sue and I let her ramble on.

NOTE: *You see? It was never about me. It was about competing with Sue.*

She asks what the sex with Sue was like and if Sue gave me head and if I liked it and if Sue was better than her. Sue Sue Sue. I say yeah. She says and I quote "You need to wear a condom because I don't know what that bitch has." I say no. She doesn't argue it further (but seriously guys wear a

condom).

She shit tests a bit more. I ignore her. Then she starts talking about the last time we chilled. And that's my cue to fire up Netflix.

LL: *Let girls squabble and get jealous. Jealousy's a strong indication of investment and a sign that in some way preselects on is at work.*

By letting her know that there are other chicks better than her you establish your standards and where she fits on that scale. From there it's up to her and her hamster do decide how to increase her ranking.

-Om

EDIT: Okay so I've had a bunch of people request to see what my physique is so here's a picture of me plus a screenshot of my Tinder profile.

“You can kill a man but you can't kill an idea.”
- Medgar Evers

www.TheRedArchive.com